

# Meal Plan - Week 3

	Breakfast	Snack	Lunch	Snack	Dinner	Drinks
Monday	Strawberry and quinoa breakfast bowl	Apple and cinnamon rings	Sprouted bean salad	Soaked nuts, serve of fresh fruit	Chicken tagine with cauliflower cous cous	2 Litres water Herbal teas Vitamin water
Tuesday	Strawberry and quinoa breakfast bowl	Apple and cinnamon rings	Leftover chicken tagine with cauliflower cous cous	Soaked nuts, serve of fresh fruit	Black rice salad with mango and avocado	2 Litres water Herbal teas Vitamin water
Wednesday	Strawberry almond butter smoothie	Avocado and broadbean dip with celery, carrot and red pepper sticks	Leftover black rice salad with mango and avocado	Apple and cinnamon rings	Grilled Salmon with brazil nut and spinach pesto with quinoa salad	2 Litres water Herbal teas Vitamin water
Thursday	Strawberry almond butter smoothie	Avocado and broadbean dip with celery, carrot and red pepper sticks	Grilled Salmon with brazil nut and spinach pesto with quinoa salad	Soaked nuts, serve of fresh fruit	Sweet jacket potato with coleslaw	2 Litres water Herbal teas Vitamin water
Friday	Strawberry almond butter smoothie	Avocado and broadbean dip with carrot, celery and red pepper sticks	Sweet jacket potato with coleslaw	Soaked nuts, serve of fresh fruit	Bean chilli with brown rice	2 Litres water Herbal teas Vitamin water
Saturday	Spinach and mushroom omelette	Blood orange citrus smoothie	Bean chilli with brown rice	Paprika and chilli kale chips	Shephards pie with cabbage, fennel and watercress salad	2 Litres water Herbal teas Vitamin water

Sunday	Quinoa spinach and scrambled eggs	Blood orange citrus smoothie	Shephards pie with cabbage, fennel and watercress salad	Paprika and chilli kale chips	Miso soup with bone broth	2 Litres water Herbal teas Vitamin water
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## SHOPPING LIST

### Fresh

750g strawberries  
 4 bananas  
 8 apples  
 3 mango  
 4 lemons  
 1 lime  
 4 blood oranges  
 3 avocado  
 4 serves fruit  
  
 2 red chilli  
 450g tomatoes  
 3 red peppers  
 5 mushrooms  
  
 3 onions  
 1.5 red onion  
 6 cloves garlic  
 5 spring onions  
 ½ leek  
  
 6 carrots  
 ½ beetroot  
 225g root vegetables-  
 swede, parsnip  
  
 100g red cabbage  
 100g white cabbage  
 250g kale  
  
 1 bunch flat leaf parsley  
 1 bunch mint  
 2 bunches coriander  
 sprig rosemary  
 100g watercress  
 230g spinach  
 125g sprouted beans  
 (mung beans, alfalfa or  
 chickpeas)

3 radishes  
 ½ courgette  
 7 sticks celery  
 1 fennel  
 ½ head cauliflower  
 1 aubergine  
 200g broad beans

### Meat, fish, eggs, dairy

25g butter  
 50ml natural yoghurt  
 1.5 litres almond milk  
  
 100g silken tofu  
 2 fillets salmon  
 250g minced lamb  
 2 servings chicken (mix  
 of breast and thigh)  
 2-3kg bones  
 5 eggs

### From the store cupboard

150g quinoa  
 300g black rice  
 2 serves brown rice  
  
 1 tsp vanilla extract  
 2 tsp maple syrup  
 1.5tsp cinnamon  
 375ml coconut milk  
 3 tbsp almond butter  
  
 30g dried apricots  
 45g chia seeds  
 30g hemp seeds  
 1 tbsp almonds, flaked  
 20g roasted almonds

170g almonds, whole  
 50g brazil nuts

4 tbsp coconut oil  
 11 tbsp olive oil

100ml chicken stock  
 125ml stock (lamb or  
 veg)

60ml orange juice

2 tbsp white wine  
 vinegar  
 40ml apple cider vinegar  
 1 tbsp miso  
 ½ tsp mustard  
 3 tbsp tomato puree  
 dash worchesershire

200g kidney beans, tin  
 200g adzuki beans, tin  
 240g chickpeas, drained  
 400g chopped tomatoes

1 sheet dried nori/  
 wakame  
 1 tsp oregano, dried  
 ¼ tsp cayenne pepper  
 ½ tsp smoked paprika  
 ½ tsp salt  
 6 bay leaves  
 ½ tsp chilli flakes  
 1 tbsp black peppercorns  
 2 tsp cumin, ground

Small loaf sourdough bread



## **Strawberry and quinoa breakfast bowl**

(for 2 days)

Ingredients:

- 45g chia seeds
- 50g quinoa, cooked
- 30g hemp hearts
- 1 tsp vanilla extract
- 2 tsp maple syrup
- Pinch of cinnamon
- 375ml full-fat coconut milk
- 300g sliced strawberries
- 1 tbsp flaked almonds

### Method:

Add all ingredients (minus strawberries) to one large jar and stir together. Tighten lid and place in the fridge overnight. \* Remove from fridge and arrange in two bowls with sliced strawberries and almonds. Cover one serve for the next day, enjoy!

\*If the mixture feels a bit thick when you remove it from the fridge in the morning, whisk in 2 more tablespoons of coconut milk to loosen it up.



### Apple and cinnamon rings

#### Ingredients:

6 apples  
Cinnamon

#### Method:

Pre-heat oven to 180 C. Take 6 apples (any apples are fine, but crisper varieties will hold better). Core them using an apple corer. Then slice from the bottom of the apple to form rings of about 2-3 mm wide. Lay them on a baking sheet, lined with grease-proof paper and lightly sprinkle cinnamon over them. Bake in the oven for around 45 minutes or until they are slightly golden and crinkly. Let them cool and they are ready to eat.



## Sprouted bean salad

125g sprouted beans i.e. alfalfa, mung beans, chick peas

¼ tsp salt

½ large ripe mango, diced

½ small ripe avocado, diced or sliced

⅛ cup roasted almonds

¼ cup fresh coriander, chopped

For the dressing:

1 lime, juice

1 tbsp olive oil

½ tsp honey

Pinch sea salt

½ clove garlic, minced

1 tbsp fresh coriander, chopped

Method:

Make the dressing by blending the lime juice, coriander, olive oil, garlic, honey and salt in a food processor for about 15 seconds. Set aside. Put the beans, mango, avocado, almonds and coriander in a bowl and gently mix. Drizzle over the dressing. Enjoy!



### **Soaked nuts - instructions:**

1. Dissolve 1 tsp sea salt in a bowl of 2-3 cups of filtered, warm water.
2. Add your nuts (preferably organic). Make sure there is enough water to cover them about 2 inches.
3. Leave in a warm place, don't refrigerate and don't cover for at least 7 hours, preferably overnight.
4. Once soaking time is reached, discard the water (don't use this water as it contains the enzyme inhibitors that you want to get rid of).
5. Rinse your ingredients well.
6. They should keep in the fridge for 5-7 days.



### **Chicken tagine with cauliflower couscous**

(serves dinner and lunch)

#### **Ingredients:**

- 2 chicken pieces (mixture of thighs & breasts)
- 1-2 tbsp coconut oil
- 1 large aubergine, washed and diced into small pieces
- 450g fresh tomatoes, chopped
- 1 small onion, diced
- 30g dried organic apricots, chopped
- 1 red chilli, de-seeded and chopped finely
- 1 tbsp tomato puree
- 2 tsp cumin, ground
- 1 tsp cinnamon
- 100ml chicken stock
- 200g chick peas, tin
- 1 bay leaf
- 15g fresh coriander, chopped

#### **Method:**

Preheat the slow cooker. Heat 1 tbsp of coconut oil in a large pan over a medium/high heat. Season & cook the chicken until it is golden. Then remove it and set aside. Sprinkle the cinnamon over the cut aubergine and add to the casserole pan, if necessary add some more coconut oil, cook for approximately 10-15 minutes or until golden and slightly softened. Add the chillies, bay leaf and other spices and cook for a further 10 minutes.

Transfer everything including the chicken to the slow cooker. Add in the stock, tomatoes, chickpeas, apricots and tomato puree. Cover and cook on either high for 3-4 hours or low for 6-8 hours. Serve with cauliflower couscous and sprinkle over the fresh coriander.



### **Cauliflower couscous**

½ head cauliflower  
1 tbsp olive oil or butter  
Salt

Method:

Blend cauliflower in a food processor until it resembles cous cous. Heat pan over a medium heat, add olive oil and the blended cauliflower. Sauté until cauliflower is tender. Serve as a side with chicken tagine.





## **Black rice salad with avocado & mango**

(serves dinner and lunch)

**Ingredients:**

300g cooked black rice  
1 fresh mango, diced into small chunks  
1 small red onion, chopped  
1 small ripe avocado, diced  
Sea salt  
15g flat leaf parsley, chopped  
15g watercress

***Dressing:***

1 ripe mango, peeled and roughly chopped  
2 tbsp white wine vinegar  
2 tbsp olive oil  
60ml orange juice  
Sea salt & pepper

**Method:**

Cook the rice as per the packet instructions until it is tender. Remove from the heat and let it cool. Meanwhile make the dressing.

Combine mango, vinegar, olive oil and orange juice in your blender. Blend until smooth. If the dressing is too thick for your liking, add more orange juice until you reach desired consistency. Season with salt and pepper.

Add to the black rice the avocado, onion, mango chunks, parsley & watercress, then drizzle over the dressing - not too much as it will be sweet!



## Strawberry Almond Butter Smoothie

### Ingredients:

½ banana  
1 tsp raw honey  
1 tbsp almond butter  
250ml almond milk  
150g strawberries (fresh or frozen)  
Ice as needed

### Method:

Blend in your blender until smooth.



## **Avocado, broad bean and mint dip**

200g broad beans (frozen or fresh)

1 avocado

1 lemon, juice

2 tbsp olive oil

Small bunch mint

Salt and pepper to taste

### **Method:**

Bring a saucepan of water to the boil, add the broad beans and blanch for two minutes, drain, and plunge into cold water. Peel off the skins, and put the beans in a food processor. Add the avocado, lemon juice, olive oil, and mint, and blitz until almost smooth. Season with salt and pepper to taste.



## **Grilled Salmon with Brazil Nut & Spinach Pesto & Quinoa Salad**

(serves dinner and lunch)

### **Pesto Ingredients**

50g Brazil Nuts  
50g Spinach  
2 tbsp Olive oil  
4 tbsp Water  
Garlic Clove  
Salt & Pepper to taste

### **Quinoa Salad Ingredients**

100g Quinoa  
40g Chickpeas  
2 Red pepper  
50g Spinach  
2 Salmon Fillet  
Olive oil  
Salt  
Pepper

### Pesto Method

Place the brazil nuts in a blender and blend until a fine powder. Add the remaining ingredients and blitz until smooth. Season to taste

### Quinoa Salad Method

Deseed and dice the pepper. Season with olive oil, salt and pepper. Place in a roasting tin and roast at 200C for 15 minutes.

Rinse the quinoa and place in a pan of water, bring to the boil and boil until just al dente - about 15 minutes. Drain.

Place a pan on heat and add the handful of spinach, sautee until wilted.

Season the salmon fillet with salt and pepper and a drizzle of olive oil. Cover with foil and bake for 20minutes at 180C

### To Assemble

Place the quinoa, chickpeas, red peppers, wilted spinach and two tbsp of the pesto into a bowl and mix to combine. Place the grilled salmon fillet on top of the salad mixture and drizzle over some more pesto.



### Sweet Jacket Potato with Coleslaw

(serves dinner and lunch)

### Sweet Jacket potato:

2 large sweet potatoes  
½ bunch thyme  
2 cloves garlic  
Sea salt

### Coleslaw Ingredients:

1 small carrot  
½ fennel  
½ beetroot  
50g white cabbage  
50g red cabbage  
3 radishes  
¼ red onion  
Extra virgin olive oil  
1 Lemon  
½ handful fresh soft herbs (ie mint, fennel, dill, parsley and chervil) , leaves picked and chopped  
50ml natural yoghurt  
½ tsp mustard  
Sea salt & pepper

### Method:

Preheat the oven to 200 C. Wash and dry the potatoes. Place on a baking tray and cook for 1hr with the thyme and garlic. When they are cooked through (crispy on the outside and soft in the middle), take out of the oven, slice through, drizzle with olive oil, sprinkle with the thyme leaves, garlic and a pinch of salt. Whilst these are cooking prepare the coleslaw...

Shred the carrots, fennel, radishes, beetroot, with a sharp knife, or you could use the julienne slicer in a food processor. Put the vegetables into a mixing bowl. Slice the cabbage and onion as finely as you can and add to the bowl. In a separate bowl, mix half the lemon juice, a tablespoon of extra virgin olive oil, the chopped herbs, yoghurt and mustard. Pour this dressing over the vegetables and mix well. Season with salt and pepper and the rest of the lemon juice.

Top the baked sweet potatoes with the coleslaw mix. Enjoy!



## Bean Chili

(serves dinner and lunch)

Ingredients:

200g chopped tomatoes, tin

200g kidney beans, tin\*

200g aduki beans, tin\*

½ large carrot, peeled and diced

1 tbsp coconut oil

1 tbsp tomato puree

1 tsp ground cumin

1 bay leaf

½ red pepper, chopped

1 tsp dried oregano

¼ tsp cayenne pepper

½ red chilli, de seeded and finely chopped or 1 tsp dried chilli flakes

½ large stick of celery, washed and finely chopped

½ medium onion, diced

1 clove garlic, finely chopped

15g chopped coriander

## Brown rice

\*You can use dried beans, but this will take much longer as they will need soaking overnight, see packets for instructions.

### Method:

Heat the coconut oil in a large pan over a medium heat. Add the chopped onions, garlic, pepper, celery and carrot. Cook until the onions are golden (approx. 10 minutes). Once softened, add in the spices (oregano, cumin, bay leaf, cayenne and the chilli), then the tomato puree. Cook for a further 2-3 minutes, stirring. Add in all the beans, including the liquid and then the tinned tomatoes. Bring to a boil, stir, then let simmer for about 15 minutes. Keep checking it doesn't dry out, you add some water if necessary. Season with salt & pepper. The beans should be cooked through and soft. Sprinkle over the chopped coriander.

Serve with brown rice & a green salad.



## Spinach and mushroom omelette

### Ingredients:

2 eggs

50ml nut milk

Pinch salt



Cracked black pepper

5 mushrooms, sliced

¼ red onion, diced

½ clove garlic, crushed

30g baby spinach

1 tsp olive oil

Method:

Sautee mushrooms, onion, and garlic in a fry pan over a medium heat until the mushrooms are lightly browned, approximately 5 mins.

Whisk eggs and nut milk together in a small bowl and season with salt and pepper.

Pour over the mushroom mix in the fry pan and scatter spinach leaves on top, gently pushing them into mix with a wooden spoon to ensure they're covered by the egg mix.

Cook for approximately 3-4 minutes until the egg is cooked through.

Serve with a slice of toasted sourdough bread.



**Blood Orange Citrus Smoothie**

## Ingredients:

1 lemon, skin scrubbed and cut into quarters (yes, blend the skin!)  
2 peeled blood oranges, cut in quarters  
1 banana (you can use frozen chunks)  
1 apple, cored and cut into quarters  
250ml almond milk  
Ice as required  
optional - 2 scoops high quality protein powder (I use Revolution Foods Super Blends)

## Method:

Blend all ingredients together until they are smooth.



## Paprika and chilli kale chips (no dehydrator required)

### Ingredients:

200g Kale  
¼ tsp pink Himalayan salt  
½ tsp smoked paprika  
1 tbsp extra virgin olive oil

### Method:

Heat the oven to 120C. Strip the kale from its stems in large pieces, and wash well, then dry thoroughly with clean tea towels or a salad spinner.

Grind the salt and paprika together to a powder.

Put the kale in a large bowl and add the oil. Massage it into every dimple in the leaves, then toss with the seasoning. Spread out in a single layer on two large baking trays lined with baking parchment and bake for about 30 minutes, turning the trays round half way through cooking.

Turn the oven off and use a metal spatula to detach the leaves from the trays. Taste for seasoning and add a little more if necessary, then put them back in the oven and leave in there for at least 15 minutes to cool and crisp up further before serving.



### Healthy shepherd's pie

(serves dinner and lunch)

#### Ingredients:

250g minced lamb

½ large onion, chopped finely

1 carrot, chopped finely  
½ courgette, diced  
½ celery stick, diced  
1 bay leaves  
200g tin of chopped tomatoes  
Dash of Worcestershire sauce  
1 sprig fresh rosemary or 2 tsp dried rosemary  
2 sprigs of fresh thyme (or 4 dried)  
1 garlic clove, chopped  
Sea salt & ground black pepper  
125ml of lamb or veg stock  
1 tbsp tomato puree  
1 tbsp coconut oil

For mash:

225g root vegetables i.e. swede, parsnips, carrots, peeled and cut into small chunks  
225g sweet potatoes, peeled and chopped into small chunks  
½ leek, washed and chopped up  
50g kale, washed, large stalks removed and chopped finely  
25g - you can use olive oil if you don't want dairy  
Sea salt & freshly ground black pepper

Method:

In a large frying pan, heat the coconut oil until it melts. Add in the onion, celery, courgette & carrots, season with salt and pepper. Add the bay leaves and cook on a medium heat until they have all softened. In a separate pan, melt another tablespoon of coconut oil & add the mince, cook until it's browned.

Meanwhile prepare all the vegetables for the mash.

Once the vegetables in the frying pan have softened add in the browned mince. Add in the tinned tomatoes, stock, tomato puree, Worcestershire sauce, garlic and herbs. Season with salt & pepper. Bring to the boil and then turn down to a simmer for approximately 30 minutes.

Meanwhile heat the oven to 200 C.

Now to make the mash. Put all your root vegetables into a pan of boiling water and boil until soft, but not mushy (approximately 10-15 minutes). Do the same with the sweet potatoes. Whilst they are cooking, chop up the kale very thinly. Steam until tender, but still bright green.

Drain root vegetables mash, season and add a dash of olive oil or butter. Add all the vegetables together, including the steamed kale.

Once the mince is ready, transfer it into an ovenproof dish and spread over the vegetable mash. Cook for 30 minutes.

Serve with salad.

## **Cabbage, fennel & watercress salad**

Ingredients:

50g green cabbage, thinly sliced

50g red cabbage, thinly sliced

½ fennel, thinly sliced

50g watercress

3 spring onions, finely sliced

1 small green apple, thinly sliced

2 tbsp lemon juice

½ tsp mustard (mild)

1 tbsp olive oil

Pinch cracked black pepper

Method:

Combine cabbage, fennel, watercress, spring onions and apple in a large bowl. In a separate bowl or jar, combine the lemon juice, olive oil, cracked black pepper and mustard. Pour dressing over salad and toss well to combine.



**Quinoa, Spinach & Scrambled Eggs**

Ingredients:

40g quinoa  
125ml water  
200g spinach  
3 eggs  
Dash nut milk  
Salt and pepper

Method:

*Quinoa*

Rinse quinoa in a fine mesh sieve to remove bitterness from grain. Combine quinoa and water in a saucepan and bring to the boil. Reduce to a medium heat and simmer. Cook until quinoa has absorbed all the water (about 10mins). Remove pot from heat and cover with lid. Allow to steam for 5 mins. Remove lid and fluff with a fork.

*Eggs & Spinach*

Whisk together eggs and milk in a small bowl. Heat small frypan or saucepan on stove top and add a small amount of olive oil. Add eggs to pan, mix as the eggs are cooking to scramble.

To wilt spinach, add to a small saucepan with a dash of water. Cook over heat, stirring often.

Assemble on toast with quinoa.



## **Miso soup with bone broth**

### **Ingredients:**

250ml of bone broth (see method below)  
½ tbsp miso  
2 spring onions, finely sliced  
100g silken tofu, cut into cubes  
1 sheet dried nori or wakame seaweed  
Chilli flakes - optional

### **Method:**

Place the bone broth in a large saucepan and bring it to the boil. Turn down the heat to low then add the seaweed and simmer gently for 5 minutes. Stir in the miso so it is fully dissolved, but don't boil it. Add the spring onion and tofu, then gently heat through and serve. Sprinkle with chilli flakes if you want to add extra spice.

### **To make bone broth (makes 3-4 litres)**

#### **Ingredients:**

2-3 kg beef bones, chicken carcasses, lamb bones (usually free from the butchers) or use the saved bones from a roast  
A generous splash of apple cider vinegar or fresh lemon juice (optional - this can help to extract the minerals from the meat bones)  
1 onion  
2 carrots  
2 celery stalks  
1 tbsp black peppercorns  
3 bay leaves, dried

You can add any additional herbs or spices if you want.

#### **Method:**

Place all of the above into a pan and cover with cold water until a few centimetres above the contents. Bring to the boil and then reduce to a simmer for a minimum of 12 hrs chicken. The longer they cook for the better. You can alternatively put it all in a slow cooker on high for 12 hrs. Approximately every 20 minutes, skim off any foam that forms on top. Once done, strain off the bones and vegetables, it will keep in the fridge for 3 days or you can freeze it for use in soups and stews.