

Two meals? It's the magic number

Skipping breakfast or dinner can make you lean and energetic, two-meal guru Max Lowery tells Tom Ough

Pay attention, porridge lovers. Step away from the sourdough, avocado, because the meal formerly known as The Most Important of the Day is being reassessed. Why? Blame Max Lowery, the glowing, muscular advocate of "the two-meal day", which essentially entails skipping one meal. Lowery believes breakfast is the easiest to lose but, if you prefer, miss supper. The key is to drop one meal at either end of your day. This produces a natural fasting period of around 16-18 hours, tapping into the benefits of intermittent fasting without the full days of deprivation that are a part of the 5:2 diet. Once you're used to going without a meal, Lowery insists, "you find yourself thinking about food less". The benefits of intermittent fasting are well documented and are thought to include increased energy, lower blood pressure and an improved immune system. Going hungry also forces your body to dip into its fat stores for fuel, a process that is entirely natural for the human body but one which the modern three-meal day precludes.

Lowery, 27, an Instagram-friendly personal trainer in the Joe Wicks tradition, stumbled across this idea when



No fry-ups: Max Lowery has written a guide to healthy eating

penney-pinching in Brazil. "I'd been a stockbroker for four years and wasn't living a healthy lifestyle," he says. "I quit my job, qualified as a personal trainer and went travelling in South America". To save money he ate one big meal a day – "and I got in great shape. I'd never had muscle definition like I had then, and I felt full of energy". Lowery's book delves into the science and also suggests exercises and recipes. Just don't expect any fry-ups.

The 2 Meal Day, by Max Lowery, is out now (Kyle Books, £14.99) kylebooks.com

EXAMPLE 1 - BREAKFAST

SMOKED SALMON MINI FRITTATAS

If you can't imagine skipping breakfast, try this one. Eggs are rich in vitamin A and smoked salmon is a great source of niacin, which is important for the utilisation of energy.

SERVES TWO

INGREDIENTS
4 eggs
100g Greek yogurt
1/2 spring onions, finely sliced

40g soft goat's cheese
30g spinach, roughly chopped
Grass-fed butter, for greasing
100g smoked salmon, cut into thin strips
Lemon wedges, to serve

METHOD

1 Preheat the oven to 180C/Gas 4.
2 Mix the eggs and Greek yogurt together in a bowl. Add the spring onions, the goat's cheese and the spinach.
3 Grease six small muffin cases with butter and divide

the egg mixture equally between them. Bake for 20 minutes until the egg is cooked through.
4 Place strips of smoked salmon on the top of each egg muffin and serve with lemon wedges on the side.



SNACK
PEANUT BUTTER AND BANANA ON RYE
Good-quality rye bread doesn't affect your blood-sugar levels nearly as much as white bread made from wheat.



TAKE IT TO THE MAX
One-pan chorizo with beans, left; smoked salmon mini frittatas, below left; and pork tenderloin with creamy goat's cheese sauce, above

SERVES ONE

INGREDIENTS
2 tbsp peanut butter
2 slices rye bread
1 banana, peeled and sliced

METHOD

1 Spread the peanut butter on the rye bread and top with slices of banana.

LUNCH

ONE-PAN CHORIZO WITH BEANS
It's great being able to throw a few ingredients into a pan, do almost no work and get a dish packed with flavour at the end. Beans are loaded with vitamin E and contain selenium. Here, they seem to just suck up all the flavour of the sauce brilliantly.

SERVES ONE

INGREDIENTS
150g smoked uncooked chorizo sausage, casing removed
1 onion, chopped
2 sticks celery, chopped
1 red pepper, sliced
1 garlic clove, chopped
100ml dry white wine
200g canned plum tomatoes
200g canned cannellini beans or chickpeas, drained and rinsed

Handful of chopped flat-leaf parsley, to garnish

celery, red pepper and garlic and cook until softened.
2 Stir in the wine and tomatoes. Season and simmer for 15 minutes, stirring occasionally to break up the tomatoes, until the sauce thickens.
3 Add the beans and simmer for the further five minutes. Sprinkle with the parsley and serve hot, or just warm, in a bowl.

EXAMPLE 2 - LUNCH

PORK TENDERLOIN WITH CREAMY GOAT'S CHEESE SAUCE
I love the strong, tangy flavour of goat's cheese; it adds a creamy depth to this pork dish. It also contains a lot less lactose than cheese made from cow's milk, making it easier to digest. (Lactose is the natural sugar found in dairy products, and some people have difficulty digesting it.)

SERVES ONE

INGREDIENTS
70g Greek yogurt
120g soft goat's cheese
6 tbsp extra virgin olive oil
Handful of flat-leaf parsley leaves, roughly chopped
2 spring onions, thinly sliced
300g pork fillet
2 large tomatoes, halved
70g baby rocket
70g spinach
Handful of pine nuts
Juice of 1/2 lemon

METHOD

1 Mix the yogurt, goat's cheese and two tablespoons of cold water in a bowl until smooth. Whisk in three tablespoons of the oil, the parsley and spring onions. Season with pepper.
2 Heat a frying pan over a medium-high heat. Brush the pork with one tablespoon of the oil and sprinkle with salt and pepper. Cook for 12 to 15 minutes until charred on all sides. Remove from the pan and rest for 10 minutes, then slice thinly.
3 Meanwhile, brush the cut side of the tomatoes with one tablespoon of oil and sprinkle liberally with salt and pepper. Place the tomatoes, cut-side down, into a frying pan and cook for three to four minutes until charred and the top of the flesh is just softened.
4 Toss the baby rocket, spinach and pine nuts with the remaining oil and the lemon juice in a bowl. Season.
5 Place the pork slices on top of the salad, drizzle with the goat's cheese



CATCH OF THE DAY
Use only the freshest ingredients, above, for dishes such as seared tuna and crunchy Asian asparagus salad, below

sauce and serve with the tomatoes on the side.

SNACK

TWO-INGREDIENT CHOCOLATE MOUSSE
Whack this out at a dinner party and see how amazed everyone is after finding out there is absolutely no added sugar in it.

SERVES TWO

INGREDIENTS
100g dark chocolate
1 egg

METHOD

1 Melt the chocolate, either in a microwave or in a heatproof bowl over a pan of simmering water, making sure the bowl doesn't directly touch the heat.
2 Separate the eggs. Lightly whisk the yolks using a fork and use an electric whisk to beat the egg whites until soft peaks form.
3 Remove the chocolate from the heat and leave to cool to room temperature.
4 Once the chocolate has cooled a little, beat in the egg yolks, then fold the egg whites into the chocolate mixture (it can take a few minutes for it to look like a chocolate mousse).
5 Pour into small cups and chill in the fridge for 20 minutes. Serve with your choice of berries and cream.

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DINNER

SEARED TUNA AND CRUNCHY ASIAN ASPARAGUS SALAD
Try to source the freshest fish possible; two ways of telling whether it is fresh are the smell – a fresh fish should not smell "fishy" – and the look of the eyes, which should be clear, not cloudy. Fresh fish tastes so much better and has more nutritional content than frozen.

SERVES ONE

INGREDIENTS
200g yellowfin tuna steak (sustainably sourced)
2 tbsp black and white sesame seeds
2 tbsp toasted sesame oil
1/2 x 4 tenderstem broccoli, cut into 3cm slices
1 pak Choi, cut into 3cm slices
100g asparagus, cut into 3cm slices
2 tbsp dark or light soy sauce
2 tbsp teriyaki sauce
3 tbsp pickled ginger
1 red chili, finely chopped
Juice of 1/2 lemon

METHOD

1 Roll and press the tuna into the sesame seeds seasoned with a little salt and pepper. Set aside.
2 Heat a frying pan and add one tablespoon of oil to each.
3 Place the tuna in the frying pan and sear for 20 seconds on each side. Put the vegetables, soy and teriyaki in the wok and cook for five minutes. Remove the tuna from the pan and cut into even 2cm slices.
4 Place tuna on a large plate and cover with the ginger and chili, then drizzle with the lemon juice.
5 Serve the vegetables alongside the tuna.

