

'Clinically proven
& guarantees
weight loss'

Daily Mail

the

2

day diet
cookbook



**Diet two days a week.
Eat normally for five.**

Dr Michelle Harvie & Prof Tony Howell

www.thetwodaydiet.co.uk



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breakfast

boiled eggs with asparagus & ham soldiers

Ingredients

Calories 231, Carbohydrates 2g
Protein 23g, Fibre 2g, Salt 1.3g

2 eggs
4 slices ham, wafer-thin
80 g (23/4 oz) asparagus spears
1/2 tsp chives

Method

- 1 Carefully place the eggs in a pan of boiling water and allow to simmer for 4 minutes for soft-boiled. Remove from the water and set aside.
- 2 Meanwhile, cut each slice of ham in half and wrap 1 or 2 pieces around each asparagus spear, until all the slices are used up.
- 3 Place the wrapped spears, seam-side down, under a medium-hot grill for 3–4 minutes, until the asparagus is slightly tender and the ham is crisp.
- 4 Once the eggs have cooled to the touch, cut the tops off, sprinkle with the chives and use the asparagus soldiers to dip in to the yolk.



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salads and packed lunches

bang bang chicken salad

Ingredients

Calories 219, Carbohydrates 6g
Protein 31g, Fibre 3g, Salt 2g

500 ml (17 1/2 fl oz) low-salt chicken stock
120 g (4 oz) skinless chicken breast
1 tsp peanut butter
1/2 tsp low-salt soy sauce
1/4 tsp fish sauce
1/2 tsp rice vinegar
1-cm (1/2-in) piece ginger,
peeled and finely grated
1/2 red chilli, de-seeded and
finely chopped
80 g (2 3/4 oz) Chinese leaves, shredded
5-cm (2-in) piece cucumber, finely sliced
5 radishes, finely sliced
2 spring onions, finely sliced
1 tsp each mint and coriander,
roughly chopped

Method

- 1 Begin by bringing the stock to the boil in a small saucepan over a medium heat. Add the chicken breast, lower the heat to a simmer and poach the chicken for 10–15 minutes, until cooked through. Remove from the pan and set aside to cool. Reserve 1 tablespoon of the stock when you remove the chicken.
- 2 When the chicken is cool enough to handle, shred into bite-sized pieces.
- 3 Toss the chicken with the peanut butter, soy sauce, fish sauce, vinegar, ginger and chilli until coated in the dressing. Add the tablespoon of reserved stock to loosen.
- 4 Serve the chicken on a bed of the Chinese leaves, cucumber and radishes and scatter the spring onions and herbs over the top.



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30-minute meals

chimichurri steak

Ingredients

Calories 202, Carbohydrates 4g
Protein 28g, Fibre 2g, Salt 0.2g

2 rump steaks, 240 g (8½ oz)
each, trimmed of fat
4 medium tomatoes, sliced in half
4 tsp olive oil
1 clove garlic, crushed
4 spring onions, finely sliced
flat-leaf parsley leaves, handful,
roughly chopped
coriander leaves, handful,
roughly chopped
2 tsp red wine vinegar
½ lime, juice
1–2 green chillies (depending
on taste), finely chopped
salad leaves
black pepper

Method

- 1 Remove the steaks from the fridge and allow to come up to cool room temperature. Preheat a griddle pan or heavy frying pan over a medium–high heat.
- 2 Rub the steaks and the tomatoes in 2 teaspoons of the oil and cook the steaks on the griddle for 2 minutes on each side for medium-rare, 3 minutes for medium or 4 minutes for well done.
- 3 Add the tomatoes, cut-side down, for the final 3 minutes of cooking. Remove the steaks and tomatoes from the pan and allow to rest for 10 minutes.
- 4 Meanwhile, make the chimichurri sauce by combining the remaining oil with the garlic, spring onions, herbs, vinegar, lime juice and chillies. Add black pepper, to taste.
- 5 Slice the steaks and divide into 4. Serve with a large spoonful of chimichurri sauce, tomatoes and salad leaves.



Dessert

instant blackberry frozen yoghurt

Ingredients

Calories 79, Carbohydrates 10g
Protein 5g, Fibre 4g, Salt 0.2g

300 g (10 1/2 oz) low-fat
Greek yoghurt, frozen
320 g (11 oz) blackberries,
setting aside 8 to serve

Method

- 1 Remove the yoghurt from the freezer and allow it to thaw slightly at room temperature for a few minutes.
- 2 Whizz the yoghurt and blackberries in a food processor until the mixture is thick and creamy.
- 3 Serve straight

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