

# Meal Plan - Week 4

	Breakfast	Snack	Lunch	Snack	Dinner	Drinks
Monday	Chia smoothie breakfast pot	Baba ganoush with quinoa crackers and vege sticks	Summer chickpea salad with mint and lemon	Soaked nuts and a piece of fruit	Courgetti chicken noodles	2 Litres water Herbal Teas Vitamin Water
Tuesday	Chia smoothie breakfast pot	Baba ganoush with quinoa crackers and vege sticks	Leftover courgetti chicken noodles	Soaked nuts and a piece of fruit	Squash and chickpea curry with brown rice	2 Litres water Herbal Teas Vitamin Water
Wednesday	Chocolate banana smoothie with chia seeds and nuts	Baba ganoush with quinoa crackers and vege sticks	Leftover squash and chickpea curry with brown rice	Soaked nuts and a piece of fruit	Mixed green salad with steak and paprika aioli	2 Litres water Herbal Teas Vitamin Water
Thursday	Chocolate banana smoothie with chia seeds and nuts	Roasted spicy chickpeas and a piece of fruit	Leftover green salad with steak and paprika aioli	Cacao and brazil nut energy ball	Quinoa and chickpea salad with pomegranate and mint	2 Litres water Herbal Teas Vitamin Water
Friday	Chocolate banana smoothie with chia seeds and nuts	Roasted spicy chickpeas and a piece of fruit	Leftover quinoa and chickpea salad with pomegranate and mint	Cacao and brazil nut energy ball	Warm salmon, kale, sesame and ginger salad	2 Litres water Herbal Teas Vitamin Water
Saturday	Best banana healthy pancakes topped with berries	Roasted spicy chickpeas and a piece of fruit	Leftover warm salmon, kale, sesame and ginger salad	Cacao and brazil nut energy ball	Super liver detoxifying pasta	2 Litres water Herbal Teas Vitamin Water
Sunday	Spinach tomato and chickpea frittata	Roasted spicy chickpeas and a piece of fruit	Leftover super liver detoxifying pasta	Cacao and brazil nut energy ball	Kale and chicken Caesar salad	2 Litres water Herbal Teas Vitamin Water

# Shopping List

## Fresh

3 courgettes  
1 aubergine  
1 carrot  
½ butternut squash  
½ bunch celery  
2 onion  
1 red onion  
1 shallot  
6 spring onions  
2 bulbs garlic  
3" piece ginger  
  
150g chinese cabbage  
280g kale  
  
2 handfuls rocket  
100g mixed salad greens  
120g spinach  
100g spring greens  
  
10g mint  
large bunch coriander  
sprig rosemary  
  
1 avocado  
3 tomatoes  
punnet cherry tomatoes  
3 red chilli  
1 cucumber  
1 red bell pepper  
  
85g pomegranate seeds  
250g mixed berries  
5 bananas  
2 lime

4 lemon  
7 serves fresh fruit

## Meat, fish, eggs, dairy

2 salmon fillets  
300g chicken breast  
2 rib eye steak  
3 anchovies  
  
50g halloumi  
25g feta cheese  
1 tbsp parmesan

5 eggs  
650ml nut milk

## From the store cupboard

255g quinoa  
2 serves brown rice  
135g oats  
100g pasta, wholemeal or gluten free  
  
85g flax seed  
1.5 tbsp sesame seeds  
7 tbsp chia seeds  
1 tbsp sunflower seeds  
50g cashew nuts  
60g brazil nuts  
1 tbsp pine nuts  
  
2 tbsp fish sauce  
350ml olive oil  
65ml sesame oil  
200ml vegetable stock  
1 tsp tomato puree  
½ tsp wet mustard

1 tsp tamari  
1 tbsp apple cider vinegar  
200ml coconut milk

2 tbsp tahini  
5 tbsp almond butter  
5 medjool dates  
150ml honey  
1 tbsp cacao powder  
1 vanilla pod  
1.5tbsp vanilla extract  
2 tbsp maple syrup  
3 tbsp coconut oil  
50g shredded coconut  
1 tsp baking powder

¼ tsp chilli powder  
2 tsp sea salt  
3.5 tsp cumin  
2 tsp cinnamon  
¼ tsp all spice  
1 tsp marjoram  
1 tsp ground coriander  
1 tsp turmeric  
½ tsp chilli flakes  
1/8 tsp smoked paprika

5 artichoke hearts  
1250g chickpeas, tin weight  
½ can garbanzo beans



## *Chia smoothie breakfast pots*

(For 2 days)

### **Ingredients:**

250ml of nut milk  
½ fresh vanilla pod  
2 tbsp chia seeds  
1 tbsp maple syrup  
100g mixed berries (blueberries and raspberries work well!)  
½ small banana

### **Method:**

Scrape out the seeds of your vanilla pod into a bowl, then add the chia seeds and maple syrup. Stir then add 200ml of the milk. Pour into a glass and refrigerate for 3 hours minimum (but preferably overnight so that the chia has time to expand and set).

When it is ready, blend the fruit (leave a couple out for decorating at the end), with the banana and the rest of the milk to make a smoothie. Pour this on top of your chia mixture and decorate with the remaining fruit.



## *Quinoa Crackers*

(for 3 snacks)

### **Ingredients:**

- ½ cup flax seed
- ⅓ cup water
- ½ cup quinoa (or quinoa flour)
- ½ tsp sea salt
- ½ tsp baking powder
- 1 tbsp olive oil
- 1 sprig of fresh rosemary, chopped finely.
- 1 tbsp sunflower seeds

### **Method:**

Preheat the oven to 180 C. Line a baking tray with greaseproof paper.

Soak the flax seeds for 15 minutes. Meanwhile if using quinoa grains, then using a grinder, grind into a flour consistency. Mix the soaked flax seeds with the quinoa flour (or ground flour). Add the baking powder, salt, olive oil, sunflower seeds and rosemary.

Spread the mixture onto your baking tray so it is a thin flat layer, covering the tray. Put it in the oven to cook for about 15 minutes, then take it out and carefully turn it over.

At this point you can cut it into squares, using a pizza cutter. Put it back in the oven for about another 5 minutes, or until it is crispy, taking care it doesn't burn.

Don't worry if your squares break up a bit, it tastes great whatever the shape!

Serve with baba ganoush!



## *Baba Ganoush*

(for 3 snacks)

### **Ingredients:**

1 aubergine (grilled until soft and very slightly blackened, but not burnt!)  
½ lemon  
1 tbsp tahini  
1 garlic clove  
1-2 tbsp virgin olive oil  
¼ tsp chilli powder (optional)

### **Method:**

Preheat the oven to 180C. Cut the aubergine lengthways. Drizzle with olive oil and bake for around 40 minutes, or until they have gone soft.

Leave to cool, then scoop out the flesh, discarding the skins. Place in a food processor with the garlic, tahini, lemon juice and olive oil. Season with salt and pepper. Blend until smooth. Taste the dip. If it's not smooth enough then add some more olive oil. You may want to add a bit more lemon juice. If you prefer it with a bit of a kick then add a little chilli powder. It should be thick and gloopy!  
Serve with quinoa crackers and celery, red pepper and cucumber sticks.



## *Summer chickpea salad with mint and lemon*

(for dinner and lunch)

### **Ingredients:**

- 1.5 tbsp olive
- 2 tbsp lemon juice
- 1 tbsp apple cider vinegar
- 1 tsp lemon zest
- 1.5 minced garlic cloves
- ¼ teaspoon sea salt
- pinch teaspoon ground pepper
- ½ can garbanzo beans rinsed and drained
- ¼ cup cherry tomatoes, halved
- ¼ cucumber, chopped
- ¼ red bell pepper, chopped

1/8 cup onion, chopped  
10g fresh chopped mint leaves

**Method:**

In a medium bowl whisk the oil, lemon juice, vinegar, zest, cloves, salt, and pepper until well mixed.

Add the beans, tomatoes, cucumber, bell pepper, onions, and mint.

Serve immediately or store in the refrigerator. The salad tastes better the more time the beans have had a chance to marinate.



## *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.



## *Courgetti chicken noodles*

(for dinner and lunch)

### **Ingredients:**

2 chicken breasts  
3 courgettes  
1 large carrot, grated  
15g fresh coriander, chopped  
150g Chinese cabbage, washed and shredded finely.  
1 tbsp sesame seeds  
1 tbsp olive oil  
Sea salt and ground black pepper  
1 tbsp cashew nuts (optional)

### **Dressing:**

2 tbsp lime juice  
2 tbsp of fish sauce  
2 red chillies, de-seeded and chopped into thin rings



2 cloves garlic, crushed  
2 tbsp sesame oil  
1 tbsp honey  
4 spring onions, chopped  
1" ginger, grated

**Method:**

Pre-heat the oven to 180C and bake the chicken breasts in an oven proof dish for 25-30 minutes (until cooked through).

Meanwhile spiralise your courgettes (or use a julienne peeler) to make the noodles.

Heat olive oil in a large frying pan and add the courgette. Cook for a couple of minutes, tossing them regularly. Season with salt and pepper, they should be softened, but still have bite.

To make the dressing, add the sesame oil and fish sauce into a pan to warm, add the other ingredients, stir and warm through for a couple of minutes.

Once the chicken is cooked, cut it into small bite size pieces.

Put the courgetti into a large bowl, add in the cabbage & carrot and mix. Add in the chicken. Drizzle over the dressing and mix, sprinkle over and the sesame seeds.

Scatter over the chopped coriander and cashew nuts to serve.



## *Squash and chickpea curry*

(for dinner and lunch)

**Ingredients:**

½ butternut squash, peeled and chopped into 2cm chunks  
1 onion diced  
1 can of chickpeas, drained  
400ml coconut milk, can  
3 tomatoes, chopped  
200ml vegetable stock  
1 tbsp coconut oil  
2 cloves of garlic, finely chopped  
1 red chilli, de-seeded and finely chopped  
Sea salt  
Ground black pepper  
1" piece of fresh ginger  
1 tsp coriander  
1 tsp cumin  
1 tsp turmeric  
1 tbsp tomato puree  
15g fresh coriander  
25g spinach  
Brown rice

**Method:**

Heat the coconut oil in a large pan, once hot, fry the onion, adding a pinch of salt, until it's golden and soft.

Add the garlic, chilli, cumin, turmeric, coriander and ginger and cook for a further 2-3 minutes stirring gently.

Add in the squash and stir for another minute. Add in the stock, chickpeas, chopped tomatoes and coconut milk.

Bring to the boil and then let it simmer with a lid on for around 30 minutes. The squash should be tender. Season with salt and pepper.

Add a handful of spinach just at the end so it wilts into the curry (for approximately one minute) and sprinkle over some fresh coriander.

Serve with brown rice



## *Chocolate banana smoothie with chia seeds & nuts*

(serves 1)

### **Ingredients:**

1 banana  
¼ cup unsweetened almond milk  
2 tsps honey  
¼ avocado  
1 tbsp almond butter  
½ tsp vanilla extract  
1 tbsp chia seeds

### **Method:**

Place all your ingredients in a blender and blend until smooth (but still needs some body – like a thick shake).  
Pour into a bowl and top with chopped nuts.



## *Mixed green salad with steak and paprika aioli*

(for dinner and lunch)

### **Ingredients for the salad:**

2 rib eye steaks  
1 tsp coconut oil  
100g of mixed baby spinach, rocket & watercress, washed  
Sea Salt  
Ground black pepper  
1 red onion, cut into chunky lengths  
30g cashew nuts (optional)

### **Method:**

Start by making the aioli – see below.

Heat the coconut oil in a frying pan over a medium heat, once hot add the onion and fry until softened.

Meanwhile place the green leaves on a plate.

When the onion is cooked, remove from pan and set aside.

In the same pan, turn up the heat and add a little more coconut oil if required. Once melted, sear the steaks for a few minutes on each side and season.

Add the cashew nuts to the pan, allowing them to brown and slightly crisp for a few minutes

whilst cooking the steak to your preference (ie rare/medium/well done).  
Once done, slice the steaks finely and lay over the salad, adding the nuts and onion, mixing together.

Add a dollop of the aioli on top of the salad to serve.

**Ingredients for the paprika aioli (makes 250ml):**

1 large egg yolk  
½ tsp salt  
1 large lemon, juiced – add little by little to taste  
⅛ tsp smoked paprika  
2 cloves garlic, minced  
½ tsp wet mustard, whole grain or smooth  
freshly ground black pepper  
200ml olive oil.

**Method:**

Whisk together the egg yolk and mustard in a bowl.  
Very slowly add the oil, mixing as you go as it thickens, then add the lemon juice slowly (just add half to start with).  
The mixture should leave trails when you put a spoon into it.  
Add the garlic, seasoning and paprika.  
Taste and add the rest of the lemon juice if required.



## *Roasted spicy chickpeas*

(for 4 snacks)

### **Ingredients:**

400g chickpeas, can  
1 tbsp olive oil  
1 tsp dried marjoram  
¼ tsp ground allspice  
2 tsp cumin  
¼ 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 until they are crunchy.  
Leave to cool before eating.



## *Cacao and brazil nut energy balls*

(for 4 snacks)

### **Ingredients:**

5 medjool dates (pits removed)  
45g oats  
60g brazil nuts  
2 tbsp nut butter  
1 tbsp raw cacao powder  
50g shredded coconut  
1 tsp cinnamon  
Pinch of salt

### **Method:**

Blitz ingredients in a food processor adding a little water, if needed to form a dough.  
Roll into balls and then roll in cacao powder, coconut/ seeds/crushed nuts.



## *Quinoa and chickpea salad with pomegranate and mint*

(for dinner and lunch)

### **Ingredients:**

½ lemon, juice  
½ a large shallot, minced  
1 garlic clove, minced  
1 tsp salt, divided  
½ tsp freshly ground pepper, divided  
170g quinoa, cooked  
1 stalk celery, diced into ¼ inch pieces  
85g pomegranate seeds  
400g chickpeas, can, drained



**Method:**

In a large bowl, combine the lemon juice, shallot, garlic, ½ teaspoon salt and ¼ teaspoon pepper and let stand while you put the rest of the dish together.

Add the quinoa, chickpeas, celery, pomegranate, and mint. Toss together. Taste for seasoning and add remaining salt and pepper, or maybe lemon juice, if needed.

Serve at room temperature or place in an airtight container and refrigerate until ready to serve. If serving from the refrigerator, let it sit for a few minutes to shake off the chill – this salad is best at room temp.



## *Warm salmon, kale, sesame and ginger salad*

(for dinner and lunch)

**Ingredients:**

2 salmon fillets  
2 spring onions, chopped  
180g kale, stems trimmed and chopped finely  
50g spring greens, stems trimmed and chopped finely  
½ tbsp sesame seeds

**For the dressing:**

25ml sesame oil  
¼ tsp dried chilli flakes

1 tsp honey (runny)  
1cm piece of ginger, grated finely  
1 garlic clove, minced

**Method:**

Preheat the oven to 200C. Place the salmon on foil in a baking tray and season. Loosely wrap the foil to form a parcel around salmon and bake for 12- 15minutes until cooked through but still juicy.

Meanwhile chop the onions, kale and greens and place in large bowl.

Make the dressing by mixing all ingredients together in a small bowl or jar.

Once the salmon is cooked, cut into small chunks and mix with the greens, kale & spring onions.

Sprinkle over the sesame seeds add the dressing and mix.



## *Best banana healthy pancakes*

**Ingredients:**

90g oats (grind to flour in a good processor or use shop bought oat flour)  
60ml almond milk  
1 banana (mashed)  
1 tsp cinnamon  
Pinch salt

½ tsp baking powder  
2 eggs (organic & free range)  
Coconut oil (for frying)

*Toppings:*

Fresh Berries, banana.

**Method:**

Mix the dry ingredients together and wet the ingredients together in separate bowls.

Add wet to dry and mix well.

Leave to stand while you heat coconut oil in a non-stick pan over medium heat.

Add small ladle full of batter to pan and cook for couple of minutes on each side until slightly browned.

Add toppings of choice.



## *Super liver detoxifying pasta*

(for dinner and lunch)

**Ingredients:**

100g wholemeal or gluten free pasta  
4-5 pieces grilled artichoke in olive oil, chopped  
50g halloumi cheese, diced  
60g rocket

1 tbsp pine nuts, grilled lightly  
1 tbsp olive oil  
¼ tsp chilli flakes  
1 clove of garlic  
1 small pinch of salt

**Method:**

Add pasta to boiling water in a pan.

*Meanwhile:*

Make a bed of rocket in a pasta bowl, add chopped artichokes.

Grill the Halloumi pieces until they just start to turn brown. Then lightly grill the pine nuts (use a dry frying pan, no oil).

Once pasta is cooked to al dente drain and place empty pan back on hob. Add olive oil, chilli flakes and the garlic. Before the garlic starts to brown add the cooked pasta and toss. Add a pinch of salt.

Lay the pasta on top of the leaves and artichokes. Top with the Halloumi cubes and pine nuts.



# *Spinach, tomato and chickpea frittata*

## **Ingredients:**

2 eggs  
¼ onion, diced  
100g fresh spinach  
½ tsp cumin  
pinch cayenne pepper  
Salt and pepper  
1 tbsp olive oil  
25g feta cheese  
50g chickpeas, tinned  
1 clove garlic, finely chopped  
4 cherry tomatoes  
200ml water

## **Method:**

Heat the oil in a large saucepan over a medium heat. Add the onion and garlic and cook until softened.

Add the chickpeas and spices and cook for a further 2 minutes, add a little more oil if needed.

Add the tomatoes and cook for about 10 minutes until softened

Add in the spinach and cover with a lid so it wilts. If necessary add a couple of tablespoons of water. This will only take a couple of minutes.

With a spatula make space in the mixture for the eggs and crack an egg into each one.

Season and cook for around 7 minutes depending on how runny you like them but making sure the whites are cooked.

Crumble over the feta cheese and serve or place in a hot oven for a few minutes to bake.



## *Kale and chicken Caesar salad*

### **Ingredients:**

100g kale, shredded, with stems cut out.  
50g spring greens, shredded and no stems  
3 anchovies  
100g cooked chicken, cut into thin strips  
1 tbsp parmesan shavings

### **Dressing:**

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

### **Method:**

Whisk all the ingredients together.  
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.