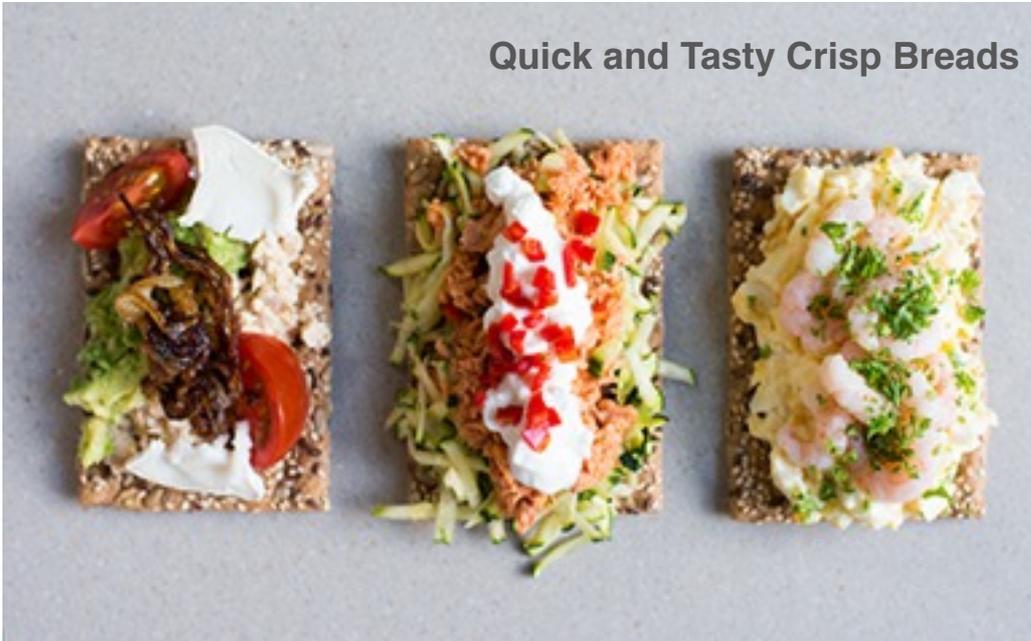


festive flab be gone!

shed the party pounds with a delicious, fast and fabulous fat loss plan!

Quick and Tasty Crisp Breads



Despite our very best intentions, many of us come out the other side of the festive season carrying a few extra pounds! The combination of too much booze, too many edible treats, too much lazing on the couch watching TV, too little exercise and perhaps not enough sleep can be oh-so-cruel to our waistlines!

Nutritionist, author and fat loss mentor, Fiona Kirk www.fionakirk.com says “This is when quick fix diets can make a meaningful difference. Fast results are what we are after and as long as the diet is tasty, filling, easy to follow and nutritionally top notch - they deliver!” You can lose up to 7 pounds when you follow Fiona’s 7 to 10 day diet as closely as you can before moving on to one of the longer term diets offered in her all-new, multi-media, interactive eBook, *Fast and Fabulous Fat Loss* which is available to download to Macs, iPads and iPhones on [iBooks](#) at £6.99

1

Breakfast
on fruit and
protein

2

Lunch on
protein,
fats and a
little starch

3

Dine on
protein and
lots of
vegetables

4

Snack small
but make it
filling



Fabulous Fish



Super Soups



Open Sandwiches



One Pot Wonders



Great Snacks

First Thing Every Morning

Cleansing Juice

Mix equal quantities of water, unsweetened grapefruit, pomegranate and cranberry juices in a large glass. Add a pinch of cinnamon, ginger and allspice and stir well. You can also warm it through gently and have it hot on a chilly morning.

or

Hot Lemon and Ginger

Put 1 or 2 tablespoons of freshly-squeezed lemon or lime juice in a mug of hot water, add a good pinch of sea salt crystals, grate in some peeled fresh root ginger, stir well and leave to cool a little before stirring in a teaspoon of Manuka honey.

Breakfast

Full Fat Natural Cottage Cheese with Fresh Fruit (small carton of cottage cheese, plenty of fruit).

or



Full Fat Natural Yoghurt with Oats and Berries (small carton of yoghurt, good handful of oats and lots of berries).

Mid Morning and/or Mid Afternoon Snacks

Mixed fresh nuts and seeds (2 handfuls max per snack)

or

Hummus and raw vegetable sticks (small carton of hummus, lots of vegetable sticks).

Lunch

1 slice of dark rye bread or 2 seeded rye crisp breads with topping from suggested list.

or

A bowl of filling, homemade soup from suggested recipes.



Dinner

(choose from the following)

Parcel Baked Fish (see recipe)

Quinoa Vegetable Bake (see recipe)

One-Pot Chicken (see recipe)

Fabulous Warm Salad (see recipe)

Drinks

Still and Sparkling Water: on it's own and/or 'infused' with slices of fresh fruit and/or vegetables

Teas: black, green, white, fruit, herb - piping hot or well chilled with no milk or sugar

Coffee: small, dark and rich made with fresh coffee beans (no sugar but perhaps a dash of cream occasionally!)

Coconut Water: really refreshing when you add ice, some coconut flakes/shavings and a dash of lime juice!

Why Does the Diet Work?

- A cleansing drink first thing in the morning gives the liver a welcome boost and calms the digestive system.
- Fruit for breakfast provides filling fibre, a healthy dose of vitamins and an abundance of protective plant chemicals and when married with a source of protein ensures that the 'sugars' in fruit are not too quickly absorbed into the bloodstream so cravings don't interfere with your morning.
- A small snack providing a good balance of protein, fats and carbohydrate mid morning and/or mid afternoon keeps hunger at bay and makes it a great deal easier to stay sharp and focused between meals.
- A diet which includes too much in the way of starch (breads, potatoes, pasta, rice and other grains) can seriously interfere with successful fat loss so portion control and timing are vital. Lunchtime is the very best time of day to add them to a protein and fat-rich meal as you will likely benefit from the extra energy they provide during the afternoon and early evening when your body will happily utilise their 'sugars' rather than storing them in your fat cells.
- Concentrating on meals that focus on vegetables, protein and a few fats for dinner not only fill you up and offer a wealth of essential nutrients but also help to ensure that you go to bed feeling satisfied but not stuffed full of difficult-to-digest starches and sugars which not only compromise fat loss but can also disrupt your sleep.
- Good hydration is essential to successful fat loss but what we put in our favourite mug, glass or cup can be the difference between successful fat loss and frustrating fat gain. A great many drinks on offer are little other

than sugar in its liquid form so you have to be on your guard and read labels. Anything that ends in -ose or -ol is sugar as are all syrups and extracts. Do yourself a favour, leave them on the shelf, stick with the recommended drinks and if it's a massive struggle to give them up, make the overly-marketed sugar-rich and diet drinks a very, very occasional treat.

- It's tempting when you are focused and determined to lose weight to hit the gym, pound the pavements or factor some other mode of exercise into your life on a daily basis for endless hours to *burn the calories and burn the fat*. But... whilst regular exercise is absolutely vital to your heart, your bones, your mood and your general well-being, too much can be detrimental and over-exercising if you are not used to it can prompt bouts of difficult-to-control hunger which makes 'the diet' hard to stick to. Aim for 30 minutes per day, make it fun and varied, try to get outdoors whenever you can to boost your vitamin D levels, ensure that you have the recommended snacks in your kit bag or nearby to Hoover down before, during and/or after you exercise and there's an excellent chance you'll be able to avoid any post-exercise binges.



When Things Don't Go to Plan!

It happens to us all on occasion but it doesn't have to mean a huge deviation from the diet - just stick with the following suggestions and all will be fine!



Breakfast

A bowl of natural, live yoghurt (150g) topped with mixed melon chunks or mixed berries and a small handful of mixed fresh nuts and seeds **or** a small carton of quick porridge with a drizzle of fresh cream **or** 2 rye crisp breads with nut butter and sliced apple **or** a bowl of no added sugar mixed grain muesli topped with fresh fruit and fresh nuts.



Lunch

A small 'ready to eat' carton of meat, fish, shellfish, bean or lentil soup (no pasta, noodles or rice) plus a small 'ready to eat'

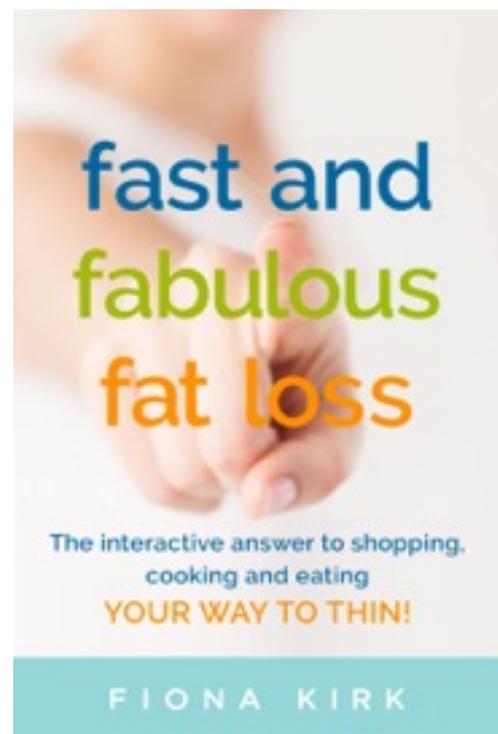
mixed salad (only use half the little pack of dressing if provided).



Dinner

Baked, steamed or grilled fish, shellfish, poultry, game, tofu or halloumi (drizzle all with good olive oil and season before cooking) plus a selection of at least 3 steamed greens **or** a mix of quickly stir fried **or** roasted vegetables **or** a mixed, lightly-dressed salad.

**all the recipes mentioned
above are on the next few
pages...**





Crisp Breads and Open Sandwich Toppings

- Sliced cooked beef, tzatziki, toasted flaked almonds, fresh mint leaves and a drizzle of honey.
- Fresh prawns or crabmeat, sliced cucumber, chopped boiled egg, natural yoghurt and toasted pine nuts.
- Parma ham, sliced raw mushrooms, sliced tomato, scrambled egg or sliced boiled egg and a dash of Worcestershire sauce.
- Tinned tuna, coarse grain mustard, lime/lemon juice, anchovy sauce, sliced tomato and Greek yoghurt.
- Tinned salmon, chopped boiled egg, sliced mixed olives, sliced avocado, sliced cucumber, natural yoghurt, lemon juice and a good dash of smoked paprika powder.
- Smashed avocado, cottage cheese, grated courgette, cherry tomatoes and chutney.
- Smoked salmon, raita, a dollop of horseradish sauce, watercress and sliced apple.
- Nut butter, mashed fresh berries and watercress leaves.
- Creamy goats cheese, baby spinach leaves, caramelised onions and crunchy, sliced radish.
- Hummus, sliced avocado, grated raw carrot and toasted pine nuts.
- Sliced banana, ricotta cheese and a good sprinkling of cinnamon powder.

Top Tip

Remember to scribble down some of the combinations you come up with - it's all too easy to forget what works for you - build up a list of them so you can be sure you have your favourite ingredients in stock!



Lamb, Rice and Spinach Broth

(makes 4 servings)

Ingredients

- 1 tablespoon light olive oil
- 1 large leek, finely sliced and meticulously cleaned
- 2 cloves garlic, peeled and crushed
- 1 teaspoon sea salt
- 500g lamb mince
- 750mls lamb or vegetable stock
- 1 x 400g tin chopped tomatoes
- 150g pre-cooked brown rice
- 1 tablespoon Worcestershire sauce
- Freshly ground black pepper
- 1 x 200g bag fresh spinach leaves

Method

Warm the oil in a soup pot, add the leek, garlic and salt, stir well, cover and sauté over a very low heat until the leek is soft - around 10 minutes.

Meanwhile, in a hot pan, brown the minced lamb, stirring constantly until the pink colour disappears and it is slightly crisped around the edges. Remove from the heat, cover and set aside.

Add the stock and tomatoes to the soup pot, bring just to the boil, lower the heat and simmer for 5 minutes before adding the lamb (with its juices) and simmering for a further 5 minutes.

Add the rice, Worcestershire sauce and a few good grindings of black pepper and simmer for a further 10 minutes then add the spinach and continue simmering until it has just wilted but is still bright green (it seems like a huge pile of spinach but it wilts down fast so just keep cramming the leaves in and submerging them or force them down with the pot lid!)

If the soup is a little thick for your liking, add more stock or water.

Check the seasoning, adding more salt, pepper and/or Worcestershire sauce to taste.

If you make the soup ahead of time and either refrigerate or freeze it you will likely have to add more stock or water as the rice will swell and absorb quite a bit of the liquid.

NB: the quickest way to clean leeks is to slice them first, place in a colander, rinse thoroughly under running cold water then roughly dry with kitchen paper or a fresh, clean J cloth.



Chicken, Chorizo and Greens Soup

(makes 4 servings)

Ingredients

- 1 large chicken portion (with leg and breast, skin on) **or** 2 chicken thighs and 2 chicken breasts, skin on - you can use ready-cooked chicken if time is tight
- 100g chorizo, finely sliced
- 1 tablespoon light olive oil
- 1 onion, peeled and finely chopped/sliced
- 2 cloves garlic, peeled and crushed
- 1 teaspoon sea salt
- 2 medium floury potatoes, peeled and diced
- 750mls chicken stock
- 1 head spring greens, cleaned, white cores removed and roughly chopped or two thirds of a bag ready-chopped spring greens
- Sea salt and freshly ground black pepper
- Extra virgin olive oil
- Parmesan or Pecorino cheese (optional)

Method

Roast the chicken in the middle of a medium to hot oven until the skins are crisp and the flesh is cooked through then set aside, covered to cool slightly.

Very gently sauté the chorizo in a dry soup pot until the oils are released and the chorizo is crisp but not dried out. Remove the chorizo from the pot with a slotted spoon and set aside on kitchen paper to absorb any extra oils.

Add the light olive oil to the oils that have been released from the chorizo and warm through before adding the onion, garlic and salt. Cover and leave to sauté over a very low heat for 20-30 minutes (the longer the better) without browning until the onions are soft. This method brings out the delicious juices of the onions and garlic.

Add the potatoes and half the stock, bring to the boil, turn the heat down to low, cover and simmer for about 10-15 minutes or until the potatoes are cooked through (bite into one to make sure - hard potato is horrible!)

Add the greens and the rest of the stock to the pot and continue simmering for 5-10 minutes or until the greens are just cooked through but still have a bit of bite.

Meanwhile, remove the skin from the chicken and dice, slice or shred the flesh before adding to the pot along with the chorizo. The liquid should just cover the ingredients so you may need to add a little boiling water.

Keep simmering over a low heat until everything is piping hot, check the seasoning and gently mash the soup with a potato masher until some of the potato and chorizo are slightly mushy - or to your desired consistency.

If the soup is slightly too thick for your liking or you have left it in the fridge overnight, you may wish to add more stock or water.

Serve with a good drizzle of extra virgin olive oil and a generous grating of Parmesan or Pecorino cheese.



Curry Soup

(makes 4 servings)

Ingredients

100g white basmati rice
100mls chicken or vegetable stock
200mls full cream milk
2 tablespoons coconut oil
1 teaspoon mustard seeds
½ teaspoon fenugreek seeds
½ teaspoon cumin seeds
3 dried red chillies, crushed
6 shallots, peeled and finely chopped
1 teaspoon peeled and grated fresh ginger
5 cloves garlic, peeled and crushed
2 green chillies, de-seeded and finely chopped
10 curry leaves
½ teaspoon turmeric powder
Sea salt
1 red chilli, de-seeded and finely diced
Fresh coriander leaves, finely chopped

Method

Place the stock and 120mls of the milk in a medium-sized pot, bring just to the boil, turn the heat to the lowest possible setting, add the rice, stir well, cover the pot with a tight-fitting lid and cook for 10 minutes then turn the heat off completely and let the rice sit while you make the soup - don't remove the lid!

Meanwhile, warm the oil in a soup pot over a medium heat and toss in the seeds and dry red chillies. Stir well and let them 'pop' and infuse for a minute or two.

Add the shallots, ginger, garlic, green chillies and curry leaves and sauté everything gently until the shallots are soft but not browned.

Add the turmeric followed by the rice then while continuing to stir over a low heat, add the rest of the milk and keep stirring until it just begins to bubble (don't let it boil) then turn the heat off.

Check the seasoning, remove the curry leaves and serve topped with the red chilli sautéed in a little oil plus the coriander leaves.



Adzuki Bean Soup

(makes 4 servings)

Ingredients

- 1 x 400g tin Adzuki beans
- 1 x 400g tin chopped tomatoes
- 450mls chicken/vegetable stock
- 1 onion, peeled and finely chopped
- 2 garlic cloves, peeled and crushed
- 1 red pepper, deseeded and finely chopped
- 8 button mushrooms, cleaned and roughly sliced or chopped
- 1 tablespoon tomato puree
- 1 teaspoon smoked or unsmoked paprika powder
- A generous splash of Worcestershire sauce
- A generous splash of soy sauce
- 2 tablespoons fresh parsley leaves, roughly chopped
- Sea salt and freshly ground black pepper

Method

Put all the ingredients other than the salt, pepper and parsley into a slow cooker, stir well and cook on the low setting for around 5 hours.

Season to taste and if you wish, add more paprika, Worcestershire sauce and/or soy sauce before serving topped with the parsley.

If you don't have a slow cooker, gently sauté the onion, garlic and red pepper in a tablespoon of oil in a soup pot until soft. Add the remainder of the ingredients other than the salt, pepper and parsley, bring slowly to the boil, reduce the heat and simmer very gently for 30-40 minutes.

Season to taste and if you wish, add more paprika, Worcestershire sauce and/or soy sauce before serving topped with the parsley.



Light Chicken Broth

(makes 3 servings)

Ingredients

- 2 chicken thighs, skin on
- 1 tablespoon olive or avocado oil
- 2 stalks celery, peeled and finely sliced
- 1 small onion, peeled and finely sliced
- 1 small carrot, peeled and finely diced
- 600mls chicken stock
- 40g brown rice
- 1 teaspoon horseradish sauce
- A generous bunch parsley, stalks removed and leaves very finely chopped
- Sea salt and freshly ground black pepper

Method

Roast the chicken pieces in a medium to hot oven until the skins are crisp and the flesh is cooked through while you make the soup.

Warm the oil in a soup pot, add the celery, onion and carrot and sauté gently until the vegetables are tender (about 15 minutes).

Add the stock and bring slowly to the boil. Reduce the heat, add the rice and simmer, covered until the rice is cooked (around 20 minutes).

Skin the chicken pieces and shred/chop the flesh before adding to the soup with the horseradish sauce and parsley.

Stir well and season to taste.

NB: As rice soaks up a lot of liquid, you will probably have to add more stock or water to achieve the light, brothy experience if you are not supping this soup immediately and have refrigerated/frozen it for future use.



Parcel-Baked Fish

(makes 1 serving)

Ingredients

- 1 white fish fillet of choice
- 1 generous handful fresh spinach leaves
- 1 small onion, peeled and very finely sliced into rings
- 6 fresh asparagus tips
- 1 ripe tomato, sliced
- 1 small red chilli, de-seeded and finely sliced (optional)
- 1 tablespoon fresh parsley or coriander leaves, chopped
- 2 teaspoons lemon juice
- 2 teaspoons good olive oil
- Sea salt and freshly ground black pepper

Method

Preheat the oven to 200C/400F/Gas Mark 6.

Lay out one piece of aluminium foil about 12-14" square and place the spinach on it.

Lay the fish fillet on the bed of spinach followed by the onion, asparagus, tomato, chilli (if using) and herbs.

Drizzle the lemon juice and olive oil over and season lightly with salt and pepper.

Fold the foil to create a parcel, leaving plenty of space around the contents, place on a baking sheet and bake for around 25 minutes or until the fish is cooked and the juices run clear.

Timing will depend on the thickness of the fish fillet so take a peek after 25 minutes. Be careful when opening the foil as hot steam will escape.

When cooked, lift the contents of the parcel onto a warmed plate and spoon over the delicious juices.



One-Pot Chicken, Chorizo and Vegetables

(makes 4 servings)

I love a one-pot dish that does its own thing in the oven! Preparation time is quick and you can get on with a pile of tasks whilst the cooking happens. You can also create something equally delicious with chunky fillets of fish but as fish cooks quickly, don't place them on the bed of vegetables and chorizo until 15 to 20 minutes before the end of the cooking time (less if you are using thin fish fillets).

Ingredients

400g peeled and diced sweet potato
6 cloves garlic, unpeeled
4-6 organic chicken thighs, skin on
75mls chicken or vegetable stock
Half a lemon cut into wedges
2 tablespoons extra virgin avocado or olive oil
Sea salt and freshly ground black pepper
2 small courgettes, wiped and cut into good-sized chunks
1 red chilli, de-seeded and finely sliced
100g chorizo, sliced
1 small bag baby spinach leaves
2 tablespoons roughly chopped fresh parsley leaves

Method

Preheat the oven to 220C/425F/Gas Mark 7

Spread the sweet potato and garlic over the base of a fairly deep roasting tin and place the chicken (skin side up) on top.

Pour the stock in, pop the lemon wedges around the tin, drizzle the oil over the whole lot, season with a good pinch of salt and lots of pepper and place the roasting tin (uncovered) in the middle of the oven for 20 minutes.

Remove the tin from the oven and add the courgettes, chilli and chorizo, mix everything well but still keep the chicken (skin side up) on top and return to the oven for another 20 to 30 minutes or until the chicken is cooked through and the vegetables are 'al dente'.

Remove the tin from the oven again and stuff the spinach and parsley leaves in and around everything - seems like there is way too much (and they can be tricky to control!) but they soon wilt - then return to the oven for 5 to 10 minutes before serving.



Fabulous Warm Salad

(makes 1 serving)

There is something about adding freshly-cooked and warm elements to a salad and/or a dressing that you warm through just at the very last minute that can turn what might have been a good salad into a really great salad - here's one that I never tire of creating... and eating!

Ingredients

1 tablespoon pine nuts
1 tablespoon olive or avocado oil
½ red pepper, de-seeded and finely sliced
4 spring onions, trimmed and finely sliced
1 skinless chicken breast, carved into bite-sized slices
Crunchy lettuce leaves, torn into edible bites
½ cucumber, peeled, seeds removed and thinly sliced
½ courgette, wiped and grated
A handful of frozen peas, soaked in boiling water for 5-10 minutes
A handful of beansprouts
Large tomato, sliced or quartered
½ avocado, stoned, peeled and sliced

For the dressing:

3 tablespoons extra virgin olive oil
½ tablespoon white wine vinegar or lemon juice
1 teaspoon coarse grain or Dijon mustard
A pinch of sea salt
Freshly ground pepper

Method

Toast the pine nuts in a frying pan over a medium heat until golden and set aside.

Sauté the peppers and spring onions in the oil until soft and slightly caramelised around the edges then remove with a slotted spoon, cover and keep warm.

Add the chicken to the remaining oil and sauté gently until cooked through but still juicy.

Meanwhile, mix all the dressing ingredients in a small pan or microwaveable dish and very gently heat through.

Load a good helping of the lettuce leaves into a wide serving bowl, add the cucumber, grated courgette, peas and beansprouts then top the salad with the hot onions and peppers followed by the hot chicken and finally the tomato, avocado and pine nuts.

Drizzle the warm dressing over the whole dish but don't soak it, sit yourself down and enjoy!



Quinoa Vegetable Bake

(makes 4 servings)

A brilliant 'bake' that has everything going for it! Keeps well in the fridge for a day and can be reheatedand is seriously filling and tasty!

Ingredients

- 1 tablespoon coconut oil
- 1 small onion, peeled and finely chopped/sliced
- 1 small courgette/zucchini, wiped and diced
- 1 small carrot, peeled and diced/roughly grated
- 1 small red pepper, de-seeded and finely chopped
- 6 sun dried tomatoes in oil, drained and roughly chopped
- 1 garlic clove, peeled and crushed
- 1 teaspoon sea salt
- Freshly ground black pepper
- 125g baby spinach leaves
- 1 heaped tablespoon freshly chopped parsley leaves
- 100g quinoa, thoroughly rinsed
- 2 heaped tablespoons natural cottage cheese
- 1 egg, lightly beaten

Method

Preheat the oven to 180C/350F/Gas Mark 4.

Warm the coconut oil in a deep sauté pan, add the onion, courgette, carrot, red pepper, tomatoes, garlic, salt and a few good grindings of black pepper and mix well.

Cover the pan and sauté over a very gentle heat until all the vegetables are cooked through but still have a bit of bite (15 to 20 minutes).

Stir in the spinach and continue to cook until the leaves have just wilted then turn off the heat.

Stir in the parsley, quinoa, cottage cheese and egg and thoroughly mix before transferring to a shallow ovenproof dish.

Bake, uncovered until the egg is just set - around 45 minutes but check after 35 minutes by using a skewer - it will come out clean when the egg is set.