

MEAL PLAN - For one

	Breakfast	Snack	Lunch	Snack	Dinner	Drinks
Monday	Bircher muesli with fresh berries, yoghurt or nut milk	Zero sugar protein ball, serving of fresh fruit	Kale and chicken Caesar salad	Trail mix	Green goddess soup	2 litres water Vitamin water Herbal Tea
Tuesday	Bircher muesli with fresh berries, yoghurt or nut milk	Zero sugar protein ball, serving of fresh fruit	Leftover green goddess soup	Devilled eggs	Roast vegetable quinoa salad with cod, wilted spinach and broccoli	2 litres water Vitamin water Herbal Tea
Wednesday	Bircher muesli with fresh berries, yoghurt or nut milk	Zero sugar protein ball, serve of fresh fruit	Roast vegetable quinoa salad, wilted spinach and broccoli	Devilled eggs	Grilled chicken with salsa verde Side salad	2 litres water Vitamin water Herbal Tea
Thursday	Blueberry smoothie	Zero sugar protein ball, serve of fresh fruit	Leftover grilled chicken with salsa verde	Trail mix	Quinoa with squash, spinach and avocado	2 litres water Herbal Tea
Friday	Berry and spinach smoothie	Zero sugar protein ball, serving of fresh fruit	Leftover quinoa with squash, spinach and tomato.	Trail mix	Fish and chips with broccoli pesto, crispy kale and green beans	2 litres water Vitamin water Herbal Tea
Saturday	Scrambled eggs with roast peppers on toasted sourdough	Zero sugar protein ball, serving of fresh fruit	Mung bean pancakes with salad	Hummus with leftover pesto, carrot sticks	Falafels with salad and hummus	2 litres water Vitamin water Herbal Tea
Sunday	Poached eggs with guacamole on toasted sourdough	Zero sugar protein ball, serving of fresh fruit	Left over mung bean pancakes/ falafels with salad	Edamame beans	Roast lamb with roasted squash, parsnip chips and green beans.	2 litres water Vitamin water Herbal Tea

Shopping List

Shop on Sunday to prepare for the week.

Fresh

2 cups mixed berries
1/2 cup blueberries
2 bananas
7 servings of fruit (for morning snacks)
4 lemon
1 lime

1 red onion
2 brown onions
9 cloves/1 bulb garlic
2 butternut squash
1 potato
250g swede
500g parsnips
7 carrots
3 red pepper
1 courgette
1 fennel

2 heads broccoli
250g green beans
2 avocado
Punnet baby tomatoes
1 cucumber
9 spring onions (bunch)

450g kale
300g spinach
100g spring greens
4 serves salad greens
Sml bunch pak choi
Sml handful parsley
1 bunch basil
1 small bunch chives
1 bunch coriander
3 sprigs rosemary

140g hummus (tub)

1/2 cup edamame beans
95g kimchi
250ml coconut water (optional)
4 slices sourdough bread

Meat, fish, eggs, dairy

9 anchovies
500g chicken
1 wild salmon fillet
450g lamb, boneless shoulder
1 cod fillet
Butter, knob
2 Tbsp parmesan
8 eggs
750g greek yoghurt
500ml nut milk

From the store cupboard

100g rolled oats
350g quinoa
5 Tbsp chia seeds
130g dry mung beans
1.5 x 400g chickpeas can

100g pistachios
90g shaved coconut
1 Tbsp pumpkin seeds
1.5 Tbsp pine nuts
380ml olive oil
2 Tbsp sesame oil
85ml coconut oil

1/2 cup nuts (for trail mix)
3/4 cup mixed seeds (for trail mix & protein balls)
1/4 cup dried fruit (for trail

mix)

3 Tbsp tahini
2 Tbsp nut butter
1/4 tsp dijon mustard
1 Tbsp wholegrain mustard
1/2 Tbsp red wine vinegar
2 Tbsp rice wine vinegar
2 Tbsp white vinegar
1/2 Tbsp capers
2 Tbsp soy sauce or tamari
100ml white wine

50g maple syrup
1 Tbsp honey
2 Tbsp raw cacao powder
2 serves (50g) protein powder, plus optional extra

for smoothies
1 tsp vanilla extract
50ml coconut milk

1 litre vegetable stock
300ml lamb stock
1/2 tsp chilli
1 tsp ground cinnamon
1 tsp cumin seeds
1 tsp ground coriander
1/4 tsp turmeric
1/2 tsp smoked paprika
1 Tbsp crushed chillies
1/2 tsp ground cumin
Sprinkle chilli flakes
Cayenne pepper pinch

RECIPES



Bircher muesli with fresh berries

Ingredients:

100g rolled oats
½ cup (70g) pistachios (or can be brazil nuts, almonds, walnuts - any of your choice)
Handful of fresh berries e.g.: raspberries, blueberries, blackberries redcurrants or strawberries
50g maple syrup
1 tsp vanilla extract
2 Tbsp chia seeds
1 Tbsp pumpkin or sesame seeds (or both) –optional
90g shaved coconut pieces
500g natural yoghurt

Method:

Combine oats, nuts, seeds and coconut in a large bowl and mix. Add the vanilla and maple syrup

to the natural yoghurt and stir through. Add the yoghurt mixture to the dry ingredients and mix through evenly. If mixture is too dry, add a little water. Portion into jars and top with fresh berries. Refrigerate overnight.



Zero-sugar protein balls

Ingredients:

2 servings of your favourite vegan protein powder
2 Tbsp raw cacao powder
3 Tbsp mixed seeds
2 Tbsp nut butter
1 Tbsp chia seeds
1 tsp cinnamon
50ml water (add more slowly if needed)

Method:

Pulse together in a food processor until a dough forms. Roll into balls and coat in shaved coconut, extra cacao powder or seeds. Store in an airtight container in fridge.



Kale and Chicken Caesar salad

Ingredients:

200g kale, shredded, with stems cut out
100g spring greens, shredded and no stems
6 anchovies
200g cooked chicken, cut into thin strips
2 Tbsp parmesan shavings

Dressing:

2 Tbsp olive oil
2 Tsp tahini
1 Tbsp lemon juice
1 tsp tamari
1 clove garlic, crushed
Pinch sea salt
Pinch of chilli powder

Mix the kale spring greens in a bowl with the chicken and drizzle over the dressing. Sprinkle over the Parmesan dressings and place the anchovies on top.

Method:

Dressing:

Whisk all the ingredients together.



Trail mix

It's a much better idea to make your own trail mix as shop bought versions are usually loaded with sugar and salt. Allow 25g of nuts and seeds as your base.

Start with some good nuts (always choose unsalted and unsweetened versions) for example one of the following:

Almonds - full of healthy fats, protein, fibre, vitamin E and magnesium

Brazil nuts - good source of selenium as well as protein, fibre, calcium, magnesium and potassium

Cashew nuts - good source of copper and magnesium and lower in fat than most other nuts

Pecans - good source of vitamin E and monounsaturated fats, full of antioxidants and rich in magnesium, calcium, and iron

Walnuts - good source of omega 3

Seeds

Sunflower seeds - good source of vitamin E, vitamin B1 and copper, protein and fibre

Pumpkin seeds - good source of phosphorus, magnesium, manganese and copper as well as zinc and iron

Flax seeds - high in fibre, vitamin B1 and copper

Dried fruit for sweetness - dried apricots, goji berries, dried cranberries, coconut flakes, mulberries

Extras: cocoa nibs, sprinkle of cinnamon, nutmeg or vanilla.

Or if you prefer a more savoury taste, add a little sea salt, cayenne pepper, ground ginger or wasabi peas for a kick. You can add whatever ever spices you like!



Green Goddess Soup

Ingredients:

2 Tbsp Olive oil
1 brown onion
1 head of broccoli – cut into florets
A handful of kale
A handful of spinach
1 potato – peeled and cut into cubes
1 litre vegetable stock or chicken stock
½ can of chickpeas
50ml coconut milk
Salt & pepper to taste
Crème fraiche to serve (optional)

Method:

Peel and roughly dice the brown onion.
Place a saucepan onto low heat and add the olive oil.
Place the onions in the pan and sweat for 10 minutes, ensuring that they don't colour.
Add the chopped broccoli, and sweat again for 4–5 minutes.
Add the vegetable stock, kale, spinach and potato.
Bring to the boil then simmer for 25–30 minutes, or until the potato is soft, then add the chickpeas.
Remove the pan from the heat & blend.

Add the coconut milk

Season with salt and pepper to taste. If it's slightly too thick add more coconut milk until the right consistency.



Devilled Eggs

Ingredients:

3 eggs, hard-boiled and peeled

½ cup Greek yoghurt

¼ - ½ tsp smoked paprika

Small pinch sea salt

4 fresh chives, chopped.

Method:

Once the eggs are cooled, cut them in half and scoop out the yolks into a bowl. Mash the yolks with a fork and add the Greek yoghurt, mixing well. Add the paprika and salt. Add more yoghurt if required. Spoon back into the egg whites and sprinkle with the chives.

These are quite filling for a snack on their own, but you could add a small slither of smoked salmon on top if wanted.



Quinoa with Roasted Veg and Cod with wilted spinach, & steamed broccoli

Ingredients:

100g Quinoa
2 Tbsp Olive oil
½ red onion, sliced into rings
1 red pepper, diced
1 courgette, diced
1 fennel, sliced (ends cut off)
¼ squash, skin left on and cut into small chunks
2 cloves garlic, peeled and left whole
Sea salt
Ground black pepper
Small bunch of coriander
3 florets broccoli, steamed
Large handful of spinach, wilted
1 cod fillet
Knob of butter

Method:

Pre-heat the oven to 200C. Put all the chopped vegetables into a large baking tray, drizzle over the

olive oil and season. Roast in the oven for about 30 minutes or until they are soft. Ten minutes before they are due to be ready prepare the cod. Place the cod onto a large square of tinfoil. Season and add a knob of butter. Wrap like a parcel and cook for about 10 minutes. Meanwhile prepare the quinoa as per the instructions on the packet. Mix the vegetables with the quinoa, season and sprinkle over the coriander. Serve with the cod and steamed broccoli and wilted spinach.



*Grilled chicken with salsa verde, carrot & swede mash
with Pak choi & kale.*

Ingredients:

2 chicken breasts, baked
Small bunch Pak choi, steamed
Kale, steamed

Salsa verde ingredients (makes about 4 servings):

½ clove garlic, peeled
½ Tbsp capers
3 anchovy fillets
1 small handful flat-leaf parsley, leaves picked
1 small handful fresh basil, leaves picked
¼ Tbsp Dijon mustard
½ Tbsp red wine vinegar
4 Tbsp extra virgin olive oil
sea salt
freshly ground black pepper

Method:

Chop the parsley and basil (or you can use a food processor), and add the capers, anchovies, garlic, red wine vinegar, mustard and olive oil. Whisk together, to make a thick sauce. Drizzle over your grilled chicken and serve with carrot & swede mash with pak choi & kale.



Carrot and swede mash

Ingredients:

250g Swede, cubed
250g Carrot, cubed
Olive oil
Salt

Method:

Preheat oven to 200C; roast cubed carrot and swede with a little olive oil for 30-35mins until soft. Combine in a bowl and mash to preferred consistency.



Blueberry Smoothie

Ingredients:

1 large handful of blueberries
1 mug of nut milk of your choice (ie almond)
1 banana
1 Tbsp of coconut oil
1 Tbsp chia seeds

Method:

Add all the ingredients in a blender, and blend until smooth. Add ice if you like it more chilled.



Quinoa with squash, spinach & avocado

Ingredients:

250g of butternut squash, peeled and chopped into small pieces
1 small avocado
2 handfuls of baby spinach leaves
3 Tbsp olive oil
250g quinoa, cooked
2 spring onions, finely chopped
Handful of pistachios, chopped and roasted
Sea salt
Ground black pepper

Dressing:

1 ½ Tbsp lemon juice
1 Tbsp water
1 Tbsp tahini
½ garlic clove, minced
Pinch salt
Pinch cayenne pepper

Method:

Pre-heat the oven to 200C. Put the squash on a lined baking tray season and drizzle with olive oil. Roast for 30 minutes.

Make the dressing by whisking the lemon juice, water, tahini, garlic, salt and cayenne together. Put the cooked quinoa into a large bowl, add the spring onions, spinach and pistachios and the squash once cooked. Mix well. Slice the avocado and arrange on the top. Drizzle over the dressing and serve.



Berry & spinach smoothie

Ingredients:

1 small banana

Handful of spinach (washed)

½ cup of berries of your choice frozen or fresh (ie blueberries & redcurrants)

1 cup of water or coconut water

Note: Frozen berries are a good choice during the autumn/winter months and not in season as they still retain all their goodness.

Method:

Add all to blender & blend until smooth.



Fish and chips

Ingredients:

For the parsnip chips:

Coconut oil.
Sea salt.

For the fish:

250g parsnips, peeled and chopped lengthways into the approximate size of chips
1 wild salmon fillet
½ lemon, juice
1 Tbsp honey
1 Tbsp wholegrain mustard
Olive oil

Method:

For the parsnip chips:

Pre-heat the oven to 200C. Put 5 Tbsp of coconut oil into a baking/roasting tray and put in the oven until it melts. Add in the chopped parsnips and season with salt. Roast for about 30 minutes or until browned. You will need to turn them a few times to make sure they all get roasted.

For the salmon:

Meanwhile, mix the lemon juice, honey & mustard together. Place the salmon fillet on a baking tray

and spoon over the dressing. Once the parsnips have been roasting for about 20 minutes, turn the oven down to 180C and move the parsnips down to a lower shelf in the oven. Put the salmon in at the top and bake for 15-20 minutes (until the salmon is baked through, it should be flaky).

For the broccoli pesto:



Ingredients:

125g broccoli florets
Small 1/2 handful of basil leaves
1 Tbsp of fresh lemon juice
1 ½ Tbsp pine nuts (but could use walnuts)
1 clove garlic
Sea salt
Freshly ground black pepper

Method:

Wash and chop the broccoli into florets. Place the pine nuts in a dry frying pan over a medium to low heat and toast until they are golden but not burnt (for about 3-5 minutes), stir frequently. When they are toasted put the pine nuts in a food processor with the broccoli, lemon juice, garlic and basil leaves. Add the olive oil and blend until they form a paste. Season with salt & pepper. You can add more olive oil if it is too dry.

Drizzle the pesto over the salmon.



Crispy Kale & green beans

Ingredients:

2 handfuls of kale
Olive oil
Sea salt
125g of green beans

Method:

Preheat oven to 200 degrees centigrade or Gas mark 7. Wash and chop up the kale into small pieces (remove any very large stalk ends). Put in an ovenproof dish, and drizzle with olive oil. Sprinkle over a good pinch of sea salt. Bake in the oven for around 5 minutes, or until crispy, but still green - not burnt!
Wash the beans, top and tail and steam until tender but still vibrant green and with some crunch.



Scrambled eggs with roast peppers

Ingredients:

3 eggs
Small amount of nut milk
Salt pepper
Chives
1 red pepper
Olive oil

Method:

To roast peppers:

Preheat oven to 260C. Chop the peppers into quarters and discard seeds. Roast peppers for approximately 15mins, until skin blisters and turns black. Remove from oven, and cover. Skins should remove easily once cooled.

To scramble eggs:

Whisk together eggs, milk and chives in a small bowl. Heat a small frying pan or saucepan and add a small amount of olive oil. Add eggs to pan, mix as the eggs are cooking to scramble. Remove cooked eggs from pan and assemble on toast with roast peppers on the side.



Mung Bean Pancakes (makes 6 pancakes)

Ingredients:

130g organic mung beans
95g kimchi, finely chopped
2 spring onions, finely chopped
2 Tbsp coriander, finely chopped
1 tsp cumin seeds
½ tsp coriander, ground
¼ tsp turmeric, ground
¼ tsp sea salt
1 Tbsp coconut oil

Dipping Sauce

2 Tbsp soy sauce
2 Tbsp toasted sesame oil
2 Tbsp rice wine vinegar
1 tsp crushed chillies (or ½ tsp cayenne pepper, less if you don't want it too spicy)
1 spring onion, finely sliced

Method:

Pancakes:

Rinse the beans and soak overnight. In the morning, drain and discard the water.

Blend the soaked beans and 1/2 cup water in a blender, or food processor. Add up to 1/2 cup more water little by little, blending until the beans are a thick paste, but not too sloppy.

Add the cumin seeds, coriander and turmeric. Blend again until the mixture is smooth. Stir in the spring onions, coriander, kimchi and salt.

Heat a non-stick pan on medium heat and add the coconut oil. Once melted spoon or ladle in one large tablespoonful of batter into the centre of the pan and so that it's roughly 1/4 inch thick. Cover and cook for three to five minutes, until bottom is golden brown. Turn and cook, uncovered for another three minutes or until it is golden on the bottom. You can add more coconut oil if necessary.

Dipping Sauce:

Combine the soy sauce, sesame oil, rice vinegar and chillies (or cayenne) in a small bowl and mix until blended. Add the finely chopped spring onions. Ready to serve.

Serve with salad.



Spinach & chia seed falafels

Ingredients:

1 400g tin of chickpeas
Large handful of spinach leaves, washed
¼ onion, finely chopped
1 garlic clove, crushed
½ tsp ground cumin
½ tsp ground coriander
Pinch chilli powder
½ tsp sea salt
1 Tbsp chia seeds
½ lemon zest and juice
1 Tbsp Olive oil for frying

Method:

Drain the chickpeas and put in a food processor. Add chopped onion and spinach (making sure there are no large stalks). Add the spices, garlic, and lemon juice and blend until smooth, add the chia seeds and blend for another few seconds to mix them in. Divide the mixture into small balls (note if they are not firm enough you can put the mixture into the freezer for 5 minutes to firm up). Heat a frying pan with the olive oil and once hot, fry the falafel balls until golden, adding more oil if needed.

Serve with natural yoghurt, hummus and salad.



Poached eggs with guacamole on toasted sourdough

Ingredients:

2 eggs
2 slices sourdough toast
2 Tbsp vinegar

For the guacamole

1 avocado
1 lime, juice and zest
Chilli, diced or a pinch of dry (optional)
Salt & Pepper

Method:

Bring water to a gentle simmer in saucepan and add the vinegar. Gently crack eggs into simmering water.

Meanwhile, mash avocado in a small bowl, add the zest and juice of a lime, chilli and salt and pepper to taste. Combine. Top toasted sourdough with guacamole mix.

After 3-4 minutes remove eggs from water with a slotted spoon, drain excess liquid. Place on guacamole toast. Top with extra cracked pepper.



Edamame

Simply steam your edamame beans for a few minutes until cooked but still crunchy. Transfer to a dish and sprinkle with salt and chilli flakes.



*Slow cooked roast lamb, with roasted squash and
parsnips*

Ingredients:

350g boneless lamb shoulder joint
300ml of lamb stock
100ml of white wine
3 whole garlic cloves, peeled
2 carrots, peeled and sliced into rings.
Few sprigs of rosemary
Sea salt
1 tablespoon of coconut oil

Squash and parsnips:

1/2 small squash
2 Tbsp Olive oil
250g parsnips, peeled and chopped lengthways into the approximate size of chips.
Sea salt.

125g green beans, ends trimmed.

Method:

Roast Lamb:

Pre-heat the slow cooker. Heat the coconut oil in a large pan on the stove over a high heat, season the lamb and rub it all over with one of the garlic cloves, add to the pan and brown it on all sides. Put the chopped carrots into the bottom of the slow cooker then add the lamb. Add the stock, wine and rest of the garlic and rosemary. Season. Cook on a low setting for 8 hours.

Squash and Parsnip:

Approximately 45 minutes before the lamb is ready pre-heat the oven to 200C. Wash the squash, half it lengthwise and cut into moon shape pieces. Place on a roasting tray, season and drizzle over olive oil. Cook for around 45 minutes, or until soft. After about 10-15 minutes, add the parsnips onto the pan, season and drizzle with olive oil and roast until browned. You will need to turn them a few times to make sure all get roasted.

Serve with a side of steamed green beans.



Side Salad

Salads can be really easy, just chop up some veggies and add them to salad leaves! The combinations are endless; I've added a basic side salad to get you started.

Ingredients:

Salad leaves (large handful)
Baby tomatoes, halved.
½ cucumber, sliced
¼ red onion, sliced
1 tsp olive oil
½ lemon, juiced
Salt/pepper

Method:

Combine in large bowl.