



*Mindful*  

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*Chef*

Nutrition Plan  
January 2017

# Benefits of a Mindful Diet

Welcome to our nutrition plan. Over the next few pages we've got some delicious recipes for you to enjoy and make you feel amazing inside and out.

Our aim is to get you in great shape in 2017 by helping you eat less refined carbs and instead loading your plate with colourful fresh produce. Here are some of the benefits to doing so:

## Nourishment

Natural foods help to load your body with essential vitamins, minerals and antioxidants.

## Why eat natural foods?

It makes you look and feel great! It's also a huge boost for your immune system.

## Blood sugar control

Eating lower carb meals helps to avoid a sugar spike, followed by an inevitable crash.

## Why eat lower carb meals?

You'll sleep better without having a post-dinner sugar crash and you'll most likely lose weight. What's more, you will have more energy.

## Bowel and gut function

Eating lots of fibrous vegetables and avoiding processed foods allows for better body function.

## Why eat fibrous vegetables?

Your gut controls how you feel. Treat it well and it removes a huge stress on the body, leaving you more energetic and less tired.



# A resolution you can stick to

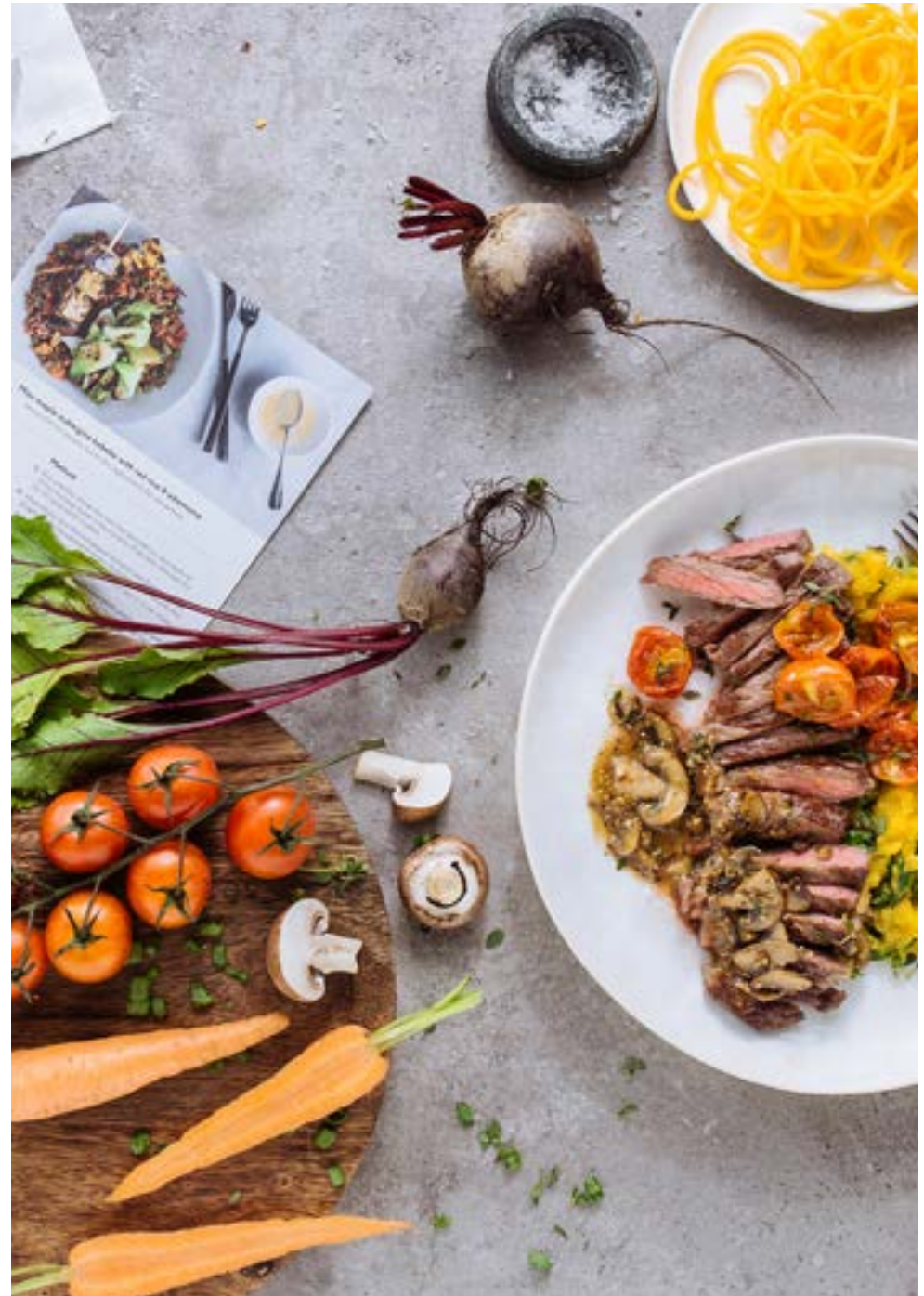
It's the new year and everyone wants to get back into shape after overindulging over Christmas!

This year, let us help you with those resolutions.

## **In this plan you'll find:**

- 6 of our favourite recipes
- 3 example Meal Plans split into 'Low Calorie' and 'Post Workout'
- Healthy breakfast inspiration
- A special discount to try our service

**#NotJustForJanuary**



# Chicken tikka massala

## Low Calorie:

A super healthy version of the curry house favourite, we've teamed our tikka masala with cauliflower rice, a nutritious and low carb alternative to white rice.

CLICK HERE  
FOR FULL METHOD

30 mins  
489 calories  
49g protein  
13g carbs

Shopping List	Supermarket
2 x 180g free-range chicken breast	£ 5.04
1 brown onion	£ 0.80
2 tbsp tikka masala paste	£1.70
2 tomatoes	£ 0.36
40g creamed coconut	£1.35
40g spinach	£ 0.90
200g Caulirice	£1.99
1 tsp black mustard seeds	£1.00
10g coconut chips	£1.40
<b>TOTAL</b>	<b>£14.54</b>



## ORDER NOW

- Delivered to your door for £7 per portion
- Order by 5th Jan to include this recipe

“**Superb!**

I cannot fault the quality of food and the wonderful recipes which were quick, easy, healthy and inspirational. We thoroughly enjoyed all of them.

*Deborah, Customer (December 2016)* 🗣️

# Coconut fish pie with sweet potato mash

## Post Workout:

Packed full of flavour, our fish pie is made with coconut milk instead of heavy cream, with healthy fats to lower the risk of heart disease.

CLICK HERE  
FOR FULL METHOD

30 mins  
590 calories  
35g protein  
53g carbs



Shopping List	Supermarket
300g chopped white fish pieces	£ 3.99
1 leek	£ 0.95
120g green beans	£ 1.00
1 tsp smoked paprika	£ 1.50
200ml coconut milk	£ 1.99
2 tsp cornflour	£ 0.75
2 tsp wholegrain mustard	£ 0.80
300g sweet potato	£ 0.35
40g spinach	£ 0.90
Large handful of flat-leaf parsley	£ 0.70
<b>TOTAL</b>	<b>£ 12.93</b>

## ORDER NOW

- Delivered to your door for £7 per portion
- Order 6th-12th Jan to include this recipe

## “Happy customer!

I've tried all the Recipe boxes on the market and this is my favourite by far! Although I'm not gluten intolerant, I'm in favour of avoiding refined carbs and sugars.

*Shevonne, Customer (December 2016)* ”

# Crispy pork schnitzel with carrot fries

## Post Workout:

Instead of coating the pork in wheat flour, we have used protein-packed ground almonds, rich in antioxidant Vitamin E for keeping skin healthy.

CLICK HERE  
FOR FULL METHOD

534 calories  
26g carbs  
29g fat  
44g protein



Shopping List	Supermarket
2 x 170g pork fillet	£ 5.66
100g courgette	£ 0.38
400g carrot	£ 0.60
150g red cabbage	£ 0.80
80g radishes	£ 0.60
2 tbsp apple cider vinegar	£ 2.59
2 tsp dijon mustard	£ 1.11
1 tsp smoked paprika	£ 1.50
5 tbsp ground almonds	£ 1.35
Large handful of flat-leaf parsley	£ 0.70
<b>TOTAL</b>	<b>£ 15.29</b>

## ORDER NOW

- Delivered to your door for £7 per portion
- Order 20th-26th Jan to include this recipe

## “Mindful mastery

This has taken the hassle out of eating well and the arduous decision making which I felt I had no time or headspace for. A really excellent service, great recipes, on the mark for healthy tasty choices.

Izzy, Customer (December 2016) 🗨️

# Vietnamese pho with courgetti & tofu

## Low Calorie:

We've replaced white starchy noodles with potassium-packed courgetti in this Pho-nomenal Vietnamese classic.

CLICK HERE  
FOR FULL METHOD

448 calories  
27g carbs  
29g fat  
25g protein

Shopping List	Supermarket
300g firm tofu	£1.99
100g oyster mushrooms	£1.49
300g courgette	£0.60
120g tenderstem broccoli	£1.50
1 red chilli	£0.50
1 red pepper	£0.50
1 vegetable stock cube	£1.25
2 star anise	£1.00
2 garlic cloves	£0.30
2 tsp tamari	£2.00
50g cashew nuts	£1.00
<b>TOTAL</b>	<b>£12.13</b>



## ORDER NOW

- Delivered to your door for £7 per portion
- Order 5th Jan to include this recipe

## “Healthy and Delicious

I love this company! I've been looking for a company like this that offer a greater range. I'm learning how to cook with 'good carbs' and the portion sizes are much more generous than I expected.

Louise, Customer (December 2016) 🗣️

# Moroccan lamb stew with brown rice

## Post Workout:

This Ras el hanout spice blend is anti-oxidant rich and not to mention delicious too. Dried apricots bring a natural sweetness to this dish.

CLICK HERE  
FOR FULL METHOD

630 calories  
73g carbs  
20g fat  
38g protein



Shopping List	Supermarket
2 x 150g diced lamb	£ 5.70
1 aubergine	£ 0.65
180g cherry tomatoes	£ 0.90
1 brown onion	£ 0.80
60g dried apricots	£ 2.50
1 tsp ras el hanout	£ 2.00
1/2 vegetable stock cube	£1.25
80g brown rice	£ 0.90
<b>TOTAL</b>	<b>£ 14.70</b>

## ORDER NOW

- Delivered to your door for £7 per portion
- Order 20th-26th Jan to include this recipe

## “Changed my Life!

I love this company. I love the savings - getting high quality, fresh ingredients in the right amount with no waste. My weekly shopping bill is halved. So fed up with buying stuff and never having the time to cook it, then binning it.

*Neve, Customer (November 2016)* 🗣️



# Crispy courgette fritters with avocado

## Post Workout:

These crispy courgette fritters are packed with chickpeas, garlic and delicate tarragon, which is rich in antioxidants, and served alongside quinoa for an extra protein hit.

Shopping List	Supermarket
200g courgette	£ 0.60
240g chickpeas	£ 0.60
4 spring onions	£ 0.50
80g quinoa	£ 2.35
4 tbsp chickpea flour	£ 1.99
1 romano red pepper	£ 1.89
1 avocado	£ 1.29
1 lime	£ 0.35
2 garlic cloves	£ 0.30
Medium handful of fresh tarragon	£ 0.70
<b>TOTAL</b>	<b>£ 10.57</b>

CLICK HERE  
FOR FULL METHOD

597 calories  
85g carbs  
23g fat  
23g protein



## ORDER NOW

- Delivered to your door for £7 per portion
- Order 13th-19th Jan to include this recipe

## “ LOVE IT!!!

After turning to veganism recently I can't say how excited I am to have 3 exciting recipes delivered to my door each week. I'm not a great fan of cooking and this was easy.

Gina, Customer (December 2016) 🗨️

# Dinner Plan A



“ Recipes like these have been enjoyed by our customers over 250,000 times! To see the healthy recipes we’re delivering next week, [click here](#). ”  
Co-Founder of Mindful Chef

	Monday	Tuesday	Wednesday
Post Workout	<p><b>Chicken kiev with mustard parsnip mash &amp; roasted tomatoes</b></p> <p>Our super healthy chicken kiev is coated in ground almonds for heart health, and stuffed with olive, oil fresh garlic and parsley, bursting with vitamins.</p> <p>602 calories • 37g carbs • 26g fat • 51g protein</p> <p><a href="#">CLICK HERE</a></p>	<p><b>Honey &amp; ginger salmon with rainbow slaw</b></p> <p>Salmon is rich in omega-3 fatty acids for healthy brain function while the vibrant raw rainbow slaw is bursting with antioxidants to help detox your body after the festive season.</p> <p>550 calories • 56g carbs • 23g fat • 37g protein</p> <p><a href="#">CLICK HERE</a></p>	<p><b>Beef &amp; mushroom burger with carrot fries</b></p> <p>Our juicy beef &amp; mustard burger is accompanied by carrot fries, a lighter alternative to potato, and loaded with vitamin C to ward off winter colds.</p> <p>565 calories • 34g carbs • 32g fat • 36g protein</p> <p><a href="#">CLICK HERE</a></p>
Low Calorie	<p><b>Mediterranean-style haddock with millet tabbouleh</b></p> <p>The Mediterranean coating on our Cornish Haddock is made with ground almonds, packed with Vitamin E for glowing skin.</p> <p>493 calories • 44g carbs • 20g fat • 36g protein</p> <p><a href="#">CLICK HERE</a></p>	<p><b>Pad Thai with chicken, red chilli, coriander &amp; courgetti</b></p> <p>A super healthy twist on the traditional Thai dish with nutrient-rich courgetti instead of refined noodles, packed with potassium for improving cardiovascular health.</p> <p>472 calories • 25g carbs • 19g fat • 54g protein</p> <p><a href="#">CLICK HERE</a></p>	<p><b>Asian sesame tofu with pak choi &amp; rice</b></p> <p>Pak choi contains protein, dietary fibre and almost all the essential vitamins and minerals making it a true superfood!</p> <p>427 calories • 56g carbs • 14g fat • 22g protein</p> <p><a href="#">CLICK HERE</a></p>

All Mindful Chef recipes contain 10 ingredients, take 30 minutes to prep, contain no refined carbs and are gluten and dairy-free. Cool hey!

# Dinner Plan B



“ Mindful Chef is a service designed to help you start of the week right. To see the healthy recipes we’re delivering next week, [click here](#). ”  
Co-Founder of Mindful Chef

	Monday	Tuesday	Wednesday
Post Workout	<p><b>Aubergine, courgette &amp; beef lasagne with rocket</b></p> <p>This healthy beef lasagne uses layers of baked aubergine and fresh courgette instead of heavy pasta for a nutrient packed dinner.</p> <p>501 calories • 26g carbs • 25g fat • 39g protein</p> <p><a href="#">CLICK HERE</a></p>	<p><b>Smoky barbecue beans with pork &amp; sweet potato fries</b></p> <p>Paprika gives these barbecue beans their smoky flavour, and contains beta-carotene which is converted into Vitamin A for healthy glowing skin.</p> <p>618 calories • 63g carbs • 17g fat • 55g protein</p> <p><a href="#">CLICK HERE</a></p>	<p><b>Lemon &amp; thyme chicken with buckwheat</b></p> <p>While most people think of buckwheat as a whole grain, it’s actually a seed that is high in both protein and fiber. Despite it’s name it is entirely wheat (and gluten) free!</p> <p>545 calories • 49g carbs • 23g fat • 40g protein</p> <p><a href="#">CLICK HERE</a></p>
Low Calorie	<p><b>Moroccan chickpea &amp; monkfish stew</b></p> <p>This Moroccan spiced stew is studded with fibre-rich chickpeas, monkfish tail, and chunks of roasted sweet potato.</p> <p>454 calories • 59g carbs • 12g fat • 37g protein</p> <p><a href="#">CLICK HERE</a></p>	<p><b>Sugar snap, chickpea &amp; cauli rice biryani</b></p> <p>Cashew nuts are a great source of healthy fats and packed full of minerals that contribute to bone health and healthy skin.</p> <p>450 calories • 53g carbs • 22g fat • 22g protein</p> <p><a href="#">CLICK HERE</a></p>	<p><b>Chicken, shitake &amp; courgetti miso ramen</b></p> <p>A healthy twist on an Asian classic, here we’ve swapped out ramen noodles for courgetti. This delicious warming bowl packs 55g of protein but just 424 calories.</p> <p>424 calories • 10g carbs • 18g fat • 55g protein</p> <p><a href="#">CLICK HERE</a></p>

All Mindful Chef recipes contain 10 ingredients, take 30 minutes to prep, contain no refined carbs and are gluten and dairy-free. Cool hey!

# Dinner Plan C



“Our service is used by the England Rugby Team and multiple GB Olympians! To see the healthy recipes we’re delivering next week, [click here](#).”  
Co-Founder of Mindful Chef

	Monday	Tuesday	Wednesday
Post Workout	<p><b>Ginger &amp; beef kebabs with mango, sugar snaps &amp; brown rice</b></p> <p>Ginger gives a zingy flavour to these kebabs, which helps with digestion and fights inflammation. Here we’ve opted for a brown rice side to load on post-workout energy.</p> <p>635 calories • 67g carbs • 24g fat • 42g protein</p> <p><a href="#">CLICK HERE</a></p>	<p><b>Fajita bowl with spicy quinoa &amp; avocado</b></p> <p>In this superfood fajita bowl we’ve replaced the tortilla with fibre-rich kidney beans and ancient grain quinoa, which is a complete source of protein.</p> <p>574 calories • 63g carbs • 28g fat • 20g protein</p> <p><a href="#">CLICK HERE</a></p>	<p><b>Persian chicken with mint &amp; pomegranate</b></p> <p>Cinnamon, cumin and sumac make this super tasty dish full of antioxidants, whilst pomegranate - the world’s oldest superfood - adds natural sweetness and lots of anti-inflammatory goodness.</p> <p>586 calories • 58g carbs • 22g fat • 41g protein</p> <p><a href="#">CLICK HERE</a></p>
Low Calorie	<p><b>Thai pork meatballs in a courgetti soup</b></p> <p>These fragrant meatballs are infused with fresh lemongrass which has impressive anti-inflammatory properties and helps improve digestion.</p> <p>489 calories • 18g carbs • 29g fat • 40g protein</p> <p><a href="#">CLICK HERE</a></p>	<p><b>Harissa chicken with sliced avocado, squash &amp; mint</b></p> <p>Fragrant harissa gives a wonderful warmth to this low calorie dish whilst butternut squash is an excellent source of immune-supportive vitamin A.</p> <p>439 calories • 37g carbs • 14g fat • 46g protein</p> <p><a href="#">CLICK HERE</a></p>	<p><b>Garlic mushrooms with kale crisps &amp; mustard butterbean mash</b></p> <p>Mushrooms are full of vitamins, minerals, amino acids, antibiotics and antioxidants. Combined here with kale crisps, this dish packs a lot of nutritious value into 400 calories!</p> <p>402 calories • 28g carbs • 27g fat • 16g protein</p> <p><a href="#">CLICK HERE</a></p>

All Mindful Chef recipes contain 10 ingredients, take 30 minutes to prep, contain no refined carbs and are gluten and dairy-free. Cool hey!

# Healthy Breakfast Inspiration



## Chia Seed Breakfast Bowl

If you aren't a big fan of a cooked breakfast then this bowl of goodness will be more than enough to fill you up and keep you energised throughout the morning. Perfect for vegans too our chia breakfast bowl is delicious and nutritious.

NB: You'll need a blender for this one.

[Click here for recipe](#)



## Baked Avocado and Eggs

This powerhouse protein breakfast will be sure to satiate your hunger throughout the morning and make sure you stay alert and energised to tackle the day head on.

[Click here for recipe](#)

# Healthy Breakfast Inspiration



## Shakshuka

This tasty egg dish in a flavoursome fiery tomato sauce is something you have to try. Low in carbs but high in healthy fats and protein this breakfast won't leave you feeling hungry for more.

[Click here for recipe](#)

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## Avocado Salmon Wraps

With just 4 ingredients, this breakfast is easy to prepare and best of all you can start the day with lots of healthy fats and protein which will maintain your energy a lot longer than cereals. It tastes great too!

[Click here for recipe](#)

# Hungry for more?

In March 2017, we're launching our first cookbook containing over 70 of our favourite recipes along with health tips.

You can pre-order it here

In the meantime, if you have any further questions about our service or ethos, please don't hesitate to get in touch.

*Myles, Co-Founder  
(The one on the right!)*

hello@mindfulchef.com  
020 8875 1790



# FAQS

## Do you deliver nationwide?

We deliver across the country on Sunday afternoons and Mondays. Our service is designed for the start of the week.

## How will you deliver if I'm not in?

Our own drivers do the deliveries and will either leave them in your safe place or redeliver them later on that day. Worst case scenario, we'll get you a fresh box the next day on us - until it's in your kitchen, the responsibility is ours.

## Why is Mindful Chef more expensive than others?

Fresh vegetables and generous protein portions cost more than cheap fillers like pasta, white rice or bread. Our award-winning suppliers are stocked in the likes of Fortnum & Mason and Harrods. We are voted the UK's #1 for a reason ([you can read testimonials here](#))

## Will your service really make me feel healthier?

Our low carb recipes are stocked with low GI good-for-you ingredients that lead to stable energy levels and no blood-sugar roller coaster. This leads to better sleep and helps with weight loss. The high quality protein sources and nutritionist-approved recipes are a great accompaniment to any training routine - we are funded by Andy Murray and Olympian Victoria Pendleton after all! Finally our recipes are all gluten- and dairy-free which can reduce stress to the gut (even if you don't recognise them as an intolerance.)

**For 25% OFF your first delivery, use the code PLAN25**  
(Valid January 2017 only)

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