



**12 Week Challenge
Tips & Advice To Be Successful!**

#TeamECH

#Lbs4Pounds



**East Cheshire
Hospice**
Where people come to live

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Tips From The Experts!

Fitness

Covid-safe exercises to get your heart rate going:

- **At home:** Instagram LIVE workouts, walk up and down the stairs more... working from home? Aim to walk around the house every hour.
- **Outdoors:** Gardening, walking, & for that weekly essential shop, park as far away from the shop as possible.
- **Solitary:** Pilates, yoga, tai chi, running, rollerblading, swimming.
- **With a friend:** Zoom dance & Zumba classes, social distanced park run.
- **With family:** Hiking, garden football, swing-ball.

How to avoid temptation:

- Before eating, ask yourself if you're really hungry.
- Don't store junk food, such as chocolate and crisps at home.
- Stock up on healthier and lower calorie food for when hunger strikes.
- Keep yourself busy so you're not always thinking about food.
- Never shop hungry! Prepare a shopping list and stick to it.
- Don't ban foods - you will only crave them more.



Nutrition

Mindfulness

When you notice you're caught in big emotions, become aware of how you're breathing and just take a moment to adjust it – big inhales if you need energising because you can't get off the floor and extend the exhale gently if you need to calm and centre. Start by just noticing your breath, don't try to change it, just notice it. Count how many seconds you breath in for and for how many you breath out.

Gradually (but only if it feels comfortable, because any effort takes us back into action mode and we want this to stay relaxed and easy), add one second to the out breath only, until you find a comfortable rhythm where the out breath is longer than the in breath.

How do you feel after doing that for a few breaths?

View more mindfulness blogs on the Hospice website at www.eastcheshirehospice.org.uk/mindfulness-blogs

The Programme

Week 1

Time to set your goals!

Think about what you want to gain from the programme and set yourself some targets. You could also plan some healthy meals and snacks!

1st-7th January



Week 2

8th-14th January



Why not use your FREE 15-minute 1-2-1 phone call with Rebecca from Balanced Nutrition and pick up some great tips and advice?



Let's talk food!



Week 3

MORE FREE STUFF!



Test your strength with your 1 week FREE pass to 5S Fitness



15th-21st January



Week 4

22nd-28th January

Have you read Sophie Moore's article yet? A great read, especially for the dancers and performers out there, and really adds some inspiration into your day.



Time for something a little less physical?



Week 5

Let's go, cardio!



Park run is every Saturday at 9am! Join in LIVE or head out on your own weekly runs.
www.parkrun.org.uk



29th January-4th February

Week 6

5th January-11th February



Take some time for yourself, watch one of our wellbeing videos, take a bubble bath or join in a virtual yoga class.



You are half way there! Reward yourself with some 'you' time...

Week 7

Let's work it out!



Need some home workout inspiration? Check out the Silk Fitness Therapy home workout guide.

12th-18th February



Week 8

19th-25th February



Whether sweet or savoury is your thing, Balanced Nutrition and Silk Fitness Therapy have some great recipe ideas... Check out those macros!



Lbs 4 Es - a recipe for success!



Week 9

Matt Rigby PT at your service!



If weight loss and strengthening is your goal, Matt Rigby PT will help, just use the vouchers in your pack.

26th Feb-4th March



Week 10

5th-11th March



Learn a new skill or re-train an old skill with Sophie's dance style workouts or make the most of her discounted 121 sessions.

Let's dance!



Week 11

Look how far you've come!



Check in and reflect on those goals, almost there!

12th-18th March



Week 12 Stick with it!

Changing habits of a lifetime isn't easy & can be quickly undone, so you'll need to remain extra vigilant over the next few weeks to embed those changes. Use this week to celebrate your achievements, but also to think about how you're going to continue to grow and what your future goals might be!

FINISHED!





What Is Included?



To help you with your 12 week programme we will be providing you with an East Cheshire Hospice water bottle and active wear t-shirt to use throughout!

You'll also find lots of handy downloadable content to help you on your way at www.echospice.org.uk/lbs-4-pounds-portal





5S Fitness are offering you:

Full week of training at 5S for FREE with no obligation; access to the gym from Monday – Friday 6:30am – 9pm and Saturday 8:30am – 2pm. All classes included! Book in advance. Some classes may be virtual.



To get in touch with 5S Fitness email admin@5sfitness.co.uk and let them know you are part of the East Cheshire Hospice Lbs 4 £s programme.



Rebecca, Qualified Nutritionist, Balanced Nutrition is offering you:

- A FREE 15 minute 1-2-1 phone call to offer some personal nutritional advice to kick start the challenge.
- Nutritional tips & advice throughout this booklet & in the Balanced Nutrition downloadable document on the Lbs 4 £s exclusive page on the East Cheshire Hospice Website:



www.eastcheshirehospice.org.uk/lbs-4-pounds-portal/

- Loads of delicious and healthy recipes. You can also follow Rebecca on Facebook for more advice & tips @balancednutritionuk



To get in touch with Balanced Nutrition please message Rebecca via her Instagram page @bexward_balanced.nutrition to arrange a phone call, or to ask any nutritional advice. Let Rebecca know you are part of the East Cheshire Hospice Lbs 4 £s programme.





Silk Fitness Therapy are offering you:

- Yoga sessions with Chloe - videos available 'on demand' via the Lbs 4 £s exclusive portal:
www.eastcheshirehospice.org.uk/lbs-4-pounds-portal
- Home workout bundle which includes a home workout program (with video demos!). Learn the basics of training as well as all of the terminology you will need to understand each exercise.
- A nutrition eBook: Understand the importance calories play in a weightloss journey.
- Recipe eBook: Try a variety of new recipes to inspire your new healthy eating lifestyle.
- This can all be found on the Lbs 4 £s exclusive page on the East Cheshire Hospice website:
www.eastcheshirehospice.org.uk/lbs-4-pounds-portal
- VIP vouchers for the gym which will entitles you to 1 x Small Group Personal Training session down at Silk Fitness Therapy.

To get in touch with Silk Fitness Therapy and book in any PT sessions, contact Mike at mike@silkfitnesstherapy.com or info@silkfitnesstherapy.com and let them know you are part of the East Cheshire Hospice Lbs 4 £s programme. Alternatively, check out their website at www.silkfitnesstherapy.com.

Food Diary



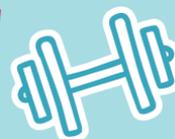
Use the free Food Diary downloads to monitor what you are eating throughout the 12 weeks. Seeing it written down can be a real deterrent to have that extra snack!



Sophie Moores, Professional Dancer and Fitness Instructor is offering you:



- **One Instagram Live workout class every week – Follow Sophie on Instagram @sophiemooredfw for a weekly session varying in style between HIIT, *Full Body Sweat, *Dance Fitness, *Barre Fit.**
 - * *Dance Fitness is a fun, energetic class combining simple movements with non-stop music tracks to give you a sweaty, fun cardio blast! The second half of the class focuses on strength and conditioning with short circuits focusing on specific areas of the body.*
 - * *Barre Fit is a tone and sculpt, low impact class which will give you a full body burn! It takes influences from Ballet, Pilates and Functional Training – combinations of simple isolation movements will target specific body parts getting you fired up, pumped and strong!*
 - * *Full Body Sweat is a high energy class combining strength training and cardio to give you a full body sweat session! It will alternate between weighted strength circuits and cardio circuits tiring out those muscles and pushing that energy level through the roof!*
- **Private Online One-to-One Session (£15 for 45 mins):**
 - * *These sessions will be individually tailored to your own personal aims and goals through an initial over the phone consultation, followed by specifically designed sessions aimed at working on and progressing to your goals. This will be professional coaching and guidance from Sophie, as well as continuous evaluation and analysis of your progress.*
- **Written article about Sophie's fitness journey, nutrition and lifestyle which is included later in this booklet.**



To get in touch with Sophie and book in a 121 session or ask any advice, email at sophiemooredfw@gmail.com or call 07779 936573 and let Sophie know you are part of the East Cheshire Hospice Lbs 4 £s programme.

Website: www.sophiemooredfw.wixsite.com/sophiemooredfw
Follow on Instagram for weekly LIVE workouts @[sophiemooredfw](https://www.instagram.com/sophiemooredfw)
Follow on Facebook www.facebook.com/sophiemooredfw



Prestbury Tennis Club, run by Star Tennis are offering you:



A FREE Rusty Rackets session, run by head coach Jon Cain!



Prestbury Tennis Club have so many more exclusive Lbs 4 £s offers up for grabs, however these are at limited availability, so to find out more or to book onto your Rusty Rackets session, call Jon on 07702 814351 to secure your place today! Be sure to let Jon know that you are part of the East Cheshire Hospice Lbs 4 £s programme.



STAR TENNIS
QUALITY COACHING

For more information on Prestbury Tennis Club and Star Tennis, please visit www.prestburytennis.org



Matt Rigby, Qualified Personal Trainer is offering you:

Matthew Rigby PT
Overcome your Obstacles

2x 30-45 min complimentary PT sessions either via WhatsApp video call or in person at CrossFit Silk (one session is more of a consultation the other is for a workout). Use the two vouchers in the pack to claim your two FREE sessions.

Live workout sessions every Monday and Thursday with Park Fit Live for the Macc Town Council.

For anyone that pays to do more training with Matt, Matt will donate 10% of the profits back to the Hospice.

To get in touch with Matt text LBS4-£££ to 07769 211684, from here Matt will discuss your fitness goals and what you want to achieve. Alternatively, visit www.rundamentalist.co.uk for more info.





Lost your running mojo, or want to find it? Matt's #mrptrundamentalist Run Club is also here to help!

Gain confidence, run in a supportive group, improve your running technique and performance with like-minded people. Come and try Macclesfield's most awesome running group.

If you are starting out, or are relatively new to running you'll most likely be suited to join the C25K or Alpha run group on Monday or Tuesday evenings, commencing 4th January 2021 (pending current Covid-19 guidelines).

More info can be found at www.rundamentalist.co.uk/run-club-1

The run club has some excellent company benefits that are associated with joining, including **10% off the Chilli Banana Macclesfield and 25% off the Cheshire Cheese Company**. Advanced booking is required and spaces are limited.

To join the #mrptrundamentalist Run Club, text RunClub to 07769211684 or email mrptexperience@gmail.com for any enquiries.

Follow Matt on Instagram @mrptexperience



Carla from Carla Gilder Fitness is offering you:



- **A FREE 7-day trial of on demand programmes and classes**
- **£15 voucher towards any of their packages**
- **New services from 2021...**
 - **Studiogym** - 6 covid safe workout spaces, your space, your workout, follow our programme or audio workouts or do you own thing, switch off, workout and feel safe in a fun studiogym environment.
 - **Personal training** - we now have 4 personal trainers available to help you achieve your goals
 - **Specialist classes & courses**
 - **Hiitstep** - Brand new training concept using a step box, 30-minute workout to get you fit quick!
 - **Knockout** - Plyometric movements and all-round high intensity training blocks that build your fitness!
 - **Barre** - low impact, fitness inspired ballet style movements, no experience needed, amazing conditioning workout for legs, bums, tums
 - **Meditation** - beginners' workshops and classes Take a breath and calm the mind, train your brain just like you train your body, the benefits are amazing and after 2020 it's a great way to explore more ways to help yourself in day-to-day life.



To get in touch with Carla and book you weeks free trial or sign up to any of the fitness courses and classes, please call/message 07753170424 and let Carla know that you are part of the East Cheshire Hospice Lbs 4 £s programme, or check out the website at www.carlagilderfitness.com

You can also follow Carla Gilder Fitness on Facebook @CarlaGilderFitness or on Instagram @cgf_carlagilderfitness.





Downloadable Progress Tracker

Use the downloadable tracker to monitor your progress!

www.eastcheshirehospice.org.uk/lbs-4-pounds-portal

Set your goals, they could be 'to lose 1st by the end of the programme', 'to be able to run 1 mile non stop by the end of Lbs 4 £s', or 'to spend at least 10 minutes per day practicing mindfulness techniques'.

Track your progress in the table and plot it on the graph template. Now you can see a visual of your progress this will motivate you to keep the line heading in the direction that you want!



Graze Vouchers for FREE GRAZE BOXES!
Healthy snacks, protein rich food & bite size treats.



Gill Black, complimentary Therapist at East Cheshire Hospice has put together a collection of mindfulness and well-being materials accessible via the Lbs 4 £s exclusive page on the East Cheshire Hospice website:
www.eastcheshirehospice.org.uk/lbs-4-pounds-portal



Aims, Targets & Wishes

Everything is more achievable when you have a goal in mind. Use this page to detail what you want to get out of these 12 weeks. Be ambitious but realistic, nothing demotivates more than an impossible goal.

You can do this - positive thinking can work wonders! 

I would like to achieve...



...by the end of the 12 weeks

I have taken part because...

Weightloss Target



Fitness Target



Wellbeing Target



Look back on your answers on this page throughout the challenge for encouragement & reminders!



Barriers & Obstacles

We can be our own worst enemies sometimes when it comes to taking care of ourselves.

A good way to combat any issues that might arise is to recognise them from the start, reflect on yourself and why you haven't achieved your targets previously. Then don't let it beat you this time!

I find it hard to...



I think...

...could stop me completing this challenge

When I want to give up I will tell myself...



Now don't let these points stand in your way this time!

Dance, Fitness, Nutrition – My Journey So Far

By Sophie Moores

From a very young age I have been engaged with dancing, sport and physical activity. I began dancing at the age of four, taking Ballroom and Latin American classes and my love for dance and physical activity has grown ever since. I participated in several dance classes each week which varied in styles, alongside other sports such as swimming and gymnastics. All of this physical activity was around my time spent at primary school; early mornings, after school or weekends and in retrospect I am extremely grateful for my parents allowing me take part in all of this extra curriculum activity. This is what has founded my passion for physical movement as an entity.

Even through my early years of dance I was informed about, and of how to look after my body in terms of stretching, resting and injury management. I attended a local dance school which I absolutely loved and I feel my Ballet training in particular really informed me about my body physically whilst growing up: posture, alignment, functionality and shape. I was lucky enough to have excellent training, which not only included replication of movement but moreover, included informative lessons about the human body itself and its anatomy. This fascination and interest has resonated with me ever since. During my final years at high school I knew I wanted to take my dance training further into a career, consequently I successfully auditioned for several pre-vocational dance training schemes. One in particular; The Lowry Centre for Advanced Training in Dance (CAT Scheme) which is a tremendous programme that supports aspiring dancers with the transition between high school and professional training- a programme I would highly recommend to anyone and an institution I now work for. This is where I was first given direct guidance regarding nutrition and ongoing information regarding the human body and its anatomy. I have been brought up in a household where we maintain a very healthy balanced diet and this is where I took on my nutritional knowledge and began to make my own personal choices with food. I began to cook and prepare my own meals to take on-the-go during my very busy schedule of extremely long days involving school and dance. I became aware of how to fuel my body correctly for all of the training I was participating in during the week, and additionally, how important my rest time was to recharge. My body required a well-balanced diet to keep my energy levels up, moreover to prevent the risk of injury, which I could not afford whilst I was preparing for important auditions and shows. I learnt the importance of carbohydrates

as fuel although, being a young girl and being conscious of the vague, un-informed myth that 'carbs make you fat', I was still reluctant to consume them. Reflecting back now, this was an absolutely ridiculous thought of mine as I was participating in so much exercise and intense training, therefore burning so much energy that I should not have even be considering that thought!

As I progressed through my teenage years, I became more conscious of the physical appearance of my body. Being a dancer in the dance industry, I personally am extremely critical of myself and I am always striving for more, pushing myself harder. Through my high school years, and into professional training, I found myself comparing myself to others in terms of physical appearance and dance technique and ability. This is something that has come and gone throughout my dance training and a habit I have dulled down and managed through the years.

I moved to London to pursue my professional dance training at Trinity Laban Conservatoire of Music and Dance at the age of eighteen. This transition of moving away from home whilst beginning daily dance training I struggled with at first. On-top of this, I joined a local gym for the first time, which is where my passion for fitness first commenced. I struggled at first, with the difference between my work in the gym supporting my dance training, rather than my



work in the gym overtaking my dance training. At first, I was so keen to 'tone up' and 'see results' (which looking back now, I definitely did not need to worry about) that I would sometimes put so much effort in at the gym, before or in between my dance classes, that I would consequently be physically tired and not mentally focused during my dance classes. I have always had the mentality of sometimes pushing myself too hard and this was a vital moment where I soon learnt, moving into my second year of training, that one definitely affected the other. My work at the gym needed to support my dance training rather than 'improve' my physical body shape. The two types of training needed to compliment each other in order to progress.

I loved attending the gym and learning new ways to train my body. I self-taught myself from influencer's videos on social media and Youtube and was inspired by these individuals tremendously. I was daunted by the weights at first, as most people are, but I soon learnt to love them and that strength training was what would compliment my dance training. I also found it a great sociable experience; attending with friends and training together- it was an escape from dance and something new for us to explore.

Transitioning into my second and third year really tested me physically as well as mentally; my timetable got much fuller with show preparation and several dance projects. I learnt to focus on my dance training and take a little step away from the gym when necessary and the balance between the two improved. Through my nutritional guidance, as well as my prior knowledge, I prepared my meals well and fuelled my body effectively. Meal preparation was extremely important for me. I prepared my lunch the evening before and at weekends, I cooked nutritious meals for my dinners in the week. This was extremely efficient and saved time when I got home late after a full day of dancing. I would recommend this to anyone who has a busy work schedule as it keeps you on track with eating healthy, saves you spending excess money, and prevents you from having to cook a whole meal when you get home and when you are tired. During my third year, everything finally fell into place- my work as a dance artist was progressing and I achieved great marks in my final Independent Project, I was becoming well informed, progressing and enjoying my time in the gym and I was listening to my body.

On completing my training in London, I successfully auditioned for a dance company called JV2 (Jasmin Vardimon Company) in Kent. JV2 was a whole new level of dance training; it was rigorous, demanding and tough, and I learnt so much more about my body whilst I was on this course. We had Pilates class every morning which supported our dance training in the day. This improved my core strength and stability, balance and full body connectivity immensely. Although the Pilates was low impact training before our dancing, it was extremely intense as it worked on strength and endurance of the body and I felt so much stronger in such a short amount of time. Our days at JV2



were long days full of physical movement. Jasmin's style of dance is powerful and extreme but also delicate and detailed and she encourages female empowerment which I very much connected with. It was safe to say; despite the knee pads, tape and trainers, my body was well and truly battered with bruises, blood and pain. This new way of dance training tested my physical and mental ability which felt amazing as I was being pushed to new limits; it was a rollercoaster of a journey. My body adapted well but there were times where I struggled mentally, moreover physically; I learnt to push through and carry on and take care of my body. My diet had to support my training and rest was vital. Admittedly, I still suffered at times, with comparing myself to others and I think that will always come and go with the industry I have been in my whole life.

Completing JV2 and returning home was another transition I struggled with. I had gone from full days of training to nothing filling my days in such a short space of time. I definitely needed this rest but after a while I began to think, what's next? Being a freelance dance artist is extremely unpredictable. I have dance contracts of different lengths and I do not have set working hours with a salary. This is something I have had to learn to adapt to. I now work self-employed as well as employed and whilst in lockdown during Covid-19, I pursued my passion for fitness. Prior to lockdown I was attending my local gym and working out around five times a week, attending dance classes where I could, and maintaining a healthy balanced diet. I am conscious of my portion sizes and focus on balanced, nutritious meals due to training no where near as much as I was.



My journey through dance, fitness and nutrition as a whole has led me to where I am now. It has been a great journey of self-discovery and a pathway which has kept me focused, determined and aspirational. All of my extensive experience and knowledge I would like to use to educate, motivate and encourage others towards a healthy and happy lifestyle. I am always learning more about my body everyday and developing my skills- finding new ways to train, eat and live which makes fitness and the human body so exciting and fascinating.

Tips & Tricks!

Here are 5 tips to make workplace eating healthier for you:



Eat breakfast

This should be your mantra. A healthier breakfast will set you up for the day and stop you becoming hungry before lunch. If you're not hungry before leaving home, have breakfast at work.



Bring your own

Home-cooked food is often lower in calories and fat and cheaper than food bought on the high street. If sandwiches aren't your thing, you could cook extra in the evenings and take the leftovers to work, saving you money.



Drink water

Drinking water regularly may help keep hunger pangs in check. You should aim to drink about six to eight glasses (1.2 litres) of fluid every day.



Go for wholegrain

When making sandwiches, go for wholegrain bread, which is more filling than white bread, and will keep you feeling fuller for longer. Wholemeal pitta bread and bagels are alternatives to brown loaf bread.



Work on your 5 A DAY

A snack is a good opportunity to increase your intake of fruit and vegetables. To count towards your 5 A DAY, each portion of fruit or veg should be 80g.



Diet-friendly socialising

Here are some ways to spend time with friends to take your mind off food:

- A country walk
- The cinema (take your own low-calorie popcorn!)
- Bowling
- A bike ride and (low-calorie) picnic
- A day at a spa





Nutritional Advice



Rebecca from Balanced Nutrition says...

Trigger foods: those things that if they are in the cupboard, we just have to eat them! Mine is ice cream. Try to avoid buying them in the first place so that they are not within easy reach. Have lower calorie snacks available instead, or drink water, you might just be thirsty

"Am I hungry?" People often eat when bored in the evenings so it's good to stop and ask yourself "am I actually hungry? Do I need this food/snack?" Staying away from temptation is hard but try and eat consciously, which leads me on to....

Giving in to temptation: if you do end up reaching for the chocolates/ biscuits, don't panic! Your diet/day isn't ruined; hop back on the wagon the following day and balance things out. Also, have a treat every now and again; maybe tell yourself when you can have a treat and plan to not have one again for a few days.

Silk Fitness Therapy say...
"Jee, That's Pretty Neat!"



A way of improving your overall fitness, and increasing your calorie expenditure is by upping your NEAT.

N.E.A.T stands for **Non-Exercise Activity Thermogenesis**. This is the energy we expend on a daily basis for everything we do that is not sleeping, eating or working out (planned exercise) ie. walking, fidgeting, cleaning etc.

Tips To Up Your NEAT

1. Walk more
2. Take the stairs instead of the lift
3. When going to the shops, park as far away as possible
4. Limit your time seated. Work in an office? Try and stand every hour
5. Walk more! (Have I already said that?!)



Nutritional Advice

BALANCED
NUTRITION

My top tips for you during your weight loss are:



Protein is the king macro: keeps you fuller for longer, helps in building and repairing muscles as well as other functions in the body. Aim to have about 160g per day from a variety of sources; chicken, fish, yoghurt, pulses etc. A good rule of thumb is a fist sized piece at each meal. Aim for lean sources like chicken breast, low(er) fat yoghurt- means you can eat more for less calories



Get plenty of veg in: try your best to get a good amount of veg each day, buy plenty whenever you shop and you'll be able to have some each meal. It's great for getting your fibre intake high and keeping you fuller for longer. A palm size area of your plate at each meal is ideal



Trigger foods: those things that if they are in the cupboard, we just have to eat them! Mine is ice cream. Try to avoid buying them in the first place so that they are not within easy reach. Have lower calorie snacks available instead, or drink water, you might just be thirsty



Giving in to temptation: if you do end up reaching for the chocolates/ biscuits, don't panic! Your diet/day isn't ruined; hop back on the wagon the following day and balance things out. Also, have a treat every now and again; maybe tell yourself when you can have a treat and plan to not have one again for a few days

Be a prep king or queen: can you plan and make meals in advance? Right down to your snacks? Do this as much as you can to avoid reaching for the cake at work- eat what you've brought and planned for the day- to avoid calorie dense foods. Also reduces food waste and helps you stay on track to achieve your goal



Step up: are you able to go for walk at lunchtimes? Could you make your dog walk a little longer? Would your kids benefit from walking with you? Even going for about 15-20 mins each day will make a difference. Try and reduce car use and walk more where possible; it'll save you money and burn calories!



Useful Links

East Cheshire Hospice Website: www.eastcheshirehospice.org.uk

Lbs 4 £s Exclusive Portal:

www.eastcheshirehospice.org.uk/lbs-4-pounds-portal



Lbs 4 £s Facebook Group:

www.facebook.com/groups/lbs4pounds

Balanced Nutrition Page: www.facebook.com/balancednutritionuk

5S Fitness Website: www.5sfitness.co.uk

Sophie Moores: www.sophiemoores37.wixsite.com/sophiemooresdfw

Silk Fitness Therapy: www.silkfitnesstherapy.com

Matt Rigby: www.rundamentalist.co.uk



Carla Gilder Fitness: www.carlagilderfitness.com

'Couch to 5K':

www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/

Graze Website: www.graze.com/uk

Recipe Ideas from The Game Changers:

www.gamechangersmovie.com/food/recipes



'Couch to 5K' podcast: www.nhs.uk/live-well/exercise

Well-being advice & emotional eating support from Moodzone at NHS:

www.nhs.uk/moodzone



CAJUN BEEF & VEG RICE

BALANCED
NUTRITION

WHAT YOU NEED



Serves: 3
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
503 kcal
13g Fats
55g Carbs
40g Protein



GF
DF
Veg



WHAT YOU NEED

- 1 tbsp. coconut oil
- 3 large carrots, sliced
- 2 peppers, sliced
- 4 spring onions, sliced
- 1 lb. (500g) 5% fat beef mince
- 2 tsp. Cajun seasoning
- 1 tbsp. tomato purée
- 1 lb. (500g) cooked rice

WHAT YOU NEED TO DO

Heat the oil in a large pan over medium heat. Add the carrots, peppers and white parts of the spring onions. Sauté for 10 minutes until the vegetables start to soften.

Add in the minced beef, season with salt and pepper and cook for 10 minutes, until the meat is browned.

Add the Cajun seasoning and tomato purée then stir well. Add in the cooked rice along with 4 tbsp. of water.

Stir well to combine all of the ingredients and heat for about 3-4 minutes.

Sprinkle with the green parts of the spring onion and serve.

BALANCED
NUTRITION



CAJUN BEEF & VEG RICE

SPINACH SHAKSHUKA

BALANCED
NUTRITION



Serves: 2
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
321 kcal
22g Fats
19g Carbs
24g Protein



GF DF
LC V
O



WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 4 cups (300g) mushrooms, sliced
- 2 cups (450g) leaf spinach
- 4 eggs
- handful parsley, chopped

WHAT YOU NEED TO DO

Heat the oil in a large pan over medium heat. Add the onion and garlic and cook for 2-3 minutes until soft. Next, add the mushrooms and cook for another 3-4 minutes. Season with salt & pepper.

Now start adding the spinach to the pan, you will likely have to do this in batches. Cover the pan with a lid and let it wilt, repeat this step until all the spinach is in the pan. Stir well and taste for seasoning.

Make 4 indentations ('wells') in the spinach and break an egg in each. Cook for 5-6 mins covered with a lid until egg whites are set.

Dress in fresh parsley and serve.

BALANCED
NUTRITION



SPINACH
SHAKSHUKA

SIMPLE CHILLI & SWEET POTATO CHIPS



Serves: 4
Prep: 10 mins
Cook: 40 mins



Nutrition per serving:
382 Kcal
16g Fats
33g Carbs
29g Protein



GF DF
Vegan PFP



WHAT YOU NEED

For the Potatoes:

- 3 medium sweet potatoes
- 2 tsp. garlic powder
- 1 tsp. onion powder
- 2 tbsp. buckwheat flour
- 1 tbsp. olive oil
- Salt & pepper

For the Simple Chilli:

- 1 lb. (450g) lean ground beef
- 1 tbsp. chilli flakes
- 1 can chopped tomatoes (14oz./400g)
- 6 fl. oz. (170ml) water

For the Garnish:

- 2 tbsp. coriander, chopped
- 1 avocado, mashed

WHAT YOU NEED TO DO

Heat the oven to 420F (215C).

Wash the potatoes and cut them into chips. Season the chopped potatoes with the garlic & onion powder, salt & pepper and sprinkle with buckwheat flour. Drizzle with olive oil and cover well by rubbing in.

Spread the potatoes on a baking tray, making sure they are not too close together. Bake in the oven for 40 mins, stirring halfway through.

In the meantime, heat a non-stick pan over a medium-high skillet and add the ground beef. Cook for about 2-3 mins and season with chilli flakes.

Add the chopped tomatoes, water and stir, reducing the heat to low. Simmer uncovered for about 20 mins, until most liquid evaporates.

To serve, divide the potatoes between plates and top with chilli, mashed avocado and sprinkle with coriander.

BALANCED
NUTRITION



SIMPLE CHILLI & SWEET POTATO CHIPS

PESTO PASTA WITH TUNA & ALMONDS



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per serving:
512 kcal
16g Fats
69g Carbs
24g Protein



WHAT YOU NEED

- 10.5 oz. (300g) gluten-free fusilli
- 14 oz. (400g) green beans
- 8.4 oz. (240g) tuna in water, drained (2 tins)
- 1 oz. (30g) roasted almonds, chopped
- 4.5 oz. (130g) green pesto

WHAT YOU NEED TO DO

Cook the pasta according to the instructions on the package.

In the meantime, halve the beans and also cook for about 5 minutes, then drain.

Meanwhile, let the tuna drain and chop the almonds coarsely.

Drain the pasta and mix with the pesto and green beans. Divide the pasta between bowls and scatter the tuna over it. Garnish with the almonds to serve.

Season with pepper and serve

BALANCED
NUTRITION



PESTO PASTA WITH
TUNA & ALMONDS



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