

Meal Plan - Week 8

| | Breakfast | Snack | Lunch | Snack | Dinner | Drinks |
|-----------|---------------------------------------|---------------------------------------|--|-------------------------------------|--|--|
| Monday | Chia berry pots | Apple and cinnamon rings | Sprouted bean salad | Soaked nuts, serving of fresh fruit | Chicken tagine with cauliflower couscous | 2L water Herbal teas Vitamin water |
| Tuesday | Chia berry pots | Apple and cinnamon rings | Leftover chicken tagine with cauliflower couscous | Soaked nuts, serving of fresh fruit | Sweet jacket potato with coleslaw | 2L water Herbal teas Vitamin water |
| Wednesday | Green smoothie bliss | Beetroot hummus with vegetable sticks | Sweet jacket potato with coleslaw | Apple and cinnamon rings | Warm salmon, kale, sesame and ginger salad | 2L water Herbal teas Vitamin water |
| Thursday | Green smoothie bliss | Beetroot hummus with vegetable sticks | Leftover warm salmon, kale, sesame and ginger salad | Soaked nuts, serving of fresh fruit | Black rice salad with mango and avocado | 2L water Herbal teas Vitamin water |
| Friday | Green smoothie bliss | Beetroot hummus with vegetable sticks | Leftover black rice salad with mango and avocado | Soaked nuts, serving of fresh fruit | Bean chilli with brown rice | 2L water Herbal teas Vitamin water |
| Saturday | Spinach, tomato and chickpea frittata | Glowing skin smoothie | Bean chilli with brown rice | Paprika and chilli kale chips | Shephard's pie with cabbage, fennel and watercress salad | 2L water Herbal teas Vitamin water |
| Sunday | Best banana pancakes | Glowing skin smoothie | Shephard's pie with cabbage, fennel and watercress salad | Paprika and chilli kale chips | Miso soup with bone broth | 2L water Herbal teas Vitamin water |

Shopping List

Fresh

250g berries
1 banana
7 apples
3 mango
2 lemons
1 lime
4 avocado
825g pineapple
4 serves fruit

2 red chilli
450g tomatoes
4 cherry/small tomatoes
3 red peppers

4 onions
1.5 red onion
8 cloves garlic
5 spring onions
½ leek
1cm piece ginger

6 carrots
3 sweet potato
250g beetroot
225g root vegetables-
swede, parsnip

100g red cabbage
100g white cabbage
250g kale

1 bunch flat leaf parsley
2 bunches coriander
1 small bunch thyme
sprig rosemary
50g watercress
330g spinach
50g spring greens
125g sprouted beans

(mung beans, alfalfa or chickpeas)

3 radishes
½ courgette
7 sticks celery
1 fennel
½ head cauliflower
1 aubergine

1.25 litres coconut water

Meat, fish, eggs, dairy

25g butter
50g feta cheese
50ml natural yoghurt
500ml almond milk

100g silken tofu
2 fillets salmon
250g minced lamb
2 servings chicken (mix of breast and thigh)
2-3kg bones
4 eggs

From the store cupboard

90g oats
300g black rice
2 serves brown rice

1 vanilla pod
½ tsp. baking powder
1 tsp. honey
2.5tsp. cinnamon
6 tbsp. unsweetened desiccated coconut
1 tbsp. tahini
½ tbsp. sesame seeds

30g dried apricots
4 tbsp. chia seeds
40g roasted almonds
170g almonds, whole

100ml coconut oil
190ml olive oil
25ml sesame oil

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

60ml orange juice

40ml white wine vinegar
40ml apple cider vinegar
1 tbsp. miso
½ tsp. mustard
3 tbsp. tomato puree
Dash Worcestershire sauce

200g kidney beans, tin
200g adzuki beans, tin
500g 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
4 tsp. cumin, ground

Small loaf 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.



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. Leave to cool. Enjoy!



Sprouted bean salad

Ingredients:

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

(For 4 snacks)

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

(For dinner and lunch)

Ingredients:

2 chicken pieces (mixture of thighs and 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 one tbsp. of coconut oil in a large pan over a medium/high heat. Season and 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

Ingredients:

½ head cauliflower
1 tbsp. olive oil or butter
Salt

Method:

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



Sweet Jacket Potato with Coleslaw

(For 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 (for example mint, fennel, dill, parsley and chervil), leaves picked and chopped

50ml natural yoghurt
½ tsp. mustard
Sea salt and pepper

Method:

Preheat the oven to 200C. 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!



Green Smoothie Bliss

Ingredients:

90g fresh spinach
250ml coconut water
165g pineapple, fresh
¼ avocado

Method:

Blend spinach and coconut water until smooth. Add remaining ingredients and blend until smooth.



Beetroot Hummus

(For 3 snacks)

Ingredients:

200g chickpeas, drained and rinsed

125g cooked beetroot

¼ tsp salt

Juice 1/4 lemon

½ garlic clove, crushed

1 tbsp. tahini

1 tsp. ground cumin

50ml extra virgin olive oil

Method:

Place all the ingredients into a food processor and blend until smooth. Add more olive oil or water if too thick. Store in the fridge for about 4-5 days.



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 and spring onions.

Sprinkle over the sesame seeds add the dressing and mix.



Black rice salad with avocado & mango

(For 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 and pepper

Method:

Cook the rice as per the packet instructions. Remove from the heat and leave to 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 and watercress, then drizzle over the dressing – not too much as it will be sweet!



Bean Chilli

(For 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 and pepper. The beans should be cooked through and soft. Sprinkle over the chopped coriander.

Serve with brown rice and a green salad.



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.



Glowing skin smoothie

Ingredients:

250ml coconut water
30g fresh spinach
165g pineapple (fresh or frozen)
½ avocado

Method:

Blend spinach and coconut water until smooth.
Add remaining ingredients, and blend until smooth. Enjoy!

*Use frozen fruit to make smoothie cold.



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

(For 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 and 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 butter – you can use olive oil if you don't want dairy
Sea salt and freshly ground black pepper

Method:

In a large frying pan, heat the coconut oil until it melts. Add in the onion, celery, courgette and 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 and 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 and pepper. Bring to the boil and then turn down to a simmer for approximately 30 minutes.

Meanwhile heat the oven to 200C.

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.



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 hours. 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.