

Meal Plan - Week 6

	Breakfast	Snack	Lunch	Snack	Dinner	Drinks
Monday	Overnight oats with raspberries	Cashew and dried sour cherry energy ball	Kale and chicken Caesar salad	Trail mix, serve fresh fruit	Green goddess soup	2 litres water Vitamin water Herbal Tea
Tuesday	Overnight oats with raspberries	Cashew and dried sour cherry energy ball	Leftover green goddess soup	Devilled eggs	Roast vegetable quinoa salad with cod and greens	2 litres water Vitamin water Herbal Tea
Wednesday	Overnight oats with raspberries	Cashew and dried sour cherry energy ball	Roast vegetable quinoa salad with greens	Devilled eggs	Grilled chicken with salsa verde Side salad	2 litres water Vitamin water Herbal Tea
Thursday	Strawberry almond butter smoothie	Cashew and dried sour cherry energy ball	Leftover grilled chicken with salsa verde	Trail mix, serve of fresh fruit	Chickpeas, tomatoes and spinach	2 litres water Herbal Tea
Friday	Strawberry almond butter smoothie	Cashew and dried sour cherry energy ball	Leftover chickpeas tomatoes and spinach	Trail mix, serve of fresh fruit	Fish and chips with broccoli pesto, crispy kale and green beans	2 litres water Vitamin water Herbal Tea
Saturday	Poached eggs with guacamole on toasted sourdough	Edamame	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 roasted thyme tomatoes	Trail mix and a piece of fruit	Left over mung bean pancakes/ falafels with salad	Edamame beans	Roast lamb with squash, parsnip chips and green beans.	2 litres water Vitamin water Herbal Tea

Shopping List

Fresh

375g raspberries
300g strawberries
1 banana
4 servings of fruit
2 lemons
1 lime

2 red onions
2 brown onions
9 cloves/1 bulb garlic
1 butternut squash
1 potato
250g swede
375g parsnips
3 carrots
4 red peppers
1 courgette
1 fennel
2 heads broccoli

From the store cupboard

185g rolled oats
100g quinoa
1 tbsp. chia seeds
130g dry mung beans
1kg chickpeas, canned

320ml olive oil
2 tbsp. sesame oil
70ml coconut oil

50g cashews
1 ½ tbsp. pine nuts
60g nuts (for trail mix)
40g mixed seeds (for trail mix)

185g green beans
1 avocado
Large bunch vine tomatoes
1 cucumber
3 spring onions

350g kale
330g spinach
50g spring greens
4 servings salad greens
1 small bunch pak choi
1 small bunch parsley
1 bunch basil
1 small bunch chives
1 bunch coriander
3 sprigs rosemary

140g hummus (tub)

80g edamame beans
95g kimchi
200g medjool dates
Small loaf, sourdough bread

Meat, fish, eggs, dairy
6 anchovies
400g chicken
1 wild salmon fillet
300g lamb, boneless shoulder
1 cod fillet
Butter, knob
1 tbsp. Parmesan
7 eggs
365g Greek yoghurt
620ml nut milk

50ml honey
50ml coconut milk

1 litre vegetable stock
150ml lamb stock
½ tsp chilli
1 tsp all spice
1 tsp cumin seeds
1 tsp ground coriander
¼ tsp turmeric
½ tsp smoked paprika
1 tbsp. crushed chillies
1 ½ tsp ground cumin
Sprinkle chilli flakes
Cayenne pepper pinch



Overnight oats with raspberries

(Makes one portion)

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.



Cashew and dried sour cherry energy balls

(To last the week)

Ingredients

200g medjool dates, pitted
50g oats (or quinoa flakes)
50g cashews, roasted
1 tbsp. nut butter
1 tbsp coconut oil
50g 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, taking 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 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 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:

1 tbsp. olive oil
1 tsp tahini
1 tsp lemon juice
½ tsp tamari
½ clove garlic, crushed
Pinch sea salt
Pinch of chilli powder

Method:

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.

Dressing:

Simply whisk all the ingredients together.



Trail mix

It's a much better idea to make your own trail mix, as shops 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

(For dinner and lunch)

Ingredients:

2 tbsp. olive oil
1 brown onion
1 head of broccoli – cut into florets
50g kale
50g spinach
1 potato – peeled and cut into cubes
1 litre vegetable stock or chicken stock
200g chickpeas, canned
50ml coconut milk
Salt & pepper to taste

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. If it's slightly too thick, add more coconut milk until the right consistency.



Devilled Eggs

(For two days)

Ingredients:

3 eggs, hard-boiled and peeled

125g Greek yoghurt

¼ - ½ tsp. smoked paprika

4 fresh chives, chopped

Small pinch sea salt

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.



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

(for 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
60g 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 and swede mash, Pak choi and kale

(for dinner and lunch)

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

20g flat-leaf parsley, leaves picked
20g 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 the carrot and swede mash, pak choi and kale.



Carrot and swede mash

Ingredients:

250g swede, cubed
250g carrots, cubed
Olive oil
Salt

Method:

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



Strawberry Almond Butter Smoothie

(serves one)

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. Enjoy!



Chickpeas, tomato and spinach

(For dinner and lunch)

Ingredients:

200g chickpeas, drained from tin
150g spinach
1 small garlic clove, crushed
Sea salt
Ground black pepper
6 tomatoes on the vine
Olive oil
½ small red onion, peeled and sliced into thin rings.
1 tsp. ground cumin
1 tsp. allspice

Method:

Preheat the oven to 200C. Place the tomatoes in a roasting tray and make a small incision in each tomato. Drizzle the olive oil over the tomatoes & lightly season. Roast for around 20 minutes, until the tomatoes have softened.

Toss the drained chickpeas in the cumin and allspice. Heat a tablespoon of olive oil in a frying pan and over a low heat, fry them gently for 2-3 minutes, moving them so they don't stick together. Keep warm.

When the tomatoes are nearly cooked, start to prepare the other ingredients.

Cook the spinach in boiling water for one minute and drain well and squeeze out any moisture.

Chop it finely and season.

Add the chickpeas to the onions, garlic and tomatoes (taken off the vine) once cooked into a bowl and drizzle with olive oil and serve.



Fish and chips

Ingredients:

For the parsnip chips:

250g parsnips, peeled and chopped lengthways into the approximate size of chips

Coconut oil.

Sea salt.

For the fish:

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).

Prepare broccoli pesto whilst parsnip chips and salmon are cooking.



Broccoli Pesto

Ingredients:

125g broccoli florets
20g basil leaves
1 tbsp. of fresh lemon juice
1 ½ tbsp.. pine nuts
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 and pepper. You can add more olive oil if it is too dry.

Drizzle the pesto over the salmon.



Crispy kale and green beans

Ingredients:

120g kale
Olive oil
Sea salt
125g green beans

Method:

Preheat oven to 200C. Wash and chop the kale into small pieces, removing any very large stalk ends. Place in an ovenproof dish and drizzle with olive oil. Season with 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.



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.



Mung Bean Pancakes

(Save leftovers for Sunday lunch)

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
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 125ml water in a blender, or food processor. Add up to 125ml 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 in a small bowl and mix until blended. Add the finely chopped spring onions.

Serve with salad.



Spinach and chia seed falafels

(Save leftovers for Sunday lunch)

Ingredients:

400g chickpeas, canned
60g 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 place 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 Roasted Thyme Tomatoes

Ingredients

1-2 eggs
Cherry tomatoes (on vine)
3 sprigs of fresh thyme
1 tbsp. wine vinegar
2 slices sourdough bread

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.



Slow cooked roast lamb with roasted squash, parsnips and green beans

Ingredients:

300g boneless lamb shoulder joint
150ml of lamb stock
50ml of white wine
1 ½ garlic cloves, peeled
1 carrot, peeled and sliced into rings.
4 sprigs of rosemary
Sea salt
1 tbsp. of coconut oil

Squash, parsnips and green beans:

1/2 small squash
2 tbsp. olive oil
125g parsnips, peeled and chopped lengthways into the approximate size of chips.

Sea salt.
60g 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 are so easy to whip up; just chop up some vegetables and add them to salad leaves! The combinations are endless; I've added a basic side salad to get you started.

Ingredients:

60g salad leaves
Vine tomatoes, halved.
½ cucumber, sliced
¼ red onion, sliced
1 tsp olive oil
½ lemon, juiced
Salt/pepper

Method:

Combine in large bowl. Enjoy!