

**28 DAY  
BLAST  
MEAL PLAN**

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# Vegetarian Meals 28 days Blast

## Breakfast Choices

Pick 3 meals and two snacks a day. Lunch and dinner prions can be swapped about.

### A Omelette > 1 Portion

Two Tomatoes  
Half cup Spinach  
30g Feta Cheese  
2 eggs

Omelette: crack eggs in pan, whisk and add ingredients. If it sticks, then turn it into scrambles egg.

### B Porridge > 1 Portion

30g Oats  
150ml Coconut or unsweetened Almond Milk  
50g Raspberries

Add milk to the oats and either cook on the hob or in the microwave. Add the raspberries while hot and mash then up.

### C Smoothie > 1 Portion

Apple  
Spinach  
Lime  
Avocado  
150ml coconut milk

Add everything to a blender and blitz it. No excuse NOT to have time to eat.

### **D Pancakes > 1 Portion**

Small banana

2 eggs

Small knob of coconut oil

Mash the banana into the eggs and whisk away. Place the coconut oil in a frying pan and place the ingredients in the pan. You are about to make a massive pancake which tastes gorgeous.

### **E Blueberry Loaf > 2 Slices per Portion**

3 bananas

2 eggs

Half cup Greek yogurt

1/3 cup honey

1 tsp vanilla essence

1 tsp baking soda

1.5 cups wheat or coconut flour

1 cup blueberries

Mash the banana, whisk in the eggs, add the yogurt, honey, essence, baking soda and mix. Then mix in the flour and add the blueberries. Spray a loaf tin with coconut oil, add the mixture. Cook 50 minutes at 350oF/180oC

### **F Savoury Oatmeal with cheese and Egg > 1 Portion**

1/4 cup dry quick-cooking steel cut oats

3/4 cup water

salt and pepper

2 Tbsp. Feta Cheese

1 tsp coconut oil, divided

1/4 cup diced red peppers

2 Tbsp. finely chopped onions

1 large egg

Top with nuts

1. **Stove Top Method:** Bring water to boil. Add oatmeal, reduce heat a little and let it cook for about 3 minutes, until all liquid is absorbed. Turn off heat and stir in cheese, a small pinch of salt, and pepper.

2. **Microwave Method:** Place oats and water in a microwave-safe bowl. Microwave at a high setting (but not the highest, about 8/10 power setting) at one-minute intervals for a total of 3 minutes. If you want a softer texture, continue microwaving at 30-second intervals. Give the oats a little stir between intervals. When the oatmeal is done, stir in cheese, a small pinch of salt, and pepper.
3. Heat a non-stick pan with 1/2 teaspoon of coconut oil over medium-high heat. Add vegetables and cook for 2 to 3 minutes, until they soften. Spoon vegetables over cooked oats. Reduce heat to medium.
4. Add remaining 1/2 teaspoon of oil and fry egg. Cook until the whites are no longer translucent and serve over oatmeal.
5. Top with chopped nuts

## Lunch Choices

### A Spicy Thai Peanut Sauce over Roasted Sweet Potatoes > 4 Portion

½ cup creamy peanut butter

¼ cup reduced-sodium tamari or soy sauce

3 tablespoons apple cider vinegar

2 tablespoons honey or maple syrup

1 teaspoon grated fresh ginger

2 cloves garlic, pressed

¼ teaspoon red pepper flakes

2 tablespoons water

### ***Roasted vegetables***

2 sweet potatoes, peeled and sliced into 1 inch long, ½ inch wide chunks

1 red bell pepper, cored, deseeded, and sliced into bite-sized strips

about 2 tablespoons coconut oil (or olive oil)

¼ teaspoon cumin powder

Sea salt, to taste

1. Roast the vegetables: On a large, rimmed baking sheet, toss the sweet potato with a generous tablespoon of coconut oil, the cumin and a sprinkle of salt. Arrange them in a single layer, and set aside.
2. On a separate, smaller baking sheet, toss the bell pepper with about 1 teaspoon of coconut oil and a sprinkle of salt. Toss until lightly coated, and arrange them in a single layer.
3. Roast the sweet potatoes on the middle rack for about 35 minutes, tossing halfway, and roast the peppers on the top rack for about 20 minutes, tossing halfway. The vegetables will be tender and caramelized on the edges when they are ready.
4. Make the sauce: In a bowl, whisk together the sauce ingredients. If the sauce is too thick or too spicy, whisk in a little more water.
5. Serve: In bowls, with choice of green vegetables.

### **B Curried Squash and Coconut Soup > 6 Portion**

1 tbsp. coconut oil

1 butternut squash, deseeded and diced

200g carrots diced

1 tbsp. curry powder

1 tsp turmeric

100g red lentils

700ml vegetable stock (low sodium)

1 can reduced fat coconut milk

1. Heat the oil in a large saucepan, add the squash and carrots, sizzle for 1 min, then stir in the curry powder and cook for 1 min more. Tip in the lentils, the vegetable stock and coconut milk and give everything a good stir. Bring to the boil, then turn the heat down and simmer for 15-18 mins until everything is tender.
  2. Using a hand blender or in a food processor, blitz until as smooth as you like. Season and serve scattered with roughly chopped coriander.
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## **C Pea and Broad Bean Shakshuka > 1 Portion**

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4 asparagus spears  
50g sprouting broccoli  
½ tbsp. coconut oil  
1 spring onion  
Handful cumin seeds  
Pinch cayenne pepper  
1 tomato chopped  
25g shelled peas  
25g podded broad beans  
1 egg  
25g pea shoots  
Greek yogurt to serve

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Trim or snap the woody ends of the asparagus and finely slice the spears, leaving the tips and about 2cm at the top intact. Finely slice the broccoli in the same way, leaving the heads and about 2cm of stalk intact. Heat the oil in a frying pan. Add the spring onions, sliced asparagus and sliced broccoli, and fry gently until the veg softens a little, then add the cumin seeds, cayenne, tomatoes (with their juices), parsley and plenty of seasoning, and stir. Cover with a lid and cook for 5 mins to make a base sauce, then add the asparagus spears, broccoli heads, peas and broad beans, cover again and cook for 2 mins.

Make a dip in the mixture. Break an egg into it, arrange half the pea shoots around the egg, season well, cover with a lid and cook until the egg whites are just set. Serve with the rest of the pea shoots, a spoonful of yogurt, and sprinkle over another pinch of cayenne, if you like.

## **D Super Green Soup > 4 Portion**

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2 tsp coconut oil  
1 onion chopped  
2 crushed garlic gloves  
1 potato cut into small cubes (@250g)  
600ml vegetable stock (low sodium)  
120g bag mixed watercress, spinach and rocket  
150g natural yogurt  
20g toasted pine nuts

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1. Heat the oil in a medium saucepan over a low-medium heat. Add the onion and a pinch of salt, then cook slowly, stirring occasionally, for 10 mins until softened but not coloured. Add the garlic and cook for 1 min more.
  2. Tip in the potato followed by the veg stock. Simmer for 10-12 mins until the potato is soft enough that a cutlery knife will slide in easily. Add the bag of salad and let it wilt for 1 min, then blitz the soup in a blender until it's completely smooth.
  3. Serve with a dollop of yogurt, some toasted pine nuts and eat.
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## **E Kidney Bean Curry > 6 Portion**

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1 tbsp. coconut oil  
1 onion chopped  
2 chopped garlic cloves  
Thumb sized piece of ginger, grated  
Small packed coriander, chopped  
1 tsp ground cumin  
1 tsp ground paprika  
2 tsp garam masala  
400g chopped tomatoes  
400g kidney beans in water  
Green Vegetables to serve

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Heat the oil in a large frying pan over a low-medium heat. Add the onion and a pinch of salt and cook slowly, stirring occasionally, until softened and just starting to colour. Add the garlic, ginger and coriander stalks and cook for a further 2 mins, until fragrant.

Add the spices to the pan and cook for another 1 min, by which point everything should smell aromatic. Tip in the chopped tomatoes and kidney beans in their water, then bring to the boil.

Turn down the heat and simmer for 15 mins until the curry is nice and thick. Season to taste, then serve with coriander leaves.

### **F Pan Fried Feta and with Beetroot Salsa and Bean Mash > 2 Portion**

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100g feta thickly sliced

A little flour for dusting

65g rocket

For the Salsa

250g cooked beetroot diced

½ red onion chopped

Grated zest and juice of a lime

2 tbsp. chopped dill

1 tsp olive oil

1 crushed garlic clove

400g can cannellini beans

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1. Mix the beetroot and the onion in a bowl with the lime zest, a good squeeze of juice, seasoning and dill.
  2. Heat the tsp oil in a non-stick pan and gently cook the garlic until softened then tip in the beans, and some of the juice from the can with seasoning. Mash the beans, keeping them quite chunky, then keep warm.
  3. Toss the slices of feta in a little flour. Heat a non-stick frying pan, wipe with a little oil then cook the feta for a few minutes on each side until golden and warmed through, flipping over to make sure they're cooked evenly. Spoon the bean mash onto plates, top with the feta and half the salsa then scatter with extra dill. Serve with the rocket on the side and the rest of the salsa in a bowl.
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## Dinner Choices

### **A Spinach, Sweet Potato and Lentil Dhal > 4 Portion**

1 tbsp. coconut oil  
1 red onion, chopped  
1 crushed garlic clove  
Thumb size piece of ginger, chopped  
1 red chilli chopped  
1.5tsp ground turmeric  
1.5 tsp ground cumin  
2 sweet potatoes cut into chunks  
250g red split lentils  
600ml vegetable stock (low sodium)  
80g spinach  
4 spring onions

1. Heat the oil in a wide-based pan with a tight-fitting lid. Add the onion and cook over a low heat for 10 mins, stirring occasionally, until softened. Add the garlic, ginger and chilli, cook for 1 min, then add the spices and cook for 1 min more.
  2. Turn up the heat to medium, add the sweet potato and stir everything together so the potato is coated in the spice mixture. Tip in the lentils, stock and some seasoning. Bring the liquid to the boil, then reduce the heat, cover and cook for 20 mins until the lentils are tender and the potato is just holding its shape
  3. Taste and adjust the seasoning, then gently stir in the spinach. Once wilted, top with the spring onions and basil to serve. Or allow to cool completely, then divide between airtight containers and store in the fridge for a healthy lunchbox (see tip below).
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## **B Guacamole and Mango Salad with Black Beans > 2 Portion**

- 1 Lime
- 1 small mango, stoned, peeled and chopped
- 1 small avocado, stoned, peeled and chopped
- 100g cherry tomatoes, halved
- 1 red chilli, deseeded and chopped
- 1 red onion chopped
- ½ small pack coriander, chopped
- 400g can black beans, drained and rinsed

1. Put the lime zest and juice, mango, avocado, tomatoes, chilli and onion in a bowl, stir through the coriander and beans.

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## **C Moroccan Stew > 4 Portion**

- 4 tomatoes, halved
- 2 tbsp. coconut oil
- 250g butternut squash, peeled, chopped into large chunks
- 1 tbsp. thyme leaves
- 1 garlic clove, crushed
- 1 onion, sliced
- 2 x 400g can chickpeas, drained
- 1 bay leaf
- 1 tbsp. ground cumin
- 1 tsp ground cinnamon
- ½ tsp turmeric
- 1 tbsp. harissa
- 1 vegetable stock cube (low sodium)
- 100g feta cheese crumbled
- 1 lemon zest cut into wedges
- 2 tsp fennel seeds
- 1 tsp ground coriander
- Handful of fresh coriander leaves to serve

1. Heat oven to 200C/180C fan/gas 6. Put the tomatoes on a baking sheet lined with baking parchment, drizzle over 2 tbsp. olive oil, season and roast in the oven for 20 mins or until soft. Set aside.
2. Meanwhile, pour 2 tbsp. oil into a large saucepan and add the squash, thyme, garlic and onion. Season generously and cook on a low heat for 15 mins or until the vegetables begin to soften (but not brown).
3. Add the tomatoes, chickpeas, bay, ground spices and harissa. Season to taste and pour in the stock. Bring to the boil, then reduce the heat and simmer for 30-35 mins until the liquid has reduced.
4. Put the feta in a small bowl and add the remaining olive oil and the lemon zest. Mix well and set aside.
5. Toast the fennel seeds in a frying pan for 1 min, then lightly crush with a pestle and mortar, or in a bowl with the back of a rolling pin.
6. Add the ground coriander to the stew and cook for 2 mins. Put the stew in a bowl and top with a scoop of feta, a sprinkling of coriander leaves and fennel seeds, and some seasoning. Serve with lemon wedges on the side.

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### **D Thai Green Curry > 4 Portion**

25 rolled oats, soaked in 200ml cold water for 20mins

1.5tbsp creamed coconut grated

1 tsp coconut oil

2 carrots sliced

1 parsnip cut into small chunks

1 small sweet potato chopped into small chunks

2 kaffir leaves (dried or fresh)

6 spears purple sprouting broccoli halves lengthways

50g frozen peas cut into wedges

1 lime

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### **For the Paste**

1 green pepper chopped

½ small pack coriander

1 crushed garlic clove

2cm ginger peeled

Zest and juice of a lime

2 spring onion

1 green chilli

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1. First, make the paste. Put all the ingredients in the small bowl of a food processor and blitz until finely chopped. Transfer to a small bowl and chill.
2. Put the oats and their soaking water in the food processor (no need to clean it first) and blend until it's as smooth as you can get it. Strain it through a sieve to get rid of any remaining oats, then add the creamed coconut and set aside.
3. Put a large, non-stick frying pan or wok over a high heat. Add the coconut oil followed by the carrot, parsnip and sweet potato. Stir-fry for about 2-3 mins until the vegetables start to colour at the edges, then add the curry paste and cook until the curry no longer looks watery. Pour in the oat milk and coconut mixture, Marmite, lime leaves and 300ml water, and bring to a simmer. Cover and cook for 15 mins, then add the broccoli, along with 50ml water and cook for 5 mins more or until tender. Finally, add the frozen peas for 1 min more or until hot through. Take the pan off the heat, then squeeze over the juice from 2 of the lime wedges
4. Serve immediately with brown rice, the remaining lime wedges and a scattering of coriander leaves, if you like.

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### **E Lentil Ragu > 6 Portion**

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1 tbsp. coconut oil  
2 onions, chopped  
3 carrots chopped  
3 celery sticks, chopped  
3 crushed garlic cloves  
500g dried red lentils  
2 x 400g chopped tomato  
2 tbsp. tomato puree  
2tsp dried oregano and thyme  
3 bay leaves  
Litre vegetable stock (low sodium)  
Green Vegetables to Serve

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Heat the oil in a large saucepan and add the onions, carrots, celery and garlic. Cook gently for 15-20 mins until everything is softened. Stir in the lentils, chopped tomatoes, tomato purée, herbs and stock. Bring to a simmer, then cook for 40-50 mins until the lentils are tender and saucy – splash in water if you need. Season.

## **F Vegetable Tagine > 4 Portion**

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For the Tagine

- 1 tsp coconut oil
  - 1 red onion
  - 2 crushed garlic cloves
  - ½ butternut squash chopped (@ 500g)
  - 2 red peppers, chopped
  - 400g can chopped tomatoes
  - 500ml vegetable stock (low sodium)
  - 1 tsp ground cinnamon
  - 1 tsp ground cumin
  - 2 tsp turmeric
  - 2 tsp paprika
  - Small bunch of coriander and mint, chopped
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### **For the Apricot Quinoa**

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- 280g quinoa
  - 80g apricots chopped
  - 20g flaked almonds
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### **For the Dressing**

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- 4 tbsp. tahini
  - 1 lemons sliced
  - 6 tbsp. almond milk
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Heat the oil in a large frying pan and fry the onion over a medium heat for 3 mins. Add the garlic and butternut squash, and cook for a further 7 mins.

Add the remaining vegetables and continue to fry for 3 mins before adding the chickpeas, tomatoes and stock, along with the spices and seasoning. Simmer for 30 mins, uncovered. Meanwhile, put 750ml water in a small saucepan, bring to a simmer, then add the quinoa and cook for 20 mins. When cooked, stir in the apricots and almonds, plus a pinch of salt.

To make the tahini dressing, whisk together all the ingredients in a small bowl. Season with a pinch of salt.

Serve the quinoa with the tagine, and drizzle the tahini dressing over the top. Scatter over some chopped coriander. The tahini dressing doesn't have to be made, but tastes nice!

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## **SNACKS (All are 1 Portion)**

### **A Tomato, Avocado & Egg Salad**

Cooked egg, mashed

Avocado slices

2 tomatoes

Salt and pepper

Mix together

### **B Chickpea Pesto Salad**

Small tin chickpeas

2 chopped tomatoes

25g feta cheese

1 tbsp. pesto

Mix together

### **C Apple Dippers**

Apple

Mix together 150g Greek Yogurt, 1 tbsp. Honey, pinch of cinnamon

Dip the apple

### **D Black Bean Quinoa Salad**

Cup of Cooked Quinoa  
Small tin Black Beans  
Raw Red Onion  
Juice of a Lime  
Salt and Pepper  
Mix all the ingredients together

### **E Berry Smoothie**

150g Coconut Milk  
100g Greek Yogurt  
Cup of Frozen Berries  
Blitz together

### **F Lemon and Coriander Humous**

2 x 400g cans chickpeas in water, drained  
2 fat garlic cloves, roughly chopped  
3 tbsp. Greek Yogurt  
3 tbsp. tahini paste  
3 tbsp. extra-virgin oil, plus zest and juice of 2 lemons  
20g pack coriander

Put everything but the coriander into a food processor, then whizz to a smooth mix. Scrape down the sides of the processor if you need to. Season the houmous generously, then add the coriander and pulse until roughly chopped. Spoon into a serving bowl, drizzle with olive oil, then serve with vegetables.

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### **G Greek Yogurt and Berries**

150g Greek Yogurt  
50g mixed berries  
Mix together