

Week Twelve

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	DRINKS
MONDAY	Chia smoothie breakfast pot	Baba ganoush with quinoa crackers	Summer chickpea salad	Soaked nuts, serve of fresh fruit	Courgetti chicken noodles	2 litres water Vitamin water Herbal tea
TUESDAY	Chia smoothie breakfast pot	Baba ganoush with quinoa crackers	Leftover courgetti chicken noodles	Soaked nuts, serve of fresh fruit	Squash and chickpea curry with brown rice	2 litres water Vitamin water Herbal tea
WEDNESDAY	Chocolate banana smoothie with chia seeds and nuts	Baba ganoush with quinoa crackers	Leftover squash and chickpea curry with brown rice	Soaked nuts, serve of fresh fruit	Mixed green salad with steak and paprika aioli	2 litres water Vitamin water Herbal tea
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 bal	Quinoa and chickpea salad with pomegranate and mint	2 litres water Vitamin water Herbal tea
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 bal	Warm salmon, kale, sesame and ginger salad	2 litres water Vitamin water Herbal tea
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 bal	Super liver detoxifying pasta	2 litres water Vitamin water Herbal tea
SUNDAY	Spinach tomato and chickpea frittata	Roasted spicy chickpeas and a piece of fruit	Leftover super liver detoxifying pasta	Cacao and brazil nut energy bal	Kale and chicken Caesar salad	2 litres water Vitamin water Herbal tea

STORE CUPBOARD LIST

Here are all the store cupboard essentials you'll need for the four weeks. you most likely have some of these items, and if you don't there all really good and useful items to have in the cupboard for future

255G QUINOA
2 SERVES BROWN RICE
135G OATS
100G PASTA, WHOLEMEAL
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
1/2 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
1/4 TSP CHILLI POWDER
2 TSP SEA SALT
3.5 TSP CUMIN
2 TSP CINNAMON
1/4 TSP ALL SPICE
1 TSP MARJORAM
1 TSP GROUND CORIANDER
1 TSP TURMERIC
1/2 TSP CHILLI FLAKES
1/8 TSP SMOKED PAPRIKA
5 ARTICHOKE HEARTS
1250G CHICKPEAS, TIN WEIGHT
1/2 CAN GARBANZO BEANS

FRESH INGREDIENTS LIST

3 COURGETTES

1 AUBERGINE

1 CARROT

1/2 BUTTERNUT SQUASH

1/2 BUNCH CELERY

2 ONION

1 RED ONION

1 SHALLOT

6 SPRING ONIONS

2 BULBS GARLIC

3" PIECE GINGER

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

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

650ML NUT MILK



CHIA SMOOTHIE BREAKFAST POTS

250ML OF NUT MILK

1/2 FRESH VANILLA POD

2 TBSP CHIA SEEDS

1 TBSP MAPLE SYRUP

100G MIXED BERRIES (BLUEBERRIES AND RASPBERRIES WORK WELL!)

1/2 SMALL BANANA

MAKES TWO PORTIONS, REFRIGERATE FOR NEXT DAY.

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.



BABA GANOUSH WITH QUINOA CRACKERS

1/2 CUP FLAX SEED

1/3 CUP WATER

1/2 CUP QUINOA (OR QUINOA FLOUR)

1/2 TSP SEA SALT

1/2 TSP BAKING POWDER

1 TBSP OLIVE OIL

1 SPRIG OF FRESH ROSEMARY, CHOPPED FINELY

1 TBSP SUNFLOWER SEEDS

MAKES THREE PORTIONS, DIVIDE AND STORE IN AIRTIGHT CONTAINER

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

1 AUBERGINE (GRILLED UNTIL SOFT AND VERY SLIGHTLY BLACKENED, BUT NOT BURNT!) 1/2 LEMON

1 TBSP TAHINI

1 GARLIC CLOVE

1-2 TBSP VIRGIN OLIVE OIL

1/4 TSP CHILLI POWDER (OPTIONAL)

MAKES THREE PORTIONS, DIVIDE AND STORE IN AIRTIGHT CONTAINER

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.





SUMMER CHICKPEA SALAD

OLIVE OIL - 45G

LEMON JUICE - 55G

APPLE CIDER VINEGAR - 30G

LEMON ZEST - 15G

CHICKPEAS TINNED - 400G

CHERRY TOMATOES - 10

CUCUMBER, CHOPPED - ½

RED BELL PEPPER, CHOPPED - ½

ONION, CHOPPED - 1

FRESH CHOPPED MINT LEAVES - HANDFUL

PEPPER

MAKES ONE PORTION.

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

Add the chickpeas, 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

400G NUTS OF YOUR CHOICE

MAKE FOUR PORTIONS, PLACE IN AN AIRTIGHT CONTAINER IN THE FRIDGE

Dissolve $\frac{1}{2}$ tsp sea salt in a bowl of 2-3 cups of filtered, warm water. Add your nuts (preferably organic). Make sure there is enough water to cover them about 2 inches.

Leave in a warm place, don't refrigerate and don't cover for at least 7 hours, preferably overnight.

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).

Rinse your ingredients well.

They should keep in the fridge for 5-7 days.



COURGETTI CHICKEN NOODLES

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

MAKES TWO PORTIONS, REFRIGERATE FOR NEXT DAY.

METHOD ON THE NEXT PAGE



COURGETTI CHICKEN NOODLES

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.



ROASTED SQUASH AND CHICKPEA CURRY WITH CAULIFLOWER RICE

SQUASH, PEELED, DICED CUBES - ½

RED CHILLI FINELY CHOPPED - ½

ONION, DICED - 1

RED PEPPER, DICED - 1

CLOVE GARLIC, CHOPPED - 1

CORIANDER SEEDS - 5G

CUMIN SEEDS - 5G

FENNEL SEEDS - 5G

CHICKPEAS TINNED - 200G

VEGETABLE STOCK - 250ML

OLIVE OIL - 30G

FRESH BABY SPINACH - 30G

GINGER GRATED - 15G

BAY LEAF - 1

SALT AND PEPPER

**MAKES TWO PORTIONS, DIVIDE INTO AIRTIGHT CONTAINER AND
REFRIGERATE**

Pre-heat the oven to 180C, Place the squash in a large roasting tin, sprinkle over the spices, a tablespoon of olive oil and a pinch of salt. Roast for 20-30 minutes, until softened.

Meanwhile in a large pan, add a tablespoon of olive oil, once hot, add the onions, peppers, chilli and garlic and a pinch of salt. Sweat them with the lid on, stirring occasionally for about ten minutes.

Add the squash when ready, bay leaf, stock and tinned tomatoes, and cook for thirty minutes. Add the spinach for the last couple of minutes.

Serve with brown rice or cauliflower rice.



CHOCOLATE BANANA SMOOTHIE WITH CHIA SEEDS & NUTS

1 BANANA
1/4 CUP UNSWEETENED ALMOND MILK
2 TSPS HONEY
1/4 AVOCADO
1 TBSP ALMOND BUTTER
1/2 TSP VANILLA EXTRACT
1 TBSP CHIA SEEDS

MAKE FRESH EACH DAY.

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

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)

INGREDIENTS FOR THE PAPRIKA AIOLI

1 LARGE EGG YOLK

1/2 TSP SALT

1 LARGE LEMON, JUICED – ADD LITTLE BY LITTLE TO TASTE

1/8 TSP SMOKED PAPRIKA

2 CLOVES GARLIC, MINCED

1/2 TSP WET MUSTARD, WHOLE GRAIN OR SMOOTH

FRESHLY GROUND BLACK PEPPER

200ML OLIVE OIL.

**MAKES TWO PORTIONS. REFRIGERATE AND USE OVER THE NEXT
TWO DAYS**

METHOD ON THE NEXT PAGE



MIXED GREEN SALAD WITH STEAK AND PAPRIKA AIOLI

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

CHICKPEAS TINNED - 400G

OLIVE OIL 10G

MARJORAM DRIED - 5G

ALLSPICE GROUND - 4G

CUMIN GROUND - 10G

SALT

MAKES FOUR PORTIONS. REFRIGERATE AND USE OVER THE NEXT-FOUR DAYS

Preheat oven to 230 degrees centigrade (gas mark 8). 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.

“These roasted spicy chickpeas are crunchy, moreish and a great way of up-picking your fibre and getting some plant-based nutrient density into your diet.

Chickpeas are packed with protein (an average can contains a whopping 16 – 17g of plant protein) as well as iron, calcium, magnesium and ton’s of fibre.”



CACAO AND BRAZIL NUT ENERGY BALLS

5 MEDJOOOL 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

**DIVIDE IN IN TO FOUR PORTIONS, USE AN AIRTIGHT CONTAINER AND
PLACE IN THE FRIDGE**

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

1/2 LEMON, JUICE
1/2 A LARGE SHALLOT, MINCED
1 GARLIC CLOVE, MINCED
1 TSP SALT, DIVIDED
1/2 TSP FRESHLY GROUND PEPPER, DIVIDED
170G QUINOA, COOKED
1 STALK CELERY, DICED INTO 1/4 INCH PIECES
85G POMEGRANATE SEEDS
400G CHICKPEAS, CAN, DRAINED

MAKES TWO PORTIONS. REFRIGERATE AND USE OVER THE NEXT TWO DAYS

In a large bowl, combine the lemon juice, shallot, garlic, 1/2 teaspoon salt and 1/4 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

2 SALMON FILLETS

2 SPRING ONIONS, CHOPPED

180G KALE, STEMS TRIMMED AND CHOPPED FINELY

50G SPRING GREENS, STEMS TRIMMED AND CHOPPED FINELY

1/2 TBSP SESAME SEEDS

FOR THE DRESSING

25ML SESAME OIL

1/4 TSP DRIED CHILLI FLAKES

MAKES TWO PORTIONS. REFRIGERATE AND USE OVER THE NEXT TWO DAYS

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

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

1/2 TSP BAKING POWDER

2 EGGS (ORGANIC & FREE RANGE)

COCONUT OIL (FOR FRYING)

TOPPINGS:

FRESH BERRIES, BANANA.

MAKES TWO PORTIONS

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

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

1/4 TSP CHILLI FLAKES

1 CLOVE OF GARLIC

1 SMALL PINCH OF SALT

MAKE TWO PORTIONS. FREZZE LEFTOVERS.

Add pasta to boiling water in a pan.

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.





CABBAGE, FENNEL & WATERCRESS SALAD

50G GREEN CABBAGE, THINLY SLICED

50G RED CABBAGE, THINLY SLICED

1/2 FENNEL, THINLY SLICED

50G WATERCRESS

3 SPRING ONIONS, FINELY SLICED

1 SMALL GREEN APPLE, THINLY SLICED

2 TBSP LEMON JUICE

1/2 TSP MUSTARD (MILD)

1 TBSP OLIVE OIL

PINCH CRACKED BLACK PEPPER

MAKES TWO PORTION. , REFRIGERATE FOR NEXT DAY.

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.

SPINACH, TOMATO AND CHICKPEA FRITTATA

2 EGGS
1/4 ONION, DICED
100G FRESH SPINACH
1/2 TSP CUMIN
PINCH CAYENNE PEPPER
SALT AND PEPPER
1 TBSP OLIVE OIL
25G FETA CHEESE
50G CHICKPEAS, TINNED
1 CLOVES GARLIC, FINELY CHOPPED
4 CHERRY TOMATOES
200ML WATER

MAKES ONE PORTION.

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

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

MAKES ONE PORTION

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.



