



Thanks for registering your interest in Project Lean Summer Shred. Our aim with this 60 day transformation challenge is to get as many people realising that they really can make such a huge difference to their lives if they fully commit for 60 days!

From previous experience we've heard things such as...

"While my numbers are not massive, this project has actually had a massive impact on my fitness journey!! It has given me a real boost and over the years, while I may have weighed less I have not had the muscle tone that I do now, I never dreamed that after two babies (including a c section) that I would ever have abs again and they are beginning to peek through! That's amazing for me!"

"I feel much happier with my body composition. I have increased my weekly exercise and discovered how to enjoy it more, I am making healthier food choices and I am feeling much fitter, healthier and happier with myself because of that."

You can have your very own experience of the Project Lean process, we will give you all the tools, show you where to dig and it's then up to you to dig for 60 days and see what amazing results you can achieve (with our support and motivation every step of the way)!

Here's 3 of our favourite recipes...

Ingredients

- 200g uncooked quinoa
- Small can of sweetcorn (drained)
- 1 red pepper
- 1 green pepper
- 1 red onion
- 2 garlic cloves
- 3 tbsp BBQ seasoning
- Black pepper
- 450ml chicken stock
- 500g chicken breast



Method

1. Mix all ingredients in a large casserole dish except the chicken
2. Place chicken in the casserole dish so it is covered by the liquid
3. Cover dish with tin foil and cook for 1 hour at 160° until chicken is fully cooked
4. Shred chicken with two forks and mix through casserole dish

Calories	375
Protein	54g
Fats	5g
Carbohydrates	26g

Prep time- 10 mins

Cook time- 60 mins

Serves- 4

Mango Chicken

Ingredients

- 4 chicken fillets
- 1 packet of mushrooms (I used the chopped ones)
- 3 peppers (I used 2 long red peppers and a yellow one)
- Small jar of mango chutney
- 2 cans of condensed chicken soup
- 2 large handfuls of spinach
- Small can of sweetcorn
- 1 head of broccoli or broccoli florets (I didn't use these but will next time)
- Alter these due to taste preference, such an easy way to get more veg in.



Method

1. Steam/roast/grill or fry chicken fillets in some butter/olive oil. Add to a casserole dish when no longer pink.
2. Sauté (fry until softish) the mushrooms, peppers and spinach in some butter/oil, then add to the casserole dish. Meanwhile steam or microwave the broccoli until soft, add to the casserole dish along with the sweet corn.
3. Combine the mango chutney and the condensed chicken soup, then add these to the dish.
4. Cover the dish in tin foil and cook in the oven for 45 minutes at 180degrees.
5. Perfect served with a birds eye bag of steamed veg for handiness!

Calories	371
Protein	38g
Fats	13g
Carbohydrates	22g

Prep time- 20 mins

Cooking time- 45 mins

Serves- 4-5 people

White Chocolate & Raspberry Protein Balls

Ingredients

- 100g oats
- 2 scoops of White Chocolate & raspberry whey protein
- 5g vanilla extract
- 12g light honey
- 50ml almond milk
- 15 Milkybar buttons



Method

1. Blitz oats to create flour like consistency
2. Add whey protein, vanilla extract, honey & 25ml almond milk before blending again adding a little bit more milk as you need to until you create a dough like consistency that you can roll the mixture into 16 balls
3. Place into the fridge for 45 minutes
4. Melt milkybar buttons down as a topping and then dip balls into melted chocolate & place back in the fridge to set for a. further 15 minutes

Calories *1 ball	51
Protein	4g
Fats	1g
Carbohydrates	6g

Prep time- 10 mins

Setting time- 60 mins in fridge

Serves- 16