



The Rejuvenated 4 week Re-set Program

A photograph of a woman with shoulder-length blonde hair and bangs, smiling warmly at the camera. She is wearing a white button-down shirt. The background is a bright, out-of-focus indoor setting with a window and some greenery.

4 weeks
of menus &
shopping lists
Long lasting
results

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Healthy eating made simple.

No points.

No sins.

No counting.

Just nourishing & delicious.

Welcome

Have you tried a weight loss program that leaves you feeling hungry? Or have you found that when you start to eat normally, you put the weight straight back on!

If your 'diets' leave you counting the hours to the next meal, then we have the answer for you.

Our founder Kathryn has worked in the beauty and health industry for over 40 years and has created the Rejuvenated Re-set program along with world leading nutritionists.

The Re-set program isn't a diet; it's a whole concept built around correct digestion, healthy food options and redefining the body by reducing fat percentages and maintaining healthy muscle levels. This program compliments the Rejuvenated product range to promote health and longevity. You can also download this book and find more recipes at our website rejuvenated.com



Boost your health and well-being

The diet industry has become huge over the last 40 years. I was one of the ones that tried pretty much everything from starvation, to low fat or low carb but found that the weight would always return. It was only when I started to eat healthily that my weight balanced out. I now feel really well and have so much more energy.

Avoiding the pitfalls

The unfortunate thing is that every time you embark on a new diet, your body will take essential energy from whatever source it can find, so pounds lost will usually be 50% fat but also 50% muscle. What's wrong with this you might ask?

Muscle is the energy burner, it burns off more calories per pound than fat. So when you start to eat normally again the body no longer has the same ability to burn off fat. The result is your metabolism is now lower because of the reduced muscle mass and you are more likely to put on extra pounds.

Over time yo-yo dieting compounds the situation, which is why you might be thinking you have a low metabolism, but you can change this and RE-SET your body, starting right now!

This booklet will reveal our top tips on how you can re-set your metabolism again with a 3 step plan:

- Healthy eating to reduce blood sugar cravings & keep fuller for longer
- Nutritious food & supplements to stay full and boost energy levels
- Simple exercise to sustain muscle tissue to burn off calories

The result will be a healthier leaner you and a body that burns off calories more quickly, not only when you're exercising but when your body is resting. It's not about being on a diet but being in step with your body, you'll feel great, have more energy and gradually you will get better definition.

In this book you will find 4 weeks of great menus that have been designed to work in conjunction with our products. Plus you can pick and choose menus to suit your day and lifestyle. The recipes are designed to keep you full, help to reduce blood sugar levels and to boost your body metabolism. The result? You'll lose weight and maintain your new figure.

Avoiding sugars and refined foods

Glucose is a simple sugar, it's essential for life, the body recognizes it and cells need it as a source of energy. When we eat glucose, it triggers the pancreas to produce insulin and insulin stimulates a hormone called Leptin, which in turn tells the brain that we are full.

Fructose is another type of sugar found naturally in fruits and when eaten,

doesn't have quite the same effect that glucose has on the brain. As fruit contains fibre however, it can help to reduce hunger. Over recent years the manufacturing industry has extracted fructose to create highly sweet compounds. These sweet compounds; high fructose corn syrup, high fructose cane sugar and sucrose are widely used in processed foods. Such high levels of fructose without fibre cause a problem as fructose can only be metabolised by the liver.

It's a very different process to the breakdown of glucose. When the liver breaks down fructose it doesn't produce insulin like the pancreas. If you remember, the pancreas releases leptin to tell the brain that we are full, but this no longer happens as the liver is doing the work of processing fructose. Without leptin the brain has lost its indicator that you have eaten, now the brain thinks our body is starving and creates the desire to continue eating. This is why a diet high in refined foods is a recipe for weight gain.

Does gluten affect my goals?

Gluten is a protein that is found in certain grains, wheat, rye and barley. A certain percentage of the population is Celiac, they are allergic to the gluten protein, however many more of us find we have lesser reactions. Gluten can cause a huge amount of inflammation in the gut, which leads to bloating and poor digestion. A healthy gut is essential for us to be able to absorb key minerals and vitamins. It does sound a bit of a challenge initially as gluten is in so many comfort foods but by eliminating it from your diet over the next few weeks you will probably find that you feel so amazing that you won't miss it.

Should I go grain free?

Some nutritionists would rather we went one step further than just gluten free. They'd encourage a diet free of all grain. The Paleo diet is based on the foods that we presume early humans ate; it is based on mainly meat, fish, vegetables and fruit and excludes dairy, cereal and all processed foods. The Rejuvenated Re-set program does include some oats but if you would like to try a grain free program, you can substitute the meals that include oats and use nut milks where you might use dairy.

Super food nutrition to rejuvenate your skin

Our menus are not just designed to shed excess pounds and balance blood sugar; they are full of super foods to rejuvenate your skin to help you look and feel younger.

We've formulated our products to really work, here's why

Our development team have brought together the best in health, beauty and sporting nutrition to develop clinically proven ingredients in totally natural formulations that really do work!!

We've created a 4 week Shape Up & Re-set collection to make it easy for you. The set contains two products to support your healthy weight management program with unique ingredients.

Protein Smoothie A filling protein drink to help build healthy lean muscle, promote healthy blood sugar levels and keep you fuller for longer. Rich in key muscle firming amino acids lysine, arginine, glutamine and branched-chain amino acids, leucine, isoleucine, valine.

Re-set A powerful combination of herbs, vitamins and minerals to assist in healthy weight management.

Re-set is a potent combination of herbs and rich in active ingredients chromium, iodine, copper and zinc, which contribute to healthy metabolism and blood sugar levels. Created to help you achieve your target weight more easily, compliments any healthy eating regime and works particularly well with the Re-set program.

Protein Smoothie

- Gluten free
- Lactose free
- Low glycemic
- Suitable for diabetics and vegans
- Pea protein - a natural appetite suppressant
- Green tea for energy
- Medium chain triglycerides - healthy fat for metabolism
- Inulin - a prebiotic for digestive health & helps to lower visceral fat
- Fibre * Glucomannan – to keep you fuller for longer
- 100% active ingredients with stevia leaf

To be used as a healthy snack, or to lose weight. Please use Protein Smoothie in conjunction with our program or other healthy weight management plan – our healthy weight loss plan is provided in this booklet, but Protein Smoothie and Re-set will fit in with most programs.

Pea protein is a form of protein powder which is valued for its high digestibility (90-95%), low allergic responses, it has a light, fluffy texture and slightly sweet taste, which mixes well in solution. **Pea protein naturally lowers appetite levels.**

Glucomannan and inulin are present as fibres to create a feeling of fullness. Glucomannan can hold up to 100 times its own weight in water and slows down the rate that food leaves the stomach, it has a positive effect on blood sugar levels. The European Food Standards Agency (EFSA) considers that 1 gram of Glucomannan drank with 1 - 2 glasses of water gives a feeling of fullness.

Inulin has many health benefits; it increases calcium and magnesium absorption, while promoting the growth of intestinal bacteria and is considered a prebiotic. Inulin is reported to decrease cholesterol and triglycerides and helps to regulate blood sugar. The BBC featured it in their program, 'How to stay young' and claimed that it has benefits in breaking down visceral fat, the damaging fat that is stored around our organs.

Medium chain triglycerides: Studies show that consuming MCT's is associated with fat loss when used within a healthy eating program. This may be partly as a result of increased energy levels.

Green Tea is a widely recognized anti oxidant which may help in the fight against disease. A green tea extract containing polyphenols and caffeine has been shown to induce thermogenesis and stimulate fat oxidation, boosting the metabolic rate by up to 4% without increasing the heart rate.

Stevia is a natural plant extract with up to 300 times the sweetness of sugar; it is low in calories and carbohydrate - an excellent food alternative. Stevia has negligible effect on blood glucose, it's an ideal natural sweetener for people on carbohydrate-controlled diets and diabetics. You can substitute Protein Smoothie for any meal or snack during the day but ensure you have at least one healthy meal and snack over and above this.

Re-set

A ground breaking formula in a tablet. Re-set works with the digestive system to assist with healthy metabolism, break down fatty deposits, while protecting muscle to help build a more defined figure. It helps to regulate blood sugar levels to keep you fuller for longer and works in the prevention of diabetes, to give long-term results in weight management.

Gynostemma Pentaphyllum trials in the US have shown the gynostemma extract can help boost athletes energy levels whilst competing. The herb has also been linked to healthy blood sugar levels.

Chlorogenic acid inhibits the release of glucose into the bloodstream, reducing the absorption of fat to assist with weight loss. It has also thought to help reduce blood pressure and cholesterol levels.

Chromium assists with normal blood sugar levels and better insulin regulation. It also plays a key role in the metabolism of carbohydrates.

Acetyl-L-carnitine (ACL) assists with the break down of fat while protecting muscle tissue; ideal to create a lean physique and maintain muscle-burning properties.

Vitamin D and **calcium** together contribute to the normal function digestive enzymes and metabolism.

Zinc plays an important part in digestion and the production of pancreatic enzymes to break down food to enable the digestion of carbohydrate, protein and macronutrients.

Iodine helps maintain normal production of thyroid hormones and normal thyroid function. Specifically, iodine is essential for the thyroid which controls weight, hair condition and energy levels.

How the Re-set program can help you to lose weight

Protein Smoothie is designed to give you a filling protein rich option to have at any time of the day in place of a snack or if you don't have time for a meal.

Our supplement Re-set can be taken twice per day with your meals, it will help to metabolise the food you eat and to keep your blood sugar levels constant after eating.

Make sure you drink plenty of fluids after having your Protein Smoothie as this will be absorbed by the Glucomannan (fibre) to keep you fuller for longer. You might find that some of the fibre settles out when you drink as it starts to absorb fluid quickly. It's therefore essential that you drink it straight away. The drink has a fine powder texture; this is the fibre that will keep you full, it should blend in totally if you add enough water.

Keep drinking plenty of fluids through the day as often our brain recognises thirst as hunger. If you are hungry in between meals try a drink of water first to see if you feel satisfied, if not have a Protein Smoothie or one of the high protein snack choices in the food options.

Exercise to get your metabolism back in step

It isn't essential to run a marathon to get your energy levels back up and sometimes it's more effective to take short bursts of energy to give your metabolism a boost.

It needs to be something that you will enjoy doing, so many people make the comment that 'they have to go to the gym' or 'they have to do that run'. If you pick something that will be fun then you will just do it without thinking. For me that's my morning yoga, it's just a DVD with 5 different 20 minute routines, I go for a walk with the dog and suddenly I'm up to almost an hour worth of exercise. I have to admit that it isn't a mad frantic work out but it keeps me moving and supple.

Try different things, some days I do light weights or pilates, perhaps you would enjoy dancing, it's amazing how quickly time can pass when you are enjoying yourself.

If you want the motivation of exercising with other people, it doesn't have to include joining a gym, there are lots of local exercise classes and running groups that meet up weekly. You can check online or pop in to your local library.

By firming up you are gradually increasing muscle mass and your potential to burn off more calories.

Food for looking good

The Rejuvenated Re-set Program is packed full of nutrient rich foods which will help you to look younger and be revitalised. It isn't designed to be rigid but for you to experiment with different menus and meal options. Many of them are vegetarian and vegan. You'll find more options on our social media pages. You will lose surplus weight but also have fabulous looking skin and feel great at the same time. Got a question, contact us at info@rejuvenated.com

It starts right here with what you put in your system on a daily basis. Our body is just so complex, it's impossible to function well without good nutrition.

Getting started

Supersize your greens!! Fill your plate with greens – they are so full of nutrition but will keep you full at the same time – greens are the key to good skin.

The Re-set program is based on good quality protein and masses of vegetables with some fruit. Many of us are slightly intolerant to wheat and dairy. If you suffer from bloating try to give them a miss and substitute the few menus with them in. You will find excess pounds will gradually fall away as you become healthier. My other half actually lost 20 pounds in 6 weeks and I lost 12 by making slight changes.

Just a note on portion sizes, how much is enough – for green veg and salad eat as much as you like. With your protein choice try to work eat around 4 oz.

If you have good quality lean protein then 4 oz. should be plenty for you. A good rule of thumb is that a 4 oz. portion of protein is the same size as a pack of playing cards – both in thickness and area. The meat in the picture is slightly bigger but it should give you an idea.

If you're working out heavily you may need more carbohydrate so bear that in mind.



Drinks

Tea and coffees should be kept to a maximum of 3 per day. Drink plenty of water and if you're doing the program to lose weight, sorry but you really should stop drinking alcohol.

Try to drink 8 glasses of water a day and opt for herbal teas rather than breakfast tea or what I would call a real cup of tea – I can't get myself sorted without a good couple of cuppas.

H3O Hydration® is a great drink option, a mild berry flavoured drink which hydrates the cells and only has 2 calories per serving. - Available at rejuvenated.com

Alcohol

We all know alcohol plays a part in weight gain but it becomes so much harder to lose weight while still drinking, even if it's just the odd one. I can go without alcohol all week then have just a couple on Saturday and Sunday and regain the weight I lost.

Alcohol releases oestrogen into the bloodstream, promoting fat storage, particularly on the waistline, which is why we have larger waists these days. Not many of our mothers drank regularly at home but now; cheap supermarket booze has made it the norm.

Alcohol gets in to the blood stream almost immediately causing blood sugar spikes, which is why we hit the biscuit tin when we drink and turn to carbs to 'soak up' the alcohol. It's also a diuretic and will cause more dehydration depriving cells of that much needed water.

The real problem is our body sees alcohol as a poison, so those couple of cheeky wines suddenly overloads the liver as it wants to get rid of it as quickly as possible. The result is your liver can't deal with breaking down the fat that you are trying to lose – you've guessed it, you won't lose weight while this is going on.

So sorry much as though a little doesn't hurt generally, to lose weight the best way is to kick the booze in to touch for a while.

Breakfasts

The menus that we have provided are just ideas, you can swap them around and replace where you want, the program is designed to fit in with your lifestyle.

The easiest option is to kick start your day with Protein Smoothie; so many of our customers say they don't even think about eating until mid afternoon. You can also choose from the listed breakfast ideas for a healthy start to the day.

Any meal can be substituted with Protein Smoothie (no more than twice per day).

Take 1 – 2 Re-set tablets with meals – no more than 4 tablets per day

Drink at least 8 glasses of water a day

Porridge made with 1/3 cup oats and ½ cup almond milk, add a teaspoon of cinnamon to balance blood sugar levels add a few blueberries

Omelette 2 eggs - excellent source of B vitamins, lecithin (for skin) and Choline (for energy).

Eggs Florentine 2 poached eggs on lightly steamed spinach and topped with grated cheese.

Juice of 2 pomegranates and 2 oranges, if you don't have a juicer combine equal 200 ml of each juice and top up to 700 ml with water.

Smoked salmon and poached egg.



Juices

Try making your own juices, it's good to combine vegetables with fruit to keep blood sugar levels stable. Ginger and apple seem to make everything taste pleasant. You can combine them with Protein Smoothie to make a super shake.

You'll find your own favourites and we'd love you to let us know which you like best – be adventurous, here's some to start you off.

Beetroot, Carrot, Ginger and apple for a deep rich red juice.

Apple, carrot and ginger.

Pear, beetroot and ginger.

Cucumber, spinach, kiwi and a blended avocado.

Cucumber, pear, mint and juice of half a lime.

For when you want something warm, blend a banana and warm rice milk, add cinnamon.

Mango and spinach.

It is widely accepted that beetroot juice and celery juice can help to reduce blood pressure levels why not combine the two with something like apple or carrot.





Week 1 Menu

Breakfast



Lunch



Snack



Dinner



MON

Protein Smoothie

Eggs smoked salmon & green leaves

Protein Smoothie

Salmon, puy lentils & super spinach salad

TUE

Protein Smoothie

Roast carrot & garlic soup*

Protein Smoothie

Stir fry veg & Chicken

WED

Protein Smoothie

Goats cheese, beetroot salad leaves, onion, tomato & peas

Protein Smoothie

Tuna or quinoa and roast vegetables*

THU

Protein Smoothie

Coconut & butternut squash soup*

Protein Smoothie

2 Egg omelette with rocket and spinach salad

FRI

Protein Smoothie

Salad niçoise*

Protein Smoothie

Lamb steak, roast onions & asparagus

SAT

Protein Smoothie

Either of earlier made soups

Protein Smoothie

Thai prawns & super spinach salad*

SUN

Protein Smoothie

Goats cheese & super vitamin salad*

Protein Smoothie

Baked chicken with roast vegetables & peas

Week 1 Shopping & Notes

Any meal can be substituted with Protein Smoothie (no more than twice per day). Take 1 - 2 Re-set tablets with meals – no more than 4 tablets per day. You can change meals around to fit in with your likes and lifestyle. For salads and veg use what you have in the fridge these are just guidelines to follow. Drink at least 8 glasses of water a day. *Denotes recipe at back of the book.

Chilled

<input type="checkbox"/> Salmon Fillet	2	<input type="checkbox"/> Goats Cheese	240g
<input type="checkbox"/> Lamb Steak	1	<input type="checkbox"/> Prawns	200g
<input type="checkbox"/> Chicken breast	2	<input type="checkbox"/> Smoked Salmon	120g

Store cupboard

<input type="checkbox"/> Quinoa	120g	<input type="checkbox"/> Sunflower seeds	1 Pack	<input type="checkbox"/> Himalayan salt
<input type="checkbox"/> Coconut Milk	2 Tins	<input type="checkbox"/> Eggs	6	<input type="checkbox"/> Olive oil
<input type="checkbox"/> Tuna	3 Tins	<input type="checkbox"/> Black olives	1 Jar	<input type="checkbox"/> Grape seed oil
<input type="checkbox"/> Puy Lentils (dried)	1 Pack	<input type="checkbox"/> Vegetable bouillon	1 Pot	

Vegetables

<input type="checkbox"/> Spinach	2 Bag	<input type="checkbox"/> Cucumber	1	<input type="checkbox"/> Coriander	1 Plant
<input type="checkbox"/> Onions	6	<input type="checkbox"/> Carrots	6	<input type="checkbox"/> Garlic bulb	6
<input type="checkbox"/> Asparagus	1 Pack	<input type="checkbox"/> Green beans	1 Pack	<input type="checkbox"/> Butternut squash	1
<input type="checkbox"/> Peppers	3-4	<input type="checkbox"/> Avocados	3-4	<input type="checkbox"/> Peas	1 Pack
<input type="checkbox"/> Tomatoes	1 Pack	<input type="checkbox"/> Beetroot	1 Pack		



Notes

Week 2 Menu

Breakfast



Lunch



Snack



Dinner



MON

Protein Smoothie

Oat cakes with half an avocado scooped out and mashed

Protein Smoothie

Stir fry prawns with coconut curry*

TUE

Protein Smoothie

Smoked salmon, black olives and green salad

Protein Smoothie

Lean mince burger with sweet potato, grilled tomatoes and green salad

WED

Protein Smoothie

Roast carrot and garlic soup*

Protein Smoothie

Cajun chicken salad*

THU

Protein Smoothie

Orange , avocado and chicken salad*

Protein Smoothie

Baked white fish drizzled with lime & olive oil, grilled tomatoes & spinach

FRI

Protein Smoothie

Omelette – 2 eggs with mushrooms and spinach

Protein Smoothie

Smoked salmon, grilled tomatoes & courgettes roast sweet potato

SAT

Protein Smoothie

Salad Niçoise*

Protein Smoothie

Grilled lamb steak, roast courgettes, mushrooms & onions

SUN

Protein Smoothie

Alfredo's salad*

Protein Smoothie

Sage Chicken sweet potato mash, tomato & red pepper salsa green beans*

Week 2 Shopping & Notes

Chilled

<input type="checkbox"/> Prawns	200g	<input type="checkbox"/> Chicken portion	3
<input type="checkbox"/> Lamb/beef mince	200g	<input type="checkbox"/> White fish fillet	1
<input type="checkbox"/> Smoked salmon	240g	<input type="checkbox"/> Lamb steak	1

Store cupboard

<input type="checkbox"/> Oatcakes	1 Box	<input type="checkbox"/> Grape seed oil	1 Jar
<input type="checkbox"/> Eggs	6	<input type="checkbox"/> Tuna	2 Tins

Vegetables

<input type="checkbox"/> Avocado	2	<input type="checkbox"/> Mushrooms	1Pack	<input type="checkbox"/> Onions	4
<input type="checkbox"/> Spinach	1 Bag	<input type="checkbox"/> Peppers	4	<input type="checkbox"/> Oranges	1
<input type="checkbox"/> Rocket	1 Bag	<input type="checkbox"/> Cucumber	1	<input type="checkbox"/> Mange tout	1 Pack
<input type="checkbox"/> Lettuce	1	<input type="checkbox"/> Tomatoes	1 Pack	<input type="checkbox"/> Sage leaves	few
<input type="checkbox"/> Carrots	6	<input type="checkbox"/> Lime	1	<input type="checkbox"/> Green beans	1 Pack
<input type="checkbox"/> Courgettes	1	<input type="checkbox"/> Sweet potato	1		



Notes

Week 3 Menu

Breakfast



Lunch



Snack



Dinner



MON

Protein Smoothie

Warm kale & spinach salad, egg & avocado

Protein Smoothie

Roast vegetables & white grilled white fish

TUE

Protein Smoothie

Chicken with kale, spinach & chickpeas*

Protein Smoothie

Salmon with green beans & baked sweet potato

WED

Protein Smoothie

Avocado smoothie or salad Niçoise*

Protein Smoothie

Thia prawn or chicken skewers*

THU

Protein Smoothie

Chicken, and spinach, salad

Protein Smoothie

Poached eggs, mackerel & green beans

FRI

Protein Smoothie

Raw veg & humus with pitta bread

Protein Smoothie

Grilled lamb, asparagus, roast courgettes & peppers

SAT

Protein Smoothie

Carrot and coriander soup*

Protein Smoothie

Red pepper & sweet potato omelette & salad*

SUN

Protein Smoothie

Mackerel and beetroot salad

Protein Smoothie

Grilled prawns with green salad

Week 3 Shopping & Notes

Chilled

<input type="checkbox"/> Prawns	400g	<input type="checkbox"/> Lamb steak	1
<input type="checkbox"/> White fish fillets	1	<input type="checkbox"/> Chicken breasts	2
<input type="checkbox"/> Salmon	1	<input type="checkbox"/> Mackerel fillets	2

Store cupboard

<input type="checkbox"/> Pine nuts	1 Pack	<input type="checkbox"/> Eggs	6
<input type="checkbox"/> Walnuts	1 Pack	<input type="checkbox"/> Wholemeal pitta bread	1

Vegetables

<input type="checkbox"/> Kale	1 Bag	<input type="checkbox"/> Green beans	1 Pack	<input type="checkbox"/> Celery	1 Pack
<input type="checkbox"/> Carrots	1 Bag	<input type="checkbox"/> Cucumber	1	<input type="checkbox"/> Spring onions	1 Pack
<input type="checkbox"/> Courgettes	3-4	<input type="checkbox"/> Watercress	1 Bag	<input type="checkbox"/> Kiwi	1
<input type="checkbox"/> Peppers	3-4	<input type="checkbox"/> Spinach	1 Bag	<input type="checkbox"/> Avocado	2
<input type="checkbox"/> Asparagus	1 Pack	<input type="checkbox"/> Lemon	1	<input type="checkbox"/> Tomatoes	1 Pack
<input type="checkbox"/> Cooked beetroot	1 Pack	<input type="checkbox"/> New potatoes	450g		



Notes

Week 4 Menu

Breakfast



Lunch



Snack



Dinner



MON

Protein Smoothie

Oat cake, chicken, avocado & tomato with basil

Protein Smoothie

Grilled prawns with green salad

TUE

Protein Smoothie

Mackerel and beetroot salad

Protein Smoothie

Tuna steak, beetroot dip green salad

WED

Protein Smoothie

Omelette – 2 eggs, mushrooms & spinach

Protein Smoothie

Lamb steak, super spinach salad

THU

Protein Smoothie

Carrot and coriander soup*

Protein Smoothie

Salmon, puy lentils, green salad

FRI

Protein Smoothie

Chicken with tomatoes, black olives & salad leaves

Protein Smoothie

Ratatouille & grilled white fish*

SAT

Protein Smoothie

Alfredos salad*

Protein Smoothie

Prawn & cashew stir fry*

SUN

Protein Smoothie

Chicken, and spinach, salad

Protein Smoothie

Lamb meatballs super spinach salad

Week 4 Shopping & Notes

Chilled

<input type="checkbox"/> Salmon fillet	1	<input type="checkbox"/> Tuna steak	1
<input type="checkbox"/> White fish fillet	1	<input type="checkbox"/> Lamb mince	200g
<input type="checkbox"/> Prawns	400g	<input type="checkbox"/> Lamb steak	1
<input type="checkbox"/> Mackerel	1	<input type="checkbox"/> Chicken breasts	3

Store cupboard

<input type="checkbox"/> Cashew nuts	120g	<input type="checkbox"/> Olives	1
<input type="checkbox"/> Dried mint	1 Jar	<input type="checkbox"/> Tinned tuna	1 Jar

Vegetables

<input type="checkbox"/> Avocado	2	<input type="checkbox"/> Courgette	2	<input type="checkbox"/> Coriander	1 Plant
<input type="checkbox"/> Cooked beetroot	1 Pack	<input type="checkbox"/> Cucumber	1	<input type="checkbox"/> Dill	1 Pack
<input type="checkbox"/> Bag spinach	1 Bag	<input type="checkbox"/> Tomatoes	1 Pack	<input type="checkbox"/> Mushrooms	1 Pack
<input type="checkbox"/> Bag watercress	1 Bag	<input type="checkbox"/> Celery	1 Pack		
<input type="checkbox"/> Peppers	3-4	<input type="checkbox"/> Onions (small)	4		



Notes



Let food be thy medicine
and medicine be thy food

- Hippocrates -

Coconut and butternut squash soup | Serves 4



400 ml	Canned coconut milk
1	Butternut squash
1	Chopped white onion
2 tbsp	Coconut or grape seed oil
250 ml	Vegetable stock
Pinch	Himalayan salt
Chopped	Parsley to serve

- Slice butternut squash in half, wrap in foil and roast till soft around 30 minutes.
- Add oil to pan on hob and gently fry onion until soft.
- Add coconut milk, squash and vegetable stock and simmer for 20 minutes.
- Allow to cool slightly then blend soup in blender and return to pan.
- Serve with sprinkled parsley.

Roast carrot and garlic soup | Serves 4



400 ml	Carrots
2	Onions
5	Garlic cloves
1 tbsp	Grape seed oil
280ml	Vegetable bouillon

- Wash and peel carrots drizzle with grape seed oil and roast for 10 minutes, add garlic cloves and continue roasting until carrots start to crisp at the edges.
- Meanwhile gently fry onions and make bouillon.
- Blend all ingredients together and return to the heat in a saucepan, heat to the right temperature.

Quinoa and roast vegetables | Serves 4



1½ cups	Quinoa
3 cups	Water
1	Chopped white onion
2 tbsp	Coconut or grape seed oil
250 ml	Vegetable stock
Pinch	Himalayan salt
Chopped	Parsley to serve

- Quinoa is a delightful nutty tasting seed and can be used instead of couscous. Add 1 ½ cups of quinoa to 3 cups of water and cook on a low heat.
- Add olive oil, chopped raw spring onions and parsley with finely chopped garlic.
- For the roast vegetables pop sliced onions peppers and courgettes in to the oven at 180 degrees for 20 minutes stir in to the quinoa.

Thai prawns | Serves 4



800g	Prawns
2 tbsp	Grape seed oil
½	Lemon or lime
Chopped	Garlic
Chopped	Ginger
Pinch	Chilli pepper (optional)
Chopped	Parsley

- Marinade prawns in the above ingredients; lightly fry then serve with super vitamin salad or gently simmered dark green vegetables.

Prawn Thai curry | Serves 4



800g	Prawns
1	Onion sliced
1	Red pepper sliced
2 cloves	Garlic
120g	Boiled green beans
½ Tin	Coconut milk
2 tbsp	Grape seed oil
To taste	Spices (Thai chilli powder, turmeric powder, coriander salt)

- Using grape seed oil, lightly fry onions and peppers add green beans, keep warm, then fry prawns and garlic with spices till almost cooked add vegetables back to pan and coconut milk, until warmed through and serve.

Prawn and cashew stir fry | Serves 4



800g	Prawns
1	Onion sliced
1	Red pepper diced
1	Carrot cut into thin strips
100g	Mange tout, lightly boiled
1 Pack	Bean sprouts
50g	Cashew nuts
To taste	Chilli
To taste	Ginger
To taste	Garlic
2 tbsp	Grape seed oil

- Chop onion, carrot and peppers – fry onions gently in grape seed oil then when starting to soften add peppers, chilli and carrots.
- Remove and fry prawns quickly stirring add garlic, cashew nuts and ginger then add vegetables, mange tout and bean sprouts to heat back through. Serve.
- Alternatively use ready chopped pack of stir fry vegetables.

Red pepper and sweet potato omelette | Serves 1



1	Sweet potato (small)
1	Red pepper sliced
2	Eggs
1 tbsp	Milk
To taste	Salt
To taste	Black pepper

- Peel and dice sweet potato – boil until soft.
- Gently fry red pepper – you can use any veg for this.
- Meanwhile, beat eggs, add a splash of milk and seasoning.
- Turn up heat slightly add drained sweet potato and eggs.
- Cook omelette to your liking.

Orange, avocado and chicken salad | Serves 1



1	Orange
½	Avocado
1	Chicken breast (small portion)
Handfull	Spinach leaves
Drizzle	Olive oil

- Combine ingredients and drizzle with olive oil for a quick lunch.

Salad Niçoise | Serves 4



2 Tins	Tuna (or fresh tuna)
4 boiled	Eggs
1	Onion
2	Red peppers
6	Large tomatoes
½	Cucumber
120g	Green beans
	Mixed herbs & olives
Drizzle	Olive oil

- Boil eggs for 7 minutes, plunge in to ice cold water to prevent over cooking.
- Slice tomatoes, cucumber, pepper and onions, mix in bowl with olives.
- Add tuna stir in with olive oil.
- Arrange boiled eggs on top.

Cajun chicken with salad | Serves 4



4	Chicken breast
½	Cucumber
150g	Tomatoes
1	Avocado
100g	Mange tout
½	Lettuce
To taste	Cajun spice
2 tbsp	Grape seed oil

- Bake chicken in grape seed oil and Cajun spice, arrange salad while cooking, slice chicken and add to salad.

Tomato and red pepper salsa



1 Tin	Chopped tomato
1	Red pepper sliced
1	Red onion
2	Garlic finely chopped
To taste	Basil shredded

- Fry onion and pepper till soft, add garlic – continue cooking then add tomatoes and cook until heated through.

Alfredo's salad | Serves 2



1	Lettuce
1 Tin	Tuna
2	Hard-boiled eggs cut into ¼
6	Tomatoes sliced
½	Cucumber sliced
1	Red pepper sliced
1	Onion sliced
1	Grated carrot
1	Finely sliced beetroot
50g	Black olives

- Chop all salad ingredients, arrange on lettuce then top with tuna and boiled eggs.

Super vitamin salad | Serves 2



1 Handful	Spinach
1 Bag	Watercress
1	Red pepper
1	Red onion
6	Tomatoes
	Olives
1	Avocado
1	Alfalfa sprouts
1	Sunflower seeds

- Wash all salad and chop onions tomato and cucumber.
- Peel and scoop out flesh of avocado.
- Combine ingredients, top with alfalfa sprouts and sprinkle with sunflower or pumpkin seeds.

Carrot and coriander soup | Serves 2



2 tbsp	Grape seed oil
1	Onion chopped
2 cloves	Garlic, chopped
4	Carrots, peeled and chopped
400ml	Yeast free vegetable stock
To taste	Sea salt
To taste	Black pepper

- Gently soften onions and garlic by frying in coconut oil on a low heat.
- Add chopped carrots and soften for 3-4 minutes.
- Add vegetable stock and bring to boil, reduce heat to simmer and cook until carrots are tender.
- Add coriander, salt and pepper and blend to desired consistency.
- You may wish to add a little ginger or chilli before blending.

Avocado smoothie | Serves 1



Handful	Spinach
1	Kiwi
½	Cucumber
1	Avocado
½	Lime (squeezed)

- Juice spinach, kiwi and half cucumber
- Blend with an avocado
- If need be add a little water and a squeeze of lime.

Stir fry prawns and green salad | Serves 2



400g	Tiger prawns
2 tbsp	Grape seed oil to fry
2 cloves	Garlic
1	Lime (juiced)
To taste	Ground black pepper
1 Packet	Rocket
1 Handful	Black olives
1	Red pepper (sliced)
1	Small avocado

- Heat pan or grill, lightly coat with grape seed oil.
- Cook prawns quickly until they start to turn golden brown.
- Sprinkle with garlic, lime, sea salt and black pepper and continue until fully cooked.
- Arrange on salad.
- Prepare just before frying prawns.
- Combine, rocket, black olives, chopped red peppers and avocado.

Thai chicken or prawn skewers | Serves 2



½	Cucumber
2	Carrots grated
2	Cloves garlic
1	Ginger
4	Spring onions
1 Handful	Green beans (boiled)
1 Handful	Cherry tomatoes (halved)
1	Lime
6tbsp	Soy sauce
2tbsp	Rice wine vinegar
	Coriander leaves chopped

- Grate carrots in to a bowl.
- Add to chopped green beans, halved tomatoes and spring onions.
- Crush garlic, chilies and ginger and zest of lime.
- Add to bowl.
- Add chopped coriander.
- Add rice wine vinegar, soy sauce and stir well.
- Add chicken cubes or prawns to skewers and grill or bbq until cooked. through and serve with salad.

Warm kale & spinach salad with eggs and avocado | Serves 1



1 Handful	Spinach leaves
1 Handful	Kale
1	Egg
½	Avocado
	Dressing as per next recipe
To taste	Himalayan salt

- Gently stir fry kale and add spinach leaves to slightly wilt them.
- Boil eggs 5 minutes for runny and 10 minutes for hard boiled
- Slice avocado
- Mix dressing.
- Combine ingredients.
- Drizzle over dressing.

Chicken and spinach salad | Serves 1



1 Handful	Portion of cooked chicken
1 Handful	Spinach
1	Tomatoes
½	Olives

- Dressing:
Olive oil, juice half lemon, grated garlic and salt and pepper to taste.
Add 1 tsp of Dijon mustard for an alternative flavour.

Herb chicken



- If you are cooking chicken breasts, make slashes and stuff with fresh sage, parsley or thyme leaves, add garlic if you wish. If you are cooking a whole bird make slashes in the legs also. Cook thoroughly.

Turkey sandwich | Serves 1



- Combine with any salad you have in the fridge.
- Use rye bread or rice cakes as an alternative.

Lamb meatballs with beetroot dip and green salad | Serves 4



480g	Lean minced lamb
1	Onion (finely chopped)
1 tsp	Dried mint
To taste	Salt
To taste	Pepper

- Combine ingredients and form in to flat balls and fry gently on both sides until cooked through.

Beetroot dip



2	Medium beetroot
½	Onion (chopped)
1 clove	Garlic
200g	Greek yoghurt
	Dill (chopped)
2 tbsp	Olive oil

- Mash beetroot.
- Add to olive oil and finely chopped garlic and onions.
- Stir in yogurt.
- Add salt and pepper to flavour and stir in dill.

Greek salad | Serves 1



1 Handful	Spinach leaves
½	Lettuce
10	Cherry tomatoes
200g	Feta Cheese
70g	Black olives
1	Red onion
½	Cucumber
Sprig	Mint
2 tbsp	Olive oil

- Chop lettuce and mix with spinach.
- Halve tomatoes.
- Chop feta.
- Slice onions and cucumber.
- Combine ingredients and add mint – drizzle with olive oil.

Mackerel and beetroot | Serves 2



2-3 Fillets	Mackerel
2	Beetroot (small)
2-3 Sticks	Celery
1 Handful	Walnuts
1 Sprig	Watercress
1 Handful	Spinach

Salad dressing

150ml	Olive oil
½	Lemon (squeezed)
1 clove	Garlic

- Arrange leaves in bowl.
- Add chopped celery, onion, walnuts and mackerel.
- Finish with dressing.

Ratatouille (excellent with fish) | Serves 2



2 tbsp	Grape seed oil
250g	Courgettes sliced
1	Onion (medium)
200g	Tomatoes
1 clove	Garlic
	Chilli flakes (optional)
	Fresh herbs

You can add any other vegetable to this dish, peppers, aubergine, mushrooms are all good.

- Add oil to a frying pan.
- Put in onions, chilli and garlic and fry gently until onion is golden.
- If using fresh tomatoes put in a bowl and pour on boiling water, prick skins with a sharp knife, leave for a minute and then drain.
- Peel skins and chop.
- Fry courgettes gently then add all other ingredients including peeled, chopped tomatoes (or tinned tomatoes at this point).
- Heat through, season to taste and add fresh herbs of your choice.

Roast aubergine, goat's cheese and pomegranate | Serves 2



1 medium	Aubergine
200g	Goat's cheese
½	Pomegranate
1 Handful	Pine nuts
A few	Shredded basil leaves

- Grill slices of aubergine, top with slices of goat's cheese and pop back under the grill, sprinkle with pomegranate, pine nuts and add a few basil leaves

Quinoa salad with avocado dressing | Serves 2



Salad

150g	Quinoa
1	Avocado (chopped)
1	Pepper
½	Cucumber (chopped)
1 Sprig	Coriander
8	Cherry tomatoes
½	Lime (juiced)

Dressing

½	Avocado
½	Silken tofu
1 clove	Garlic (minced)
1 tbsp	Tahini
2	Spring onions (chopped)
¼ tsp	Chilli powder
To taste	Salt

Chick pea burgers | Serves 4



450g	Canned chickpeas
½	Red onion (chopped)
½ cup	Fresh parsley (chopped)
1 tbsp	Fresh lemon juice
1 tsp	Ground cumin
1 tsp	Ground coriander
½ tsp	Salt
2 cloves	Garlic

- Blend chick peas then combine with chopped onions and other ingredients, shallow fry until cooked.

Mozzarella kebabs | Serves 4



450g	Cherry tomatoes
½	Mini mozzarella balls
½ cup	Basil
1 tbsp	Oil

- Thread, tomatoes and mozzarella on to sticks, drizzle with oil and grill gently, serve with sprigs of basil.

Grilled mediterranean vegetables with bean mash | Serves 2



1	Pepper (sliced)
1	Aubergine (sliced)
2	Courgettes (sliced)
2 tbsp	Olive oil (for the mash)
1 can	Beans (drained and rinsed)
100ml	Stock
1 clove	Garlic (crushed)
1 tbsp	Coriander (chopped)

- Gently fry vegetables.
- Heat beans in stock, mash and add coriander.
- Divide portions of mash in to bowls, add veg and serve with lemon.
- Lemon wedges to serve.

Salad dressing



1 cup	Olive oil
½ cup	Walnut oil
1 clove	Garlic (crushed)
1	Red small chilli (chopped)
½	Lemon (juiced)
1 Pinch	Salt
1 Pinch	Pepper

Snacks

- Protein Smoothie is the perfect drink to keep you topped up until your next meal.
- Grilled pineapple: thick chunk of pineapple grilled.
- Baked apple with cinnamon and a teaspoon of sultanas.
- Carrots and 2 tablespoons of hummus.
- Greek Tomatoes: One large tomato chopped. Mix with 1-tablespoon feta and lemon juice.
- Avocado mash: ½ mashed avocado with tomato, spring onion, lime and coriander.
- Olives: about 8 olives.
- Raw veggies with salsa.
- Small amount of low fat protein, chicken, ham, tuna.
- Fruit thin-skinned berries/cherries – apple, orange, slices of melon.
- 2 rice cakes or oat cakes with hummus/low fat cheese/avocado.
- Chickpea salad, chickpeas, small grated carrot, ½ sliced onion, bean sprouts and lime juice.
- Roast butter beans, with olive oil, dried sage, sprinkling of salt and black pepper.
- Small handful of Brazil nuts (maximum of 7 per day) – rich in selenium, walnuts or hazelnuts.
- Cottage cheese with spring onion and black pepper.
- Smoked salmon with 2 gluten free oat cakes.
- ¾ oz. goats cheese – you could add an oatcake too.
- Boiled egg.
- 1 roasted chicken drumstick.
- 2 oz. cooked quinoa, combined with chopped onion, 1 tomato and 2 chopped olives.
- Small pot natural yogurt.
- Small baked sweet potato with teaspoon flaxseed or olive oil.
- Tomato salsa and raw veg.



GO FOR IT

CAUTION

AVOID

Grain

Teff, Spelt, Oat, Porridge, Quinoa

Sour Dough bread, Corn tortilla,
Natural muesli,
Brown long grain rice

Soft white breads, Light airy
wholemeal, Wraps, Puffed grain cereal,
Corn flakes, Wheat biscuit, Short grain
rice Cous cous, Rice noodles

Fruit

Apples, Pears, Grapes, Melon, Orange,
Grapefruit, Lemon, Lime,
Olives, Raspberries, Blackberries,
Blueberries, Currants, Avocados,
Pomegranate, Tomatos

Bananas, Papaya, Cherries,
Dried fruits

Vegetables

All vegetables, Sweet potatoes

Potatoes

Proteins

Protein Smoothie Chicken, Eggs,
Turkey, Salmon, Tuna, Swordfish,
Mackerel, Sardines, Oily fish,
White fish

Beef steak, Pork, Lamb

Sausages, Bacon, Salamis

Dairy

Goats cheese, Natural yogurt, Butter

Milk, Dairy Cheese, Margerine

Nuts & Seeds

Brazil nuts, Walnuts, Hazlenuts,
Pine nuts, Pumpkin seeds,
Sunflower seeds, Sesame seeds

Biscuits & Treats

Rice Cakes

Oat cakes, Dark Chocolate

Savoury Crackers, Sweet biscuits,
Cereal bars, Fruit bars, Milk chocolate,
Ice cream

Fats & Oils

Olive oil, Grape seed oil,
Coconut oil, Flax oil, Hemp oil

Butter, Almond butter,
Peanut butter

Margarine

Sweeteners

Stevia

Coconut Palm Nectar, Agave Nectar,
Fructose

Sugar, Aspartame, Glucose, Treacle,
Golden syrup

Drinks

Protein Smoothie, Herb teas, Water,
Coconut milk, Nut milks

Tea, Fruit Teas, Coffee, Smoothies

The table opposite gives you a guide to long term eating for health. Please note the table includes more fruit than the 4 week program, bear in mind that fruit will give insulin spikes so it is good to combine with small amounts of protein too.

Good luck, we'd love to hear how you get on. Please let us know which menus you like and which you'd change. Send us your favourites so that we can publish them on our web page.

Here's what some of our customers have to say

'I've lost 2 dress sizes in 2 months and everyone is commenting on how well I look.'
Janet

'I've lost 33 lbs. in 6 months without ever being hungry, I feel a lot healthier and have much more energy.' Paul

'I've got back in to my shorts with Protein Smoothie and just love my morning shake.' Aimee

'Protein Smoothie keeps me full all morning, normally I have biscuits with my coffee but not any more.' Ben

'I've lost 12 lbs. in 2 months and got my waist line back.' Kate

'I've lost 2 stone in 2 months and now all my friends are using Protein Smoothie too.' Shirley

'I got my bikini body back after having my little boy thanks to Protein Smoothie.'
Amy

'This product works, I didn't feel hungry for a minute.' Steph

You can contact us at info@rejuvenated.com

Very best wishes

The Rejuvenated Team

A handwritten signature in green ink, appearing to read "Kathryn", with a stylized flourish at the end.



Your body is your
most priceless
possession
cherish it