

# Week Six

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	DRINKS
MONDAY	Overnight oats with raspberries	Cashew and dried cherry energy ball	Kale and chicken Caesar salad	Trail mix, serve of fresh fruit	Green goddess soup	2 litres water Vitamin water Herbal tea
TUESDAY	Overnight oats with raspberries	Cashew and dried 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 cherry energy ball	Roast vegetable quinoa salad with greens	Devilled eggs	Grilled chicken with salsa verde	2 litres water Vitamin water Herbal tea
THURSDAY	Strawberry almond butter smoothie	Cashew and dried cherry energy ball	Leftover grilled chicken with salsa verde	Trail mix, serve of fresh fruit	Chickpeas, tomatoes and spinach	2 litres water Vitamin water Herbal tea
FRIDAY	Strawberry almond butter smoothie	Protein ball and a piece of fresh fruit	Leftover chickpeas tomatoes and spinach	Trail mix, serve of fresh fruit	Fish and chips with broccoli pesto, crispy kale	2 litres water Vitamin water Herbal tea
SATURDAY	Poached eggs with guacamole on toasted sourdough	Edamame beans	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

## 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

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 1/2 TBSP. PINE NUTS  
60G NUTS (FOR TRAIL MIX)  
40G DRIED FRUIT (FOR TRAIL MIX)  
50G DRIED SOUR CHERRIES  
1 TSP TAHINI  
3 TBSP. NUT BUTTER  
1/4 TSP DIJON MUSTARD  
1 TBSP. WHOLEGRAIN MUSTARD  
1/2 TBSP. RED WINE VINEGAR  
2 TBSP. RICE WINE VINEGAR  
4 TBSP. WHITE VINEGAR  
1/2 TBSP. CAPERS  
2 TBSP. SOY SAUCE OR TAMARI  
50ML WHITE WINE  
50ML HONEY  
50ML COCONUT MILK  
1 LITRE VEGETABLE STOCK  
150ML LAMB STOCK  
1/2 TSP CHILLI  
1 TSP ALL SPICE  
1 TSP CUMIN SEEDS  
1 TSP GROUND CORIANDER  
1/4 TSP TURMERIC  
1/2 TSP SMOKED PAPRIKA  
1 TBSP. CRUSHED CHILLIES  
1 1/2 TSP GROUND CUMIN  
SPRINKLE CHILLI FLAKES  
CAYENNE PEPPER PINCH  
40G MIXED SEEDS (FOR TRAIL MIX)

## FRESH INGREDIENTS LIST

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  
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 MEDJOL DATES  
SMALL LOAF OF SOURDOUGH BREAD  
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  
1 FENNEL  
2 HEADS BROCCOLI



# OVERNIGHT OATS WITH RASPBERRIES

45G OATS  
80G PLAIN YOGHURT  
125G RASPBERRIES  
2 TBSP. MILK (NUT MILK)

## MAKE FRESH EACH EVENING

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 & DRIED SOUR CHERRY ENERGY BALLS

400G MEDJOOOL DATES, PITTED  
100G OATS (OR QUINOA FLAKES)  
100G ROASTED CASHEWS  
2 TBSP. PEANUT BUTTER  
2 TBSP. COCONUT OIL  
100G DRIED SOUR CHERRIES, CHOPPED

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

Preheat the oven to 180C

Spread the nuts out on a baking tray and roast for around 8 minutes, until they are browned

Take 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 (or quinoa flakes if you are using them) 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

200G KALE, SHREDDED, WITH STEMS CUT OUT  
100G SPRING GREENS, SHREDDED AND NO STEMS  
6 ANCHOVIES  
200G COOKED CHICKEN, CUT INTO THIN STRIPS  
2 TBSP PARMESAN SHAVINGS

## DRESSING

2 TBSP OLIVE OIL  
2 TSP TAHINI  
1 TBSP LEMON JUICE  
1 TSP TAMARI  
1 CLOVE GARLIC  
CRUSHED PINCH SEA SALT  
PINCH OF CHILLI POWDER

## MAKES ONE PORTION

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

Whisk all the ingredients together



## 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**



## GREEN GOODNESS SOUP

2 TBSP OLIVE OIL

1 BROWN ONION

1 HEAD OF BROCCOLI – CUT INTO FLORETS

A HANDFUL OF KALE

A HANDFUL OF SPINACH

1 POTATO – PEELED AND CUT INTO CUBES

1 LITRE VEGETABLE STOCK OR CHICKEN

STOCK 1/2 CAN OF CHICKPEAS

50ML COCONUT MILK

SALT & PEPPER TO TASTE

CRÈME FRAICHE TO SERVE (OPTIONAL)

**MAKES TWO PORTIONS, REFRIGERATE FOR NEXT DAY. TAKE TO WORK IN THERMOS OR HEAT AT LUNCHTIME**

Peel and roughly dice the brown onion and potato.

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 broccoli chopped into florets, 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 almond milk

Season with salt and pepper to taste. If its slightly to thick add more coconut milk until the right consistency.







## 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

## 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.



## GRILLED CHICKEN WITH SALSA VERDE, CARROT AND SWEDE MASH, PAK CHOI AND KALE

2 CHICKEN BREASTS, BAKED

SMALL BUNCH PAK CHOI, STEAMED KALE, STEAMED

SALSA VERDE INGREDIENTS: (MAKES ABOUT 4 SERVINGS)

1/2 CLOVE GARLIC, PEELED

1/2 TBSP CAPERS

3 ANCHOVY FILLETS

20G FLAT-LEAF PARSLEY, LEAVES PICKED

20G FRESH BASIL, LEAVES PICKED

1/4 TBSP. DIJON MUSTARD

1/2 TBSP. RED WINE VINEGAR

4 TBSP. EXTRA VIRGIN OLIVE OIL SEA SALT

FRESHLY GROUND BLACK PEPPER

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

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

250G SWEDE, CUBED

250G CARROT, CUBED

OLIVE OIL

SALT

**STORE IN AIRTIGHT CONTAINER IN THE FRIDGE  
TO KEEP FRESH**

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

# STRAWBERRY ALMOND BUTTER SMOOTHIE

1/2 BANANA

1 TSP RAW HONEY

1 TBSP ALMOND BUTTER

250ML ALMOND MILK

150G STRAWBERRIES (FRESH OR FROZEN)

ICE AS NEEDED

**MAKE FRESH EACH DAY.**

Blend in your blender until smooth.



# CHICKPEAS, TOMATO AND SPINACH

200G CHICKPEAS, DRAINED FROM TIN

150G SPINACH

1 SMALL GARLIC CLOVE, CRUSHED

SEA SALT

GROUND BLACK PEPPER

6 TOMATOES ON THE VINE

OLIVE OIL

1/2 SMALL RED ONION, PEELED AND SLICED INTO THIN RINGS.

1 TSP. GROUND CUMIN

1 TSP. ALLSPICE

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

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

250G PARSNIPS, PEELED AND CHOPPED INTO THE APPROXIMATE SIZE OF CHIPS

1 WILD SALMON FILLET

1/2 LEMON, JUICE

1 TBSP HONEY

1 TBSP WHOLEGRAIN MUSTARD OLIVE OIL

COCONUT OIL

SEA SALT

### **MAKES ONE PORTION**

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.

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).

Next page for the broccoli pesto...



## BROCCOLI PESTO

125G BROCCOLI FLORETS

SMALL 1/2 HANDFUL OF BASIL LEAVES

1 TBSP OF FRESH LEMON JUICE

1 1/2 TBSP PINE NUTS (BUT COULD USE WALNUTS) 1 CLOVE GARLIC

SEA SALT

FRESHLY GROUND BLACK PEPPER

### **MAKES ONE PORTION**

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 & pepper. You can add more olive oil if it is too dry.

Drizzle the pesto over the salmon.





## CRISPY KALE & GREEN BEANS

2 HANDFULS OF KALE OLIVE OIL

SEA SALT

125G OF GREEN BEANS

### **MAKES ONE PORTIONS**

Preheat oven to 200 degrees centigrade or Gas mark 7. Wash and chop up the kale into small pieces (remove any very large stalk ends). Put in an ovenproof dish, and drizzle with olive oil. Sprinkle over 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

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

## MAKES ONE PORTION

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 BEANS

EDAMAME BEANS - 75G

**MAKES ONE PORTIONS, MAKE AS LITTLE OR AS MUCH AS YOU WISH**

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

130G ORGANIC MUNG BEANS  
95G KIMCHI, FINELY CHOPPED  
2 SPRING ONIONS, FINELY CHOPPED  
2 TBSP CORIANDER, FINELY CHOPPED  
1 TSP CUMIN SEEDS  
1/2 TSP CORIANDER, GROUND  
1/4 TSP TURMERIC, GROUND  
1/4 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 CHILIES  
1 SPRING ONION, FINELY SLICED

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

Rinse the beans and soak overnight. In the morning, drain and discard the water. Blend the soaked beans and 1/2 cup water in a blender, or food processor. Add up to 1/2 cup 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. Combine the soy sauce, sesame oil, rice vinegar and chillies (or cayenne) in a small bowl and mix until blended. Add the finely chopped spring onions. Ready to serve. Serve with salad.



# SPINACH & CHIA SEED FALAFELS

400G TIN OF CHICKPEAS  
LARGE HANDFUL OF SPINACH LEAVES, WASHED  
1/4 ONION, FINELY CHOPPED  
1 GARLIC CLOVE, CRUSHED  
1/2 TSP GROUND CUMIN  
1/2 TSP GROUND CORIANDER  
PINCH CHILLI POWDER  
1/2 TSP SEA SALT  
1 TBSP CHIA SEEDS  
1/2 LEMON ZEST AND JUICE  
1 TBSP OLIVE OIL FOR FRYING

## **MAKES FOR ONE PORTION**

Drain the chickpeas and put 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

1 OR 2 EGGS

CHERRY TOMATOES (ON VINE)

A FEW SPRIGS OF FRESH THYME

1 TBSP. WINE VINEGAR

2 SLICES SOURDOUGH TOAST

### **MAKES ONE PORTIONS.**

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 AND PARSNIPS

350G BONELESS LAMB SHOULDER JOINT

300ML OF LAMB STOCK

100ML OF WHITE WINE

3 WHOLE GARLIC CLOVES, PEELED

2 CARROTS, PEELED AND SLICED INTO RINGS

FEW SPRIGS OF ROSEMARY

1 TABLESPOON OF COCONUT OIL

SQUASH AND PARSNIPS

1/2 SMALL SQUASH

250G PARSNIPS, PEELED AND CHOPPED INTO THE APPROXIMATE SIZE OF CHIPS

125G GREEN BEANS, ENDS TRIMMED

## **MAKES ONE PORTION, FREEZE LEFTOVERS**

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.

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

SALAD LEAVES (LARGE HANDFUL)

BABY TOMATOES, HALVED.

1/2 CUCUMBER, SLICED

1/4 RED ONION, SLICED

1 TSP OLIVE OIL

1/2 LEMON, JUICED SALT/PEPPER

### **MAKES ONE PORTION**

Combine in large bowl.





