

Meal Plan - Week 2

	Breakfast	Snack	Lunch	Snack	Dinner	Drinks
Monday	Overnight oats with raspberries	Spicy chickpeas	Grilled sardines with cannellini bean mash and watercress	Beetroot hummus with carrot, celery and pepper dippers	Lentil dhal	2L water Herbal Tea Vitamin Water
Tuesday	Overnight oats with raspberries	Beetroot hummus with carrot, celery and pepper dippers.	Lentil dhal	Cashew and dried sour cherry energy balls	Kale and cauliflower couscous with baked salmon	2L water Herbal Tea Vitamin Water
Wednesday	Overnight oats with raspberries	Spicy chickpeas	Kale and cauliflower couscous with baked salmon	Beetroot hummus with carrot, celery and pepper dippers	Quinoa with grilled pumpkin and beetroot salad	2L water Herbal Tea Vitamin Water
Thursday	Green smoothie bliss	Granola Bar Serving of fruit	Quinoa with grilled pumpkin and beetroot salad	Cashew and dried sour cherry energy balls	Buckwheat mushroom risotto with watercress , orange and avocado salad.	2L water Herbal Tea Vitamin Water
Friday	Green smoothie bliss	Spicy chickpeas Serving of fruit	Buckwheat mushroom risotto with watercress , orange and avocado salad.	Cashew and dried sour cherry energy balls	Quinoa chicken nuggets with watercress and roasted squash salad	2L water Herbal Tea Vitamin Water

Saturday	Banana coconut pancakes	Edamame	Quinoa chicken nuggets with watercress and roasted squash salad	Granola Bar Serving of fruit	Cumin and coriander vegetables with pearl barley	2L water Herbal Tea Vitamin Water
Sunday	Poached eggs with roasted thyme tomatoes	Granola Bar Serving of fruit	Cumin and coriander vegetables with pearl barley	Sweet potato crisps	Lamb and red lentil casserole	2L water Herbal Tea Vitamin Water

Shopping list

Fresh

425g beetroot
1 squash
2 parsnips
250g pumpkin
5 carrots
1 sweet potato

2 onions
½ medium red onion
1 leek
5 spring onions
5.5 cloves garlic
Knob fresh ginger

60g green beans
1 courgette
½ head cauliflower
3 florets cauliflower
100g mixed mushrooms

1 bunch watercress
130g kale
300g baby spinach

4.5 sticks of celery
1 red bell pepper
1 red chilli
Vine cherry tomatoes
2 avocado

Bunch parsley
Bunch thyme
Large bunch of coriander
1 sprig rosemary
¼ cup edamame

4 serves fruit
4 lemons
330g pineapple
3 oranges

1 cup raspberries
150g blueberries
1 ripe banana
400g medjool dates

500ml coconut water
2 slices sourdough bread

Meat, fish, eggs, dairy

3 sardines
2 fillets salmon
250g lamb leg steak
2 chicken breasts

280ml natural yoghurt
2 tbsp. milk
10g Parmesan
120g unsalted butter

7-8 eggs

From the store cupboard

400g chickpeas
300g cannellini beans
165g red lentils
75g buckwheat (or brown risotto rice)
250g quinoa
40g pearl barley
390g oats
120g short grain brown rice
500g tinned tomatoes
750ml chicken stock
640ml vegetable stock
50ml white wine

1 tbsp. vinegar

1 tbsp. tahini
2 tbsp. peanut butter
½ tsp wholegrain mustard

5g dried porcini mushrooms

4.5 tbsp. coconut oil
230ml olive oil

½ tsp coriander seeds
¼ tsp cayenne pepper
¾ tsp dried chilli
3 tsp cinnamon
1 ½ tsp cumin seeds
½ tsp marjoram (dried)
1/8 tsp all spice, ground
½ tsp harissa
½ tsp turmeric
½ tsp garam masala
1 ½ tsp coriander, ground
1 bay leaf
Salt & pepper

100g cashews
30g walnuts
60g pumpkin seeds
30g mixed chopped nuts

145g dried sour cherries

70g honey
70g coconut palm sugar
2 tbsp. flour
2 tbsp. desiccated coconut
½ tsp vanilla extract



Overnight Oats With Raspberries

Ingredients

45g oats
80g plain yoghurt
125g raspberries
2 tbsp. milk (nut milk)

Method

- Before you go to bed, mix together oats, milk and yogurt
- Finely chop half the raspberries and puree the other half in a blender or food processor until smooth.
- Layer the oatmeal with the raspberries and raspberry puree
- Refrigerate overnight



Spicy Chickpeas

Ingredients

½ can chickpeas
½ tbs. olive oil
1/2 tsp. dried marjoram
1/8 tsp. ground allspice
1 tsp. cumin
1/8 tsp. salt

Method

- Preheat oven to 230C
- Blot the chickpeas to absorb the moisture
- Place in a mixing bowl and add the oil, spices and salt. Toss until they are covered with the spice mix.
- Spread over a baking tray and bake for about 20 minutes, or until they are crunchy. Leave to cool before eating.



Grilled Sardines With Cannellini Bean Mash

Ingredients

3 x sardines
½ tbsp. olive oil
Sea salt, pinch
Pepper, pinch
1 lemon, juiced
1 tbsp. natural yoghurt
½ garlic clove, crushed
½ teaspoon harissa
Fresh parsley (handful)
300g cannellini beans
1 tsp lemon juice
½ teaspoon of thyme
100g kale
1 tbsp. olive oil
Sea salt

Method

- Mix the garlic, olive oil, lemon juice, paprika, and black pepper in a small bowl and whisk.
- Arrange the sardines in a single layer on the bottom of a shallow baking dish and pour the marinade over them, turning to make sure evenly coated. Leave aside to marinate for 30 minutes in the fridge.
- Meanwhile, chop the kale and place in a baking dish. Sprinkle with salt and pour over the olive oil. Bake at 180C for about 20 minutes, the kale should be crispy but not burnt.
- Place the cannellini beans in a baking dish in the oven to warm. Mash the cannellini beans. Add a little more olive oil if needed (or water).
- Heat the griddle pan over a high heat. Once hot, put the sardines on the grill and cook each side for about 2-3 minutes. Season with salt and add the chopped parsley.
- Serve with the cannellini mash and kale. Add a dollop of natural yoghurt on the side.



Beetroot Hummus (2 servings)

Ingredients

1 x 200g chickpeas, drained and rinsed
125g cooked beetroot
¼ tsp salt
Juice 1/4 lemon
½ garlic clove, crushed
1 tbsp. tahini
1 tsp. ground cumin
50ml extra virgin olive oil

Method

- Place all the ingredients into a food processor and blend until smooth. Add more olive oil or water if too thick.
- Store in the fridge for about 4-5 days.



Lentil Dhal (2 servings)

Ingredients

120g short grain brown rice

90g red lentils

½ onion, diced

300ml vegetable stock

200g of tinned tomatoes

2 garlic cloves, finely chopped

½ red chilli de-seeded and finely chopped

½ tsp. turmeric

½ tsp. cumin

½ tsp garam masala

½ tsp coriander

1 knob; fresh ginger, peeled and grated

1 tbsp. olive oil

Small handful fresh coriander leaves

½ lemon, juiced

Sea salt

Ground black pepper

1 bay leaf

Method

- Start by measuring the rice in a measuring jug or cup. Soak the rice in double the amount of water and set aside.
- Preheat the slow cooker to low heat. Heat the olive oil in a large pan over a medium heat and cook the onion until it's softened with a pinch of salt (about 3-4 minutes).
- Add in the garlic, chilli, ginger and cook, stirring for another few minutes. Add in the cumin, turmeric, coriander and garam masala and cook for a further 2-3 minutes. Rinse the lentils well and add the lentils and mix well. Add in the tomatoes, stir and then transfer to the slow cooker. Add the stock and the bay leaf. Put on the lid and cook on low for 8 hours or high for 4 hours.
- 40 minutes before serving, drain your rice and put in a pan with a tight fitting lid (glass if possible, so that you can see what's going on). Add double the amount of water to the dry rice you measured earlier. Bring to the boil and turn down to simmer, but do not take the lid off at any point or you'll lose the steam! The rice should be cooked when it has absorbed all the water (about 25 minutes). Check it's soft and then leave to sit without the heat on, but leaving the lid on for another 10 minutes.
- Add the lemon juice to your dhal and season. Dress with the coriander before serving with the rice.



Cashew & Dried Sour Cherry Energy Balls (makes 15-20 balls)

Ingredients

400g medjool dates, pitted
100g oats (or quinoa flakes)
100g roasted cashews
2 tbsp. peanut butter
2 tbsp. coconut oil
100g dried sour cherries, chopped

Method

- Preheat the oven to 180C
- Spread the nuts out on a baking tray and roast for around 8 minutes, until they are browned
- Take care to keep an eye on them so they don't burn. Shake them half way through so they are cooked all over.
- Once they are roasted, let them cool. Place in a food processor with the oats (or quinoa flakes if you are using them) and blend until they look more like flour.

- Add all the other ingredients and blend again until it becomes a sticky mixture.
- Roll into small balls and store in the fridge for 4-5 days.



Kale & Cauliflower Couscous With Oven Baked Salmon (serves 2)

Ingredients

2 fillets wild caught salmon
Olive oil, drizzle
½ head of cauliflower (no stalks or leaves)
Handful of kale, finely chopped
½ lemon, juiced
½ garlic clove, minced
Small handful fresh coriander, chopped
1 tsp cumin seeds
Sea salt

Method

- Preheat the oven to 200C

- Place the salmon in an oven dish with a drizzle of olive oil
- Bake for around 20 minutes until cooked
- Meanwhile, blend the cauliflower in a food processor until it looks like couscous
- Cook the cauliflower in boiling water for a few minutes, until cooked. Drain.
- Add the kale, coriander, cumin seeds, garlic, salt and lemon juice
- Mix together and serve



Quinoa With Grilled Pumpkin & Beetroot Salad (serves 2)

Ingredients

150g baby beetroot, trimmed, scrubbed
4 tbsp. extra virgin olive oil
250g pumpkin, peeled, cut into 3cm pieces
½ tbsp. thyme leaves
150g quinoa
50g baby spinach leaves
1 orange, juiced.
½ tbsp. honey or maple syrup
½ tsp. wholegrain mustard
2 tbsp. flat-leaf parsley leaves, chopped
Handful walnuts, toasted & chopped

Method

- Preheat oven to 200C
- On a baking tray, add the baby beetroot and pumpkin. Season and drizzle with olive oil and sprinkle thyme

- Bake for around 30 minutes or until softened
- Once cool, peel off the skin of the beetroot and chop into small pieces.
(Optional: once the pumpkin is soft, heat a grill pan and grill the pumpkin for about one minute on either side so they have blackened griddle lines, remove and set aside).
- Cook the quinoa as per the instructions on the packet and leave to cool
- Make the dressing by combining the maple syrup or honey, mustard, orange juice and remaining olive oil (add more oil if required), and mix together
- Mix the beetroot and pumpkin together with the quinoa, walnuts and parsley and drizzle over the dressing



Green Smoothie Bliss

Ingredients

90g fresh spinach
250ml coconut water
165g pineapple, fresh
¼ avocado

Method

- Blend spinach and coconut water until smooth.
- Add remaining ingredients, and blend until smooth.



Granola bars (makes 6-8)

Ingredients

45g pumpkin seeds
45g pecan nuts, roughly chopped
45g sesame seeds
200g oats
30g mixed chopped nuts (or any nut of your choice, chopped)
45g sour cherries (or apricots), roughly chopped
1 ½ tsp. cinnamon
100g unsalted butter
Pinch sea salt
70g coconut palm sugar
50g honey or maple syrup

Method

- Preheat the oven to 140 C. Line a baking tray (around 20cm) with greaseproof paper.
- In a large bowl, add chopped nuts, oats, seeds, cherries, cinnamon and salt, and mix together.
- In a saucepan, add the butter, palm sugar and honey or maple syrup. Heat gently until the sugar is dissolved and becomes a dark golden colour (but don't let it go too dark!)
- Transfer this mixture into your bowl of nuts and oats, and mix well to ensure coated.
- Spread the mixture onto your lined baking tray and pat it down so it is about 1cm thick. Bake for around 20 - 25 minutes.
- Take out to cool and harden, then cut into bars.

Buckwheat mushroom risotto with watercress, orange & avocado salad

Ingredients

75g buckwheat
½ small onion
½ celery stick
100g of mixed fresh mushrooms including - shiitake, oyster, chestnut, maitake
5g of dried porcini mushrooms
50ml white wine
1 clove garlic, crushed
½ lemon
Butter
100ml of chicken or veg stock
10g parmesan
1 tbsp. coconut oil
Rosemary, 1 sprig
Thyme, fresh (handful)

Method

- Chop the onion, celery and dried porcini finely.
- Heat the coconut oil in a pan and add in the onion, celery and porcini, with a pinch of salt, cook until softened. Add in the garlic.
- Wash and chop the rosemary, and add to the pan.
- Wash and add in the buckwheat, cook for another minute.
- Stir and add in 1/3 of the stock mixed with the boiling water.
- Keep an eye on this pan and keep stirring so it doesn't dry out. Add more of the stock if it needs it.
- Meanwhile heat a pan, and add ½ tbsp. of coconut oil. Tear and fry the fresh mixed mushrooms with the hot oil. Add a pinch of salt. Add more boiling water if the buckwheat is not cooked through, the risotto should be porridge-like.
- Once they have softened add the mushrooms into the other pan with the buckwheat.
- Grate the Parmesan, add into the pan and stir through.
- Wash and sprinkle over the thyme leaves.

Avocado, orange and watercress salad

Ingredients

1 spring onion, finely sliced

½ bunch watercress

1 avocado, sliced

1 orange, segmented

Handful of pumpkin seeds, toasted

For the dressing

Juice of ½ orange

Zest and juice of ½ lemon

1 tsp. honey

½ tsp. Dijon mustard

2 tbsp. olive oil

Salt and pepper

Method

- Whisk the dressing ingredients together and toss through the watercress and orange segments.
- Arrange the avocado and spring onions on top.
- Scatter with toasted pumpkin seeds.



Quinoa Chicken Nuggets (2 servings)

Ingredients

100g quinoa
2 tbsp. flour
1 large egg
Sea salt
Ground black pepper
2 chicken breasts
1-2tbsp olive oil
Sesame seeds
1 spring onion, chopped finely

Method

- Preheat the oven to 200°C
- Cook the quinoa as instructed on the pack. Then spoon onto a lined baking tray and cover with a clean tea towel to absorb any moisture and leave to cool.

- Whisk the egg and season. Cut the chicken into bite size pieces and toss into seasoned flour. Dip the chicken into the egg mixture and then into the quinoa, pressing it down so it's coated.
- Once all the pieces are coated, place them on another baking tray, drizzle with olive oil and cook for approximately 15 minutes, until the chicken is cooked through.
- Sprinkle with sesame seeds and chopped spring onions

Watercress & Roasted Squash Salad With Avocado & Chilli (2 servings)

Ingredients

½ squash, cubed
½ bunch watercress
3 spring onions, sliced
½ avocado, diced

½ red chilli, finely diced
½ lemon
20ml olive oil
Cracked black pepper

Method

- Place cubed squash on baking tray and drizzle with half the olive oil. Bake in oven at 180C for approximately 20min until roasted.
- Meanwhile, in a large bowl, mix watercress, spring onions, and avocado
- To make the dressing, in a small bowl or jar combine the juice of the lemon with finely diced chilli and remaining olive oil. Add cracked black pepper to taste.
- When the roasted squash has cooled slightly, add it to the large bowl, drizzle over the dressing and mix to combine.



Edamame

- Simply steam your edamame beans for a few minutes until cooked, but still crunchy.
- Transfer to a dish, and sprinkle with salt and chili flakes. Add garlic salt if you wish.



Banana Coconut Pancakes

For the pancakes

1 ripe banana
2 large free range eggs
2 tbsp. desiccated coconut
½ tbsp. buckwheat or wheat flour
½ tsp. cinnamon
A little coconut oil or olive oil

For the topping

150g blueberries (fresh or frozen)
½ tsp vanilla extract

Method

- Bring blueberries to simmer on a low heat with a splash of water and the vanilla extract
- Mash the bananas
- Whisk the pancake ingredients together to form a batter

- Oil the frying pan and heat
- Ladle the batter in small amounts onto the frying pan, 3 small pancakes at a time (aim for 9 in total)
- Serve covered with stewed blueberries and vanilla

Cumin & Coriander Vegetables With Pearl Barley

Ingredients

1 celery stick, chopped
½ medium red onion, diced
½ small squash - peeled and cut into chunks
2 parsnips, peeled and diced
60g green beans, topped and tailed

1 courgette, diced
1 leek, sliced
1 tbsp. olive oil
2-3 carrots, peeled and diced
240ml of vegetable stock
300g of tinned chopped tomatoes
½ tsp. coriander seeds
½ tsp. cumin seeds
½ tsp. dried chilli flakes
40g pearl barley
Sea salt
40g spinach

Method

- Heat 1 tablespoon of olive oil in a large casserole dish over a medium heat. Add the diced celery, courgettes, red onion, carrots and courgettes. Season and cook until softened, about 10 minutes.
- Transfer to the slow cooker and add the tomatoes, spices, parsnip and stock.
- Wash the pearl barley and add to the pan. Cover and cook on a high heat for 15 minutes.
- Add the leeks and green beans, season and cook for another 10 minutes. Check the vegetables are all softened and the pearl barley is cooked.
- Serve with a side of spinach, drizzled with olive oil.



Poached Eggs With Roasted Thyme Tomatoes

Ingredients

1 or 2 eggs
Cherry tomatoes (on vine)
A few sprigs of fresh thyme
1 tbsp. wine vinegar
2 slices sourdough toast

Method

- Heat oven to 160C. Place cherry tomato vine on a baking dish, drizzle with olive oil, cracked pepper and add thyme. Roast for 40-50mins until soft.
- When tomatoes are almost ready, bring the water to a gentle simmer in a saucepan. Add vinegar. Gently crack eggs into simmering water.
- Toast the sourdough.

- After 3-4 minutes remove eggs from water with a slotted spoon, drain excess liquid. Place eggs on toast and add roasted thyme tomatoes to the side. Top with extra cracked pepper.



Sweet Potato Crisps

Ingredients

1 sweet potato
1 tbsp. olive oil
1/4 tsp cayenne pepper
Sprinkling of sea salt

Method

- Preheat the oven to 180C
- Peel and finely slice the sweet potatoes so they are a couple of millimetres thick
- Pat them dry, and spread them over a baking tray or dish

- Drizzle over the olive oil and sprinkle over the cayenne pepper and sea salt
- Turn them over so they are all coated on both sides
- Bake for 10-15 minutes, until they are crispy
- Take out and leave to cool

Lamb & Red Lentil Casserole (2 servings to share)

Ingredients

2 tbsp. coconut oil
 1 onion, finely sliced
 1 garlic clove, crushed
 1 tsp. ground cumin
 1 tsp. ground coriander
 pinch ground cinnamon
 ¼ tsp. chilli flakes
 175g dried red lentils, rinsed
 750ml hot chicken stock
 250g lamb leg steaks, diced
 ½ handful fresh coriander, finely chopped
 ½ lemon, for squeezing

Handful of fresh spinach leaves
 3 cauliflower florets
 Sea salt
 Ground black pepper

Method

- In a large casserole dish, heat 1 tbsp. of coconut oil over a low heat
- Add the onions and cook gently for 10 minutes, until softened
- Add the garlic, and cook for a further minute, then add the spices and cook for another minute
- Add the lentils and stock and bring to a simmer
- Put the lid on and cook for another 25-30 minutes, until tender
- Meanwhile, heat one tablespoon of coconut oil in a separate pan
- Add the lamb and brown over a high heat
- Stir into the lentils with and cook for the last 10 minutes of the cooking time, or until cooked through
- Add the cauliflower florets, and in the last 2-3 minutes wilt the spinach
- Add the lemon juice, coriander. Season to taste.