

Meal Plan - Week 5

	Breakfast	Snack	Lunch	Snack	Dinner	Drinks
Monday	Chia berry pots	Trail mix and a piece of fresh fruit	Celeriac and apple soup	Antioxidant blast smoothie	Chicken with olives and peppers	2 Litres water Herbal Teas Vitamin Water
Tuesday	Chia berry pots	Trail mix and a piece of fresh fruit	Leftover chicken with olives and peppers	Antioxidant blast smoothie	Quinoa with squash spinach and avocado	2 Litres water Herbal Teas Vitamin Water
Wednesday	Chocolate cherry bomb smoothie	Zero sugar protein ball and a piece of fresh fruit	Quinoa with squash spinach and avocado	Trail mix	Orangey bulgur wheat salad with baked chicken	2 Litres water Herbal Teas Vitamin Water
Thursday	Chocolate cherry bomb smoothie	Zero sugar protein ball and a piece of fresh fruit	Leftover orangey bulgur wheat salad with baked chicken	Devilled eggs	Summer rolls	2 Litres water Herbal Teas Vitamin Water
Friday	Chocolate cherry bomb smoothie	Zero sugar protein ball and a piece of fresh fruit	Leftover summer rolls	Devilled eggs	Quinoa with roasted vegetables and cod	2 Litres water Herbal Teas Vitamin Water
Saturday	Asparagus dunk egg	Zero sugar protein ball and a piece of fresh fruit	Leftover quinoa with roasted vegetables and cod	Labneh with vegetable sticks	Lamb and okra casserole	2 Litres water Herbal Teas Vitamin Water
Sunday	Scrambled eggs with smoked salmon and spinach	Zero sugar protein ball and a piece of fresh fruit	Leftover lamb and okra casserole	Labneh with vegetable sticks	Leftover celeriac and apple soup	2 Litres water Herbal Teas Vitamin Water

Shopping List

Fresh

200g berries
80g blueberries
120g frozen cherries

7 serves fruit
5 apples
350g cantaloupe
2 oranges
4 lime
3 lemons

large bunch mint
small bunch fresh thyme
bunch parsley
2 bunches coriander
small bunch dill
bunch chives

2 spring onions
4 brown onions
¼ red onion

1 bulb garlic
2 red chilli
1cm knob ginger

1 head broccoli
420g butternut squash
2 avocado
100g broad beans
3 carrots
¼ cabbage

75g bean sprouts
420g spinach

2 celeriac
1 courgette
4 red pepper
1 fennel
6 spears asparagus
1 stalk celery
50g okra
50g olives, pitted

Meat, fish, eggs, dairy

4 chicken breasts
250g lamb shoulder
1 cod fillet
45g smoked salmon

8 eggs
375ml Greek yoghurt
knob butter

1 litre nut milk

From the store cupboard

350g quinoa
100g bulgur wheat
12 sheets summer rolls (rice paper)

5 tbsp. chia seeds
20g cashews
35g pistachios
2 tbsp. toasted nuts

25g nuts (for trail mix)
70g seeds

25g dried fruit
7 tbsp. unsweetened desiccated coconut
3 tbsp. cacao
3.5 tsp. honey
1 vanilla pod

1.4 litres vegetable stock
150ml lamb stock

240ml olive oil
1 tbsp. balsamic vinegar
1 tsp Dijon mustard
2 tbsp. tomato paste
2 tbsp. fish sauce
1 can chopped tomatoes

2 serves vegan protein powder
2 tbsp. nut butter
1 tbsp. tahini

Pinch chilli flakes
2 tsp. ground cumin
pinch cayenne pepper
2.5 tsp. cinnamon
1 tsp. cumin seeds
1 tsp. ground coriander
½ tsp. smoked paprika

2 slices sourdough bread



Chia berry pots

(Serves one)

Ingredients:

200ml of nut milk
½ fresh vanilla pod
2 tbsp. chia seeds
3 tbsp. unsweetened desiccated coconut
100g berries
1 tbsp. toasted nuts

Method:

In a bowl mix the chia, coconut and chia seeds.
Cut open the vanilla pod and scrape out the seeds into the bowl.
Add the nut or coconut milk and mix together.
Pour into a nice drinking glass or glass jug or jar, which makes it look more attractive and fun to eat! Refrigerate for at least three hours, ideally overnight to make sure it has set.



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!



Celeriac and apple soup

(Makes two meals, freeze second portion for Sunday)

Ingredients:

2 tbsp. olive oil
1 brown onion
2 tsp. fresh thyme leaves
1 celeriac – peeled and cut into cubes
4 apples (I used braeburn), cored and sliced
1 litre vegetable stock
Salt and pepper

Method:

Peel and roughly chop the onion.
In a saucepan, add the olive oil and heat over a low heat.
Add the onion and sweat for 10 minutes.
Add the chopped celeriac and the apples – sweat for another 4 – 5 minutes.
Add the vegetable stock.
Bring to the boil, then simmer for 25 – 30 minutes, or until celeriac is cooked
Remove from the heat and blend.
Add 100ml of milk (of your choice) to make a creamier, thinner consistency.

Season to taste with salt and pepper to taste.
Top with toasted walnuts.



Antioxidant blast smoothie

(Serves one)

Ingredients:

30g spinach (fresh)
½ sprig mint
125ml water, optional
175g cantaloupe melon
40g blueberries
½ apple
¼ lime, juiced

Method:

Blend spinach, mint leaves and ripe cantaloupe until smooth. Next, add the remaining fruits and blend again.

You do not need to add a liquid-base to this recipe because of the high water content in ripe cantaloupes. Use at least one frozen fruit to make the green smoothie cold. Cantaloupe can be cut into small cubes and frozen overnight.



Chicken with olives and peppers

(For dinner and lunch)

Ingredients:

2 chicken pieces with their skin on (thighs, legs or breast)
1 400g tin of chopped tomatoes
2 red peppers, de-seeded and chopped lengthwise
1 garlic clove, finely chopped
50g of pitted green/black olives (either a mix of both or whichever you prefer)
2 onions, finely chopped
1 tsp. ground cumin
1 tsp. ground coriander
60ml olive oil
½ lemon juice, squeezed.

Method:

Pre-heat the slow cooker. Cook the onions with a tablespoon of olive oil in a frying pan until golden, add the garlic, coriander and cumin, season, stir and cook for a further two minutes. Remove and set aside.

Add the chicken to the pan with a tablespoon of olive oil if needed, and brown the chicken. Once browned add the chicken in the slow cooker with the seasoned onions, peppers, tomatoes, olives and lemon juice. Cover and cook on low for 6-8hrs or high 3-4 hrs.

Serve with celeriac mash (see recipe below), peas and broad beans.

Celeriac mash

Slice ½ celeriac into 1" cubes (don't use the very bottom of the celeriac).

Cook in a pan over a high heat, with 2 tablespoons of olive oil, season and add 1 clove of crushed garlic and a teaspoon of dried thyme (or fresh if you have it). Fry for about five minutes.

Turn the heat down to low and add two tablespoons of water and simmer for about 15-20 minutes until it's tender. Add more water if necessary (don't let it go dry or burn). Once soft, mash and serve.



Quinoa with squash spinach and avocado

(For dinner and lunch)

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.



Chocolate cherry bomb smoothie

(Serves one)

Ingredients:

40g frozen cherries (fresh optional)
185ml water or coconut, hemp or almond milk
30g spinach
10g parsley
½ tsp. raw cacao
½ tsp. cinnamon
½ tsp. honey or 1-2 drops liquid stevia
1 tsp. unsweetened shredded coconut (optional topping)

Method:

Simply blend all the ingredients together and if necessary add water to reach your desired thickness. Enjoy!



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.



Orangey bulgur wheat salad with baked chicken

(serves dinner and lunch)

Ingredients:

100g bulgur wheat
2 chicken breasts (optional)
4 broccoli spears
100g shelled & cooked broad beans
1 orange
½ bunch of dill, chopped
400ml of vegetable stock

Dressing:

1 large orange juiced
1 tbsp. balsamic vinegar
1 tsp. honey
1 tsp. Dijon mustard

Method:

Pre-heat the oven to 200 degrees or gas mark 6.
Season the chicken and when the oven is hot, cook the chicken breast for about 20 minutes or until cooked through.
Meanwhile, place the bulgur wheat in a bowl and cover with the hot stock.
Cover and stand for 15 minutes until tender.
Drain in a sieve, and gently squeeze out the excess liquid.
While this is cooking you can steam your broccoli & broad beans until tender.
The broad beans may need a little longer than the broccoli as need to be cooked through.
Segment the oranges.
Mix the vegetables, dill and orange into the bulgur wheat.
Prepare the dressing by mixing the ingredients together and mix into the salad.



Devilled eggs

Ingredients:

3 eggs, hard-boiled and peeled
125ml 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 as a snack, but you could add a small slither of smoked salmon on top if desired.



Summer rolls

(serves dinner and lunch)

You can make these ahead of time, or have the various ingredients laid out on the table for people to create their own!

Ingredients:

2 carrots, grated
¼ cabbage, finely shredded (I like to use red and green, for colour)

75g bean sprouts
1 large avocado, sliced
1 large bunch mint, shredded
1 large bunch coriander, shredded
20g cashew nuts, crushed
12 summer roll wraps

Dipping sauce:

3 limes juiced (makes about 4tbsp)
1tsp honey
½ – 1 fresh red chilli, finely sliced
1 clove garlic, crushed
1cm ginger, finely chopped
2 tbsp. fish sauce (for vegetarians supplement with soy sauce/tamari instead)

Method:

Make the salad filling by combining the grated carrot, cabbage, bean sprouts, and herbs in a bowl.

Combine all of the ingredients to make the sauce, and place in a serving bowl. Take a large bowl of warm water and add a wrap one at a time.

When rehydrated, place the wrap on a plate, add the salad and top with a slice of avocado and some crushed cashews. Fold in the ends and then fold around the sides to wrap your filling, don't over fill or this will be very tricky! Continue this process until you have filled all of your rolls.

Any leftover ingredients can be wrapped for your lunch tomorrow!



Quinoa with roasted vegetables and cod

(serves dinner and lunch)

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
90g 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.



Asparagus dunked in boiled eggs

Ingredients:

2 large eggs
6 spears asparagus
Salt and pepper
Pinch chilli flakes

Method:

Bring a saucepan of water to the boil, lower eggs into boiling water for 5 minutes. Meanwhile, steam the asparagus until it turns bright green, it should still hold its shape (you'll need it for dunking!). Place boiled eggs in egg cup holders in the centre of a plate and knock the tops off with a spoon, so you can access the runny yolk. Place the steamed asparagus on the plate around the egg holders. Sprinkle the egg with salt, pepper and chilli flakes. Dunk the asparagus inside the rich yolk and enjoy!



Labneh

This is a really easy recipe, but just needs to be started the day before.

Ingredients:

250g Greek yogurt

2 tbsp. olive oil

2 handfuls of herbs of choice e.g. parsley, mint, basil, coriander, chives

Salt and pepper to taste

Piece of muslin cloth and string

2 carrots, cut into sticks

1 red pepper, cut into sticks

Method:

Spoon the yogurt into the cloth and tie the top closed with some string.

You then need to hang the bag over a dish, which will catch the excess liquid, and place it in the fridge overnight.

The following day, empty the strained yogurt into a bowl and mix with the shredded herbs of your choice.

Season with salt and pepper and drizzle with olive oil.

Serve as a dip, with vegetables sticks.



Lamb and okra casserole

(For dinner and lunch)

Ingredients:

1 tbsp. olive oil
250g lamb shoulder, cut into 4 cm pieces
1 onion, finely chopped
1 carrot, finely chopped
1 celery stalk, finely chopped
1 garlic clove, crushed
½ fresh red chili de-seeded, finely chopped,
2 tbsp. tomato paste
1 tsp. cumin ground
1 tsp. cumin seeds
150ml or chicken or lamb stock
50g okra, tops trimmed.
60g fresh spinach leaves

Method:

Heat oil in a large saucepan over medium–high heat.
Season lamb with salt and pepper, then cook in batches, turning for 3 minutes or until browned.

Remove and set aside.

Add onions, carrot and celery to pan and cook, add some more oil if necessary and keep stirring, until softened

Add garlic, cumin and cumin seeds, chilli and cook, stirring, for 1 minute.

Add tomato paste and cook for a further minute and then the cayenne pepper and the okra.

Stir for a few minutes. Add to the slow cooker with the lamb and stock. Season.

Cook on low for 8 hours or high for 4 hours with the lid on.

Add the spinach for the last minute or two and stir in. It should be just wilted

Serve with mashed swede and quinoa



Scrambled eggs with smoked salmon and spinach

Ingredients:

3 eggs
30ml nut milk
100g spinach
45g smoked salmon
Olive oil
Salt, pepper
2 slices sourdough toast
1 lemon

Method:

Whisk together eggs and milk in a small bowl.
Heat small frying pan 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.
Remove cooked eggs from pan and assemble on toast with wilted spinach and smoked salmon.
Drizzle with lemon juice and top with freshly ground pepper.