

GREEN & LEAN

7 Day Plan



WELCOME

Welcome to Green and Lean Week, a 7-day extract of the full 90-day Green and Lean transformation plan!

I'm so happy you've chosen to join me in finding your leanest, happiest, healthiest and most confident self!

Green and Lean was originally created in the run-up to my wedding in the summer of 2015. I already ate well and exercised regularly but I had slipped into a few poor habits and was lacking the consistency I needed to see results. I was looking for structure and inspiration to keep me motivated and accountable so I didn't have to stress whilst I was in hectic wedding planning mode.

Unfortunately, I was disappointed and frustrated to find no sustainable, affordable, vegetarian plans out there that I wanted to trust with my health – so I decided to create one! I committed to devising the perfect food and fitness plan that would not only leave me leaner and feeling confident in my wedding dress but would also keep me full, enjoying exercise, feeling energetic rather than deprived, would reduce bloating, clear up my skin and keep the good habits going long after the 12 weeks were up – enter, Green and Lean!

I sourced experts in fitness (my PT, Tom Cheeseman) and nutrition (nutritional therapist, Ewura-Ama Bossman) and compiled their knowledge along with my restaurant experience and recipe-writing skills to devise a comprehensive food and fitness plan that is simple and effective enough to change your body and mind without taking over your life.

This is why the Green and Lean Plan brings you Prep Night guidelines, shopping lists, simple and effective HIIT video workouts that you can adapt as you grow stronger, and quick and easy meal and snack recipes for filling, delicious, vegetarian food – so you can transform yourself in a stress-free manner and maintain the lifestyle long-term.

Since releasing this plan, I've had the most incredible feedback from Green and Leaners. I've had people lauding the plan for its skin-brightening effects, telling me they have more energy than they've had since they can remember, people losing inches all over the place and fitting back into their 'goal' jeans, and people toning up and building muscle and endurance on vegetarian protein. One lady even wrote to tell me her husband came off his insulin after being a type 2 diabetic for years.

Maybe, like me, you have reached a point where you just need some support in your quest for a body that you can be proud of and feel comfortable in. Hopefully, 7 days on the plan might convince you to upgrade your lifestyle and finish the whole 12 weeks!

Don't forget to connect with me and other fellow Green and Leaners via the Honestly Healthy social channels (links) for support on your journey.

www.instagram.com/hhleanandgreen

www.facebook.com/honestlyhealthy

www.twitter.com/honestlyhealthy

#GreenandLean #GreenandLeaners #honestlyhealthy

I can't wait to hear how you get on!

Love

Natasha X X



OVERVIEW

This guide will cover all the training and recipes needed to reach your health goals.

The aims for this week are: fitness conditioning, fat loss, learning new cooking skills, and improved health benefits including better sleep and clearer skin.

Meal Frequency & Snacks

Every day, you will consume 3 main meals. We have created these meals based on a nutritious balance of healthy fats, slow release carbs and good quality protein; it is important that the macros are as nutritious as possible.

All recipes are vegetarian and free from gluten, wheat, refined sugar, caffeine, alcohol and cow's dairy. If you are used to having a daily coffee or you eat a lot of bread, pasta, pizza, cakes, or chocolate then you may find that the first 3 days are quite a struggle while you come off these toxic, processed foods. Just be sure to drink lots of water.

In addition to your main meals, we have included some chocolate orange balls if you get a sweet craving and, a dip recipe or some boiled eggs to have as a snack on non exercise days with rice or oat cakes.

On exercise days, you can have a protein drink in the afternoon, and if you feel you need a snack mid-morning you can have the dip or eggs.

Workouts / Exercise Days

We will encourage you to do 4 x 20min HIIT workouts this week, to turn you into a fat burning machine! The workouts that Tom created can be done anywhere - at home, in the park or at the gym. Please see the fitness section at the back of the plan for the links to the videos.

Ideally, you should aim to work out in the morning before breakfast. Your exercise day breakfast has everything your body needs to re-fuel. If you prefer to exercise in the evenings, try to aim to have your exercise day evening meal within 30/45 minutes of working out.

Food Preparation

Like all things, success is in the planning. This guide will show you exactly what to prep, along with the amounts. Most of the recipes use ingredients that you will have prepared in advance, so all you need to do is spend ten minutes putting them together when needed. This will help to reduce your time in the kitchen every evening.

Ingredient Weights

Regarding the weights in the shopping list, this is the RAW weight of the food; when it is cooked, it will weigh more or less, so please don't be confused! If it says 200g quinoa in the shopping ingredients, and it calls for 380g quinoa in the recipe, this is the correct amount. This applies to all veg as well (which gets lighter when cooked).

Calories

Please note that there are no calories detailed anywhere in the plan. We believe in the quality of the food and correct portioned amounts.

Portion Control

All dinner meals are calculated for 1 person, offering 2 servings. When you are putting the ingredients together, you are also making your lunch for the next day. You can see how easy this is going to be! This will help to keep your ingredients fresh and reduce the time needed to prepare at the weekend. As a guide, a single portion is roughly two cupped hands.

What to Drink

Sadly soft drinks, builder's tea, coffee and alcohol are not recommended whilst on the plan, to ensure that you are able to get the absolute most out of this guide.

We would encourage you to drink lots of water and herbal/fruit teas throughout the day. It can also be good to start the day with a glass of water, laced with raw apple cider vinegar and lemon juice.

Ingredients and Shopping

We estimate that your weekly shopping should cost about £50 for one person. You might have a lot of larger ingredients at home already, if not, your first week will cost you a little more. However, these ingredients should then keep you stocked up for the rest of the plan, should you continue with the full 90 days.

You will be able to get most of your ingredients from your local supermarket, with anything else e.g. protein powder, from a local healthfood store, like Holland & Barrett.

We suggest that you choose local and organic produce where possible. Check out the dirty dozen and clean 15 vegetables for more information on which veg absorb more pesticides.

Discount Codes

You will find our guide to essential Green and Lean products, including our [Green and Lean Starter Kits](#), and our [Honestly Healthy Alkaline Superboost Blend Powder](#) on our website www.honestlyhealthyfood.com

When purchasing our Honestly Healthy Alkaline Superboost Blend Powder, enter code GLSUPERBOOST to receive 20% off.

WHAT YOU NEED TO GET STARTED

Kitchen Utensils:

- Baking trays to roast your veggies (and some baking paper)
- Pots and pans to cook/steam your rice/quinoa/veggies
- A blender for your smoothies and a bottle to store them in
- A food processor is always useful but not 100% necessary
- A grater
- A good quality vegetable knife
- Chopping board
- Mixing bowl
- A spiralizer or potato peeler
- A set of scales
- A measuring jug
- Pot/Jar for your hummus snacks
- Tupperware to store your Prep Night ingredients and for your lunches



THE GREEN AND LEAN 7 DAY MENU

Breakfasts

- Green Love Smoothie
- Minty Green Smoothie
- Kale & Pear Smoothie
- Creamy Cashew Porridge
- Blackberry Bircher Muesli
- Dippy Eggs & Asparagus
- Poached Eggs on Mushroom

These breakfasts are quick, easy and filling. You will make them fresh every day, apart from the Bircher muesli which you will make on prep night.

Although with your smoothies, I find it often helps to put all the ingredients into the blender the night before, pop it in the fridge, and then blend it all together in the morning to save time. (See tips page for video)

Dinner & Lunch Recipes

- Cannellini Bean & Tomato Stew
- Garlic Mushrooms with Mashed Sweet Potato with Feta & Kale
- Roasted Fennel & Cauliflower Curry with Quinoa
- Courgette, Quinoa & Herby Feta Salad
- Blackbean Mexican Chilli Con Courgetti
- Sweet Potato Broccoli Frittata
- Cauli Rice, Roasted Pepper, Boiled Egg & Kale Salad

All of these recipes will be prepped the day before you start the plan, e.g. Sunday. Meaning that on the day you make the actual dish, it will only take you 10 minutes to throw all of the ingredients together. Each meal makes enough for 2 portions, giving you enough left over for lunch the next day, all you have to do is heat them up.

Snacks

- Boiled Egg with Rice/Oat Cakes
- Avocado Hummus with Rice/Oatcakes
- Chocolate Orange Balls (you can freeze these, far less temptation!)

You will make all your healthy snacks for the week on your Prep Night, so that if you have any cravings or hunger pains during the week, you won't need to turn to anything off plan.

Exercise Days

You will be exercising 4 times this week on the plan. Please add 1 protein drink to every day you exercise preferably within an hour of exercising. Using vegan protein powder approximately 14-16g of protein per drink. You can get a good vegan protein powder from Holland & Barrett, just add water or rice milk.

YOUR GREEN & LEAN 7 DAY MEAL PLAN

	Day 1 (E) Monday	Day 2 (R) Tuesday	Day 3 (E) Wednesday	Day 4 (E) Thursday	Day 5 (R) Friday	Day 6 (R) Saturday	Day 7 (E) Sunday
Breakfast	Creamy Cashew Porridge	Green Love Smoothie	Blackberry Bircher Muesli	Dippy Eggs & Asparagus	Minty Green Smoothie	Poached Eggs on Mushroom	Kale & Banana Smoothie
Lunch	Sweet Potato & Broccoli Frittata	Sweet Potato & Broccoli Frittata	Cauli Rice Roasted Pepper & Kale Salad	Cannellini Bean & Tomato Stew	Courgette, Quinoa & Herby Feta Salad	Black Bean Mexican Chilli con Courgette	Roasted Fennel Cauliflower Curry with Quinoa
Dinner	Cannellini Bean & Tomato Stew	Cauli Rice Roasted Pepper & Kale Salad	Garlic Mushrooms Kale and Sweet Potato	Courgette, Quinoa & Herby Feta Salad	Garlic Mushrooms Kale and Sweet Potato	Roasted Fennel Cauliflower Curry with Quinoa	Black Bean Mexican Chilli con Courgetti
Extras	Protein Shake		Protein Shake	Protein Shake			Protein Shake
Optional Snacks	Boiled Eggs and Rice/Oat Cakes Avocado Hummus and Rice/Oat Cakes Chocolate Orange Balls						

(E) Exercise Day Meals

(R) Rest Day Meals

YOUR SHOPPING LIST FOR THE WEEK

FRESH VEGETABLES

- 1 x large cauliflower (500g)
- 2 x sweet potatoes (500g each)
- 2 x red peppers
- 3 x courgettes
- 1 x bag of carrots (500g)
- 1 x red onion
- 1 x broccoli head
- 1 x fennel (500g)
- 1 x 200g bag of salad leaves
- 2 x 200g bags of kale (or spinach if not available)
- 1 x 200g bag of spinach
- 1 x medium cucumber
- 1 x pack of mushrooms (200g)
- 1 x large Portobello mushroom
- 1 x pack of baby vine tomatoes (220g)
- 3 x avocados
- 1 x pack of asparagus (6-7 spears)

FRESH FRUIT

- 1 x orange
- 3 x limes
- 3 x lemons
- 2 x apples
- 1 x pack of pomegranate seeds
- 3 x bananas
- 1 x punnet of blackberries

SEEDS/SUPPLEMENTS/ SUPERFOODS

- Chia seeds
- Honestly Healthy Alkaline Superboost Powder (available at Holland & Barrett)
- Vegan protein powder
- Cacao powder

FRESH HERBS & SPICES

- 1 x fresh chilli
- 2 x 28g bag of coriander
- 1 x 100g bag of parsley
- 1 x 28g bag of fresh mint
- 1 x bulb garlic
- 1 x knob of fresh ginger
- Optional fresh dill

NON-DAIRY

- 12 x eggs
- 1 x packet of feta (200g)
- 1 x small pot of goats or dairy free yoghurt
- 1x 1L unsweetened almond or rice milk

DRIED/ TINNED INGREDIENTS

- Oats
- Quinoa (dried)
- 1 x tin cannellini beans (400g)
- 1 x tin of black beans (400g)
- 1 x tin of chickpeas (400g)
- 1 x tin coconut milk (400ml)
- 1 x 1L coconut water (optional)
- 1 x pack of dates (175g)

SEASONING/SPICES/DRIED HERBS

- Bouillon powder
- Sea salt
- Black pepper
- Smoked paprika
- Ground cumin
- Ground coriander
- Garam masala
- Ground cinnamon
- 1 x small bag of unsweetened desiccated coconut
- 1 x small bag of ground almonds (150g)
- 1 x pack of rice cakes / oat cakes
- 1 x small jar of cashew or almond butter

OILS/VINEGARS

- Tamari (wheat-free soy sauce)
- Balsamic vinegar
- Apple cider vinegar
- Coconut oil
- Sunflower oil
- Olive oil