

Week Five

	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 Vitamin water Herbal tea
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 Vitamin water Herbal tea
WEDNESDAY	Chocolate cherry bomb smoothie	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 Vitamin water Herbal tea
THURSDAY	Chocolate cherry bomb smoothie	Protein ball and a piece of fresh fruit	Leftover orangey bulgur wheat salad with baked chicken	Devilled eggs	Summer rolls	2 litres water Vitamin water Herbal tea
FRIDAY	Chocolate cherry bomb smoothie	Protein ball and a piece of fresh fruit	Leftover summer rolls	Devilled eggs	Quinoa with roasted vegetables and cod	2 litres water Vitamin water Herbal tea
SATURDAY	Asparagus dunk egg	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 Vitamin water Herbal tea
SUNDAY	Scrambled eggs with smoked salmon and spinach	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 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

350G QUINOA
100G BULGUR WHEAT
12 SHEETS SUMMER ROLLS
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
1/2 TSP. SMOKED PAPRIKA
2 SLICES SOURDOUGH BREAD

FRESH INGREDIENTS LIST

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
1/4 RED ONION
1 BULB GARLIC
2 RED CHILLI
1CM KNOB GINGER
1 HEAD BROCCOLI
420G BUTTERNUT SQUASH
2 AVOCADO
100G BROAD BEANS
3 CARROTS
1/4 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



CHIA BERRY POTS

200ML OF NUT MILK

1/2 FRESH VANILLA POD

2 TBSP CHIA SEEDS

3 TBSP UNSWEETENED DESICCATED COCONUT

100G BERRIES

1 TBSP TOASTED NUTS

MAKES TWO PORTIONS, REFRIGERATE FOR NEXT DAY.

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

Start with some good nuts (always choose unsalted and Unsweetened) for example one of the following

ALMONDS - FULL OF HEALTHY FATS, PROTEIN, FIBRE, VITAMIN E

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

FLAX SEEDS - HIGH IN FIBRE, VITAMIN B1 AND COPPER

Dried fruit

DRIED APRICOTS, GOJI BERRIES, DRIED CRANBERRIES, COCONUT FLAKES, MULBERRIES

Extras

CACOA NIBS, SPRINKLE OF CINNAMON, NUTMEG OR VANILLA

MAKE THREE PORTIONS, PLACE IN AN AIRTIGHT CONTAINER



CELERIAC AND APPLE SOUP

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

MAKES TWO PORTIONS, FREEZE SECOND PORTION FOR SUNDAY.

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

30G SPINACH (FRESH)

1/2 SPRIG MINT

125ML WATER, OPTIONAL

175G CANTALOUPE MELON

40G BLUEBERRIES

1/2 APPLE

1/4 LIME, JUICED

MAKE FRESH EACH DAY

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

2 CHICKEN PIECES WITH THEIR SKIN ON
400G TIN OF CHOPPED TOMATOES
2 RED PEPPERS, DE-SEEDED AND CHOPPED LENGTHWISE
1 GARLIC CLOVE, FINELY CHOPPED
50G OF PITTED GREEN OR BLACK OLIVES
2 ONIONS, FINELY CHOPPED
1 TSP GROUND CUMIN
1 TSP GROUND CORIANDER
60ML OLIVE OIL
1/2 LEMON JUICE, SQUEEZED.

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

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.



QUINOA WITH SQUASH, SPINACH & AVOCADO

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 1/2 TBSP LEMON JUICE 1 TBSP WATER

1 TBSP TAHINI

1/2 GARLIC CLOVE, MINCED PINCH SALT

PINCH CAYENNE PEPPER

DIVIDE IN HALF, USE AN AIRTIGHT CONTAINER AND PLACE IN THE FRIDGE FOR TOMORROW

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

40G FROZEN CHERRIES (FRESH OPTIONAL)

185ML WATER OR COCONUT, HEMP OR ALMOND MILK

30G SPINACH

10G PARSLEY

1/2 TSP RAW CACAO

1/2 TSP CINNAMON

1/2 TSP HONEY OR 1-2 DROPS LIQUID STEVIA

1 TSP. UNSWEETENED SHREDDED COCONUT (OPTIONAL TOPPING)

MAKE FRESH EACH DAY.

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





ZERO-SUGAR PROTEIN BALLS

- 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)

STORE IN AIRTIGHT CONTAINER IN THE FRIDGE TO KEEP FRESH

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

100g bulgur wheat

2 chicken breasts (optional)

4 broccoli spears

100g shelled & cooked broad beans

1 orange

1/2 bunch of dill, chopped

400ml of vegetable stock

Dressing

1 large orange juiced

1 tbsp. balsamic vinegar

1 tsp. honey

1 tsp. Dijon mustard

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

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

3 EGGS, HARD-BOILED AND PEELED

1/2 CUP GREEK YOGHURT

1/4 - 1/2 TSP SMOKED PAPRIKA

SMALL PINCH SEA SALT

4 FRESH CHIVES, CHOPPED

DIVIDE IN HALF, USE AN AIRTIGHT BOTTLE AND PLACE IN THE FRIDGE FOR TOMORROW

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 for a snack on their own, but you could add a small slither of smoked salmon on top if wanted



SUMMER ROLLS

SUMMER ROLL WRAPS - 12

CARROTS, GRATED - 2

CABBAGE, FINELY SHREDDED - ¼

BEAN SPROUTS - HANDFUL

AVOCADO - 1

MINT, SHREDDED - 1 BUNCH

CORIANDER, SHREDDED - 1 BUNCH

CASHEW NUTS, CRUSHED - 20G

MAKES TWELVE ROLLS, WHICH IS TWO PORTIONS. DIVIDE AND REFRIGERATE READY FOR TOMORROW

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 VEG AND COD WITH SPINACH, & STEAMED BROCCOLI

100G QUINOA
1 COD FILLET
2 TBSP OLIVE OIL
1/2 RED ONION, SLICED INTO RINGS
1 RED PEPPER, DICED
1 COURGETTE, DICED
1 FENNEL, SLICED (ENDS CUT OFF)
1/4 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
LARGE HANDFUL OF SPINACH, WILTED
KNOB OF BUTTER

DIVIDE IN HALF, USE AN AIRTIGHT CONTAINER AND PLACE IN THE FRIDGE FOR TOMORROW

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

2 LARGE EGGS

6 SPEARS ASPARAGUS

SALT AND PEPPER

PINCH CHILLI FLAKES

MAKES TWO PORTIONS. REFRIGERATE FOR NEXT DAY

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 it's 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

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

MAKES TWO PORTIONS. REFRIGERATE FOR NEXT DAY

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

1 TBSP. OLIVE OIL	2 TBSP. TOMATO PASTE
250G LAMB SHOULDER, CUT INTO 4 CM PIECES	1 TSP. CUMIN GROUND
1 ONION, FINELY CHOPPED	1 TSP. CUMIN SEEDS
1 CARROT, FINELY CHOPPED	150ML OR CHICKEN OR LAMB STOCK
1 CELERY STALK, FINELY CHOPPED	50G OKRA, TOPS TRIMMED.
1 GARLIC CLOVE, CRUSHED	60G FRESH SPINACH LEAVES
1/2 FRESH RED CHILI DE-SEEDED, FINELY CHOPPED,	

MAKE TWO PORTIONS. REFRIGERATE AND USE NEXT DAY

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

3 EGGS
30ML NUT MILK
100G SPINACH
45G SMOKED SALMON
OLIVE OIL
SALT, PEPPER
2 SLICES SOURDOUGH TOAST
1 LEMON

MAKES ONE PORTION.

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.

