

Introducing You To A Meat Free Lifestyle

Hello,

Thank you so much for taking this program to allow me to make your life slightly better by improving what foods you put into your body and improving your health.

I am a personal testament to this book and everything within it. I have tried and tested nearly every diet you can think of in a lifelong quest to lose weight and feel good about myself.

In my own opinion, from every food and training program I have ever done, minimizing meat has been one of the most effective ways I have overhauled my health and body.

So you might be wondering why I went meat-free.

I am a personal trainer for nine years now, and I assumed I was healthy. I went for a routine health check and found my LDL Cholesterol (Bad Cholesterol) was quite high, along with my resting blood pressure.

I began to question what I was doing wrong.

I ate what I considered to be a healthy diet, but when I looked into it, I saw the number of animal products I was consuming to help build muscle and keep strong.

I was eating four eggs along with milk, ham, chicken, beef cheese on a daily basis. I ate a lot of fruit and vegetables too.

I asked myself, do I need to eat this much meat, was it that healthy for me?

I have friends that are hardcore vegan's, and people I know in general that are vegan. One thing I noticed about each of them is they never seem to get sick. They always looked impeccably healthy.

So I said I would try it, to see the impact it had on my LDL Cholesterol and blood pressure.

And what an impact it had, my blood pressure dropped. My original LDL count was through the roof at 3.7 mmol/l and drastically dropped to a healthy 1.3 mmol/l. My blood pressure was the same. Although only slightly high at 127 over 83, it had fallen to 111 over 76.

The other side was my fitness and energy levels. I had never felt in my entire life, as energetic as I did right there. There was no longer a 3 pm slump. I slept like a baby, getting a solid 8 hours every night and just generally feeling amazing.

I have been running 5 kilometre runs weekly for 12 years . On average, my time would be around 24 minutes and 50 seconds. Just two weeks into changing my diet to a reduced meat diet, I ran a 21 minute 57 second 5 kilometre I thought it was pure luck. So two days later, I did it again, and again. Now my goal is to run 5 kilometre in under 20 minutes.

For me, these were terrific results and made me feel like massively reducing my meat consumption permanently. Which I have done. When I do overeat meat or dairy now, I feel lethargic and tired, but I do not deny myself. I control the amount of meat I eat and along with the times I consume it.

As with anything in life, making changes to your general routine is hard, but with a little effort and consistency, I promise you this guide will have you feeling like a brand new person in no time.

First, I would like to say there are no unrealistic claims in this book, and I am not a scammer, I am not going to sell you some magic berry discovered in the depths of the amazon rainforest claims to make you lose 20 kilos in a month and improve your sex life.

I am not going to tell you to eliminate most foods and live off three meal replacement shakes because it's better for you than food.

I am going to try and make you aware of what foods are right and wrong. What foods will improve your health and what might help you lose weight by explaining everything to you in the simplest way possible.

Why would I do such a thing and not cash in on the ever growing "fake" health industry?

Well, because I care about health, and I despise the false information out there spread by the money-hungry celebrities, coaches, and business trying to take your hard-earned money by selling you false promises. I was a victim of this time & time again without someone to show me the truth.

SO you can take this information I am sharing with you, run with it and see what positives come from it. Or you can choose not to and continue looking for that health short-cut that will never work and leave you back where you started.

You should consult a GP before taking on any change in diet, especially if you have any underlying conditions, but if you choose this guide, you have nothing to lose and everything to gain.

And my one promise to you is that you will feel better than you ever have before.

Michael Geraghty
Bodycoach





Contents

- 5 A QUICK INTRODUCTION TO YOUR HEALTH
- 7 HIGH CALORIE DIETS
- 8 HOW TO IMPROVE YOUR DIET FOR HEALTH?
- 10 EATING HEALTHY FOR WEIGHT LOSS
- 12 HOW TO TRACK CALORIES FOR WEIGHT LOSS
- 13 HOW TO GAUGE YOUR PROGRESS
- 14 HOW SHOULD YOU TRACK YOUR PROGRESS
- 15 HEALTHY SUPPLEMENTATION
- 16 YOU WANT TO TRY A MEAT FREE DIET, WHAT NEXT?
- 17 ALTERNATIVES TO MEAT
- 18 MEAT-FREE RECIPES TO GET YOU STARTED
- 36 GETTING STARTED



A Quick Introduction To Your Health

When we look at the body of any creature on the planet, there is one thing we all share. We are all organic beings, we all need to eat, and we grow because of the food we consume. Food is so important because it's our fuel and our medicine.

You cannot build a solid house without the right materials,. You cannot grow healthy plants without seeds, water and fertile soil, and you cannot maintain a healthy body without the right foods.

Our body requires many different essential elements to keep healthy.

The two main components are called **Macronutrients** and **Micronutrients**

Macronutrients are the essential elements we need in large quantities hence the name Macro (Large). Generally, we would measure the amounts of macronutrients we need in grams per day. There are 3 Macro-Nutrients. Proteins, Carbohydrates and Fats. They are essential for our bodies to function correctly.

Micronutrients Are the essential elements and vitamins that are required in smaller amounts, generally measured in milligrams rather than Grams. Micronutrients are the full spectrum of Vitamins from A to K along with minerals including iron, cobalt, chromium, copper, iodine, manganese, selenium, zinc, and molybdenum. It's much easier to be deficient in these nutrients as a well-balanced diet is needed to acquire these. It's much easier to become prone to disease when you are deficient in specific nutrients

With a good quality varied diet, it's quite simple to ensure you consume all the nutrients your body requires. This, in turn, makes sure your body is functioning correctly and gives you a much better chance of avoiding disease.

Junk & Processed Food

When we look at foods, we need to consider what has happened with that food. The famous reference that went viral online was the process of how chicken nuggets are made.

If we take a Chicken that has grown in a field, eating naturally, then we eat that chicken, the nutrients the chicken consumed have passed on to us along with its high-quality protein as it has not been affected by anything un-natural.

Let's look at a chicken nugget from your favourite fast-food restaurant. The biological foundation of that chicken comes from force feeding unnatural feed with growth hormones and chemicals that make the chicken un-naturally fatter.

The producer wants to increase profits, so the bigger the chicken, the higher the price they can sell that meat to customers. Once the main meat of the chicken has been removed and used for sale, there is still a carcass which could be waste for the company, or it could be processed for more profit which increases the value of that chicken.



So taking that low-grade chicken and cleaning the carcass of skin, bone marrow, cartilage and any remaining meat, it is ground up, then washed in a chemical solution, which may include bleach.

The resulting mush is dyed and mixed with many other chemicals to give it taste and texture. Moulded into the shape of a chicken nugget, then deep-fried in oil.

This entire process removing any quality nutrients the remaining carcass of the chicken had to offer, apart from low-grade proteins, carbohydrates and trans fats.

A similar process can be applied to most junk and processed foods you may come across.

So what effect can Junk foods have on your health?

First, let's look at the fats in most junk food. Fat makes foods taste delicious. Something deep-fried is bloody fantastic. An excellent Irish breakfast we all know is not good for us but it tastes amazing.

So why do we love it if we know its unhealthy for us?

Ever since we first evolved into modern-day humans, our bodies have desired calories. Seeking and consuming calories is in our DNA.

A calorie is simply a unit of energy; we need a certain amount of calories per day to function. That energy keeps our heart pumping; our lungs inflated, our muscles moving, even our eyes blinking.

In the past when we were hunter-gatherer's, calories did not come in vast quantities like they do in today's modern society. We had to work hard to earn every calorie we could get our hands on.

We would constantly be working, hunting, running, walking moving, gathering, always moving, just to get our hands on these calories, so we burned a massive amount of energy just trying to get our hands on food.

Our bodies knew fat was the best way to get calories; fat is higher than any other food source for energy. So if we could get our hands on it, our bodies thanked us and craved it, but it also used that energy from the fat as the next day we're out moving again.

In today's society, it's so easy to get our hands on food sources. But there are so many people working in jobs requiring them to sit statically at a desk all day. We can easily get our hands large quantities of saturated fats due to so many fast food outlets, but we don't utilise the movement required to burn that energy off.

That lack of movement and a high quantity of saturated fat in our diet leads to weakened hearts and arteries. The heart is a muscle, and to keep it healthy, it needs exercise.

When we don't exercise, our heart is weak.

A high quantity of saturated fat in our diet increases the amount of LDL Cholesterol (which is the bad cholesterol) in our bodies. This LDL cholesterol over time sticks to the walls of our arteries, and this can cause atherosclerosis which is a blood vessel disease, which will inevitably lead to heart disease, heart attack and stroke.

Heart attacks are the leading cause of death in the world today, and it's down to the nutritional choices we make daily.



High Calorie diets

Another factor of diet related health is obesity. People with obesity are at a very high risk of heart disease and stroke, among many other diseases like diabetes and cancer, to name a few.

The fundamental reason obesity exists is very close to the same reason that heart disease is an issue.

Obesity comes from over-consumption of calories with a lack of regular movement to burn calories. This surplus creates a surplus of calories that our bodies do not require.

Like mentioned above, a calorie is a measurement of energy. A great example of how calories can work is found in nature.

When we look at wild bears, their general life cycle revolves around the consumption of calories to prepare for hibernation in the winter. They hunt for salmon, they consume the fat of the salmon and discard the flesh.

This is because the fat of the salmon is much higher in calories than the flesh, and they want to stock up on as many calories as possible. They almost triple their bodyweight over the summer period. All this is to ensure they have enough stored energy to survive the winter when there is a lack of food sources.

When the winter ends, they emerge from hibernation, having lost the bodyweight they gained, and then the process repeats again in preparation for the following winter.

The same works for us, although we do not hibernate or suffer from a lack of food sources. We consume more calories than we require.

Our bodies can see the number of excess calories we consume, and it automatically stores the surplus as excess body fat in preparation for a time when there will be no energy. In today's modern era, this period lacking in calories does not come, and over time this increases and increases the amount of fat stored leading to chronic obesity.

There is a simple solution to solve this, but it takes time, in the same way gaining body fat takes time. It's a reduction in the number of calories consumed along with an increase of the amount of calories you use.

A lot of people tend to look for short cuts when it comes to weight loss, but I can assure you, these so-called diets or detoxes will not be a sustainable solution for you.

There is a very high probability that you will return to your starting weight within a year and in most cases exceed the amount of weight you began with.

When it comes to watching the number of calories you consume versus burning calories as an overall plan for weight loss, you will find that it is sustainable, you will have increased energy and better moods.

Your overall health will drastically improve, leading to an entirely positive experience with weight loss.

How To Improve Your Diet For Health?

The easiest way I can break this down is by separating foods into two groups

Natural Food & Processed food

Let's define them both like this

Natural foods - Any food that is consumed in its natural state. For example, An apple is in its natural form; it was grown, then consumed without any alteration to its structure. A fillet of salmon would also be natural food, the fish is caught, gutted and filleted.

These foods are perfect for consumption and the more of these foods you can consume, the higher quality nutrients you are getting into your body.

Processed foods - Any food that is created for consumption. For example, Apple sauce, Apples were prepared along with sugar and other ingredients to create the sauce. Fish fingers would also be processed foods. They are created with added ingredients with batter and breadcrumbs added along with preservatives and other chemicals.

***Note**, not all processed food is bad, there are a lot of processed foods in this guide. The trick is to learn what bad and good processed foods are.

What are the bad processed foods?

The way I look at an over-processed food is by checking the ingredients. If there are a ton of ingredients on the back of the box that you don't know like "Xanthan gum", you know it has chemicals added to keep it for longer.

You are always looking for items that have fewer chemicals added. It's not the case that all processed vegan food is good either. That is the reason why looking at the ingredients of the product is so important.

The closer it is to its natural state is a general rule of thumb that it is healthier.

Next, we have two examples of varying processed foods.

Pasta and Tortilla Chips.

Both are high in carbohydrates, but the pasta is much lower in calories per 100 grams compared to the Tortilla chips.

The first is the ingredients for a Bag of Doritos Original Cool Tortilla Chips.

Notice the number of ingredients, especially ingredients you may not know for such a simple item. These are all additives that have a knock-on affect on your body over time. Plus the Chips have already been cooked in oil so add the extra calorie and saturated fat count to the item.



The next item, Penne Pasta, has fundamental ingredients.

Durum Wheat semolina. Nothing else. Apart from water to bond the dough that brings it together.

So with these examples, we can clearly see that the more valuable item overall for our health will be the pasta. It's lower in calories, less processed and has a much higher quality in terms of nutrients as it has not been over-processed.



So how can you use this information to make healthier choices?

When you buy a product, read the ingredients if you're unsure, follow the rule of "less is more".

Cook your meals from scratch. Don't just put processed foods into a grill or oven and call it home cooking, it's definitely not.

Chop your vegetables, cook your rice. Boil your pasta. Make your own sauces. I will help you with loads of ideas for these further on in the book.



Eating Healthy For Weight Loss

A big misunderstanding with many people is they believe they need to eat extremely healthy to lose weight. Now, this sounds counterproductive, but I want to explain weight loss adequately so you can fully understand the spectrum.

You can eat McDonald's every day and lose weight.

How is that possible you might ask?

As I talked before about calories, I mentioned that a bear during the summer catches salmon and consumes the fat as it's higher in calories than the flesh of the fish.

So from the bear's perspective it's more efficient for him to stock up on the fat of the salmon to bulk the bodyweight on faster. But what if the bear could only catch two salmon per day, and didn't get the required amount of calories.

It would lose weight.

Let's look at a dairy cow.

A dairy cow's diet is grass. We can all agree a dairy cow is a reasonably large animal and is generally considered to have a fair amount of fat also.

But a dairy cow doesn't consume animals with large amounts of fat. Grass has absolutely no fat, so why does a herbivore get so big and fat.

A cow spends their day, their entire day, grazing, consuming and getting calories in from the massive amounts of grass it eats.

Let's compare this to a carnivorous bear.

A Bear needs to spend lots of energy catching the fish. It then needs to consume the fish, which may also take time, it's not as efficient as a cow's grazing in terms of calorie consumption over time.

So the bear needs to go for the high-calorie foods, but the cow only needs to wake up and eat with minimal effort. So it's consuming lower-calorie foods but it's consistently eating.

If we apply this to our eating habits, I could skip breakfast as most people do. Stroll to a McDonald's, get a meal for 1000 calories, walk home, then repeat for dinner. There might be a good chance I'm in a calorie deficit.

On the other hand, I could sit at home on the couch all day constantly eating fruit and vegetables, watching Netflix and get fat.

Why? The simple reason is a calorie is a calorie. It doesn't matter where that calorie comes from; the value of the calorie itself is the same.

If I get ten calories from the bite of an apple, or I get ten calories because I lick a Big Mack I've still added ten calories to my body.

Now there are still variations to calories.

We have **EMPTY CALORIES** which offer few to no nutritional properties. An example of this is refined sugar or alcohol. They have calories but no other nutritional values to offer us, except carbohydrates. We're talking about ice cream, fizzy drinks, sweets etc.

Anything outside of sugars, foods and alcohol should contain nutrients so they would not fall into the category of empty calories.

Why is calorie consumption important when it comes to a meat-free food program?

Well firstly, one of the beautiful things about fruits and vegetables is they are generally much lower in calories than meat per gram. Simply because they don't contain fat like meat does.

Fruits and Vegetables are high in fibre, which keeps your digestion strong and your bowel movements regular. This is so important because one of the main causes of bowel cancer is low fibre diets.

Without fibre, people may suffer from regular constipation. Faeces gets lodged in the colon, this faeces gets trapped in pockets the pressure creates and eventually becomes cancerous. Regular bowel movements minimize the chance of this happening, and fibre is essential for a healthy gut.

Fibre is also great for making you feel full, so you fill your stomach on smaller amounts of calories per meal.

When you reduce meat from most of your meals, you might be eliminating up to 500 calories per meal, depending on what you eat. With high fruit and vegetable meals you are consuming more quality nutrients.

Also, meat, especially red meat is much harder to digest and requires more energy to do so. So again your energy is being used for digestion which may make you feel lethargic after consuming meat.

***There are exceptions to this, for example, an avocado.**

Avocado is high in fat, but this fat is good for you because of its high nutritional yield. If you had 100 grams of avocado you would consume 15 grams of fat. 2 grams of this would be saturated fat. This amounts to 10% of your RDA for Saturated fat. The rest of the avocado is wonderfully full of goodness for your body.

It's packed with Vitamins and minerals like zinc, iron and potassium which nourish your body.

How To Track Calories For Weight Loss

There are a few straightforward solutions to this.

My first recommendation would be to download "My Fitness Pal" on your phone. This app is the leader in calorie counting software and its completely free.

When you first sign up, it will ask you questions to create an account. It will ask about your current age, weight, height, and current amount of exercise you currently perform and with this information it will give you a daily calorie goal considering the amount of weight you wish to lose per week.

You can then begin to enter the foods you consume and, it will show you the number of calories you have remaining for that day to stay within your calorie goal. My Fitness Pal has a gigantic database of all the foods and food products in the world, so it knows all the nutritional information of pretty much everything you can think of in relation to maintaining a calorie deficit.

It is a bit monotonous at first, entering all the food you eat, along with portion sizes. After some time though it will keep a history of foods you entered before and it will become a fast process for you to enter your totals.

Another benefit is you will begin to learn how many calories the foods you consume have. This feature will allow you to get rough estimates and managing your calories will become a much simpler process.

You will not get a better or more comprehensive tool to help you lose weight than My Fitness Pal

Another option is to use a calorie calculator online, Google "Calorie Calculator" and find whichever option you like. Enter your details, and it will give you the number of calories you should consume daily to maintain or lose weight.

The difference with this and My Fitness Pal is that you will need to count the calories yourself by reading packaging, and this may be a bit of a slower process.

Another factor in this is how much you move.

If you treat your weight loss like a bank account, it's much easier to understand, but with a twist. The goal of this bank account is you need to spend money! In a perfect world this would be the case for real bank accounts but unfortunately we're stuck with the calorie bank account.

Your calories are money, for you to keep a healthy bank account you need to have only a certain amount of calories left in your bank account per day.

So you have choices, you can lodge less money, or you can spend money.

Lodge less = eat less.

Spend more = move more.

When you find the balance between spending your calories through daily exercise, while lodging the correct amount of calories through food consumption, you are going to eventually lose the amount of body fat you require.

How To Gauge Your Progress

The standard way many people these days view their progress is the word "WEIGHT-LOSS".

In my opinion, weight-loss is a terrible way to view progress, primarily when you utilise this measurement on its own.

Why?

Your weight on a scales is going to fluctuate, regularly. Seeing it vary so frequently makes it completely inaccurate in terms of your progress.

It's inaccurate because you might be retaining water and the scales increases by one pound in a day.

To put this into perspective. For a person to gain 1 pound of body fat, you need to eat 3500 calories over your baseline calorie goal, which for most people, would be nearly impossible in a day. You might be over a few hundred on a bad day. So it is not body fat that has affected the weight on the scales.

Women tend to retain a lot more water during their menstrual cycle, which has a massive effect on the scales, but again, this is not body fat.

When you consume a larger than average quantity of alcohol, you become dehydrated. Dehydration reduces the amount you weigh on a scale because you have less water in your system, but the amount of body fat has not changed, therefore it makes this measurement inaccurate.

Also, the use of drugs has a massive effect, and not just the illegal kind, from my experience with some clients, I came across people that retained large amounts of water in different areas that they struggled to shift.

In working with nutritionists, we learned that the cause of water retention was the use of antibiotics and other drugs over a longer than usual period or frequent use when the person was younger.

And it's not just antibiotics, many drugs have this effect on the body like anti-depressants etc. On the label of the drug it will show water retention or weight gain to be a side affect of the drug.

If you are on a prescribed course of medication I am in no way saying you should stop using it; my point is to simply show that it's not always body fat or food that is the direct cause of increased weight.



How Should You Track Your Progress

I'm not saying you should eliminate the scales from the equation, you should check it, but you should check it on a sporadic basis, possible every two weeks.

Other methods I would recommend is, take photos of your body. Over time you will see the changes in the images, and from a morale point of view, this can be your game changer.

You see your body every day, and because the daily changes are so small, you become used to viewing your body in a specific way which makes it impossible to see those changes.

When you compare pictures from the past to your current stage, you will be staggered by the difference in your body composition.

Another fantastic and accurate addition to tracking your progress is to measure your body using a measuring tape. Seeing real numbers as part of the changes will again be a massive boost to your morale and keep you motivated to continuously push forward.

Ask a loved one to measure your neck, arms around the bicep area, chest, waist, hips, thighs, and calf areas, write the numbers down and measure them again after a month.

Healthy Supplementation

Hopefully, so far I have explained the different areas as simple as possible.

I fully understand that people are different; people have different tastes in food. You might have foods that you despise and will refuse to eat.

The food I hate the most is Grapefruit, and I despise the damn thing! i think its Vile!

There are people though that are incredibly picky, possibly avoiding fruit or vegetables completely (or both). If you are one of these people, I would be reasonably confident that you are nutrient deficient in more than one nutrient.

My first bit of advice would be, start trying new things and find a broader spectrum of foods you are willing to eat.

Simply put, there is **NO replacement for real food**, none! I don't care how organic the supplement is; food will always win because of the quality of the nutrients you are ingesting.

With that said, supplementing your diet will not hurt you either and will go to enhance what you are currently doing.

What supplements do I recommend?

These are the supplements I take; I find they work best for me. They might not work for you; there may be more or less you need.

First thing, especially on less meat or meat free diet is vitamin B12, the best source of this vitamin is through meat and animal products. What I take is a full vitamin B complex supplement.

Next is Vitamin C, I take 1000 mg minimum per day to help my immune system. I feel it helps me getting ill, especially in the winter when our immune systems are more susceptible to colds.

The other is 1500 mg of Omega 3 Fish Oils. A concussion expert informed me that Omega 3 fish oil is one of the best supplements you can take to keep a healthy brain. When choosing your fish oils, as per his recommendation, there should be 500+ mg of EPA & DHA combined, the more, the better per 1000 mg serving.

Finally, I take an Organic Blend of super green powder. The brand I use is "Naturya Blends Organic Greens" which I pick up in Holland & Barrett for around €20.

This supplement contains a large number of nutrients that I can add on top of what I get from my food.

Again, these are just the supplements I would recommend to take, feel free to research your own. There are many conditions that some from nutrient deficiency.

I recommend getting A full blood test to find out your own personal requirements.

You Want To Try A Meat Free Diet, What Next?

Now its time to prepare. With this diet, you will evolve past what I will show you here. What I eat now has completely changed from when I began.

What I'm going to show you are foods that I eat regularly, along with work around's and replacements for foods you might currently enjoy.

I recommend three meals a day and some snack. Regularly topping up the tummy will keep you full, but try to keep it within your calorie range, especially if you are trying to cut body fat also.

Consistency is crucial for anything that you do, but if we were all 100% consistent, we would all be perfect.

Prepare food for the busy days. It will be a massive help when the tough days come along, and its easier to drop standards.

Here is a Short List of Things I would recommend doing before you start!

- Purchase sealable food containers for meal prepping.
- Sit down and write out what you will eat Monday to Sunday, so you know what to expect and what you need to prepare. Planning your meals in advance will keep you on course.
- Do a workout, if you run, walk, cycle climb, do fitness classes, lift weights, do a workout and take note of how you feel before and after. How are your energy levels? My big thing was seeing the increase in my fitness levels when I reduced my meat consumption.
- If you don't work out, start working out. You won't believe how good you will feel after a few weeks of regular exercise.
- Track your sleep; see if you sleep better after a week or two from before. Another thing for me was seeing the quality of my sleep improve.
- Take note if you have a mid-day slump, when does it usually happen? Again you might see a massive change in this and it's important to be aware of it.
- Download "My Fitness Pal" to your phone, set it up and start tracking your calories, especially if you want to lose some weight while changing your eating habits.
- Follow meat-free profiles on Instagram; you will get some awesome ideas for delicious meals.
- Buy your supplements, to get more bang for your cash, try ordering on Amazon.
- Please take your measurements; they will be a fantastic progress tracker.



Alternatives To Meat

Finding alternatives to the regular meat products you regularly eat can be difficult. Sometimes the products available can be very unappealing. I've put together a short-list of items I suggest you try as I have found these to be versatile and a fantastic replacement for meat products.

Milk Alternatives

Milk can be a big part of a diet, and finding a substitute that you like might be difficult. Personally, I used to drink milk on its own. Now I cannot remember the last time I had milk. I drink coffee black as I like the taste of it and it has so few calories that way.

Rice Milk - A great alternative to regular Milk is Rice Milk, its very mild in its taste compared to other alternative milk products so it will be a perfect choice for tea drinkers out there.

Almond Milk - Almond milk for many palettes can be sweet, but again this is down to taste. It could well be your favourite option.

Soy Milk - Soy Milk is much softer in taste, the flavour does take a little getting used to but with tea should be fine.

Meat Alternatives

There are a ton of meat alternatives out there for you to experience. Some vegan, some vegetarian. Below is a list of products I use on a regular basis.

Quorn Brilliant Burgers - These vegetarian burgers are delicious and around 75 calories a burger. Perfect for meat lovers, they have a very meaty texture and taste, and come in about €2 for four.

Quorn Southern Friend Breasts and Nuggets - I'm a massive fan of southern fried chicken, and these vegetarian chicken replacement options are simply divine. Again, much lower in calories compared to a regular chicken nugget per gram, a fantastic option to add to your shopping list.

Linda McCartney Vegetarian Sausages - These little beauties are a fantastic oven baked sausage that makes a wonderful alternative to fatty pork sausage. Much lower in saturated fat, filling and delicious, you will be surprised at how much you will like them.

Linda McCartney Vegetarian Pulled Pork - Another fantastic alternative to the much loved pulled pork. You can eat these alone, between and bun or in a wrap. Its close to getting the real thing, especially if you add in a little barbecue sauce



Tofu – Learning how to work with tofu is essential. Tofu is an extremely versatile food which can be seasoned and cooked in many different ways. How I learned was I went on to youtube and searched for different ways to prepare and cook tofu. So many ideas out there that will leave you wanting more.

Seitan – Seitan is a little harder to come by, but I recently found it in Dunne's Stores, but you should be able to pick it up in any health food shop. This food has a wonderfully smooth meaty texture is easily seasoned in so many ways to your tastes. It's worth experimenting with.

Tempeh – Tempeh is what I would describe as the vegan bacon, you can cut this into strips and fry like bacon. Add it to pasta with some soy cream, garlic and nutritional yeast for a delicious vegan carbonara.

Other Products to Try

Vegetable Spring Rolls – The vegetable spring rolls in Aldi are 100% Vegan and very tasty

Nutritional Yeast – Nutritional yeast makes food cheesier, you can add it to soy cream to make cheese sauces

Alpro Yogurts – Very tasty and very comparable to regular yoghurt

Alpro Single Soya Cream replacement – A great alternative to dairy cream. Perfect for sauces

Rice Noodles – Vermicelli rice noodles are easy to make and can be lower than egg noodles per gram. Easily prepared by soaking in hot water for a couple of minutes, you can add them to a stir fry.

Hellman's Vegan Mayonnaise with Garlic – If you are a fan of a bit of Garlic mayonnaise, Hellman's has you covered with a very close alternative to the original

Egg Replacer – Egg replacer is fantastic if you enjoy baking and need an egg alternative to keep it on the vegan side of things. You can use it for batters, and other egg required dishes.



Meat-Free Recipes to Get You Started

Finding foods to replace your current eating habits is a tricky part of the process, There are so many resources out there with millions of ideas when it comes to recipes and variations on dishes you might already enjoy.

Simply Googling “Meat-free recipes” will give you an endless supply of Ideas.

I cannot possibly fit so much information into this guide, and you don’t have to stick to the recipes in this guide religiously. This is a starting point for you. Do research and find out what works for you.

When I sent out my first version of my meat-free program, many of the people that used it were coming back to me with their own recipes and dishes they discovered and enjoyed. The passion they had, telling me I should try a particular recipe was so rewarding. So go crazy, find things you like and enjoy the process of trial and error.

With that, here are some of the various recipes for meals I enjoy at the moment.

Breakfast Ideas

There is nothing more enjoyable than the first meal of the day. Below we have some beautiful and varies types of breakfasts you can enjoy at home or on the go!

On-The-Go Oats

I’m busiest in the mornings, so if I have not managed my time and I need to have something ready quickly, I use my quick oats. The beauty of this is you can eat it any way you like.

I put a cup of Oats in a container, I add a teaspoon of Jam, Frozen Blueberries, frozen raspberries, and a teaspoon of honey. When I get to work or wherever I'm going, I simply add boiling water untill it covers everything, then stir it and leave to sit for 5 minutes. Then I have a delicious, nutritious and most of all, fast breakfast.

Some other options to add to your oats.

Add a dollop of peanut butter, chopped banana, and some maple syrup.

Dark chocolate, apple cubes & marmalade

Scrambled Tofu Tacos

Ingredients

- 1 teaspoon olive oil
- 1 red pepper, diced
- 1 clove garlic, minced
- 1 package super firm Tofu
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon cumin
- 1/4 teaspoon salt
- Freshly ground black pepper
- 8 mini tortillas (or small whole grain tortillas)
- 1 avocado, sliced
- 1/2 cup tomatoes, quartered
- Optional: 1/2 cup goat cheese crumbled
- Optional: Hot sauce & coriander, to garnish

Instructions

1. Add oil to a large skillet and place over medium heat. Add diced red pepper and garlic and saute for 2 minutes.
2. Next crumble the tofu with your hands and add to the pan. Sprinkle in spices and salt & pepper. Cook for 5 minutes; stirring frequently. Taste and add more salt and pepper if necessary.
3. Divide tofu scramble between tortillas, then top with avocado, tomatoes and goat cheese. Garnish with your favourite hot sauce and cilantro.

Enjoy! Makes 8 tacos total. Serving size: 2 tacos per person.

VEGAN LEMON POPPY SEED SCONES

Ingredients

1 3/4 cups unbleached all-purpose flour
1 1/2 tbsp granulated sugar
1/2 tbsp baking powder
1/2 tsp of baking soda
1/2 tsp salt
1 tbsp poppy seeds
zest of 1 lemon (finely chopped)
1/4 cup coconut oil (chilled)
3/4 cup + 1 tbsp
Unsweetened Soy milk

For the Lemon Glaze

1 tbsp coconut oil (melted)
2 tbsp Silk Unsweetened Organic Soy milk (warm)
10 ml lemon juice
3/4 cup icing sugar
1 tbsp lemon zest

Instructions

Preheat oven to 230 degrees.

Combine all dry ingredients, including poppy seeds and lemon zest.

Add the chilled coconut oil to the dry ingredients. Use your hands to cut the coconut oil into the dry ingredients. Continue working the coconut oil into the dry ingredients until mixture resembles fine crumbs. (I find it helpful to chill my hands by rinsing them under very cold water for a minute or so. This will help you break up the coconut oil without melting it.)

Add the soy milk and use a fork to stir the ingredients. Do NOT over mix. As soon as the mixture is just combined, turn it onto a floured kitchen counter. Knead about 8-12 times before rolling out on a well-floured counter. The dough should be about 1" thick. Cut into rustic triangles (about the size of a deck of cards.)

Transfer to a parchment-lined baking sheet (leaving at least 1/2" between scones) and bake for 10 minutes. They should be golden brown.

Cool before glazing.

GLAZE

Combine the warm soy milk, coconut oil, lemon juice, icing sugar, and lemon zest. Whisk until combined. Add more soy milk for a thinner glaze (good for dunking the entire scone), add more icing sugar for a thicker glaze (great for drizzling). Once the scones are cooled, drizzle or dunk in glaze. Enjoy!

SALTED CARAMEL APPLE BREAKFAST BARS

Ingredients

1 cup Oat Flour
1 cup Instant or Rolled Oats (I used a mix)
2 Apples, Grated
1 tbsp Maca Powder (optional)
1 tsp Baking Powder
1/2 tsp Salt
3/4 cup pitted Dates
2/3 cup Tahini
3 tbsp Chia Seeds
1/4 cup + 2 tbsp Unsweetened Rice Milk
1 tsp Vanilla Extract

Instructions

First, preheat your oven to 180 degrees. Combine the Oat Flour, Oats, Maca Powder, Baking Powder, and Salt together in a large bowl. Stir until all ingredients are evenly distributed.

Grate 2 Apples into a small bowl. You can choose to peel them if you'd like, but I kept the skin on. Keep any "juice" that comes out of the apples while you are grating them as well.

Add the Dates, Tahini, Chia Seeds, Plant Milk, and Vanilla Extract to a In a food processor or high speed blender. Process until smooth, scraping the sides of the machine if necessary.

Next, add the Grated Apple and Date Mixtures to the bowl of dry ingredients. Stir until everything is well incorporated.

Place the batter into a lined or greased 9×9" pan, then bake for 28–30 minutes, or until a toothpick comes out cleanly.

Let cool in the pan for 10 minutes, then remove and let cool completely before slicing. Store any leftovers in a loosely sealed container at room temperature for up to 5 days, or in the fridge for up to 8 days.

BROCCOLI BREAKFAST PATTIES

Ingredients

THE PATTIES

1 cup cooked quinoa
2 cups low sodium vegetable broth
1/2 vegetable bouillon (optional)
1 cup shredded mixture of broccoli and carrots
2 flax eggs (1 tbsp flaxseeds to 3 tbsp water makes 1 egg)
1/2 cup gluten free bread crumbs
2 garlic cloves, minced
1 1/2 tsp garlic powder
1 1/2 tsp onion powder
2 tsp parsley
2 tbsp coconut oil or extra virgin olive oil (plus additional for cooking)
salt and pepper to taste

TOPPINGS

vegan sour cream
parsley
handful of green onions

Instructions

First, preheat your oven to 180 degrees. Combine the Oat Flour, Oats, Maca Powder, Baking Powder, and Salt together in a large bowl. Stir until all ingredients are evenly distributed.

Grate 2 Apples into a small bowl. You can choose to peel them if you'd like, but I kept the skin on. Keep any "juice" that comes out of the apples while you are grating them as well.

Add the Dates, Tahini, Chia Seeds, Plant Milk, and Vanilla Extract to a food processor or high-speed blender. Process until smooth, scraping the sides of the machine if necessary. Next, add the Grated Apple and Date Mixtures to the bowl of dry ingredients. Stir until everything is well incorporated.

Place the batter into a lined or greased 9x9" pan, then bake for 28-30 minutes, or until a toothpick comes out cleanly.

Let cool in the pan for 10 minutes, then remove and let cool completely before slicing. Store any leftovers in a loosely sealed container at room temperature for up to 5 days, or in the fridge for up to 8 days.

Lunch Ideas

Lunch is so important, especially when it comes to avoiding snacking during the day, increasing your calorie intake. Fill yourself with good food it will reduce the amount of picking you do.

Here Are Some Ideas for Easy transportable lunches.

Easy Roasted Veggies and Tempeh Bowl

Ingredients

- 1 Large hand-full of baby spinach
- 100g shredded red cabbage
- 100g cooked quinoa
- 1 large cup of assorted roasted veggies (Roast desired veg with a drizzle of olive-oil salt and pepper in a tray for 25 mins at 190 degrees)
- 1 piece grilled tempeh (sprinkle with salt and pepper and grill for 10 mins each side on medium heat)
- 2 tbsp Chopped coriander
- 1/4 tsp toasted sesame oil
- Sliced radishes
- lime wedge

Instructions

Fill a bowl with baby spinach, shredded red cabbage, cooked quinoa and assorted roasted veggies (we used $\frac{1}{2}$ cup each tomato and broccoli).

Top with grilled Tempeh and chopped cilantro; drizzle with toasted sesame oil.

Heat in microwave.

Garnish with sliced radishes and a lime wedge.

Tofu Pad Thai

Ingredients

150g extra-firm tofu, drained
2 tbsp. Cornstarch
Rice noodles
50ml low-sodium soy sauce
2 tbsp. brown sugar
2 tsp. sweet chilli sauce
Juice of 1 lime, plus lime wedges for serving
1 diced clove garlic
1 tbsp olive oil
1 red pepper, sliced
2 mung bean sprouts
2 spring onions, thinly sliced
Hand-full of Chopped peanuts

Directions

Slice tofu 1/2- inch thick. Place on rimmed baking sheet between layers of paper towels; sandwich with second sheet and place cast iron skillet on top to weigh down 10 minutes. Cut into cubes, transfer to a bowl and toss with cornstarch.

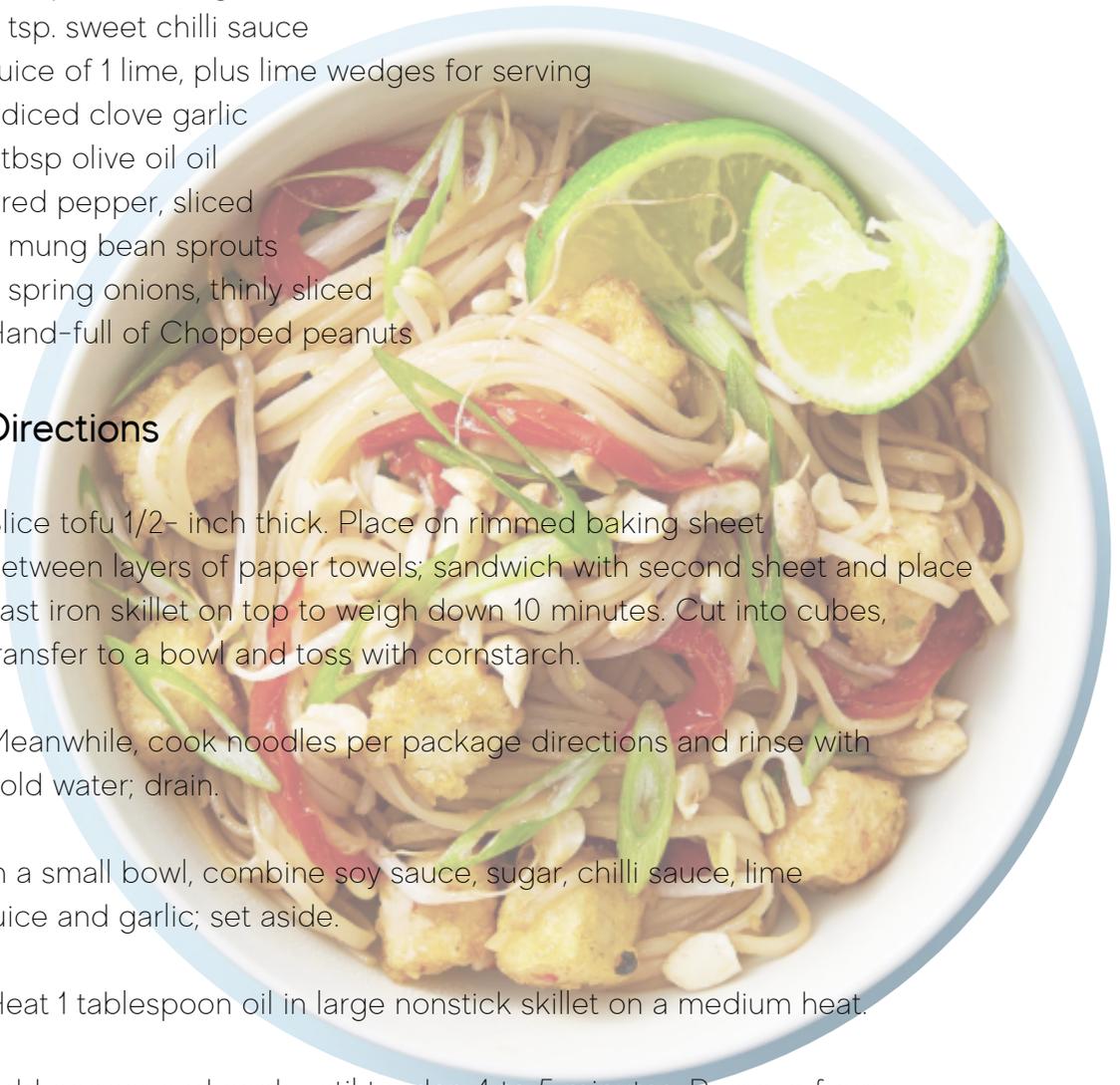
Meanwhile, cook noodles per package directions and rinse with cold water; drain.

In a small bowl, combine soy sauce, sugar, chilli sauce, lime juice and garlic; set aside.

Heat 1 tablespoon oil in large nonstick skillet on a medium heat.

Add pepper and cook until tender, 4 to 5 minutes. Remove from skillet. Add tofu and cook, tossing, until golden brown, 4 to 5 minutes.

Add noodles and sauce and toss to combine. Fold in pepper, sprouts and scallions and cook 2 minutes.



Spiced Fresh Tomato Soup with Sweet and Herby Pitas

Ingredients For Soup



2 tbsp olive oil
1 large onion (chopped)
1 large red pepper (chopped)
1/2 tsp salt
2 cloves garlic
1 jalapeño pepper
1 1-inch piece fresh ginger
2 tsp ground coriander
1 tsp ground cumin
2 1/2 lb tomatoes (roughly chopped)
500ml water
2 pocketless pitas
2 tbsp fresh coriander

Instructions:

Heat large Dutch oven on medium-low. Add olive oil, then onion, red pepper, and salt, and cook, covered, stirring occasionally, until tender, for 8 to 10 minutes.

Meanwhile, finely grate garlic, jalapeño, and ginger. Add to onion and cook, stirring, 1 minute. Stir in ground coriander and ground cumin and cook 1 minute.

Add tomatoes and water; increase heat and simmer, partially covered, 10 minutes. While tomatoes are cooking, toast 2 pocketless pitas. Using an immersion blender (or standard blender, in batches), puree soup until smooth.

Add fresh coriander and serve

Crispy Potatoes with Vegan Nacho Sauce

Ingredients

2 lb. mixed halved baby potatoes
3 tbsp olive oil
150g raw unsalted cashews, soaked overnight and drained
3 tbsp lemon juice
1/2 tsp chilli powder
1/2 tsp ground cumin
1/2 tsp paprika
1/2 tsp garlic powder
1 tsp salt
50g nutritional yeast
1/2 jalapeno pepper, seeded and chopped

Instructions

Preheat oven to 230 degrees. Toss potatoes with oil, 1/2 teaspoon salt and 1/4 teaspoon pepper. On a rimmed baking sheet, spread potatoes evenly; roast 30 minutes until golden and crispy, stirring once.

Meanwhile in the blender, puree cashews, lemon juice, chilli powder, cumin, paprika, garlic powder, sea salt, nutritional yeast, and jalapeno with 1 cup water until smooth.

Transfer to the saucepan and heat on medium-low 5 minutes or until warm, stirring occasionally.

Transfer to bowl; serve with roasted potatoes. (Refrigerate remaining sauce up to 1 day. Also good with tortilla chips, roasted cauliflower, etc.)

Asian Sesame Courgette Noodles

Ingredients

Large handful packed fresh coriander, finely chopped

3 tbsp seasoned rice vinegar

1 tbsp toasted sesame oil

2 cloves garlic, crushed

2 tsp. crushed red pepper

2 tsp. sugar

3 courgettes, spiralized

Instructions

In a large wok, whisk cilantro, vinegar, oil, garlic, red pepper, sugar, and 1/2 teaspoon salt.

Add zucchini; cook & Stir on high heat for 2 minutes until well-combined. Serve immediately.

Summer Pesto Pasta

Ingredients

600g spaghetti
1 can of corn
1 medium yellow Butternut squash, cut into 1/2"-thick slices
1 courgette, cut into 1/2"-thick slices
1 bell pepper, seeded and cut into sixths
4 spring onions, trimmed
2 tbsp olive oil
1 lemon
1 shop-bought refrigerated pesto
100g Vine-ripened Cherry tomatoes, halved
Handful packed fresh parsley, chopped

Instructions

Heat grill on medium-high. Cook spaghetti as label directs. Rinse, drain well and let cool completely.

In a large bowl, toss corn, Butternut squash, courgette, bell pepper and onions with oil and 1/2 teaspoon each salt and black pepper until well coated.

Grill Butternut squash, Courgette and bell pepper 4 to 6 minutes or until tender and grill marks appear, turning once.

Grill onions 2 minutes or until tender and slightly charred, turning occasionally.

Into large bowl, from lemon, grate 1/2 teaspoon zest and squeeze 2 tablespoons juice. Whisk in pesto and 1/2 teaspoon each of salt and pepper.

Chop Butternut squash, courgette, pepper and onions; add to bowl with pesto and corn. Add to bowl along with tomatoes, parsley and cooked pasta. Toss to combine. Serve at room temperature.

Dinner Time

Dinner time is the most sociable meal of the day, sitting down together and enjoying quality time with loved ones and nourishing yourself is so good for your body and mind. Putting a little more effort into making delicious food for all to share will enhance your health and your happiness.

King Prawn Saag

Ingredients



- 2 bunches spinach, roughly chopped
- 300g of cooked King Prawns
- Olive oil
- 1 teaspoon cumin powder or seeds
- 1 onion, thinly sliced
- 1 teaspoon grated fresh ginger
- 3 cloves garlic, minced
- 2 teaspoons garam masala
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon cayenne pepper
- 1 Carton of Alpro Single Soya Cream replacer
- 300g Cooked basmati rice
- salt to taste

Instructions

Bring a large saucepan of water to a boil. Cook 2 Large bunches of spinach in the boiling water for 3 minutes. Drain well and transfer to a food processor. Puree until finely chopped.

Heat 1 tablespoon of Olive-oil in a large skillet over a medium heat.

Heat 2 tablespoons of Olive-oil in a wok or pan and fry the cumin until lightly toasted and aromatic, about 3 minutes. Add the diced onion; cook and stir until onion begins to soften, 4 to 5 minutes.

Stir in ginger, garlic, garam masala, turmeric, and cayenne pepper; cook and stir until onions are translucent, about 10 minutes.

Stir in spinach, cream, prawns, and salt to taste. Cover and cook for 15 minutes, stirring occasionally.

Serve with basmati rice or eat with heated wraps.

Creamy Vegan Linguine with Wild Mushrooms

Ingredients

500g linguine or fettuccine.
3 tbsp olive oil.
mixed mushrooms of your choice, thinly sliced.
3 cloves garlic, finely chopped.
50g nutritional yeast.
2 small onions, thinly sliced.

Instructions

Cook linguine as label directs, reserving 3/4 cups cooking water before draining. Return drained linguine to pot.

In a large pan, heat oil on medium-high. Add mushrooms, onions and garlic; cook 5 minutes or until mushrooms are browned and tender, constantly stirring.

Transfer to a pot with cooked, drained linguine along with nutritional yeast, reserved cooking water, 1/2 teaspoon salt and 3/4 teaspoon coarsely ground pepper.

Toss until well combined.

Smoky Vegan Black Bean Soup

Ingredients

2 tbsp. extra virgin olive oil
2 medium carrots, chopped
2 stalks celery, sliced
1 medium onion, finely chopped
100g tomato paste
3 cloves garlic, crushed with press
1 1/2 tsp. ground cumin
1 tsp. smoked paprika
600ml lower-sodium vegetable or chicken broth
3 cans of lower-sodium black beans, undrained
1 can of corn
Avocado chunks and coriander leaves, for serving

Instructions

In a large pan, heat oil on medium-high. Add carrots, celery and onion. Cook 6 to 8 minutes or until starting to brown, stirring occasionally. Add tomato paste, garlic, cumin and smoked paprika.

Cook, stirring, 1 to 2 minutes or until garlic is golden and tomato paste has browned. Stir in 1/2 cup broth, scraping up any browned bits.

Transfer contents of skillet to slow-cooker bowl along with beans, corn and remaining broth.

Cover and cook on High for 4 hours or Low for 6 hours.

Serve with avocado and coriander.

Vegan Buffalo Cauliflower Tacos

Ingredients

FOR THE CAULIFLOWER

1/2 head cauliflower cut in bite sized pieces
4 tsp olive oil
1 tsp garlic powder
1 tsp. chilli powder
300ml buffalo barbecue sauce pepper to taste

FOR THE TACOS

8 small flour tortillas
1 head romaine lettuce chopped
1 avocado pitted and diced
vegan ranch to taste
Coriander and green onion diced (optional)

Instructions

Preheat oven to 220 degrees and line a baking sheet with foil.

In a large bowl combine cauliflower, olive oil, garlic powder, chilli powder, pepper and 200ml of buffalo sauce. Stir to combine.

Spread evenly on baking sheet and cook for 20 minutes, flipping halfway.

Five minutes before the cauliflower is done cooking, heat up the remaining buffalo sauce in a saucepan or in the microwave.

Remove cauliflower from the oven and place it back in the bowl. Add remaining heated buffalo sauce and stir to combine.

To assemble tacos, load each tortilla with romaine, avocado and cauliflower.

Drizzle with barbecue sauce and top with coriander and green onions.

The Sweet Stuff

Denying yourself things you enjoy will inevitably lead to failure when trying to become healthier or losing weight. The best solution is to discover healthier alternatives to fill the hole. So here are some delicious healthy treats for you to enjoy!

Dirty Chocolate Bowl

Ingredients

- 1 Large handful of frozen mixed berries
- 50g melted dark chocolate
- 1 tub of Vanilla Alpro Yogurt

Instructions

In a bowl, add the frozen berries and Vanilla Alpro Yogurt.

Melt the dark chocolate and drizzle over the berries and yogurt.

Stir and eat.

VEGAN SNICKERS CHEESECAKE

Ingredients

400g packed pitted dates
400g raw walnuts
1/4 tsp salt

FILLING

400g raw cashews
1 tsp vanilla extract
3 tablespoons maple syrup
1/2 can full-fat coconut milk (or sub another dairy-free milk, such as almond or rice)
1/4 tsp sea salt
3 Tbsp olive oil
2 Tbsp lemon juice

TOPPINGS

300g packed pitted dates (plus water to blend)
300g cup roasted salted peanuts
300g chopped dark chocolate

Instructions

Add cashews to a bowl and cover with boiling hot water. Let set, uncovered, for 1 hour. Then drain thoroughly. Also line an 8x8-inch baking dish with parchment paper. Set aside.

In the meantime, make crust by adding dates to a food processor. Blend/mix until small bits remain or it forms into a ball. Remove and set aside.

Add walnuts and salt to the food processor and process into a meal. Then add dates back in and blend until a loose dough forms - it should stick together when you squeeze a bit between your fingers. If it's too dry, add a few more dates through the spout while processing. If too wet, add more walnuts.

Press the crust into the parchment-lined dish until uniformly flat. Press down so it's firmly packed. Set crust in freezer to set.

Next make date caramel by adding 3/4 cup dates to the food processor. Blend until a paste forms, then add hot water a little at a time until it forms a nice caramel-like paste that's spreadable. Set aside.

Add your drained, soaked cashews to a high speed blender, along with vanilla, maple syrup, coconut milk, sea salt, oil, and lemon juice. Blend on high until creamy and smooth, scraping down sides as needed.

Add flavor as needed, adding more lemon for brightness, salt for flavor balance, or maple syrup for sweetness.

Pour filling over the crust and tap on the counter to release any air bubbles. Then add half of the date caramel in small spoonfuls and swirl with a toothpick or chopstick.

Sprinkle the peanuts on top and tap once again so they gently sink in. Cover lightly with plastic wrap, and then seal the top with foil. Freeze for 4-6 hours, or until completely set and firm.

When ready to serve, set out cheesecake to thaw briefly and top with remaining date paste and a few more roasted peanuts.

In the meantime, prepare chocolate sauce. Add chocolate and coconut oil to a ceramic bowl and set over a small saucepan with 1 inch simmering water (over medium heat). Stir occasionally over the simmering water until melted. Drizzle the chocolate over the cheesecake, slice into 9 to 12 bars and serve.

Getting Started

So its time to put all this information into action and get some fantastic results for your health, fitness and overall wellbeing. So to finish, here is a list of things to prepare to get the best results from your program.

- 1.First, take your body measurements using a measuring tape. Weigh yourself, and take photos of your body to help you track your progress if Weight-loss is one of your goals.
- 2.Download my fitness pal & configure it to your age weight and height to set your calories Goals.
- 3.Write down what you want your weekly meals to consist of. Be prepared for Breakfasts, Lunch's and Dinners along with any snacks.
- 4.Shop for foods, remember its a change, so try new items and recipes and find what works for you. Anything involving a change takes time and effort, so accept it will not happen overnight.
- 5.Purchase your supplements and set daily reminders on your phone to take them
- 6.Set a physical goal, if you want to run, walk, climb, weight-lift or swim. Whatever the goal is, set it and workout a minimum of three times weekly.

The first month will be the most difficult. Building your strength and fitness, getting used to the dietary changes etc.

Give it time! Stick to the program! You will be so happy with the results you are about to achieve!

Good Luck with it, and follow @bodycoachie on instagram and keep me updated with your results.



Bodycoach

Personal Training & Nutrition