

Booty CAMP

FITNESS FOR WOMEN



Phase Four Manual

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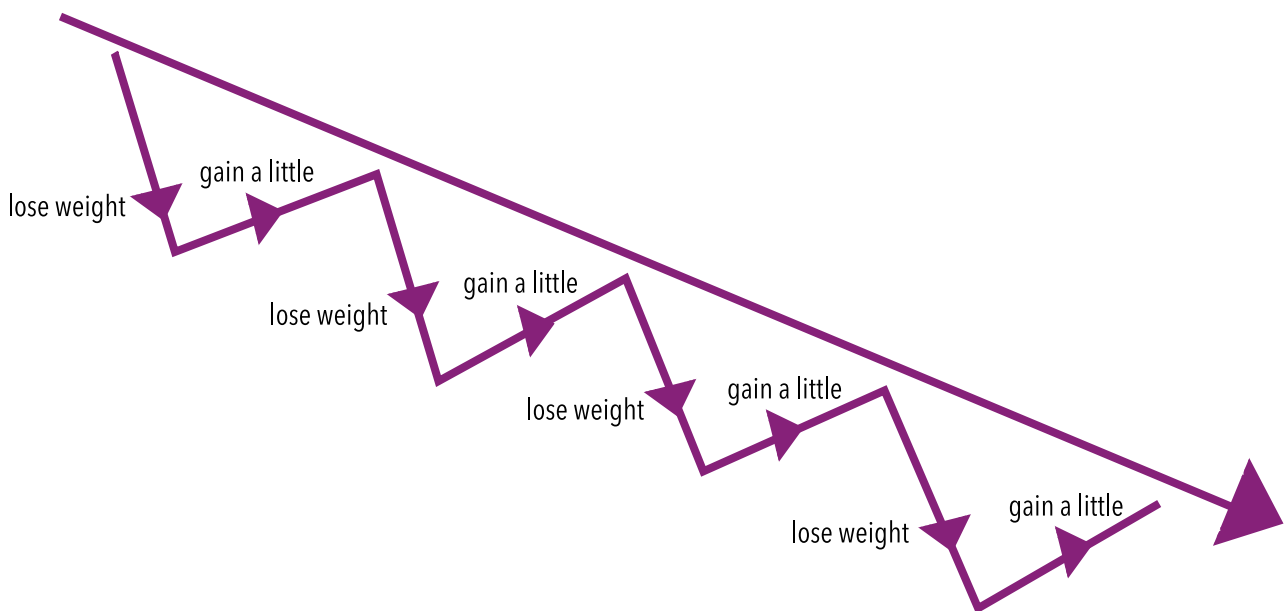
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INTRODUCTION TO PHASE 4 OF BOOTY CAMP

Hi Ladies! I hope you're doing well and are excited about moving into Week 4 of Booty Camp! :)

At this stage we're really getting into the swing of things and you'll definitely start to understand a lot more about your body and which foods are best for you as we continue into our program together.

Now, last week we covered a very important topic and I'd like to review it again with some additional points before we get into the Phase 4 manual. One of the graphs that I presented was the weight loss cycle and it looks like this:



In the cycle you'll notice that the way our body loses weight is through a process of losing weight, then plateauing or gaining a little, before losing weight again and continuing the cycle downwards.

Please keep this cycle in mind over the next few weeks. We've discovered in Booty Camp that almost everyone will go through this cycle at some stage on their journey. So if you find yourself having a "blip" in terms of your results then please don't freak out!

Our basic program is for 8 weeks, and if you continue through the plateau you'll continue to get the results. All it takes is for your body to adjust and when that happens you'll be amazed how quickly your body shape will change.

Now, what I wanted to talk about today was one of the main reasons why many of us go through this cycle and it's due to something called...

...COMPLACENCY

Complacency occurs when you get great results, but then start to reward yourself for the hard work that you've put in thus far. For example you might start to say to yourself:

"Oh it's okay if I have this bar of chocolate today (on a Wednesday afternoon!) Because I've been so good up to now and I deserve it."

OR

"I'll just have this treat now and I'll make up for it later by doing an extra workout."

OR

"I'll just change my treat day to today and then I won't have a treat day this Sunday."

OR

"I've lost 7 pounds already. I can miss my workout today and I'm still doing great. I'll make up for it on the weekend."

And so on and so on.

Now don't get me wrong. You have worked TREMENDOUSLY hard to get this far. You do deserve to take a break. You definitely deserve some treats.

But I'll tell you something else...

...You also deserve a HEALTHY body...
 ...You also deserve to look your BEST...
 ...You also deserve to FEEL your best...
 ...And you also deserve to be HAPPY...

...And if you can stick with us for these next few weeks then you'll get what you deserve. It does require some sacrifices at this point. But that's just how these things work. Making little "deals" with yourself like - *"I can have this chocolate bar because I'll do an extra work out later"* might not seem too bad.

BUT that's just the START.

Once you start to make these excuses you'll begin a backwards spiral towards your old habits. Eventually more and more of these little deals will start to creep into your routine and all of a sudden your hard work over the past few weeks will be wasted.

So all you have to do is to stick with our program. It's 8 weeks long and you have just 5 weeks to go. And what we've found is that it takes about 8 weeks to develop a routine to where you can make this a lifestyle change rather than a "quick fix weight loss diet."

When you're finished with us you'll not only be lighter, fitter, and healthier, but you'll have the skills to maintain that for life. It's really hard to create a routine if you always break it, so we really need you to stick with us over these next 5 weeks.

And if you do fall of the wagon a little then you're still fine. We are here to help you, so make sure to let us know when you're having difficulty. Life is bound to get in the way at some point. We are all here to help you get back on track when needed!

MORE FUN ON TREAT DAYS

At this point of the program many people get a little wary of the treat day and think that it might be a little too much when you can eat what you want for an entire day. It really depends on a few factors.

The first is that if you have an event such as a wedding coming up and you have a deadline for getting in shape then you might want to consider limiting the treat day to one meal, or perhaps just something nice after dinner.

If on the other hand, you're happy with the treat day and it keeps you motivated from Monday to Saturday then that's really what it's supposed to do.

As we go through the program you'll learn what works best for you. Some people like to have an entire treat day and others modify.

Another thing that you might consider is trying to treat yourself in other ways rather than food. One of our Booty Campers - Aoife Purcell - really did this in style!

The first thing that Aoife did was to book herself with a stylist for after her Booty Camp program was finished in 8 weeks. Here are some before and after pictures from Aoife's first 8 week program. It was a great idea because she had something to aim towards and something to look forward to:



Once Aoife's first 8 week program was over she joined our advanced Booty Camp group for graduates. Over the next 8 weeks she set herself another goal of dropping a further dress size and fitting into a size 10 dress that she had bought herself:

I think for most of us the idea of a "clothes" treat day is just brilliant. Not only is it something that you can look forward to, but it's also something that takes care of complacency.

Saving your larger clothes makes it far too easy to switch back to them and when one treat leads to another all of a sudden you're back to feeling the "pinch" again. And there's nothing that sounds the warning siren faster or motivates us to act more than when our clothes get too tight!

So let's make that "pinch" point work in our favor. For example, if you were a size 16 when you started Booty Camp and now you're a size 14, then go and buy yourself some size 14 Clothes!

Unless you can go out and buy an entire new wardrobe every time that you gain weight, keeping one size of clothing can be extremely effective for most people.

Of course buying an entirely new wardrobe will not be practical for most of us, but perhaps take some advice from Aoife and just buy something NEW. Something that you can wear that will make you feel better - a new pair of jeans perhaps, or just as good maybe you have an old pair of jeans that you can now fit into?

It's really important to note that if you don't get rid of your larger fitting clothes then you will always have a subconscious excuse for re-gaining weight. Saving these larger clothes makes it far too easy to switch back to them instead of acting to correct any errors.

Knowing that you only have one size of clothing adds a powerful incentive to maintain your results.

PHASE 4 FOODS

Finally, for this week we're going to cover carbohydrates. I'd say that out of all the food groups carbohydrates is the most controversial - so you're in for an interesting read!

Just like all food - "one man's poison is another man's medicine." Therefore carbohydrates are fine for some people, and not so for others.

Another thing that we need to be wary of is that for some people carbohydrates can actually make you hungrier when you eat them.



For example in week 1 you may have had a breakfast that was high in protein - eggs, mushrooms, tomatoes, and bacon perhaps. A breakfast like this that is high in protein and healthy fats will sustain most people far longer than a carbohydrate breakfast such as cereal or fruit salad.

The reason is that carbohydrates are SUGARS, and they get released into your blood stream much faster than protein and fats. They can cause sugar highs and lows so if you find yourself getting hungry again in 2 hours after eating carbs then you should be wary of eating them too frequently.

As usual all will be revealed in today's manual!

So let's get to work! :)

Chat soon,

Coach Conor



Booty CAMP

FITNESS FOR WOMEN

PHASE #4

NUTRITION



Hi ladies!

In the Phase 3 manual we introduced butter and cream to our food list. For some people this may seem strange and they may think:

"How can I eat butter and cream if I am trying to lose weight?"

This is a great question. Butter and cream are high in "fat" and since we are trying to lose fat, it doesn't really make sense why we would be eating those foods.

However; in this manual I will explain exactly why these foods will NOT make you fat, and may actually HELP you lose weight. This may seem contradictory at first so please read on and you will learn exactly why this is the case.

TYPES OF FOOD

There are 3 types of foods that we eat.

They are Building Blocks, Fuel, and Chemicals.

Building Blocks are the nutrients that our body is made from. They include PROTEINS, VITAMINS, MINERALS, and FATS. These are essential to our bodies, we can't live without them, and we must eat them in order to get them.

These types of foods contain building blocks:



The next form of food is Fuel. Fuel food is what gives our body the energy that we need to operate on a daily basis. Building blocks can actually be converted to fuel, but the most efficient form of fuel is carbohydrates.

Carbohydrates are foods that contain sugar (carbohydrate is just another name for sugar). Foods such as fruit, honey, potatoes, rice, and even vegetables are forms of carbohydrates.

These types of foods contain carbohydrates:



Finally, there are Chemicals. These are substances that are added to our foods. They have no nutritional value but they do make food more palatable, tasty, convenient, and addictive.



FOODS THAT MAKE US FAT

The number one food source that makes us fat is chemicals. It will be very difficult to lose weight if you continue to eat more chemicals than your body can process (in a later Phase we learn how to identify chemicals and how to eat a safe amount - you don't have to eliminate them completely).

What is less obvious to most people is the role of fats and carbohydrates when it comes to storing fat on your body. The terms "FATS" and "FAT" are extremely confusing. Many people believe that the FATS we eat are the same as the FAT on our bodies...

...however this misconception has led to extremely poor dietary and nutritional advice.

The TRUTH is that dietary FATS are ESSENTIAL building blocks that we must eat in order to function properly.

For example, your brain is composed of 60-70% fats. Each cell in your body is also surrounded by a membrane that is composed of these fats.

However, the fat stored in your body is COMPLETELY different. It really should be called "adipose tissue" because that would be more accurate and decrease our confusion. The fat in our bodies is not the FATS that we eat. It is composed primarily of chemicals and carbohydrates (fuel).

All carbohydrates are broken down in the body as glucose (a.k.a sugar). This is the most efficient form of fuel that our bodies can use. However our cells only require a certain amount of fuel at a time, and any excess fuel is not discarded as waste because it is still very valuable.

Instead, it is transformed and transported to the fat cells for storage. Our body does this so we will have some readily available fuel whenever we don't have any access to food. This was very important in the past when food was scarce. Today we live in a world of food abundance and we no longer need to store this extra fuel like we used to.

Here is a visual representation of what I am talking about:



"LOW FAT" CONFUSION

What this means is that the foods that are high in dietary FATS such as dairy products, fatty fish and meats, egg yolks, oils, and nuts, will NOT make you fat.

If you are at all confused by this then take a look at a bag of sugar the next time you're in the supermarket. What you'll find is that sugar is labeled as having NO fat.



*This is a true statement
However it is VERY misleading.*

Sugar has NO dietary FATS. This is true. But sugar is PURE carbohydrate. Just look at the packet and it's written right on the front - "Pure Sugar.". If you eat too much then you will store it as fat on your body. Another interesting note is that sugar can also be labeled "low calorie." Again, this is hardly relevant because calories matter very little when it comes to weight loss.

As you can probably tell, this can become very confusing because we are still calling the fat that we eat the same name as the fat on our bodies. The reality is that they have very little to do with each other.

Because of this confusion we end up making food choices that are "low in fat" but tend to be high in chemicals and carbohydrates (fuel). Here are some common "low fat" foods that actually make us store lots of fat on our bodies:



CARBS, CHEMICALS and the FAT STORAGE HORMONE

The most common answer as to why we get fat is that we eat too much food, primarily "high fat" food, and that we don't exercise enough. The combination of both of these is supposed to be what makes us fat.

The body is much more complicated than this, however. For example, there are many people who eat lots of high fat food and are very slim. Also, there are lots of people who don't exercise and are also very slim. There are even some people who do both - they eat lots of high fat food and they don't exercise, yet they still stay slim! I'm sure you even know some people that are like that (and you probably hate them!!).

How is this possible?

The reason this happens is because our hormones determine whether we are going to be fat, or slim. How much fat we are eating and how much exercise we are doing is secondary to the fat accumulation process (this is why food intolerance testing is also very important).

Hormones are complex. We can't say that every time hormone X is secreted then Y happens. Yet we can make some general observations about specific hormones and the roles they have which will help us understand why we get fat.

The primary hormone that acts as the fat storer and fat hoarder is INSULIN. Insulin is a very important hormone because it allows building blocks and fuel to go from outside of the cell to inside of the cell. Without this hormone our cells would starve to death and eventually die.

The problem with insulin; however, is when we have too much. When insulin is in abundance it becomes very easy to store fat. It also becomes very difficult to release any fat because insulin is a "storage" hormone. One of its main jobs is to take the fuel that we are eating and to store it away for later.

This is important because:

When you have a surplus of insulin in your body it doesn't really matter how much or how little you are eating, you will still gain weight.

If you have excess insulin in your system it will take everything you're eating, even if it's only a few hundred "calories," and store them as fat. It will also prevent any other fat cells from releasing fuel into your system.

The result is that you can become perpetually hungry even when you are eating food. You could have plenty of fat reserves, you could be eating plenty of food, yet if insulin is hoarding all that fuel, your cells will starve. The result is that your brain will signal you to eat more, which will possibly raise your insulin levels even further, thus making everything worse.

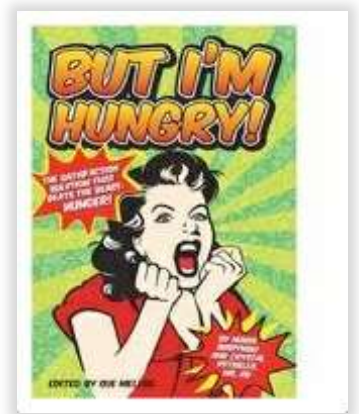
Here is another visual:



Excess Fat
(Especially around stomach)



Constant Food Thoughts



Never Ending Hunger

We secrete excess insulin (fat storage hormone) when we:

- (1) Eat between meals (snack).
- (2) Eat chemicals.
- (3) Eat carbohydrates.

In phases 1 and 2 we eliminated snacking, carbs, and chemicals. This is what enabled your body to release the maximum amount of fat in minimum time.

Understanding this link between insulin, chemicals, carbohydrates, and why we get fat is very important. It discredits the idea that we get fat by eating fat. The fats that we eat are building blocks, they are essential to our bodies (the only exception is when you eat fats that you are intolerant to, but we are testing for that also).

When we eat fats we do not get a big dose of glucose and therefore insulin is secreted at a much lower level. With less insulin in the system, less fat is stored and more fat is released from the fat cells thus making us less "fat" overall.

Yes this can get confusing! But you don't need to worry about it right now. Just stick to your food list and you will burn maximum fat in the minimum time.

Finally, always be VERY wary of "low fat" foods. What the "low fat" label means is that the food contains a low percentage of *dietary fats*. So instead of having the healthy fats that we need they contain a tremendous amount of chemicals and carbohydrates. Stay away from these products if you want to remain thin.

CARBOHYDRATES - To eat, or not to eat, that is the question...

Have you ever heard of the Atkins diet? It was developed by a physician called "Dr. Atkins.". What he found was that one of the major reasons that people were getting fat was because of the amount of sugar they were eating.

So he developed a "diet" which basically eliminated all carbohydrates and was very high in protein and fat.

The results were amazing. People were losing 5 pounds a week and up to 20 pounds a month. Dr. Atkins had stumbled upon one of the factors that make us fat, and his prescribed diet worked miracles.

So why isn't this diet used by everyone?

Well it's just too restrictive for most people.

On the Atkins diet you need to remove all carbohydrates, and that includes fruit as well. Although excess carbohydrates can make us fat, that does not mean we should eliminate them completely. There are three main reasons why we like to eat them:

- (1) They provide us with quick efficient energy.
- (2) Some forms of carbohydrates (fruits, vegetables) contain micronutrients.
- (3) We are addicted to them.

Yes that's right - we are literally addicted to carbs! Here's something that you probably intuitively know but that hasn't yet been presented to you yet...

...Sugar Is A Drug.

Although that may sound a little strange at first, let me assure you that sugar is one of the most potent drugs that is available on the planet.

Consider what happened when you stopped eating sugar for the first two Phases, and in particular the first Phase. How did you feel?

- Lethargic? Tired?
- Moody? Irritable?
- Did you have sugar cravings?

These are all withdrawal symptoms. Remember you were allowed to eat as much food as you wanted but you were still craving certain foods that were not on your list. You were experiencing sugar withdrawal.

In fact here's a quote that I like which may give you an indication of the potency of sugar. In her book "Potatoes Not Prozac," Kathleen DesMaisons (PhD in addictive nutrition) states:

"This addiction (to sugar) is physiological and effects the same biochemical systems in your body as do drugs like morphine, and heroin."

That's right; sugar stimulates our brains in similar ways to morphine and HEROIN. Is it any wonder then that we are all so addicted to it?

And isn't it just cruel that the very thing that we are addicted to is one of the very things that makes us gain weight!?

Well if you consider that for all our existence on the planet, sugar has not been available except for certain periods then it makes perfect sense...



Fruit and sweet vegetables were generally only available at one time of the year - Summer. In fact Summertime was always the time when there was food abundance with Wintertime being the time when the least food was around.

And because fruit and most vegetables are only available in the Summer we are designed to gorge on them as much as possible. These foods (particularly fruit) contain primarily sugar and since we are all addicted to sugar we would always have "loaded up" on these foods.

When we gorge in the Summer we stock up on the nutrients that the fruit and vegetables have to offer us. We also stock up on the fat from all the sugars we are eating! Now we have good stores to keep us going through the barren Winter months when food is scarce.

This is how humans have survived for as long as we have. This is the way we are designed to eat. However in the modern environment food and sugar is everywhere! It's all round us... all the time!

That's why it's so difficult to eliminate sugar. We are all addicted to it and it's all around us, so trying to use willpower to avoid it is perhaps not the best long term strategy. Instead we need to learn about carbohydrates and how to contain the instances when we overeat them.

BEING CAREFUL WITH CARBOHYDRATES

Despite the bad press that I've been giving carbohydrates they can absolutely fit into a nutrition plan, even when your goal is to lose weight. You just need to be a little careful in the beginning, learn some rules, and go from there.

In this Phase we are going to introduce some "safe" carbohydrates into our plan. These carbs are going to satisfy our needs for sugar but at the same time they're not going to increase our cravings for sugar (hopefully!).

Similar to all addictive substances, when we eat sugar it often doesn't mitigate our cravings. Instead we often get even MORE cravings. This is something that you need to pay attention to when you're eating carbohydrates.

Does eating sugar make you hungrier and give you MORE cravings?

The time when you're most vulnerable to this is when you haven't eaten sugar in a while. That's pretty much what we've been doing, so we need to be quite cautious in the beginning!

THE CARB RULE - ONCE PER DAY

I've added the carbohydrates for this Phase to your Quick Start Guide food list. Although all these foods are fine to eat, if you eat too much that will prevent you from losing weight.

Because of this we are going to add our carbs back in SLOW and STEADY.

Here's a quick glance at the carbohydrate list:

- POTATOES
- RICE : ANY KIND
- RICE CAKES
- *PORRIDGE
- *OAT CAKES
- BEANS (KIDNEY, BLACK, NAVY, PINTO, ETC.)
- SWEET POTATO
- CORN (ALL TYPES)
- LENTILS
- CHICKPEAS
- QUINOA
- WILD RICE
- MILLET
- BUCKWHEAT
- ARROWROOT
- TAPIOCA
- KASHA
- MILLET
- SORGHUM

*Check that ingredients are gluten free

The one rule we have this week is to only have carbohydrates for ONE meal per day. This means if you have porridge in the morning you cannot have potatoes/rice/porridge/carbs until the next day.

If you have beans for lunch then no more carbs until the next day, and so on. Of course you don't need to eat carbohydrate foods every day, but if you choose to do that then we have this one important rule.

You can mix and match your carbs if you want. So something like rice and beans for dinner is fine.

Regarding portions, you should just stick to your one meal per day - MAXIMUM. If you want to be really cautious then make sure to stick to your 9 inch plate rule also.

If this seems a bit confusing, don't worry. By the end of our program you'll know how you react to carbs and you won't need to think too much about "1 meal of this, and 1 piece of that," etc. These are just training wheels that we have on at the moment and once you're ready, you can take them off.

Okay! That's a whole lot of learning for this week! I know some of this might be a bit confusing at the moment so just stick to our plan and come back and read this material when you have some spare time. As usual, let us know your questions and keep us up to date with your progress.

That's it for now.

See you in class!

Coach Connor

Booty CAMP

FITNESS FOR WOMEN

MUST TRY RECIPES



TURKEY & SPINACH sweet potato hash



Preparation Time

10 minutes

Cooking Time

15 minutes

Serving Size

2

Ingredients

- 2 tbsp extra virgin olive oil
- 2 medium-large sweet potatoes
- 1 medium onion
- 1 pound ground turkey
- 1 tbsp garlic powder
- ¼ tsp cinnamon
- 2-4 handfuls of fresh spinach

Instructions:

1. Top with banana. Dice sweet potato into small pieces and then add them to a large sauté pan with olive oil, garlic powder, and cinnamon. Coat sweet potatoes in olive oil and cook on medium heat for 5 minutes. While sweet potatoes are cooking, dice onion.
2. Add ground turkey to the pan with the sweet potatoes. Break it up with a fork as it cooks. Add onion.
3. Continue to cook sweet potatoes, turkey, and onion until turkey is no longer pink and sweet potatoes begin to soften.
4. When sweet potatoes are soft, add spinach and cook until it is wilted.
5. Remove pan from heat and serve immediately.

QUINOA cereal



Preparation Time

5 minutes

Cooking Time

14 minutes

Serving Size

1

Ingredients

- 1½ cups skim milk
- ½ cup rinsed quinoa
- Pinch of ground cinnamon
- ½ cup fresh raspberries
- Sliced banana

Instructions:

1. Bring milk and quinoa to a boil in a small saucepan.
2. Simmer, covered, until most of milk is absorbed; about 14 minutes.
3. Remove from heat and stir in cinnamon and raspberries.
4. Top with banana.

RICE CAKE

with almond butter
bananas

Preparation Time

5 minutes

Cooking Time

-

Serving Size

1



Ingredients

- 1 brown rice cake
- 2 tablespoons almond butter, crunchy or creamy
- ½ banana
- Cinnamon

Instructions:

1. Spread the nut butter on the rice cake.
2. Top with sliced bananas.
3. Sprinkle with cinnamon.

CRANBERRY spiced porridge



Preparation Time

2 minutes

Cooking Time

5 minutes

Serving Size

2

Ingredients

- 100g rolled oats
- 50g dried cranberries
- ¼ teaspoon mixed spice
- 2 tablespoon cranberry sauce
- 700ml semi-skimmed milk

Instructions:

1. Place all the ingredients in a saucepan and bring to the boil.
2. Simmer for 4 to 5 minutes, stirring occasionally until thickened.
3. Serve with a teaspoon of cranberry sauce and a sprinkling of mixed spice.

BREAKFAST quinoa

Preparation Time

5 minutes

Cooking Time

25 minutes

Serving Size

2



Ingredients

- 2 cups whole or low-fat milk, plus more for serving
- 1 cup quinoa, rinsed
- 1/8 teaspoon ground cinnamon, plus more for serving
- 1 cup (1/2 pint) fresh blueberries, plus more for serving

Instructions:

1. Bring milk to a boil in a small saucepan.
2. Add quinoa, and return to a boil.
3. Reduce heat to low, and simmer, covered, until three-quarters of the milk has been absorbed; about 15 minutes.
4. Stir in sugar and cinnamon.
5. Cook, covered, until almost all the milk has been absorbed; about 8 minutes.
6. Stir in blueberries, and cook for 30 seconds.
7. Serve with additional milk, cinnamon, and blueberries.

SPICY TUNA and cottage cheese jacket



Preparation Time

10 minutes

Cooking Time

60 minutes

Serving Size

1

Ingredients

- 225g can tuna, drained
- ½ red chilli, chopped
- 1 spring onion, sliced
- Handful halved cherry tomatoes
- ½ small bunch coriander, chopped
- 1 medium-sized jacket potato
- 150g low-fat cottage cheese

Instructions:

1. Preheat the oven to 350°F/180°C/Gas mark 4.
2. Prick the potato several times with a fork and put it straight onto a shelf in the hottest part of the oven.
3. Bake for approximately 1 hour, or until it is soft inside.
4. Mix tuna with chilli, spring onion, cherry tomatoes and coriander.
5. Split jacket potato and fill with the tuna mix and cottage cheese.

MOROCCAN chickpea soup



Preparation Time

5 minutes

Cooking Time

20 minutes

Serving Size

4

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 celery sticks, chopped
- 2 teaspoon ground cumin
- 600ml hot vegetable stock
- 400g can chopped plum tomatoes with garlic
- 400g can chickpeas, rinsed and drained
- 100g frozen broad beans
- Zest and juice of ½ lemon
- Large handful coriander or parsley,
- to serve

Instructions:

1. Heat the oil in a large saucepan, then fry the onion and celery gently for 10 minutes until softened, stirring frequently. Tip in the cumin and fry for another min.
2. Turn up the heat, then add the stock, tomatoes and chickpeas, plus a good grind of black pepper. Simmer for 8 minutes.
3. Throw in broad beans and lemon juice, cook for a further 2 minutes.
4. Season to taste, then top with a sprinkling of lemon zest and chopped herbs.

SWEET potato fries

Preparation Time

5 minutes

Cooking Time

30 minutes

Serving Size

1



Ingredients

- One large sweet potato
- Sea salt (coarse)
- Freshly ground black pepper, chunky
- Good quality olive oil

Instructions:

1. Set the oven to 450 degrees Fahrenheit.
2. You can either peel the potato or leave the skin on
3. Take a half of the sweet potato and cut it into large slices about 3/4 inch thick. You'll then cut the larger slices into fries. Your fries should be 1/2 inch to 3/4 inch thick.
4. Place on baking sheet
5. Sprinkle a good pinch of sea salt over them, and then apply a ton of freshly ground black pepper.
6. Drizzle with olive oil
7. Once everything's mixed, space out the fries on the baking sheet. Make sure they're all evenly spaced and not touching. They'll get soggy otherwise!
8. After 15 minutes flip them over and cook for another 10 minutes

Additional cooking tips:

1. these will not turn out very crispy at all if you're cooking anything else in the oven, or if the fries are crowded too close together. They'll sweat instead of crisp!
2. keep an eye on them because ovens are tricky little things. You don't want them to get black.
3. also, a lighter coloured baking sheet is preferable - mine are very dark and I've started to have to cut my cooking time a lot to avoid getting them too dark.
4. Feel free to cut them smaller and cook them for less time - 10 minutes for the first side and 8 for the second works well for thinner fries.

YELLOW CHILI

chicken with basmati rice and mixed vegetables

Preparation Time

15 minutes

Cooking Time

45 minutes

Serving Size

2-3



Ingredients

- 2-3 chopped chicken legs
- 3 peeled and chopped potatoes
- oil
- ½ teaspoon turmeric powder
- 1 can of light/natural coconut milk
- 4 whole cloves
- 4 peppercorns
- 1 star anise
- 1 (5 cm) cinnamon sticks
- salt/chicken stock
- 2 fresh chillies (add more if you want it hot)

Blended ingredients:

- 1 small onion
- 2 garlic clove
- 1 lemon grass

Instructions:

1. Heat oil and fry: peppercorns, star anise, cloves and cinnamon sticks. Then remove all these spices if needed.
2. Add the blended ingredients over low heat.
3. Add chopped chicken, stirring until sealed on all sides.
4. Add turmeric powder and mix it well with the chicken.
5. Pour in coconut milk - stir it well and add salt or chicken stock to taste. Let it cook for 15 minutes.
6. Add chopped potatoes.
7. Leave it to cook for another 15 minutes (until the potatoes are cooked).
8. (*Add a bit of water if the sauce gets too thick)
9. Add fresh chillies at the last minute. If you are serving for kids, then separate the chillies before finishing cooking.

LAMB stew

Preparation Time

10-15 minutes

Cooking Time

15-20 minutes

Serving Size

4



Ingredients

- 300g lamb – diced
- 3-4 peeled and chopped potatoes
- 1 onion, blended
- 2 garlic clove, blended
- 2 tablespoons oil
- 3 teaspoon curry powder
- ½ teaspoon turmeric powder
- 1 cup of hot water
- Curry leaves
- 3 cardamom pods
- 6 peppercorns
- 6 whole cloves
- 1 star anise
- 1(5 cm) cinnamon sticks
- Salt /chicken stock
- ½ can of coconut milk
- Extra/Optional: Fresh Chillies or ½ teaspoon chilli powder*

Instructions:

1. Heat oil and fry: curry leaves, cardamom pods, peppercorns, star anise, cloves and cinnamon sticks. Then remove all these spices if needed.
2. Add the blended onion and garlic over low heat.
3. Add curry and turmeric powder in the cup of hot water and stir it well before adding into pan/pot.
4. Add diced lamb, stirring until sealed on all sides.
5. Add coconut milk and let it cook for 10 minutes.
6. Add chopped potatoes and then salt/ chicken stock to taste.
7. Leave it to cook for another 15 minutes and stir occasionally.
8. Once cooked, leave the curry to settle and thicken for awhile and serve with basmati rice and accompaniments.



Exercises | Notes



Exercises | Notes