

Week Seven

	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	Lentil dhal	2 litres water Vitamin water Herbal tea
TUESDAY	Bircher muesli with fresh berries	Avocado and broad bean dip	Lentil dhal	Protein ball Serving of fruit	Kale and cauliflower cous-cous with baked salmon	2 litres water Vitamin water Herbal tea
WEDNESDAY	Bircher muesli with fresh berries	Spicy chickpeas	Kale and cauliflower couscous with baked salmon	Avocado and broad bean dip	Quinoa with grilled pumpkin and beetroot salad	2 litres water Vitamin water Herbal tea
THURSDAY	Berry, spinach smoothie	Spicy chickpeas	Quinoa with grilled pumpkin and beetroot salad	Protein ball Serving of fruit	Squash and chickpea curry	2 litres water Vitamin water Herbal tea
FRIDAY	Berry, spinach smoothie	Spicy chickpeas	Squash and chickpea curry	Protein ball Serving of fruit	Quinoa chicken nuggets with watercress salad	2 litres water Vitamin water Herbal tea
SATURDAY	Banana coconut pancakes	Edamame beans	Quinoa chicken nuggets with watercress salad	Protein ball Serving of fruit	Buckwheat mushroom risotto with orange salad	2 litres water Vitamin water Herbal tea
SUNDAY	Scrambled eggs with roasted peppers	Protein ball Serving of fruit	Buckwheat mushroom risotto with watercress and orange salad	Sweet potato crisps	Lamb and red lentil casse- role	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

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
1/2 TSP WHOLEGRAIN MUSTARD
5G DRIED PORCINI MUSHROOMS
4 TBSP COCONUT OIL
250ML OLIVE OIL
1/4 TSP CAYENNE PEPPER
1/4 TSP DRIED CHILLI
3 TSP CINNAMON
1 TSP CUMIN SEEDS
1/2 TSP MARJORAM (DRIED)
1/8 TSP ALL SPICE, GROUND
1/2 TSP HARISSA
1 1/2 TSP TURMERIC
1/2 TSP GARAM MASALA
2 1/2 TSP CORIANDER, GROUND
3 1/2 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 1/2 TSP VANILLA EXTRACT
50G MAPLE SYRUP
2 TBSP CACAO POWDER
50G PROTEIN POWDER (VEGAN)

FRESH INGREDIENTS LIST

300G BEETROOT

1 BUTTERNUT SQUASH

250G PUMPKIN

2 CARROTS

1 SWEET POTATO

3 ONIONS

BUNCH SPRING ONIONS

8 CLOVES GARLIC

2" FRESH GINGER

1/2 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

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



BIRCHER MUESLI WITH FRESH BERRIES

100G ROLLED OATS

1/2 CUP (70G) PISTACHIOS (OR NUTS OF CHOICE)

HANDFUL OF FRESH BERRIES

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

MAKE FRESH EACH DAY

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.



ROASTED SPICY CHICKPEAS

CHICKPEAS TINNED - 400G

OLIVE OIL 10G

MARJORAM DRIED - 5G

ALLSPICE GROUND - 4G

CUMIN GROUND - 10G

SALT

MAKES THREE 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 upping 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.”



GRILLED SARDINES WITH CANNELLINI BEAN MASH

3 X SARDINES

1/2 TBSP. OLIVE OIL

SEA SALT, PINCH

PEPPER, PINCH

1 LEMON, JUICED

1 TBSP. NATURAL YOGHURT

1/2 GARLIC CLOVE, CRUSHED

1/2 TEASPOON HARISSA

FRESH PARSLEY (HANDFUL)

300G CANNELLINI BEANS

1 TSP LEMON JUICE

1/2 TEASPOON OF THYME

100G KALE

1 TBSP. OLIVE OIL

SEA SALT

MAKES ONE PORTION

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 AND BROADBEAN DIP WITH VEGGIE CRUDITÉS

BROAD BEANS - 600G

AVOCADO - 3

JUICE OF LEMON - 3

OLIVE OIL - 80G

MINT - 2 BUNCHES

SALT AND PEPPER

MAKES THREE PORTION. REFRIGERATE AND USE OVER THE NEXT THREE DAYS

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.

“A lovely vibrant green dip, great for a summer lunch or picnic. Avocados are a highly nutrient dense fruit and are full of healthy fats, this is a great alternative to the usual guacamole, incorporating some lovely seasonal, fresh broad beans.”



LENTIL DHAL

120G SHORT GRAIN BROWN RICE
90G RED LENTILS
1/2 ONION, DICED
300ML VEGETABLE STOCK
200G OF TINNED TOMATOES
2 GARLIC CLOVES, FINELY CHOPPED
1/2 TSP. TURMERIC
1/2 TSP. CUMIN
GROUND BLACK PEPPER

1/2 TSP GARAM MASALA
1/2 TSP CORIANDER
1 KNOB; FRESH GINGER, GRATED
1 TBSP. OLIVE OIL
SMALL HANDFUL FRESH CORIANDER LEAVES
1/2 LEMON, JUICED
1/2 RED CHILLI DE-SEEDED AND CHOPPED
SEA SALT
1 BAY LEAF

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

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.

METHOD CONTINUES ON TO THE NEXT PAGE





LENTIL DHAL

SECOND HALF OF THE METHOD

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

- 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.

KALE & CAULIFLOWER COUSCOUS WITH OVEN BAKED SALMON

2 FILLETS WILD CAUGHT SALMON OLIVE OIL, DRIZZLE
1/2 HEAD OF CAULIFLOWER (NO STALKS OR LEAVES)
HANDFUL OF KALE, FINELY CHOPPED
1/2 LEMON, JUICED
1/2 GARLIC CLOVE, MINCED
SMALL HANDFUL FRESH CORIANDER, CHOPPED
1 TSP CUMIN SEEDS
SEA SALT

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

Preheat the oven to 200C

Place the salmon in an oven dish with a drizzle of olive oil

Bake for around 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

150G BABY BEETROOT, TRIMMED, SCRUBBED

4 TBSP. EXTRA VIRGIN OLIVE OIL

250G PUMPKIN, PEELED, CUT INTO 3CM PIECES

1/2 TBSP. HONEY OR MAPLE SYRUP

1/2 TSP. WHOLEGRAIN MUSTARD

2 TBSP. FLAT-LEAF PARSLEY LEAVES, CHOPPED

HANDFUL WALNUTS, TOASTED & CHOPPED

1/2 TBSP. THYME LEAVES

150G QUINOA

50G BABY SPINACH LEAVES

1 ORANGE, JUICED.

DIVIDE INTO TWO, USE AN AIRTIGHT CONTAINER AND PLACE IN THE FRIDGE FOR TOMORROW.

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 and drizzle over the dressing





BERRY & SPINACH SMOOTHIE

1 SMALL BANANA

HANDFUL OF SPINACH (WASHED)

1/2 CUP OF BERRIES OF YOUR CHOICE FROZEN OR FRESH (IE BLUEBERRIES & RED-CURRANTS)

1 CUP OF WATER OR COCONUT WATER

NOTE: FROZEN BERRIES ARE A GOOD CHOICE DURING THE AUTUMN/WINTER MONTHS AND NOT IN SEASON AS THEY STILL RETAIN ALL THEIR GOODNESS.

MAKES ONE PORTION

Add all to blender & blend until smooth.

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.





QUINOA CHICKEN NUGGETS

100G QUINOA

2 TBSP. FLOUR

1 LARGE EGG

SEA SALT

GROUND BLACK PEPPER

2 CHICKEN BREASTS

1-2TBSP OLIVE OIL

SESAME SEEDS

1 SPRING ONION, CHOPPED FINELY

MAKES TWO PORTIONS. USE AN AIRTIGHT CONTAINER AND PLACE IN THE FRIDGE FOR TOMORROW.

Preheat the oven to 200°C

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

INGREDIENTS FOR SALAD

1/2 SQUASH, CUBED

1/2 BUNCH WATERCRESS

3 SPRING ONIONS, SLICED

1/2 AVOCADO, DICED

1/2 RED CHILLI, FINELY DICED

1/2 LEMON

20ML OLIVE OIL

CRACKED BLACK PEPPER

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

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 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.

BANANA COCONUT PANCAKES

1 RIPE BANANA
2 LARGE FREE RANGE EGGS
2 TBSP. DESICCATED COCONUT
1/2 TBSP. BUCKWHEAT OR WHEAT FLOUR
1/2 TSP. CINNAMON
A LITTLE COCONUT OIL OR OLIVE OIL
150G BLUEBERRIES (FRESH OR FROZEN)
1/2 TSP VANILLA EXTRACT

MAKES ONE PORTION

Bring blueberries to simmer on a low heat with a splash of water and the vanilla extract

Mash the bananas

Whisk the pancake ingredients together to form a batter

Oil the frying pan and heat

Ladle the batter in small amounts onto the frying pan, 3 small pancakes at a time (aim for 9 in total)

Serve covered with stewed blueberries and vanilla



BUCKWHEAT MUSHROOM RISOTTO WITH WATERCRESS & ROASTED SQUASH SALAD

75G BUCKWHEAT

1/2 SMALL ONION

1/2 CELERY STICK

100G OF MIXED FRESH MUSHROOMS

5G OF DRIED PORCINI MUSHROOMS

50ML WHITE WINE

1 CLOVE GARLIC, CRUSHED

1/2 LEMON

BUTTER

100ML OF CHICKEN OR VEG

STOCK

10G PARMESAN

1 TBSP. COCONUT OIL

ROSEMARY, 1 SPRIG

THYME, FRESH (HANDFUL)

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

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, and add to the pan. Wash and add in the buckwheat, cook for another minute. Stir and add in 1/3 of the stock mixed with the boiling water. Keep an eye on this pan and keep stirring so it doesn't dry out. Add more of the stock if it needs it. Meanwhile heat a pan, and add 1/2 tbsp. of coconut oil. Tear and fry the fresh mixed mushrooms with the hot oil. Add a pinch of salt. Add more boiling water if the buckwheat is not cooked through, the risotto should be porridge-like. Once they have softened add the mushrooms into the other pan with the buckwheat. Grate the Parmesan, add into the pan and stir through. Wash and sprinkle over the thyme leaves.

SALAD METHOD ON THE NEXT PAGE



WATERCRESS, ORANGE & AVOCADO SALAD

INGREDIENTS FOR SALAD

- 1 SPRING ONION, FINELY SLICED
- 1/2 BUNCH WATERCRESS
- 1 AVOCADO, SLICED
- 1 ORANGE, SEGMENTED
- HANDFUL OF PUMPKIN SEEDS, TOASTED

FOR THE DRESSING

- JUICE OF 1/2 ORANGE
- ZEST AND JUICE OF 1/2 LEMON
- 1 TSP. HONEY
- 1/2 TSP. DIJON MUSTARD
- 2 TBSP. OLIVE OIL
- SALT AND PEPPER

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

Whisk the dressing ingredients together and toss through the watercress and orange segments.

Arrange the avocado and spring onions on top. Scatter with toasted pumpkin seeds.





SCRAMBLED EGGS WITH ROAST PEPPERS

3 EGGS

SMALL AMOUNT OF NUT MILK SALT PEPPER

CHIVES

1 RED PEPPER

OLIVE OIL

MAKES FOR ONE PORTION

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

SWEET POTATOES - 1

OLIVE OIL - 30G

SALT AND PEPPER

MAKES ONE PORTIONS.

Preheat the oven to 180 C or 355F.

Peel and finely slice the sweet potatoes so they are a couple of millimetres thick.

Pat them dry, and spread them over a baking tray or dish.

Drizzle over the olive oil and sprinkle over the cayenne pepper and 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 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.



