

Meal Plan - Week 7

| | Breakfast | Snack | Lunch | Snack | Dinner | Drinks |
|-----------|-------------------------------------|--|--|--|--|---|
| Monday | Bircher muesli with fresh berries | Spicy chickpeas | Grilled sardines with cannellini bean mash and watercress | Avocado and broad bean dip with vegetable sticks | Lentil dhal | 2L water Herbal Tea Vitamin Water |
| Tuesday | Bircher muesli with fresh berries | Avocado and broad bean dip with vegetable sticks | Lentil dhal | Zero sugar protein ball | Kale and cauliflower couscous with baked salmon | 2L water Herbal Tea Vitamin Water |
| Wednesday | Bircher muesli with fresh berries | Spicy chickpeas | Kale and cauliflower couscous with baked salmon | Avocado and broad bean dip with vegetable sticks | Quinoa with grilled pumpkin and beetroot salad | 2L water Herbal Tea Vitamin Water |
| Thursday | Berry, spinach smoothie | Spicy chickpeas Serving of fruit | Quinoa with grilled pumpkin and beetroot salad | Zero sugar protein balls | Squash and chickpea curry | 2L water Herbal Tea Vitamin Water |
| Friday | Berry, spinach smoothie | Spicy chickpeas Serving of fruit | Squash and chickpea curry | Zero sugar protein ball | Quinoa chicken nuggets with watercress salad | 2L water Herbal Tea Vitamin Water |
| Saturday | Banana coconut pancakes | Edamame | Quinoa chicken nuggets with watercress salad | Zero sugar protein ball Serving of fruit | Buckwheat mushroom risotto with watercress and orange salad. | 2L water Herbal Tea Vitamin Water |
| Sunday | Scrambled eggs with roasted peppers | Zero sugar protein ball Serving of fruit | Buckwheat mushroom risotto with watercress and orange salad. | Sweet potato crisps | Lamb and red lentil casserole | 2L water Herbal Tea Vitamin Water |

Shopping list

Fresh

300g beetroot
1 butternut squash
250g pumpkin
2 carrots
1 sweet potato

3 onions
Bunch spring onions
8 cloves garlic
2" fresh ginger

½ large head cauliflower
100g mixed mushrooms

1 bunch watercress
130g kale
200g baby spinach

Half bunch celery
2 red bell pepper
2 red chilli
2 avocado

Bunch parsley
Bunch thyme
2 bunch coriander
20g mint
1 sprig rosemary
80g edamame
200g broad beans

4 serves fruit
5 lemons
3 oranges
150g raspberries
150g blueberries
160g mixed berries
3 ripe banana

500ml coconut water
2 slices sourdough bread
Meat, fish, eggs, dairy

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

550g natural yoghurt
50ml nut milk
10g Parmesan
20g unsalted butter

6 eggs
From the store cupboard

400g chickpeas
300g cannellini beans
265g red lentils
75g buckwheat
250g quinoa
100g oats
120g short grain brown rice
200g tinned tomatoes
750ml chicken stock
600ml vegetable stock
50ml white wine

2 tbsp. nut butter
½ tsp wholegrain mustard

5g dried porcini mushrooms

4 tbsp coconut oil
250ml olive oil

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

30g walnuts
60g pumpkin seeds
10g sesame seeds
70g pistachios
3 tbsp. chia seeds
3 tbsp. mixed seeds

20g honey
400ml coconut milk
2 tbsp. flour
2 tbsp. desiccated coconut
90g shaved coconut
1 ½ tsp vanilla extract
50g maple syrup
2 tbsp. cacao powder

50g protein powder (vegan)



Bircher muesli with fresh berries

Ingredients:

100g rolled oats
70g pistachios
80g fresh berries e.g.: raspberries, blueberries, blackberries redcurrants or strawberries
50g maple syrup
1 tsp. vanilla extract
2 tbsp. chia seeds
1 tbsp. pumpkin or sesame seeds (or both) – optional
90g shaved coconut pieces
500g natural yoghurt

Method:

Combine oats, nuts, seeds and coconut in a large bowl and mix. Add the vanilla and maple syrup to the natural yoghurt and stir through. Add the yoghurt mixture to the dry ingredients and mix through evenly. If mixture is too dry, add a little water. Portion into jars and top with fresh berries. Refrigerate overnight.



Spicy Chickpeas

Ingredients:

200g chickpeas, canned
½ tbsp. olive oil
½ tsp. dried marjoram
⅛ tsp. ground allspice
1 tsp. cumin
⅛ 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 sardines
½ tbsp. olive oil
Sea salt, pinch
Pepper, pinch
1 lemon, juiced
1 tbsp. natural yoghurt
½ garlic clove, crushed
½ teaspoon harissa
30g fresh parsley

300g cannellini beans, canned
1 tsp lemon juice
½ tsp 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.



Avocado & broad bean dip

Ingredients:

200g broad beans
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, then 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.



Lentil Dhal

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

15g 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.

Meanwhile, heat 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 place 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 (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 off the heat with 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.



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.



Kale & Cauliflower Couscous With Oven Baked Salmon

Ingredients:

2 fillets salmon, wild caught
Olive oil, drizzle
½ head of cauliflower (no stalks or leaves)
50g kale, finely chopped
½ lemon, juiced
½ garlic clove, minced
15g 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 15-20 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

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, juice
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. Drizzle over the dressing and serve.



Berry & spinach smoothie

Ingredients:

1 small banana

Handful of spinach (washed)

½ cup of berries of your choice frozen or fresh (for example, blueberries & redcurrants)

1 cup of water or coconut water

Method:

Add all to blender and blend until smooth.



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



Quinoa Chicken Nuggets

Ingredients

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

Method

Preheat the oven to 200C.

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

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, combine the juice of the lemon with finely diced chilli and remaining olive oil in a small bowl or jar. 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 in a large bowl, then add the flour, coconut, eggs, and cinnamon. Whisk the pancake ingredients together to form a batter. Heat coconut oil in frying pan, then ladle the batter in small amounts onto pan, 3 small pancakes at a time (aim for 9 in total). Serve covered with stewed blueberries and vanilla.

Buckwheat mushroom risotto

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 vegetable stock
10g parmesan, grated
1 tbsp. coconut oil
1 sprig rosemary
10g fresh thyme, washed

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, then add to the pan. Wash and add in the buckwheat, cook for another minute. Stir, then add in 1/3 of the stock.

Keep an eye on the pan ensuring to keep stirring so it doesn't dry out. Add more stock if required.

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.

Check on the risotto, add more boiling water if the buckwheat is not cooked through, the risotto should be porridge-like.

Once mushrooms have softened, add into the other pan with the buckwheat. Add grated parmesan and mix through.

Top with thyme leaves.

Avocado, orange and watercress salad

Ingredients:

1 spring onion, finely sliced
½ bunch watercress
1 avocado, sliced
1 orange, segmented
40g pumpkin seeds, toasted

For the dressing:

½ orange, juice
½ lemon, zest and juice
1 tsp. honey
½ tsp. Dijon mustard
2 tbsp olive oil
Salt and pepper

Method:

Make the dressing by adding all ingredients together in a small bowl or jar and mix thoroughly.

Combine the salad ingredients in a large bowl, drizzle over the dressing and toss to combine.



Scrambled eggs with roast peppers

Ingredients:

3 eggs
Small amount of nut milk
Salt pepper
Chives
1 red pepper
1 slice sourdough bread, toasted
Olive oil

Method:

To roast peppers:

Preheat oven to 260C. Chop the peppers into quarters and discard seeds. Roast peppers for approximately 15mins, until skin blisters and turns black. Remove from oven, and cover. Skins should remove easily once cooled.

To scramble eggs:

Whisk together eggs, milk and chives in a small bowl. Heat a small frying pan or saucepan and add a small amount of olive oil. Add eggs to pan, mix as the eggs are cooking to scramble. Remove cooked eggs from pan and assemble on toast with roast peppers on the side.

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, then 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

Ingredients:

1 tbsp. coconut oil
½ onion, finely sliced
½ garlic clove, crushed
½ tsp. ground cumin
½ tsp. ground coriander
pinch ground cinnamon
⅛ tsp. chilli flakes
85g dried red lentils, rinsed
375ml hot chicken stock
125g lamb leg steaks, diced
15g fresh coriander, finely chopped
½ lemon, for squeezing

50g 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. Once browned, stir into the lentils 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 add the spinach to wilt. Squeeze over lemon juice and chopped coriander. Season to taste.