

The plan

LOSE SIX POUNDS IN FOUR WEEKS

THIS TRAINING AND FOOD PLAN SHOULD SEE YOU SHED THE CHRISTMAS EXCESS IN NO TIME



Meet the experts

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Coach Mosley is an elite triathlete and sports science graduate



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Nutritionist Pinnegar advises pro triathletes (fitnaturally.co.uk)



IF YOU ATE too many mince pies or drank too much mulled wine over Christmas, don't despair. These four-week plans could help you get rid of your love handles without having to half-starve yourself in the process. Not only do they show you what to eat, they also show you what training to do in order to get triathlon-fit while losing weight. Each day's nutrition has been carefully designed around the training you do, giving you plenty of energy while helping you shift excess blubber. There are no junk foods here either, so every calorie will help boost your recovery and make you feel healthier than ever. All you need to do is pick the training plan that's most relevant to you (beginner/improver or intermediate/advanced) and follow it for a month.

THE TRAINING

The training within these plans is designed to be done in January or February as part of your winter training. It will help you build a fitness base that'll reap rewards by spring. The distances are best suited to sprint or Olympic-distance triathletes, but they can

easily be adapted for half and full-Ironman triathlons by carefully increasing the duration of the long ride and run. If you do increase the distances, make sure you eat an extra 200-300 calories for every 30mins extra exercise you do. To help you train at the right intensities you'll find a set of Training Zones below. There's also a Key which explains the abbreviations used in the plan.

THE NUTRITION

These nutrition plans are designed to help you lose between six and eight pounds in four weeks as long as you follow the training plans. Before you start you should take a good look at the first week's ingredients and hit the shops if there are any you don't have. Then it's just a case of organising your time so that you can prepare all the meals properly. All pasta, potatoes, rice, noodles and grains are given as uncooked weight, so you'll need a set of scales too. Separate portion sizes are given for men and women. Women over 11st 7lb should use the male amounts, while men under 10st should use the female amounts. Individual body weight and fat composition vary, so the amounts given are guidelines only. In addition to the stated drinks you should have 750ml of water each day.

Are these plans for you?

Before beginning these plans you should already be able to:

- Ride your bike for at least 60 minutes
- Run for at least 30 minutes
- Swim 200 metres non-stop

TRAINING ZONES

USING THESE Training Zones will help you train at the right intensity for each session. This helps develop specific aspects of your fitness, as well as making sure you don't overdo it. You can either estimate your intensity, using the Training Zone descriptions, or use a heart-rate monitor for a more precise measure. If you use a heart-rate monitor, use the percentages provided and subtract them from your maximum heart rate to calculate your zones. Tools like cycle power meters and GPS watches will also help track your training progress, but they're not essential for these plans.

These training zones are only a guide; don't worry about being overly precise with heart rates because they'll fluctuate anyway. It's good to be mindful of your intensity but it's even more important that you get out there and enjoy your training.

ZONE 1 (Z1): Recovery

60 to 65% of your maximum. Easy pace, feels nice and light.

ZONE 2 (Z2): Steady

65 to 75% of your maximum. Fairly easy pace. Easy enough so that you could breathe just through your nose if you wanted to.

ZONE 3 (Z3): Tempo

75% to 80% of your maximum. A fairly hard but sustainable pace.

ZONE 4 (Z4): Race tempo

80 to 90% of your maximum. A hard pace that requires real focus to sustain.

KEY **WU** Warm up, **WD** Warm down, **MAIN** Main set, **FC** Front crawl, **KICK** Kick with a float held out in front of you, **PULL** Front crawl with a pull float between thighs, **RI** Rest interval



Beginner/ Improver: 5 hours per week

WEEK 01

		TRAINING/BREAKFAST			SNACK	LUNCH	SNACK	DINNER
	PRE	DURING	POST					
Mon	1 slice sourdough wholemeal toast and honey. Tea or water	Swim 1.5km WU 500m FC in Z2 MAIN 5x100m FC in Z4 + 30secs RI WD 500m FC in Z2 Drink 300-400ml water	40g of Dorset Cereals Tasty High Fibre Flakes or Simple Muesli with sliced banana. 150ml orange juice	Apple, Tea	Mixed salad with good quality chicken pieces, half an avocado and 1-2 tablespoons of dressing. Small bottle of fruit smoothie	Handful of mixed nuts and raisins. Milky coffee, skimmed	Penne with tomato and tuna sauce (see page 91) 350ml semi-skimmed milk	
Tue	Tea or coffee	Run 35mins WU 10mins in Z2 to Z3 MAIN 4x800m as fast as possible, with 2mins rests WD 5mins in Z2 to Z1	150g of FAGE Total Greek yoghurt with 15g oats, 1dsp apricot compote, a splash of milk and 1dsp of acacia honey. Top with sliced banana and more honey. Water	Half a fresh mango. Tea or green tea	Ham, tomato, lettuce and mustard sandwich on wholemeal. Small bottle of fresh juice	6 brazil nuts. An apple. Water or tea	Prawn and peanut noodles (see page 92) 300ml apple juice and water, mixed 75/25	
Wed	130g FAGE Total Greek yoghurt with acacia honey. Tea, coffee or water	Bike 35mins indoor trainer or gym bike WU 5mins in Z2, 5mins in Z3 MAIN 15mins of (30secs in Z2, 30secs in Z4) WD 10mins in Z2 Drink Water	1 egg on wholegrain sourdough toast. 30g Sultana Bran. 200ml fresh orange juice. Water	Tea or coffee or glass of blackcurrant cordial	600ml carton of 'fresh' soup, non-creamy, preferably winter vegetable with lentils or pearl barley Small glass of milk, 300ml	Small bunch of grapes. Tea	Chilli con carne (see page 91) Sparkling water	
Thur	1 slice sourdough wholemeal toast and honey. Tea or water	Swim 1.5km WU 400m FC in Z2 MAIN 3x200m FC in Z3/ Z4 + 45secs RI WD 500m mixed strokes, in Z2 Drink 300-400ml water	40g of Dorset Cereals Tasty High Fibre Flakes or Simple Muesli with sliced banana. 150ml orange juice	Small handful of mixed nuts. Tea, coffee or water	Spinach leaves with 150g of mozzarella, baby plum tomatoes, fresh basil and 1tbsp olive oil, plus white balsamic vinegar and seasoning. Small chunk of fresh artisan bread, no butter Pot of yoghurt Water	Tea, coffee or blackcurrant cordial	Grilled salmon fillet with baked potato and two green veg. Instead of butter on the potato have 1-2tbsp full fat crème fraiche and seasoning Potato: 200g women, 350g men Glass of Cherry Active	
Fri	Rest day 170g of FAGE Greek yoghurt with passion fruit (use 2) and greek or acacia honey. Tea			Small bowl of fresh pineapple with blueberries. Coffee	Chicken chapati wraps. Two small wholemeal chapatis with chicken and 1dsp each of raita, lime pickle and mango chutney, plus cucumber Water	4-6 squares of dark chocolate. Tea or coffee	Penne giardiniera (see page 92) 350ml glass of milk	
Sat	40g of porridge made with skimmed milk and acacia honey. Tea or coffee	Bike 90mins in Z2 including 6x30secs uphill hard efforts Drink 600-750ml apple juice and water mixed 50/50 or isotonic such as High5 2:1	Baked beans on 1 slice toast. 300g beans. Glass of milk, 350ml	Small fruit salad with dollop of Greek yoghurt and honey. Water	Butternut squash soup, about 600ml. Cut squash into 6 chunks and remove seeds, put finely chopped red onion and baby tomatoes where the seeds were; drizzle with acacia honey and seasoning. Roast until soft. Blend in blender with veg stock and 1dsp crème fraiche. Small chunk of wholemeal bread thinly buttered	Small piece of carrot cake about half the size of an iPhone. Tea	Lean steak, varied salad and baked potato, 1-2tbsp dressing. Mix 1dsp crème fraiche with Dijon mustard to have on the potato (women 250g, men 400g), 200ml glass red wine or half a pint of dark beer	
Sun	Tea, coffee or water	Run 40mins in Z2 to Z3	1 poached egg on wholegrain sourdough toast. 30g Sultana Bran. 200ml fresh orange juice. Water	Half an Eat Natural Bar. Tea or coffee	Prawn open sandwich: slice of artisan sourdough bread (about 50g) topped with watercress, 10-12 cooked king prawns and 1dsp marie-rose sauce and a squeeze of lemon Natural drink of choice	Other half of Eat Natural Bar. Tea or water	One pot chicken (see page 92) 200ml glass of wine Water	

WEEK 02

		TRAINING/BREAKFAST			SNACK	LUNCH	SNACK	DINNER
	PRE	DURING	POST					
Mon	Half a banana sandwich (1 slice bread). Tea or water	Swim 1.5km WU 500m FC in Z2 MAIN 8x100m FC as (50 in Z2, 50 in Z4) + 30secs RI WD 200m FC in Z2 Drink 300-400ml apple juice and water mixed 50/50	40g of Dorset Cereals Tasty High Fibre Flakes with sliced banana. Glass of Cherry Active	Tea or coffee	Large colourful salad with 200g of cottage cheese and beetroot in balsamic vinegar Water	1 or 2 slices of thinly buttered malt loaf. Tea	Chicken, mushroom and pesto pasta (see page 91) Apple juice and water	
Tue	Tea, coffee or water	Run 35mins WU 10mins in Z2 to Z3 MAIN 4x400m in Z4, + 90secs RI WD 5mins in Z2 to Z1	170g FAGE Greek yoghurt with blueberries, 1dsp granola and 2dsp acacia honey or maple syrup. 350ml glass of fresh juice and water mixed 75/25	2 kiwi fruit Tea	Beef, tomato and mustard sandwiches on wholemeal Small bottle of fruit smoothie	Small handful of mixed nuts and raisins. Water, tea or coffee	Prawn and peanut noodles (see page 92) Glass of Cherry Active	
Wed	30g Sultana Bran, 150ml orange juice	Bike 40mins indoor trainer or gym bike WU 12mins in Z2 MAIN 5, 4, 3, 2, 1mins in Z4 + 90secs RI WD 10mins easy Water	1 poached egg on toast, a banana Glass of Cherry Active	Half a fresh mango, water or tea	40g of pasta bows with 2tsp green pesto, a few pine nuts, 150g mozzarella and some halved baby plum tomatoes 150ml fresh juice	Banana. Milky coffee, skimmed	Lemon sole or sea bass, baked in foil with herbs and crème fraiche. With potatoes and 2 green veg. Have 2tsp butter on the potatoes (women: 150-250g, men: 250-350g) 300ml natural blackcurrant cordial	
Thur	Half a banana sandwich (1 slice bread). Tea or water	Swim 1.5km WU 400m FC in Z2 MAIN 400m in Z3 as 25m Kick, 50m FC, 8x50m FC sprints + 30sec RI WD 300m in Z2, mixed strokes Drink 300-400ml apple juice and water, 50/50	150g of FAGE Total Greek yoghurt with 15g oats, 1dsp apricot compote, a splash of milk and 1dsp acacia honey. Top with sliced banana and more honey. Water	Blueberries, mango, melon. Water or tea	600ml carton of fresh soup 4 squares dark chocolate	Small handful of mixed nuts and raisins. Water, tea or coffee	Easy chicken curry (see page 92) 1 beer or glass of wine Water 6 squares dark chocolate	
Fri	Rest day 2 slices sourdough wholegrain toast with crunchy peanut butter. Tea or coffee			Apple. Milky coffee, -skimmed	Salad (very varied) with flaked salmon fillet. Dressing of choice. Individual pot of FAGE Greek yoghurt. Water	Small/ medium fruit salad. Water or tea	Quick microwave risotto (see page 91)	
Sat	40g of porridge made with skimmed milk and acacia honey. Tea or coffee	Bike 90mins in Z2 including 6x30secs hard efforts Drink 600-750ml of apple juice and water mixed 50/50 or isotonic such as High5 2:1	1 slice toast with 300g beans. Glass of milk, 350ml	100g of FAGE Greek yoghurt with passion fruit and honey, 4 brazil nuts. Natural drink of choice	Large wholemeal wrap with tuna, salad and salad cream or 2tsp chilli mayo 200ml fresh juice	Small piece of cake about half the size of an iPhone. Milky coffee, skimmed	Spaghetti bolognese with lean mince and 2tsp grated Parmesan. Spaghetti = women 100g, men 120g Large glass natural organic blackcurrant cordial Glass of Cherry Active	
Sun	Nothing except tea or coffee or 1 slice toast and peanut butter and tea/coffee	Run 50mins in Z2/ Z3	40g of Dorset Cereals Tasty High Fibre Flakes or Sultana Bran with sliced banana. 200ml orange juice. Water	2tsp peanut butter from the jar Coffee	Small ploughman's with salad: lettuce, cucumber, tomatoes, onion, peppers, with matchbox-sized piece of extra mature cheddar, small piece of Edam, couple of small pieces of ham, pickle, small chunk of fresh wholemeal bread thinly buttered Natural drink of choice	Tea	Fish pie (see page 91) with broccoli and peas Glass of wine Water	





Beginner/ Improver: 5 hours per week

WEEK 03

	TRAINING/BREAKFAST			SNACK	LUNCH	SNACK	DINNER
	PRE	DURING	POST				
Mon	1 slice sourdough toast and honey. Tea or coffee	Swim 1.5km WU 500m FC in Z2 MAIN 4x50m KICK, 2x200m FC in Z4 + 45secs RI WU 400m FC in Z1/Z2 Water	150g FAGE Greek yoghurt with 60g of blueberries, 1dsp granola and 2dsp acacia honey or maple syrup. Glass of Cherry Active	Half a peanut butter sandwich (1 slice bread) Water or tea	500ml of mushroom soup - 'fresh' soup not tinned - with chunk of thinly buttered wholemeal bread	Piece of fruit Coffee	Linguine with spinach, ricotta and tomatoes (see page 92) 300ml fresh apple juice. Water. Piece of fruit.
Tue	Tea, coffee or water	Run Approx 35mins WU 10mins in Z2 (include 3x15secs sprints) MAIN 3x1km in Z4 +2mins RI WD 5mins in Z2	40g of muesli with sliced banana 200ml orange juice Water	Fresh mango and blueberries Tea	Free range organic egg and watercress sandwich with salad cream or 2tsp mayo Small bottle of fruit smoothie	Handful of cherry toms, small piece cheddar about the size of your ring finger. Tea	Quick microwave risotto (see page 91) Glass of milk
Wed	30g Sultana Bran 150ml orange juice	Bike 40mins indoor trainer or gym bike WU 5mins in Z2 MAIN 6x3mins in Z4 +2mins RI WD 5mins in Z2 Drink Water	1 poached egg on toast, 1 banana Glass of Cherry Active	1 orange, 5 brazil nuts Water or tea	Large mixed, colourful salad with tuna (200g) and 2tbsp dressing of your choice Pot of FAGE Total Greek yoghurt with blueberries Water	Banana Tea	Thai beef curry (see page 91) Sparkling water
Thur	1 slice sourdough toast and honey Tea or coffee	Swim 1.5km WU 400m FC in Z2 MAIN 3x200m FC in Z4 + 45secs RI WD 500m in Z2, mixed strokes Drink Water	130g FAGE Greek yoghurt with passion fruit and acacia honey, 1 slice toast and crunchy peanut butter Water or tea	3 Kollo salt and vinegar rice cakes Tea	Wholemeal pitta with houmous (3dsp) and salad (use dark leaves such as spinach or watercress) 200ml fresh juice	200ml smoothie: natural yoghurt blended with red fruit, milk and honey	Salmon fillet with mashed potato (women: 150-200g, men: 300-350g) and sautéed spinach mixed with 1dsp crème fraiche, lemon juice and salt Glass of red wine 4 squares dark chocolate
Fri	Rest day 1 slice toast with 2 poached eggs. 200ml fresh orange juice. Coffee			Small fruit salad Water or tea	Large wholemeal wrap with smoked mackerel or flaked salmon, salad and 2tsp chilli mayo Water	Nature Valley Chewy Bar Tea	Baked potato (women: 300-350g, men: 400-450g) and salad: 70g feta cheese, ripe toms, cucumber, red onion, black olives. Dress with 1tbsp olive oil and balsamic vinegar Glass of Cherry Active
Sat	40g porridge made with skimmed milk and acacia honey Tea or coffee	Bike 1 hour 45 in Z2 including 6x30secs hard efforts Drink 600-750ml apple juice and water mixed 50/50 or isotonic drink such as High5 Z1	1 slice toast with 300g baked beans Glass of milk, 350ml	150g Greek yoghurt, blended with frozen berries and honey Water	1 slice granary toast topped with sliced tomato, good ham and 2 poached eggs, watercress on the side Glass of fresh juice and water mixed 75/25	2tsp peanut butter from the jar Fruit tea	Penne with tomato and tuna sauce (see page 91) Small glass of red wine Water
Sun	1 slice toast and peanut butter, 300ml apple juice and water mixed 50/50	Run 1 hour in Z2 Drink Nothing or plain water, approx 300ml	40g of Dorset Cereals Tasty High Fibre Flakes or Sultana Bran with sliced banana 200ml orange juice Water	1 slice granary toast with peanut butter. Coffee or 300ml fresh juice/water	600ml fresh spicy soup such as Moroccan chickpea or spicy tomato and lentil, with a small chunk of fresh bread, unbuttered	Banana Tea	Mediterranean lamb stew (see page 92) Water

WEEK 04 (ACTIVE RECOVERY WEEK)

	TRAINING/BREAKFAST			SNACK	LUNCH	SNACK	DINNER
	PRE	DURING	POST				
Mon	Rest day 170g FAGE Total Greek yoghurt with mango, grapes and 2dsp acacia honey. Tea or coffee			Handful of mixed nuts and raisins. Tea	Large bowl of soup as yesterday 4 squares dark chocolate	1 slice thinly buttered malt loaf Coffee	Penne giardiniera (see page 92) 350ml glass of milk
Tue	Tea, coffee or water	Run 30mins WU 10mins in Z2 to Z3 MAIN 4x400m all as fast as possible, with 60secs rests WD 10mins in Z2 to Z1	2 Weetabix with sliced banana 300ml fresh juice and water mixed 75/25	Large handful of mixed nuts and raisins Coffee or water	1 or 2 slices granary toast and beans 350ml glass of milk	4-6 squares dark chocolate Tea	Baked potato (women: 250g, men: 350-400g) with 3-4 slices ham. Serve with pickled red cabbage, salad with 2dsp dressing, and top potato with 1-2dsp crème fraiche mixed with mustard 350ml apple juice/water; 75/25
Wed	100g FAGE Greek yoghurt with honey Tea, coffee or water	Bike 30mins indoor trainer or gym bike WU 10mins in Z2 MAIN 6x2mins in Z4, with 60secs rests WD 5mins in Z2	1 slice toast with poached egg 300ml fresh orange juice and water mixed 75/25	Apple, 4-5 brazil nuts Tea or water	Large colourful salad with 200g organic free-range roast chicken and half an avocado, plus 2tbsp dressing of choice Small bottle of fruit smoothie	Half a peanut butter sandwich (1 slice bread) Coffee	Quick microwave risotto (see page 91) Glass wine Water
Thur	1 slice wholemeal sourdough toast and honey, Tea, coffee or water	Swim 1.5km WU 400m FC in Z2 MAIN 4x50m KICK, 8x50m FC sprint +30secs RI, 4x50m KICK WD 300m FC in Z2 Drink 400ml apple juice and water mixed 50/50	40g of muesli with sliced banana Tea	Tea	40g pasta shapes with 150g tuna, baby tomatoes, spring onion and sweetcorn. Dress with 1tbsp olive oil and white balsamic vinegar and seasoning Glass of natural, organic blackcurrant cordial	Small fruit salad Tea or coffee	Grilled fish and large colour ful salad or some stir fried spicy vegetables Glass of red wine 6 squares dark chocolate
Fri	Rest day 1 slice toast with 2 poached eggs. 200ml fresh orange juice. Coffee			Fresh mango and blueberries Natural drink of choice	Parma ham, tomato and mustard sandwich on wholemeal. Water 4 squares dark choc	Milky coffee - skimmed 6 or 7 brazil nuts	Flatbread pizza: top a wholemeal pitta with spinach, red onion, pepper, mushrooms and toms; cook in hot oven and add 200g mozzarella once cooked. Serve with varied salad and 2tbsp dressing. Glass Cherry Active
Sat	40g Dorset Cereals Tasty High Fibre Flakes	Bike 1 hour in Z2 including 4x30secs hard efforts Drink Water	1 or 2 slices toast with 300g baked beans 350ml of milk	250ml fruit smoothie	Large wholemeal wrap with tuna, salad and salad cream or 2tsp chilli mayo 200ml of fresh juice, 250ml fruit smoothie	Small piece of carrot cake Tea	Cook some spaghetti (women: 90-100g, men: 110-130g), oven roast handful halved baby plum tomatoes. Stir 2dsp pesto into the pasta and top with the tomatoes Glass of blackcurrant cordial
Sun	Tea, coffee or water	Run 50mins in Z2	2 Weetabix. 1 bacon and tomato sandwich (1 slice bread and 2 rashers lean bacon with grilled tomato) Tea. Water	Tea	Tinned tomatoes on toast (not juice). 2 slices granary toast, well buttered, with salt and black pepper 350ml of milk	Piece of fruit Water	Roast chicken with roast potatoes (women: 200g, men: 350g), carrots, roast squash and two green vegetables plus gravy Glass of wine





Intermediate/ Experienced: 9 hours per week

WEEK 01

	TRAINING/BREAKFAST			SNACK	LUNCH	SNACK	TRAINING	DINNER
	PRE	DURING	POST					
Mon	1 slice sourdough wholemeal toast and honey. Tea or water	Swim 2km WU 500m FC in Z2, 200m KICK in Z3 MAIN 8x100m FC in Z4 + 30secs RI WD 500m FC in Z2 Drink 400-500ml apple juice and water, 50/50	40g of Dorset Cereals Tasty High Fibre Flakes or Simple Muesli with sliced banana 150ml orange juice	Individual pot of Greek yoghurt with honey Water or tea	Tuna sandwiches (2 or 3 slices of bread) with 1tsp mayo in each Small bottle of fruit smoothie	Energy bar Water, Tea	Run 40mins as (10mins in Z2, 20mins in Z3, 10mins in Z2)	Penne with tomato and tuna sauce (see page 91) 350ml glass of milk (semi)
Tue	170g of FAGE Total Greek yoghurt with 15g of oats, 1dsp apricot compote, a splash of milk and 1dsp acacia honey. Top with sliced banana and more honey. Water			Half a fresh mango, Tea or green tea	Ham, tomato, lettuce and mustard sandwiches on wholemeal Small bottle of fresh juice	200ml natural yoghurt blended with handful of frozen summer fruit and acacia honey, Water	Bike 45mins indoor trainer WU 4mins Z2, 2mins Z3, 1min Z2 MAIN 2x15mins Z3 + 3mins RI WD 5mins Z2 Drink Water: 300ml choc milk (after)	Prawn and peanut noodles (see page 92) 300ml apple juice and water 75/25
Wed	130g FAGE Total Greek yoghurt with acacia honey, Tea, coffee or water	Swim 2km WU 200m FC, 200m KICK, 200m FC all in Z2 MAIN 4 x 200m FC in Z3/Z4 + 45secs RI WD 500m mixed strokes, in Z2 Drink 400-500ml apple juice/water mixed 50/50	1 egg on wholegrain sourdough toast, 30g Sultana Bran 200ml fresh orange juice, Water	Tea or coffee or glass of blackcurrant cordial Banana	600ml carton 'fresh' tomato soup. Large chunk of sourdough bread thinly buttered (approx 75-100g) 350ml glass of milk Handful of mixed nuts and raisins	170g Greek yoghurt with honey Tea, Water	Run 40mins in Z2 to Z3, hilly route	Chilli con carne (see page 91) 2 scoops vanilla ice cream with sliced banana and maple syrup Sparkling water
Thur	1 slice sourdough wholemeal toast and honey. Tea or water	Swim 2km technique session. Include drills, kick and easy swimming while focusing on low stroke count Drink 400ml apple juice and water 50/50	Immediately after 300ml choc milk or a For Goodness Shakes made from sachet mixed with water Breakfast 50g Dorset Cereals Tasty High Fibre Flakes	2 slices of thinly buttered malt loaf Tea, Water	Spinach leaves with 200g mozzarella, baby plum toms, fresh basil and 1tbsp olive oil and white balsamic vinegar and seasoning. Large chunk of fresh artisan bread, no butter Fruit salad, Water	Energy bar Water, Tea	Run 1 hour in Z2 Water	Grilled salmon and baked potato (women: 200g, men: 350g) with 1-2dsp crème fraiche; 2 green veg, Warm blueberries with sugar, 170g yoghurt, Glass Cherry Active
Fri	Rest day 170g of FAGE Greek yoghurt with passion fruit (use 2) and greek or acacia honey, Tea			Small bowl of fresh pineapple with blueberries, Coffee	Chicken chapati wraps, 2 small wholemeal chapatis with chicken and 1dsp each of raita, lime pickle and mango chutney and cucumber Water	4-6 squares dark chocolate Tea or coffee	Penne giardiniera (see page 92) Baked nectarine with 2tsp crème fraiche 350ml glass of milk	
Sat	40g porridge with skimmed milk and honey, 1 slice toast and peanut butter Tea or coffee	Bike 90mins in Z2 including 6x30secs hard efforts Drink 600-750ml apple juice and water mixed 50/50 or isotonic drink such as High5 2:1	1 slice toast with 300g baked beans Banana Glass of milk, 350ml	Small fruit salad with yoghurt and honey, Handful of mixed nuts Water	Butternut squash soup (see 5-hour plan, page 87) 130g Greek yoghurt with passion fruit and honey	Small piece of carrot cake about half the size of an iPhone Tea	Grilled fish, baked potato (women: 300g, men: 450g) and peas, 1dsp crème fraiche on the potato Glass of blackcurrant cordial 6 squares dark chocolate	
Sun	Tea, coffee or water, 1 piece of toast and peanut butter	Bike 2 hours in Z2, stay seated on climbs	1 poached egg on wholegrain sourdough toast, 40g Sultana Bran, 200ml fresh orange juice, Water	Half a Get Buzzing Bar Tea or coffee	Prawn open sandwich on 1 slice of artisan sourdough bread topped with watercress and 10-12 cooked king prawns + 1dsp marie-rose sauce and a squeeze of lemon Natural drink of choice	Other half of Bar Tea or water	One pot chicken (see page 92) 150g 200ml glass of wine Water	

WEEK 02

	TRAINING/BREAKFAST			SNACK	LUNCH	SNACK	TRAINING	DINNER
	PRE	DURING	POST					
Mon	Half a banana sandwich (1 slice) Tea or water	Swim 1.8km WU 500m FC in Z2 MAIN 8x100m FC as 150m in Z2, 50m in Z4 + 30secs RI WD 200m FC in Z2, 200m KICK in Z2, 100m FC in Z2 Drink 400ml apple juice/water	40g of Dorset Cereals Tasty High Fibre Flakes with sliced banana, Glass of Cherry Active	Tea or coffee	Large colourful salad with 200g of cottage cheese and beetroot in balsamic vinegar Water	1 or 2 slices of thinly buttered malt loaf Tea	Run 40mins as (10mins in Z2, 2x11mins in Z3 + 3mins RI, 5mins in Z2)	Chicken, mushroom and pesto pasta (see page 91) 350ml apple juice and water
Tue	170g FAGE Greek yoghurt with blueberries, 1dsp granola and 2dsp acacia honey or maple syrup, 350ml glass fresh juice and water mixed 75/25			Banana Tea	Beef, tomato and mustard sandwiches on 2-3 slices wholemeal bread Small bottle of fruit smoothie	Get Buzzing Bar Tea, Water	Bike 45mins indoor trainer WU 10mins in Z2 MAIN 30mins of (30secs in Z2, 30secs in Z3) WD 5mins in Z2 Drink Water After Few nuts, small glass of milk	Prawn and peanut noodles (see page 92) Glass of Cherry Active
Wed	30g Sultana Bran, 150ml orange juice	Swim 1.8km WU 400m FC in Z2 MAIN 400m in Z3 as 25m Kick, 50m FC, 8x50m FC sprints + 30sec RI, 4x50m sprint KICK + 30secs RI WD 400m in Z2, mixed strokes Drink Water	1 poached egg on toast 1 banana Glass of Cherry Active	Half a fresh mango, water or tea	40g of pasta bows with 2tsp green pesto, a few pine nuts, 150g mozzarella and some halved baby plum tomatoes Pot of yoghurt, 150ml fresh juice	Energy bar Water	Run 40mins in Z2 to Z3, hilly route After Water, 250ml choc milk then dinner	Lean steak with baked potato (women: 250g, men: 400g) and 2 green veg, 1dsp crème fraiche mixed with Dijon mustard on potato, Glass of blackcurrant cordial, 6 squares dark choc
Thur	Half a banana sandwich (1 slice bread) Tea or water	Swim 2km technique session. Include drills, kick and easy swimming while focusing on a low stroke count, 300ml isotonic drink such as Orbar or High5	Immediately after For Goodness Shakes Breakfast 150g of FAGE Total Greek yoghurt with 15g of oats, 1dsp apricot compote, splash of milk and 1dsp of acacia honey, Top with sliced banana and more honey, Water	Blueberries, mango, melon Water or tea	600ml carton of fresh soup such as vegetable and pearl barley, Med chunk of bread (75g) 4 squares dark chocolate	Energy bar Milky coffee, skimmed	Run 1 hour in Z2 Drink Water Immediately post 250ml choc milk	Easy chicken curry (see page 92) 1 beer or glass of wine Baked apple, 100ml custard, Water
Fri	Rest day 2 slices sourdough wholegrain toast with crunchy peanut butter, Tea or coffee			Apple, Milky coffee, skimmed	Salad (very varied) with flaked salmon fillet. Dressing of choice Individual pot of FAGE Greek yoghurt Water	Small/medium fruit salad Water or tea	Quick microwave risotto (see page 91) 2 scoops vanilla ice cream with fruit and maple syrup (banana or blueberries etc) Glass of Cherry Active	
Sat	40g porridge made with skimmed milk and acacia honey Tea or coffee	Bike 90mins in Z2 including 6x30secs hard efforts Drink 600-750ml of apple juice and water mixed 50/50 or isotonic such as High5	1 slice toast with 300g baked beans Glass of milk, 350ml	100g Greek yoghurt with passion fruit and honey, 4 brazil nuts, Any natural drink	Large wholemeal wrap with tuna, salad and salad cream or 2tsp chilli mayo 200ml of fresh juice	Small piece of cake about half the size of an iPhone, Milky coffee, skimmed	Spaghetti bolognese made with lean mince and 2tsp Parmesan, Glass blackcurrant cordial, Spaghetti - women: 100g, men: 120g Glass of Cherry Active	
Sun	Nothing except tea or coffee OR have 1 slice toast and peanut butter and tea/coffee	Bike 2 hours in Z2, stay seated on climbs	40g Dorset Cereals Tasty High Fibre Flakes or Sultana Bran with sliced banana 200ml orange juice, Water	2tsp peanut butter from the jar Coffee	Small ploughmans: salad, with matchbox size piece of cheddar, small piece Edam, couple of small pieces of ham, pickle, small chunk wholemeal bread thinly buttered Natural drink of choice	Tea	Fish pie (see page 91) with broccoli and peas Glass of wine Water	



Intermediate/ Experienced: 9 hours per week

WEEK 03

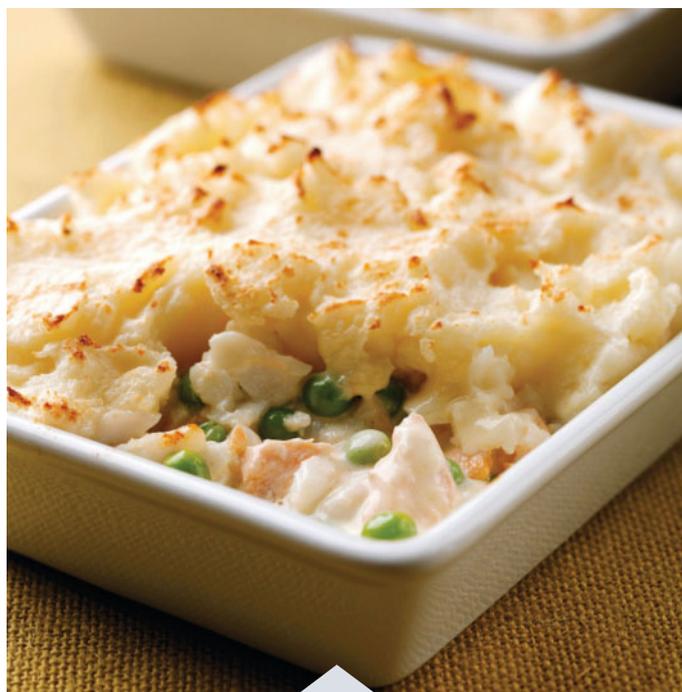
	TRAINING/BREAKFAST			SNACK	LUNCH	SNACK	TRAINING	DINNER
	PRE	DURING	POST					
Mon	1 slice sourdough toast and honey Tea or coffee	Swim 1.9km WU 500m FC in Z2 MAIN 8x50m KICK in Z3 +30secs RI , 3x200m FC in Z4 + 45secs RI WD 400m FC in Z1/Z2 Drink 400ml apple juice and water 50/50	170g FAGE Greek yoghurt with 60g of blueberries, 2dsp granola and 2dsp acacia honey or maple syrup Glass of Cherry Active	Handful of nuts and raisins Water, Tea	500ml of mushroom soup – 'fresh' soup not tinned – with chunk of thinly buttered wholemeal bread (50g) Small carton rice pudding	Piece of fruit Coffee	Run 5mins in Z2, 30mins in Z3, 5mins in Z2	Linguine with spinach, ricotta and tomatoes (see page 92). Can have salad alongside with 1tbsp dressing, 300ml fresh apple juice Water
Tue	40g muesli with sliced banana 200ml orange juice Water			Fresh mango and blueberries Tea	Free range organic egg and water cress sandwiches with salad cream or 2tsp mayo Small bottle of fruit smoothie Handful of nuts and raisins Water	Energy bar Water or tea	Bike 45mins indoor trainer WU 5mins Z2, 5mins low cadence (60rpm) Z2 MAIN 30mins (1min Z2, 1min Z3) WD 5mins Z2 Drink water After 300ml hot choc	Quick microwave risotto (see page 91) Fruit salad with dollop of greek yog and honey Glass of blackcurrant cordial
Wed	30g Sultana Bran, 150ml orange juice	Swim 1.9km WU 200m FC Z2, 200m KICK Z2, 200m PULL Z2 MAIN 3x200m FC in Z4 + 45secs RI WD 500m Z2, mixed strokes Drink 400ml apple juice and water	Immediately after For Goodness Shakes Breakfast 1 poached egg on toast, 30g Puffed Oats with honey 200ml orange juice, Water	An orange 5 brazil nuts Water or tea	40g of pasta shapes with 1dsp green pesto and some organic chicken pieces, baby plum tomatoes and a few pine nuts Glass of Cherry Active	Pot of Greek yoghurt with honey Water or tea	Run 40mins in Z2 to Z3, hilly route Postrun water	Thai beef curry (see page 91) Sparkling water 6-8 squares dark choc
Thur	1 slice sourdough toast and honey Tea or coffee	Swim 2km technique session. Include drills, kick and easy swimming while focusing on a low stroke count Drink 400ml isotonic	Immediately after 350ml choc milk Breakfast 50g Dorset Cereals Tasty High Fibre Flakes with sliced banana Coffee	Fruit salad Handful of nuts Water	Wholemeal pitta with humous (3dsp) and salad (use dark leaves such as spinach or watercress) 200ml fresh juice	200ml natural yoghurt blended with red fruit, milk and honey to make a 275ml smoothie	Run 1 hour in Z2 water Postrun 1 Ryvita with peanut butter Small glass of milk	Salmon with mashed potato (women: 200g, men: 350g) on bed of sautéed spinach mixed with 1dsp crème fraiche, lemon juice and salt. Glass red wine, 6-8 squares dark choc
Fri	Rest day 1 slice toast with 2 poached eggs, 200ml fresh orange juice, Coffee			Small fruit salad Water or tea	Large wholemeal wrap with smoked mackerel or flaked salmon, salad and 2tsp chilli mayo Water	Nature Valley Chewy Bar Tea		Baked potato (women: 300g, men: 450g) and salad; 70g feta cheese, toms, cucumber, red onion, black olives. Dress with 1tbsp olive oil, balsamic vinegar, Glass of Cherry Active
Sat	50g porridge with skimmed milk and acacia honey 2tsp peanut butter from jar Tea or coffee	Bike 90mins Z2 with 6x30secs hard efforts Drink 500-600ml isotonic per hour Immediately after mug of hot choc with skimmed milk	1 slice toast with 300g baked beans Glass of milk, 350ml	150g Greek yoghurt blended with frozen berries and acacia honey, Water	1 slice granary toast topped with sliced tomato, ham and 2 poached eggs, watercress on side Glass of fresh juice and water mixed 75/25	2tsp peanut butter from the jar Fruit tea		Penne with tomato and tuna sauce (see page 91) Small glass of red wine Water
Sun	1 slice toast and peanut butter 300ml apple juice and water mixed 50/50	Bike 2 hours in Z2, stay seated on climbs Drink Nothing or plain water, approx 300ml	40g of Dorset Cereals Tasty High Fibre Flakes or Sultana Bran with sliced banana, 200ml orange juice, Water	1 slice granary toast with peanut butter, Coffee or 300ml of fresh juice and water	Spicy fresh soup such as Moroccan tagine or tomato and lentil, 600ml	Banana Tea		Mediterranean lamb stew (see page 92) Water

WEEK 04 (ACTIVE RECOVERY WEEK)

	TRAINING/BREAKFAST			SNACK	LUNCH	SNACK	DINNER
	PRE	DURING	POST				
Mon	Rest day Half a banana sandwich, Tea and water, 170g FAGE Total Greek yoghurt with mango, grapes and 2dsp of acacia honey, Tea or coffee			Handful of mixed nuts and raisins Tea	Large bowl of yesterday's soup, no bread 4 squares of dark chocolate	1 slice of thinly buttered malt loaf Coffee	Penne giardiniera (see page 92) 350ml glass of milk
Tue	Tea, coffee or water	Run 30mins WU 10mins in Z2 MAIN 15mins in Z3 WD 5mins in Z2 to Z1	2 Weetabix with sliced banana 300ml fresh juice and water mixed 75/25	Large handful of mixed nuts and raisins Coffee or water	1 or 2 slices granary toast with baked beans 350ml glass of milk	4-6 squares of dark chocolate Tea	Baked potato (women: 250g, men: 400g) with 1-2dsp crème fraiche mixed with mustard; 3-4 slices ham; salad with 2tbsp dressing, 350ml apple juice and water mixed 75/25
Wed	100g FAGE Greek yoghurt with honey Tea, coffee or water	Bike 30mins indoor trainer or gym bike WU 5mins in Z2 MAIN 2x10mins in Z3 + 2mins RI WD 3mins in Z2	1 poached egg on toast 300ml fresh orange juice and water mixed 75/25	Apple, 4-5 brazil nuts Tea or water	Large colourful salad with 200g organic free-range roast chicken, half an avocado and 2tbsp dressing of choice Small bottle of fruit smoothie	Half a peanut butter sandwich (1 slice bread) Coffee	Quick microwave risotto (see page 91) Glass of wine Water
Thur	1 slice wholemeal sourdough toast and honey, Tea, coffee or water	Swim 1.5km WU 400m FC in Z2 WD MAIN 4x50m KICK , 8x50m FC sprint + 30secs RI , 4x50m KICK WD 300m FC in Z2 400ml Drink Apple juice and water mixed 50/50	40g of muesli with sliced banana Tea	Tea	40g pasta shapes with 150g of tuna, baby tomatoes, spring onion and sweetcorn, Dress with 1tbsp olive oil and white balsamic vinegar and seasoning Glass of natural, organic blackcurrant cordial	Small fruit salad Tea or coffee	Grilled fish and large colourful salad or some stir-fried spicy vegetables Glass of red wine 6 squares dark chocolate
Fri	Rest day 1 slice toast with 2 poached eggs, 200ml fresh orange juice, Coffee			Fresh mango and blueberries Natural drink of choice	Parma ham, tomato and mustard sandwiches on 2-3 slices wholemeal bread Water 4 squares dark chocolate	Milky coffee, skimmed 6 or 7 brazil nuts	Pizza: top a pitta with spinach, onion, pepper, mushrooms and toms; cook in hot oven and add 200g mozzarella once cooked. Serve with salad and 2tbsp dressing, Glass Cherry Active
Sat	40g Dorset Cereals Tasty High Fibre Flakes	Bike 1 hour in Z2, stay seated on climbs Drink Water	1 or 2 slices toast with 300g baked beans Glass of milk, 350ml	250ml fruit smoothie	Large wholemeal wrap with chicken, salad and 2tsp mayo or green pesto	Small piece of carrot cake Tea	Cook spaghetti (women: 90-100g, men: 110-130g), oven roast halved baby plum toms, Stir 2dsp pesto into pasta and top with roasted tomatoes Glass of blackcurrant cordial
Sun	Tea, coffee or water	Run 50mins in Z2	2 Weetabix, 1 bacon and tomato sandwich (1 slice bread and 2 rashers of lean bacon with grilled tomato) Tea, Water	Tea	Tinned tomatoes on toast (no juice), 2 slices granary toast, well buttered, with salt and black pepper Glass of milk, 350ml	Piece of fruit Water	Roast chicken with roast potatoes (women: 200g, men: 350g), carrots, roast squash and two green vegetables plus gravy Glass of wine



RECIPES



EASY FISH PIE

● Three types of fish of your choice – e.g. fillets of cod, haddock or salmon; cooked prawns ● Skimmed milk ● 1 small leek, trimmed, chopped and washed ● 1 medium carrot, finely sliced ● 1 tub reduced fat crème fraîche ● Juice of half a lemon ● 1tsp English mustard ● Salt and pepper ● Fresh parsley, chopped ● 400g good mashing potatoes, peeled and chopped ● 50g reduced fat cheese, grated

PUT THE POTATOES on to boil until soft enough to mash (don't overcook or they'll be waterlogged). This should take 12-15 minutes. Meanwhile, poach the fish fillets over a low heat in the milk and drain, keeping the milk to one side. Flake the fish into a baking dish with the prawns, if using. Make the sauce by whisking the crème fraîche, lemon juice, mustard and seasoning together; add a drop of the poaching milk if the sauce is too thick (it should be a thick pouring consistency). Add the chopped parsley and pour over the fish. When the potatoes are cooked, drain and mash – add a knob of butter if too dry. Season the mash then use to top the fish, sprinkle the cheese on top and bake in the oven at 200°C for 20-25mins or until golden brown on top.

Both plans
Portion sizes: women just larger than a saucer, men size of a side plate

PENNE WITH TOMATO AND TUNA SAUCE

● 1 red onion
● Splash of balsamic vinegar
● 400g tin of tomatoes
● 1dsp tomato purée
● 1tsp sugar
● Salt and pepper
● 1 mug frozen peas
● 1 tin tuna in water
● 2dsp Parmesan
● **Penne:**
5-hour plan Women: 70g, men: 100g
9-hour plan Women: 90-100g, men: 110-120g

FRY THE ONION, add the vinegar (you can also use red wine) and cook off. Add the tomatoes, tomato purée, sugar and seasoning and simmer for 10mins. Put the penne on to cook in boiling water for 7-8mins until al dente. Add the tuna and peas and cook for a further 5mins. Stir in to the penne and sprinkle the Parmesan on top.

QUICK MICROWAVE RISOTTO

● Microwave rice (arborio or basmati)
● 1-2tbsp fresh tomato pasta sauce
● 1tsp olive oil
● 100g cherry tomatoes, halved
● 1 small red onion, finely chopped
● 1dsp Marigold vegetable bouillon power
● Handful frozen peas
● ½ tin tuna in water
● **Rice:**
5-hour plan Women: 70-80g, men: 100g
9-hour plan Women: 90g, men 110g

MIX TOGETHER all but the last three ingredients in a microwave-proof dish. Cover to 15mm above with boiling water, stir and microwave for 12mins uncovered. Add a handful of frozen peas and microwave covered for another 2mins. Stir in the tuna just before serving.

THAI BEEF CURRY

● 1tbsp groundnut or vegetable oil
● 150g lean frying steak, cut into strips
● 4 spring onions, sliced
● Red pepper, deseeded and sliced
● 1 carrot, peeled and sliced thinly
● 1 red birdseye chilli
● 1 thumb-sized piece root ginger, peeled and thinly sliced
● 2tbsp red Thai curry paste
● 200ml half-fat coconut milk
● **Rice:**
Both plans Women 90g, men 110g

ADD THE RICE to a pan of boiling water, bring to the boil then reduce the heat, cover and simmer for around 10mins, or until cooked. Meanwhile, heat the oil in a wok or large non-stick frying pan until nearly smoking. Add the beef and stir fry quickly until sealed, then add the vegetables and stir fry for one or two minutes. Add the curry paste and mix in well, lower the heat and stir in the coconut milk. Serve the curry on top of the rice.

CHICKEN, MUSHROOM AND PESTO PASTA

● 1 onion
● Handful chestnut mushrooms
● 1tsp olive oil
● 1 organic free-range chicken breast, skinless and boneless
● 1dsp green pesto
● Squeeze of fresh lemon juice
● Black pepper
● **Spaghetti:**
Both plans Women 70g, men 100g

COOK THE SPAGHETTI in boiling water until al dente. Fry the onion and mushrooms in the olive oil, and at the same time grill an organic free-range chicken breast. When the chicken is cooked, shred it using two forks and add it to the mushrooms and onion. Stir in the pesto and fresh lemon juice and black pepper. Add to the cooked spaghetti and serve.



CHILI CON CARNE

● 2 tbsp olive oil
● 1 large onion, chopped
● 3 large garlic cloves, chopped
● 2tbsp chilli powder
● 1tsp ground cumin
● 200g mince (lean)
● 400g can chopped tomatoes
● 2 beef stock cubes
● 1 large red pepper, deseeded and chopped
● 10 sun-dried tomatoes
● 400g can red kidney beans, drained and rinsed
● 2tbsp fat free natural yoghurt
● Fresh coriander
● **Rice:**

5-hour plan Women: 60g, men: 90g
9-hour plan Women: 80g, men: 100g

HEAT THE OIL in a large non-stick saucepan and fry the onions until soft. Add the garlic, pepper, sun-dried tomatoes and spices. Then add the mince, breaking up with a wooden spoon or fork. When the mince is brown add the tomatoes and rinse the can into the pan, then add the stock cube. Cover and cook on a low heat for at least 30mins. Meanwhile, cook the rice according to the packet instructions (usually for around 10-15mins). Serve the chili on the rice with a dollop of yoghurt and a few coriander leaves.



PENNE GIARDINIERA

- 1 onion, finely chopped
 - 1 red pepper, 1 yellow pepper, deseeded and chopped
 - Half head cauliflower, chopped
 - Half head broccoli, chopped
 - 1 carrot, sliced
 - Handful closed cup mushrooms
 - 1dsp tomato purée
 - 1tsp sugar
 - Salt and pepper
 - 400g tinned tomatoes
 - 1dsp mixed herbs
 - 1-2dsp Parmesan, grated
 - Fresh basil leaves
- Penne:**
5-hour plan Women: 90g, men: 110g
9-hour plan Women: 100g, men: 120g

FRY THE VEGETABLES until starting to soften then add the tinned tomatoes, tomato purée, sugar, seasoning and herbs. Simmer on a low heat for 10mins. Meanwhile, cook the penne for 8-10mins. Drain and mix with the vegetables then top with the Parmesan and basil leaves.

ONE POT CHICKEN

- 1 small organic, free-range chicken
 - 3tbsps sunflower oil
 - 1dsp acacia honey
 - Salt and pepper
 - Knob of butter
 - Potatoes and butternut squash, chopped (combined weight):
- Both plans** Women: 200g, men: 350g
● Chicken:
Both plans Women: 100g, men: 150g

PLACE THE CHICKEN in a roasting tin surrounded by the chopped potatoes and butternut squash. Drizzle with the oil and toss the vegetables to make sure they're coated in it, then drizzle the chicken with acacia honey plus a sprinkle of salt and plenty of black pepper. Dot the chicken with butter. Roast on high (200°C) for 15mins then turn the heat down according to the cooking instructions on the chicken pack (this will depend on the weight of the chicken you've bought). Serve with two green veg and gravy.



MEDITERRANEAN LAMB STEW

- 450g boneless shoulder of lamb, cut into bite-sized chunks
 - 1-2tbsp plain flour, seasoned
 - 1tbsp olive oil
 - 1 large onion, finely chopped
 - 4 stalks celery, sliced
 - 2 carrots, peeled and chopped
 - 2 cloves garlic, smashed and roughly chopped
 - Few rosemary stalks, leaves stripped and chopped
 - 1 bay leaf
 - Small glass white wine
 - 400g tin chopped tomatoes
 - 400ml lamb or beef stock
 - Zest and juice of one lemon
 - Small bunch flat-leaf parsley, chopped
- Potatoes:**
Both plans Women: 200-250g, men: 300-400g

COAT THE LAMB in the flour. Heat the oil in a large, heavy-based, non-stick saucepan and brown the lamb – you may need to do this in batches. Remove and set to one side. Sauté the vegetables and rosemary in the oil still remaining in the pan (some fat will have escaped from the lamb too but add more oil if it dries out), then add the meat back in and pour over the wine, tomatoes and stock. Cover, turn the heat right down and leave to cook for two or three hours, until the meat is soft. Add in the lemon zest and juice and the parsley at the end and check the seasoning. Serve with potatoes and one type of green vegetable.

LINGUINE WITH SPINACH, RICOTTA AND TOMATOES

- 200g vine tomatoes, halved
 - Olive oil
 - Salt and pepper
 - 200g baby spinach
 - 125g ricotta cheese
 - Squeeze of lemon juice
 - 1dsp grated Parmesan
 - Linguine:
- Both plans** Women: 90g, men: 110-120g

COOK THE PASTA in boiling water until al dente, around 8-10mins. Drizzle the tomatoes with the oil and season. Roast on a high heat until soft. Sauté the spinach for a couple of minutes until soft, then mix in the ricotta and lemon juice and season with salt and pepper. When the pasta is cooked, stir in the ricotta mixture and put the tomatoes on top. Sprinkle with the Parmesan. Serve with a salad and 1dsp dressing of your choice.

PRAWN AND PEANUT NOODLES

- 1 small onion, sliced
 - Handful mangetout
 - 1 red pepper, deseeded and chopped
 - Handful chestnut mushrooms, sliced
 - 100g leafy veg (pak choi, spinach or spring greens), sliced
 - 1 birdseye chilli, finely chopped
 - 1 thumb-sized piece of root ginger, peeled and chopped
 - 150g king prawns
 - 1dsp smooth peanut butter
 - 3dsp sweet chilli sauce
 - 1dsp soy sauce
 - Noodles:
- Both plans** Women: 80g, men: 110g

HEAT THE OIL in a wok or large frying pan until almost smoking. Throw in all the veg and stir fry for two minutes, then add the king prawns and cook them through. Add the peanut butter and sweet chilli sauce, then add soy sauce to taste. Serve with rice noodles.

EASY CHICKEN CURRY

- 1dsp vegetable oil
 - 1 onion, chopped
 - 2 cloves garlic, smashed and chopped
 - 1tsp cumin seeds
 - 2dsp madras or jalfrezi curry powder
 - 1 long green chilli
 - 400g tin chopped tomatoes
 - 4 skinless and boneless chicken thighs, chopped to bitesized chunks
 - Large handful baby spinach
 - 4tbsp fat free natural yoghurt
 - Bunch of fresh coriander
 - Rice:
- 5-hour plan** Women: 60g, men: 90g
9-hour plan Women: 90g, men: 110g

HEAT THE OIL in a large, deep, non-stick frying pan and fry the onion until it's starting to turn brown. Add the cumin seeds and garlic and fry, stirring, until fragrant. Add the curry powder (add more oil if it starts to stick) and the chicken and fry for one or two more minutes, then add the tomatoes and stir well. Lower the heat and cover and cook for 25-30 minutes until the chicken is cooked. Stir in the spinach so that it wilts. Remove from the heat and stir in the yoghurt. Season and serve on the rice, garnished with the coriander leaves.

