

Week Eight

	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	2 litres water Vitamin water Herbal tea
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	2 litres water Vitamin water Herbal tea
WEDNESDAY	Green smoothie bliss	Beetroot hummus with vegetable	Sweet jacket potato with coleslaw	Apple and cinnamon rings	Warm salmon, kale, sesame and ginger salad	2 litres water Vitamin water Herbal tea
THURSDAY	Green smoothie bliss	Beetroot hummus with vegetable	Leftover warm salmon, kale, sesame and ginger salad	Soaked nuts, serving of fresh fruit	Black rice salad with mango and avocado	2 litres water Vitamin water Herbal tea
FRIDAY	Green smoothie bliss	Beetroot hummus with vegetable	Leftover black rice salad with mango and avocado	Soaked nuts, serving of fresh fruit	Bean chilli with brown rice	2 litres water Vitamin water Herbal tea
SATURDAY	Spinach, tomato and chickpea frittata	Glowing skin smoothie	Bean chilli with brown rice	Paprika and chilli kale chips	Shepherd's pie with cabbage, fennel and watercress salad	2 litres water Vitamin water Herbal tea
SUNDAY	Best banana pancakes	Glowing skin smoothie	Shepherd's pie with cabbage, fennel and watercress salad	Paprika and chilli kale chips	Miso soup with bone broth	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

90G OATS
300G BLACK RICE
2 SERVES BROWN RICE
1 VANILLA POD
1/2 TSP. BAKING POWDER
1 TSP. HONEY
2.5TSP. CINNAMON
6 TBSP DESICCATED COCONUT
1 TBSP. TAHINI
1/2 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
1/2 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
1/4 TSP. CAYENNE PEPPER
1/2 TSP. SMOKED PAPRIKA
1/2 TSP. SALT
6 BAY LEAVES
1/2 TSP. CHILLI FLAKES
1 TBSP. BLACK PEPPERCORNS
4 TSP. CUMIN, GROUND
SMALL LOAF SOURDOUGH BREAD

FRESH INGREDIENTS LIST

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

1/2 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

3 RADISHES

1/2 COURGETTE

7 STICKS CELERY

1 FENNEL

1/2 HEAD CAULIFLOWER

1 AUBERGINE

1.25 LITRES COCONUT WATER

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



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.



APPLE AND CINNAMON RINGS

APPLES - 3

CINNAMON - 10G

MAKES THREE PORTIONS, DIVIDE AND STORE IN AIRTIGHT CONTAINER

Pre-heat oven to 180 degrees or (gas mark 6).

Core them using an apple corer (optional)

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 30 minutes or until they are slightly golden and crinkly.

Let them cool and they are ready to eat.

“We love making these apple and cinnamon rings for a nutritious and very moreish afternoon snack. This recipe is sweet enough to satisfy a sweet tooth, but not overly so and while they take a little while to bake, there’s so little hands-on time that making these apple rings is a breeze.”



SPROUTED BEAN SALAD

125G SPROUTED BEANS I.E. ALFALFA, MUNG BEANS, CHICK PEAS

1/4 TSP. SALT

1/2 LARGE RIPE MANGO, DICED

1/2 SMALL RIPE AVOCADO, DICED OR SLICED

1/8 CUP ROASTED ALMONDS

1/4 CUP FRESH CORIANDER, CHOPPED

DRESSING

1 LIME, JUICE

1 TBSP. OLIVE OIL

1/2 TSP HONEY

PINCH SEA SALT

1/2 CLOVE GARLIC, MINCED

1 TBSP. FRESH CORIANDER, CHOPPED

MAKES ONE PORTION

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

400G NUTS OF YOUR CHOICE

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

Dissolve 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.



CHICKEN TAGINE WITH CAULIFLOWER COUS- COUS

2 CHICKEN PIECES	1 TBSP TOMATO PUREE
1-2 TBSP COCONUT OIL	2 TSP CUMIN, GROUND
1 LARGE AUBERGINE, WASHED AND DICED	1 TSP CINNAMON
450G FRESH TOMATOES, CHOPPED	100ML CHICKEN STOCK
1 SMALL ONION, DICED	200G CHICK PEAS, TIN
30G DRIED ORGANIC APRICOTS, CHOPPED	1 BAY LEAF
1 RED CHILLI, CHOPPED FINELY	15G FRESH CORIANDER, CHOPPED

MAKES TWO PORTIONS, REFRIGERATE FOR NEXT DAY.

Preheat the slow cooker. Heat 1 tbsp of coconut oil in a large pan over a medium/high heat. Season & 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 on next page



CAULIFLOWER COUSCOUS

1/2 HEAD CAULIFLOWER

1 TBSP OLIVE OIL OR BUTTER

SALT

MAKES TWO PORTIONS, REFRIGERATE FOR NEXT DAY.

Blend cauliflower in a food processor until it resembles cous cous. 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

2 LARGE SWEET POTATOES
1/2 BUNCH THYME

QUINOA SALAD

1 SMALL CARROT
1/2 FENNEL
1/2 BEETROOT
50G WHITE CABBAGE
50G RED CABBAGE
3 RADISHES
1/4 RED ONION

2 CLOVES GARLIC
SEA SALT

EXTRA VIRGIN OLIVE OIL
1 LEMON
1/2 HANDFUL FRESH SOFT HERBS
50ML NATURAL YOGHURT
1/2 TSP MUSTARD
SEA SALT & PEPPER

MAKES TWO PORTIONS, REFRIGERATE FOR NEXT DAY.

Preheat the oven to 200 C. 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

90G FRESH SPINACH

250ML COCONUT WATER

165G PINEAPPLE, FRESH

1/4 AVOCADO

MAKE FRESH EACH DAY

Blend spinach and coconut water until smooth.

Add remaining ingredients, and blend until smooth.





BEETROOT HUMMUS AND CARROTS STICKS

CHICKPEAS, DRAINED AND RINSED - 400G

COOKED BEETROOT - 250G

LEMON JUICE - ½

GARLIC CLOVE, CRUSHED - 1

TAHINI - 30G

GROUND CUMIN - 10G

EXTRA VIRGIN OLIVE OIL - 100ML

SALT - 5G

USE OVER THREE DAYS. REFRIGERATE AND STORE IN A AIRTIGHT CONTAINER

Place all the ingredients into a food processor and blend until smooth, add more olive oil if its too thick. Store in the fridge, it will last for about 4-5 days.

“Beetroot hummus is a lovely alternative to traditional hummus. This recipe is an excellent healthy snack, that is not only rich in colour, but also in iron, vitamins A and C and antioxidants.”

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.



BLACK RICE SALAD WITH AVOCADO & MANGO

300G COOKED BLACK RICE

1 FRESH MANGO, DICED INTO SMALL CHUNKS

1 SMALL RED ONION, CHOPPED

1 SMALL RIPE AVOCADO, DICED

15G FLAT LEAF PARSLEY, CHOPPED

15G WATERCRESS

SEA SALT AND PEPPER

DRESSING

1 RIPE MANGO, PEELED AND ROUGHLY CHOPPED

2 TBSP WHITE WINE VINEGAR

2 TBSP OLIVE OIL

60ML ORANGE JUICE

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

Cook the rice as per the packet instructions until it is tender. Remove from the heat and let it 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 & watercress, then drizzle over the dressing – not too much as it will be sweet!



BEAN CHILLI

200G CHOPPED TOMATOES, TIN 200G KIDNEY BEANS, TIN*

200G ADUKI BEANS, TIN*

1/2 LARGE CARROT, PEELED AND DICED 1 TBSP COCONUT OIL

1/2 RED PEPPER, CHOPPED 1 TSP DRIED OREGANO

1/4 TSP CAYENNE PEPPER

1/2 RED CHILLI, DE SEEDED AND FINELY CHOPPED

1/2 LARGE STICK OF CELERY, WASHED AND FINELY CHOPPED

1/2 MEDIUM ONION, DICED

1 CLOVE GARLIC, FINELY CHOPPED

15G CHOPPED CORIANDER

1 TBSP TOMATO PUREE

1 TSP GROUND CUMIN

1 BAY LEAF

MAKES TWO PORTIONS, REFRIGERATE FOR NEXT DAY.

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 & pepper. The beans should be cooked through and soft. Sprinkle over the chopped coriander. Serve with brown rice & a green salad.



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.



GLOWING SKIN SMOOTHIE

INGREDIENTS FOR SALAD

250ML COCONUT WATER

30G FRESH SPINACH

165G PINEAPPLE (FRESH OR FROZEN)

1/2 AVOCADO

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

Blend spinach and coconut water until smooth.

Add remaining ingredients, and blend until smooth. Enjoy!

*Use frozen fruit to make smoothie cold.



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.



HEALTHY SHEPHERD'S PIE

250G MINCED LAMB

1/2 LARGE ONION, CHOPPED FINELY

1 CARROT, CHOPPED FINELY 1/2 COURGETTE, DICED

1/2 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 & GROUND BLACK PEPPER

125ML OF LAMB OR VEG STOCK

1 TBSP TOMATO PUREE

1 TBSP COCONUT OIL

FOR THE MASH

225G ROOT VEGETABLES I.E. SWEDE PEELED AND CUT INTO SMALL CHUNKS

225G SWEET POTATOES, PEELED AND CHOPPED INTO SMALL CHUNKS

1/2 LEEK, WASHED AND CHOPPED UP

50G KALE, WASHED, LARGE STALKS REMOVED AND CHOPPED FINELY

25G – YOU CAN USE OLIVE OIL IF YOU DON'T WANT DAIRY

MAKE TWO PORTIONS. FREEZE LEFTOVERS.

METHOD ON THE NEXT PAGE





HEALTHY SHEPHERD'S PIE

In a large frying pan, heat the coconut oil until it melts. Add in the onion, celery, courgette & 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 & 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 & pepper.

Bring to the boil and then turn down to a simmer for approximately 30 minutes.

Meanwhile heat the oven to 200 C.

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

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.

MISO SOUP WITH BONE BROTH

250ML OF BONE BROTH (SEE METHOD ON NEXT PAGE)

1/2 TBSP MISO

2 SPRING ONIONS, FINELY SLICED

100G SILKEN TOFU, CUT INTO CUBES

1 SHEET DRIED NORI OR WAKAME SEAWEED CHILLI FLAKES – OPTIONAL

MAKE ONE PORTION. FREEZE LEFTOVERS.

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.

NEXT PAGE FOR METHOD ON HOW TO MAKE BONE BROTH





TO MAKE BONE BROTH

2-3 KG BEEF BONES, CHICKEN CARCASSES, LAMB BONES (USUALLY FREE FROM THE BUTCHERS) OR USE THE SAVED BONES FROM A ROAST

SPLASH OF APPLE CIDER VINEGAR

1 ONION

2 CARROTS

2 CELERY STALKS

1 TBSP BLACK PEPPERCORNS

3 BAY LEAVES, DRIED

MAKE ONE PORTION. FREEZE LEFTOVERS.

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 hrs chicken. 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..

