# New Year New You 2018

The body achieves what the mind believes







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INTRODUCTION

**LEARN THE RULES** 

TASTE THE RECIPES

FEEL THE BENEFITS

blank pages of a new book, fill each page and be proud."



# INTRO

## WELCOME TO THE NEW YEAR, NEW YOU 2018

This programme has been designed to get you back on track after the Christmas puddings, chocolates and wine!

The Food Plan has been created by experienced Nutritionists with the following goals in mind:

- Establish healthy habits
- Restore energy levels
- Reset your metabolism for fat burning
- Support fat loss and improve body composition
- Boost your immune system
- Oh, and lose weight/inches at the same time!

The recipes have been designed to meet the following principles:

- Low carbohydrate (different to NO carbs)
- Blood sugar balancing
- Good quality proteins
- Good fats, e.g. avocado, nuts
- High nutrient density
- Easy to prepare 15–20 mins max
- All gluten free and minimum dairy

## OK, LET'S DO THIS!



## **INTRO**

## WELCOME - TIME RESTRICTED EATING PRINCIPLES (TRE)

We would like you to implement some level of TRE whilst following this plan.

Simply reduce the number of hours during which you eat and increase the number of hours that you don't eat. By not eating for 12-16 hours/day, new research tells us that the benefits include:

- Metabolism boosted
- More fat burning
- Improved weight loss
- Blood sugar stabilised

◆ BEGINNERS start with a 12 hour eating window (8am – 8pm)

- ◆ GO-GETTERS try a 10 hour window (10am – 8pm)
- ◆ PROS go for an 8 hour window (12pm – 8pm)

It's not necessary to follow TRE every day, aim to follow this on 3 days/week to start with.

One of the simplest ways to make this work is to delay breakfast. However if you have a heavy training day, this may not work for you. Make sure you listen to your body!



## **INTRO**

## **WELCOME**

Here are the 6 simple rules and guidelines

- Do not skip meals,
   aim for 3 main meals and 1-2 snacks/day
- Always include protein with every meal/snack
- Aim to follow the food plan at least 80% of the time
- Aim to eat within a 12–8 hour window, at least 3 times/week
- Drink 2-2.5 litres of water/day
- Limit or eliminate alcohol, caffeine, sugar, artificial sweeteners

#### TRAINING DAYS

Notice the meal options marked with a ( ). These are particularly suitable for 'heavy' training days, since you can add extra 'healthy carbs', e.g. small sweet potato, small portion (50g dry) of brown basmati when you know you have worked hard!

Please join the Facebook group so that you can be supported and get all your questions answered. Check recipes for the number of servings.





POWER UP WITH BREAKFAST





# **BREAKFAST**

## **CHIA SEED PUDDING**

#### **INGREDIENTS (SERVES 1)**

- 20g chia seeds
- 100ml unsweetened almond, oat or coconut milk
- 1tsp maple syrup
- 1 pinch salt

## Optional extras:

- 1tsp raw cacao
- ½tsp cinnamon

#### METHOD (PREPARE THE NIGHT BEFORE)

- Add all ingredients together in a bowl and stir well
- Cover and chill in the fridge overnight
- In the morning, stir well and add a handful of berries, chopped nuts/granola





# **BREAKFAST**

## **SMOOTHIE BOWLS**

#### **INGREDIENTS (SERVES 2)**

- 100g mixed frozen berries
- 100g frozen banana (1 small ripe banana)
- 2-3tbsp unsweetened almond or coconut milk
- 1 scoop vanilla/plain protein powder

#### Toppings (pick 1-2)

- 1tbsp shredded coconut
- 1tbsp chia or hemp seeds
- 1tbsp chopped nuts
- 1tbsp granola
- 1tbsp nut butter
- extra berries

#### **METHOD**

- Add frozen berries and banana to a blender and blend on low until small bits remain
- Add a bit of coconut or almond milk and protein powder (optional), and blend on low again, scraping down sides as needed, until the mixture reaches a soft serve consistency
- Scoop into serving bowl and top with desired toppings



## **BREAKFAST**

## **CINNAMON QUINOA BREAKFAST BOWLS**



#### **INGREDIENTS (SERVES 2)**

- ½cup uncooked quinoa
- 1cup almond milk, unsweetened
- 1-2 cinnamon sticks
- pinch of salt
- ½tsp vanilla paste
- toasted sliced almonds
- toasted coconut flakes
- raspberries/blueberries
- ½tsp maple syrup, optional
- extra splashes of almond milk, optional
- spices, to taste cinnamon, nutmeg, etc.

#### **METHOD**

- Rinse and drain the quinoa
- Place it in a small saucepan and add the almond milk, 1-2 cinnamon sticks, and a pinch of salt. Bring to the boil, cover and reduce heat to a low simmer for 15 mins, stir occasionally
- Remove the pan from the heat and let the quinoa sit for 5 more minutes or until the almond milk is absorbed and the quinoa is cooked. Taste and add additional spices to your liking
- Scoop the quinoa into two bowls and top with toasted almonds, toasted coconut, and fruit. Serve with maple syrup if you like
- Enjoy as a fluffy pilaf, or as more of a porridge with warm almond milk poured on top



# **BREAKFAST**

## **AVOCADO ON TOAST WITH EXTRAS**

#### **INGREDIENTS (SERVES 1)**

- 1 ripe avocado
- ½ lemon
- 1 slice rye/wholemeal/gluten free bread

Toppings (pick 1)

- 2 poached eggs
- finely chopped tomatoes/peppers
- smoked salmon

#### **METHOD**

- Remove the avocado flesh and mash roughly with a fork
- Add a squeeze of lemon and salt/pepper
- Toast the bread
- Poach the eggs (optional)
- Assemble all ingredients and enjoy!





# **BREAKFAST**

## **OATS**

Oats are such a versatile food and can help you to stay fuller for longer as they release their energy slowly.

You can also mix and match toppings and fillings to ensure that you get a good balance of healthy fats, protein and at least a portion of fruit to set you up for the day.





# **BREAKFAST**

# OVERNIGHT OATS (

Choose one item from each category and mix all the ingredients thoroughly. Top with your choice of topping, put in the fridge overnight and it's ready for you first thing in the morning. (serves 1)

- BASE (40G)
   oats | quinoa flakes | buckwheat flakes
- LIQUID (200ML UNSWEETENED)
   almond milk | hemp milk | coconut milk
- PROTEIN
   1tbsp protein powder | 100g plain Greek yoghurt
   20g chopped nuts
- SEEDS (ITBSP)
   chia seeds | flaxseeds | pumpkin seeds
- **♦ TOPPINGS**

1 handful frozen / fresh berries1 chopped apple / pear / peach / nectarine2 chopped plums / apricots





## **BREAKFAST**

# PORRIDGE/ZOATS (

There is nothing better than a lovely warm bowl of oats when the mornings are that bit chillier! And you can also upgrade your porridge to a bowl of zoats – which basically means zucchini (or courgette) oats. I know some of you may be thinking, "What? That's so weird", but please do try it before you dismiss it. The reason for adding the courgette is so that it adds bulk (it will help you stay fuller for even longer), and you've got in a portion of veg first thing in the morning. (serves 1)

Choose an item from each category on the next page. Mix all the ingredients thoroughly and put in a microwave for 2 minutes (stirring halfway) or bring to the boil on a hob and then simmer for 5 minutes, stirring regularly.



- BASE (40G)
   oats | quinoa flakes | buckwheat flakes
- LIQUID (200ML UNSWEETENED)
   almond milk | hemp milk | coconut milk
- PROTEIN
   1tbsp unsweetened protein powder
   100g plain Greek yoghurt | 1 beaten egg
- OPTIONAL½ grated courgette
- OPTIONAL SWEETENER (2TSP)
   xylitol | coconut sugar | agave syrup
- FRUIT TOPPINGS (PICK ONE)
   1 large handful frozen/fresh berries | 1 chopped
   apple/peach/nectarine | 2 chopped plums/apricots
- GOOD FAT TOPPINGS (2TSP PICK ONE)
   nut butter, no added sugar
   pumpkin/sunflower seeds | tahini

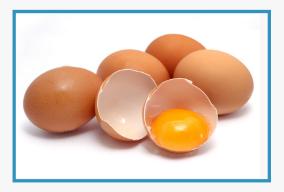


# **BREAKFAST**

## **EGGS**

#### **EGGCITING EGGS**

When it comes to making a quick and nutritious breakfast (brunch or lunch!), eggs are the obvious choice. They are easy and quick to make, cheep as chips (see what we did there!!) and will keep you feeling fuller for longer.



Here are some interesting stats about the power of eggs:

- ♦ 1 large egg = 6g high quality protein
- ♦ 1 large egg = 50% daily need for vitamin B12
- ◆ Each egg contains 14 important nutrients
- Most of the nutrition is in the yolk
- They do NOT contribute to heart disease, IN FACT they are protective



## **BREAKFAST**

## **SCRAMBLED EGGS**

#### **INGREDIENTS (SERVES 1)**

- 2 large eggs
- smidge of cold water
- pinch of salt
- twist of black pepper
- 1tsp coconut oil

#### **METHOD**

First prepare the fillings, choose from:

- Spinach and Feta wilt a generous handful of spinach in a teaspoon of coconut oil and a splash of water. Crumble a tablespoon of feta
- Fresh Herbs chop up a mix of fresh herbs. Chives and parsley are a great combo
- Parmesan and Pesto grate 2tsp of Parmesan and use 1tbsp of pesto

- Smoked Salmon, Cream Cheese and Chives
   30g of chopped smoked salmon, 30g cream
   cheese, sprinkle of chopped fresh chives
- Tomatoes and Red Pepper
   chop up 4–6 cherry tomatoes or 1 larger tomato,
   together with a few slices of red pepper and sauté
   in 1 tsp coconut oil for 2–3 mins

When the filling is prepared – it's time to crack the eggs!

- Mix the eggs, water, salt and pepper and give it a good whisk
- Melt the oil in a non stick pan and add the eggs
- Gently fold the eggs with a wooden spoon, until they are almost set
- The final stage is to add in the filling stir gently for a few seconds until nicely integrated



## **BREAKFAST**

## **PANCAKES**

Everybody loves pancakes, don't they? And they can be part of a healthy lifestyle too! You can pick the recipe you want (there is even a vegan option) and choose your topping/filling so that it fits with your taste buds. (serves 1)

Pick a pancake recipe from the 3 options below. To cook the pancakes (all options), melt a little coconut oil in a hot frying pan and fry on each side for about 60 seconds.

#### BANANA PANCAKES

1 medium banana, 2 eggs, mash the banana and then mix the eggs in thoroughly

#### **♦ OAT PANCAKES**

40g oats, 1 egg, 8tbsp unsweetened milk of choice - mix everything thoroughly

#### **♦ VEGAN OAT PANCAKES**

40g oats, 1tbsp flaxseeds mixed with 3 tbsp water and leave for 10 mins, 6 tbsp milk of choice.

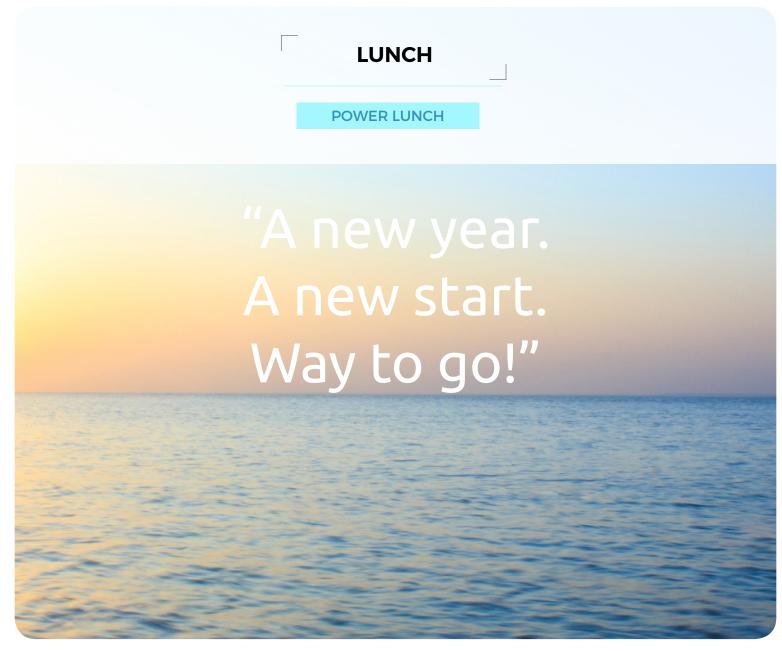
Mix everything thoroughly

#### **NOW CHOOSE YOUR TOPPINGS**

- ◆ CINNAMON YOGHURT
  mix 2tbsp plain Greek yoghurt with 2tsp coconut
  palm sugar and ½tsp cinnamon
- BERRY CHIA JAM
   mash 2 handfuls of fresh or defrosted berries,
   mix in 1tbsp chia seeds and leave for 10 mins
- NUT BUTTER
   1 heaped tbsp of nut butter, no added sugar
- **♦ PICK A FRUIT** 
  - 1 handful of berries1 chopped apple / pear / nectarine2 chopped plums / apricots









# LUNCH

## **ROASTED RED PEPPER & TOMATO SOUP**

#### **INGREDIENTS (SERVES 2)**

- 290g roasted red peppers (jar), drained
- 270g cherry tomatoes, halved
- 1 garlic clove, crushed
- 1 vegetable stock cube
- 1tsp paprika
- 1tbsp olive oil
- 4tbsp ground almonds
- 100ml water

#### **METHOD**

- Put all ingredients in a blender or food processor
- Blitz until smooth, season well and heat until piping hot before serving



# LUNCH

## **BEANY BROCCOLI GREEN SOUP**

#### **INGREDIENTS (SERVES 3)**

- 300-400mls water, depending on how thick you like your soup
- 1 head of broccoli
- 200g spinach
- 400g tin cannellini beans
- handful of coriander
- 4 cloves garlic
- 2tsp cumin
- juice of 1 lemon
- salt and pepper



#### **METHOD**

- Chop the broccoli into small pieces
- Crush the garlic and place it in a frying pan with the cumin, salt, pepper and olive oil. Heat until bubbling, then add the broccoli
- Cook the broccoli until tender, then stir in the spinach and let that wilt
- Place the rinsed beans, lemon juice, coriander and salt into a blender with the water and broccoli and spinach mix
- Blend until smooth, then reheat and serve



## LUNCH

## **TOMATO CHICKPEA & COCONUT SOUP**

This is a brilliant store cupboard standby for when you haven't done the weekly shop yet.

#### **INGREDIENTS (SERVES 2)**

- 1tbsp coconut oil
- 1 small onion, chopped
- 2 big garlic cloves, peeled
- 1tsp sweet or smoked paprika
- ½tbsp balsamic vinegar, more to taste
- 1 x 400ml tin of diced tomatoes
- 3 sprigs fresh thyme leaves
- 1 x 400g tin cooked chickpeas, drained and rinsed (save a few for garnish)
- 1 x 400ml tin coconut milk
- 1cup water

#### **METHOD**

- Heat oil in a medium pan. Add the onion, garlic, salt and pepper, and cook until the onion is translucent
- Add the paprika and cook for 30 secs. Add the balsamic vinegar and stir
- Add the tomatoes and thyme leaves
- Stir, then add the chickpeas, coconut milk and water. Cover and simmer for 15 mins. Uncover and let cool slightly
- Transfer to a blender and puree. Taste and adjust seasonings
- If the soup is thick, add a little water to thin to your desired consistency
- Scoop into bowls and top with remaining chickpeas



# LUNCH

## **RED THAI CHICKEN NOODLE BOWL**



#### **INGREDIENTS (SERVES 2)**

- 2tbsp coconut oil
- 2 garlic cloves, chopped
- 1tbsp fresh ginger, grated
- 3tbsp Thai red curry paste
- 200g boneless chicken breast/thigh, sliced
- 4cups chicken stock
- 2tbsp fish sauce
- <sup>2</sup>/<sub>3</sub>cup coconut milk
- 100g dried rice noodles
- 1 lime, juiced
- Sliced red onion and red chillis
- coriander to garnish



#### **METHOD**

- In a large pan add the oil, garlic, ginger, and Thai red curry paste. Fry for 2–3 mins, until fragrant
- Add the chicken and cook for a couple minutes, just until the chicken turns opaque
- Add the chicken broth, water, fish sauce, and coconut milk. Bring to a boil. At this point, taste the broth for salt and adjust seasoning accordingly
- Pour the boiling soup over the dried vermicelli noodles in your serving bowls, add a squeeze of lime juice and your garnishes, and serve. The noodles will be ready to eat in a couple minutes
- Alternatively, you can add the noodles to the boiling broth to cook them, and then divide among serving bowls



# LUNCH

# QUINOA BOWLS (

This is a really quick and versatile lunch that is portable for work, or quick for a busy day.

#### **BASE INGREDIENTS**

 100g cooked quinoa (per person) – always great to have in the fridge (or cheat with a pouch!)

#### **TOPPING OPTIONS TO FOLLOW: (SERVES 1)**



#### **ROASTED CAULI-BROC WITH TAHINI HOUMOUS**

- 200g cauliflower/broccoli, chopped into florets
- large handful spinach
- 1 large cooked beetroot/sliced
- 5 walnuts, coarsely chopped
- 1tbsp tahini
- 2tbsp hummus
- ½ lemon cut into wedges

#### **METHOD**

- Roast the cauli/broc the night before using oil/salt takes about 20mins on 180°C
- Put half quinoa in bowl, layer up with beetroot, spinach, cauli-broc, walnuts, repeat layers
- Combine tahini, hummus, lemon juice and use as dressing when ready to eat



# LUNCH

# QUINOA BOWLS 💪

#### **GREEK STYLE QUINOA BOWL**

- 2cups rocket
- 1tsp extra virgin olive oil
- 80g artichoke hearts, quartered
- ½cup diced cherry tomatoes
- ½cup diced cucumber
- ½cup assorted Greek olives
- 1/3 cup crumbled feta
- sea salt and pepper
- 3tbsp tzatziki

#### **METHOD**

- Assemble bowls, starting with the rocket, then add the quinoa, followed by all the other ingredients
- Drizzle the tzatziki as a dressing when ready to eat.

#### THAI VEGGIE QUINOA BOWL

- ½cup broccoli, finely diced
- ½ small red onion, diced
- ¼cup grated carrot
- handful coriander, chopped
- 2 chopped salad onions
- 2tbsp almonds, chopped

## For the Dressing

1 lime, zest and juice, 1tsp sesame seeds,
 1tbsp gluten free tamari, 1tbsp sesame oil,
 1tbsp rice vinegar, 1 clove garlic - minced,
 1 inch piece of ginger - minced



# LUNCH

# QUINOA BOWLS (

#### **METHOD**

- In a large bowl toss cooked quinoa, broccoli, red onion, carrots, coriander, salad onions and nuts together. Mix until combined
- In a small bowl combine dressing ingredients.
   Dress when ready to eat.

#### ANYTHING YOU LIKE QUINOA BOWL

Essentially you can take any veg (left overs are great), chop up small and add to base bowl of quinoa. Mix in a dressing of olive oil and lemon juice, season with salt and pepper. Voila!! Avocados work well and of course you can add any left over chicken/fish from last night's supper.



# LUNCH

## SUPERQUICK COURGETTI CARBONARA

#### **INGREDIENTS (SERVES 1)**

- 1 large courgette, washed and spiralized
- 1 clove of garlic, diced
- 2 slices bacon
- 1 or 2 eggs (depends on hunger)
- 1/3 cup grated Parmesan



#### **METHOD**

- In a frying pan, slowly cook bacon on both sides until crispy, remove and set aside
- Add garlic to pan and let brown slightly on low
- Add the courgetti to pan with bacon fat and garlic
- Cook on medium/high until browned
- Add Parmesan, stirring frequently to incorporate
- Meanwhile, poach the eggs in a separate pan
- Crumble bacon and stir in to noodles
- Add poached eggs on top and serve with extra Parmesan if required



# LUNCH

## **ITALIAN BAKED EGGS**

#### **INGREDIENTS (SERVES 1)**

- ½cup pasta sauce
- 2 large eggs
- 1tbsp Gruyère cheese
- 2tbsp grated Parmesan
- salt and black pepper
- 4 or 5 basil leaves



#### **METHOD**

- Preheat oven to 200°C and lightly oil ovenproof bowl
- Add pasta sauce, then top with eggs, Gruyère and Parmesan; season with salt and pepper to taste
- Place into oven and bake until egg whites are cooked through, about 10 minutes
- Serve immediately, garnished with basil leaves, if desired
- Goes well with a large green avocado salad



# LUNCH

#### **'LUNCH ON TOAST'**

OK, so it's not quite a sandwich, but sometimes you crave some extra carbs. The baseline is ONE SLICE of rye, wholemeal, seedy or gluten free toast.

#### HERE ARE A RANGE OF TOPPINGS FOR YOU TO TRY:

- **♦ TIN OF SARDINES** 
  - mashed with a little balsamic vinegar or lemon juice decorated with sliced cherry tomatoes and basil leaves
- ♦ GRILLED HALLOUMI WITH 1/2 MASHED AVOCADO
- ♦ TOMATO, AVOCADO, BASIL AND PINE NUTS
- ◆ COTTAGE CHEESE AND THINLY SLICED PEAR/APPLE





# LUNCH

## **WINTER TUNA SALAD**

#### **INGREDIENTS (SERVES 1)**

- 100g beans, such as chickpeas, black-eyed peas or kidney beans, rinsed
- 120g tin tuna (in spring water), drained and flaked
- ½ large red pepper, finely diced
- ½ finely chopped red onion
- handful chopped fresh parsley
- 1tsp capers
- handful finely chopped fresh rosemary
- juice of ½ lemon
- 1tbsp olive oil
- freshly ground salt and pepper, to taste
- large plate of mixed salad greens

#### **METHOD**

- Combine beans, tuna, pepper, onion, parsley, capers, rosemary, lemon juice and oil in a medium bowl
- Season with salt & pepper
- Add salad greens to plate, top with the tuna salad





# LUNCH

## **APPLE AND TUNA SALAD**

#### **INGREDIENTS (SERVES 2)**

- 175g tuna in brine, drained
- 1 apple, chopped
- 1 celery stick, sliced
- 1 little gem lettuce, torn into bite-sized pieces
- 1tbsp low-fat mayonnaise
- 85g live natural yoghurt
- 2tsp lemon juice
- sea salt and ground black pepper

#### **METHOD**

• Drain the tuna and mix well with the remaining ingredients.





# LUNCH

## **PERUVIAN QUINOA SALAD**

## **INGREDIENTS (SERVES 2)**

- 100g quinoa (dry weight) cooked
- 1tbsp fresh coriander, chopped
- 1tbsp fresh parsley, chopped
- 2 spring onions, chopped
- 1 clove garlic, crushed
- 8 cherry tomatoes, quartered
- small avocado, chopped
- 1tbsp pumpkin seeds
- olive oil

#### **METHOD**

- Mix all the ingredients together
- Season with salt and pepper and serve with a drizzle of oil.





# LUNCH

## **FETA SALAD**

#### **INGREDIENTS (SERVES 2)**

- handful of mixed salad leaves
- 6 kalamata olives, halved
- 4 sun dried tomatoes
- 6 cherry tomatoes, halved
- 140g feta cheese
- a few pine nuts
- sprinkle oregano
- drizzle olive oil / balsamic

#### **METHOD**

 Mix all ingredients and serve with a drizzle of your chosen oil.





# LUNCH

## **LENTIL AND LEMON SOUP**

#### **INGREDIENTS (SERVES 4)**

- 1tbsp coconut oil
- 250g onions, chopped
- 4 garlic cloves, coarsely chopped
- 250g red lentils, rinsed
- 1.2 litres vegetable stock
- 1tsp ground cumin
- 1tsp ground coriander
- Juice of ½ lemon



#### **METHOD**

- Heat the oil in a pan and add the onions and garlic
- Cook over low heat for 10 mins, or until soft
- Add the lentils and cook for a further 2 mins
- Add the stock and bring to the boil
- Reduce the heat to a simmer for 30–45 mins or until the lentils are almost soft
- Dry-fry the spices over a high heat for 1—2 mins, add to the soup
- Bring the soup back to the boil and add the lemon juice, then simmer for 5 mins
- Season lightly with sea salt and black pepper.



# LUNCH

## SPICY PUMPKIN AND TOFU SOUP

#### **INGREDIENTS (SERVES 4)**

- 1tbsp coconut oil
- 1 large onion, finely chopped
- 2 garlic cloves, crushed
- 1 large butternut squash, prepared and diced
- 1.5tsp cumin
- 1tsp ground coriander
- ¼tsp chilli powder
- ½tsp ground nutmeg
- 1tsp fresh thyme, chopped
- 3 vegetable stock cubes in 1 litre of hot water
- 200g organic tofu, drained
- salt and ground black pepper
- parsley and chives, freshly chopped

#### **METHOD**

- Heat oil in a large pan, add the chopped onion and garlic
- Gently cook over a low heat until the onion has softened
- Add the diced squash, cumin, coriander, chilli, nutmeg, thyme and stock
- Bring to the boil, reduce the heat and simmer for 15 mins
- Break up tofu into chunks and add to soup
- Blend the soup and return to the pan and gently reheat
- Season to taste then add the fresh herbs and serve.





## LUNCH

## **ASPARAGUS, PEA AND MINT FRITTATA**

Frittata is an Italian omelette, similar to a Spanish tortilla, where ingredients are mixed in with eggs. Served with a green salad, Frittata makes a perfect, quick light lunch or supper dish. A slice also makes a great low GL snack and can easily be transported to work for a snack / lunch.

#### **INGREDIENTS (SERVES 3)**

- 225g red onions, finely sliced
- 2tsp olive oil
- 5 large free range eggs
- 6 spears of asparagus, cut into small sections and lightly steamed
- 100g frozen peas lightly steamed
- ½ pack of mint, finely chopped
- freshly ground pepper
- knob of butter

#### **METHOD**

- In a deep frying pan, sweat the onions in the oil over a medium heat for 10–12 mins, until onions are golden brown, stirring occasionally
- Break the eggs into a bowl and beat thoroughly.
- Remove the onions with a draining spoon and add to the eggs.
- Then add the asparagus, peas, mint and seasoning to the mixture
- Heat the butter in a shallow non-stick 25cm (10") diameter pan.
- Pour in the egg mixture and cook over a medium heat until the frittata has set on the bottom but the surface is still runny (3—4 mins)

## METHOD CONTINUES ON THE NEXT PAGE



# LUNCH

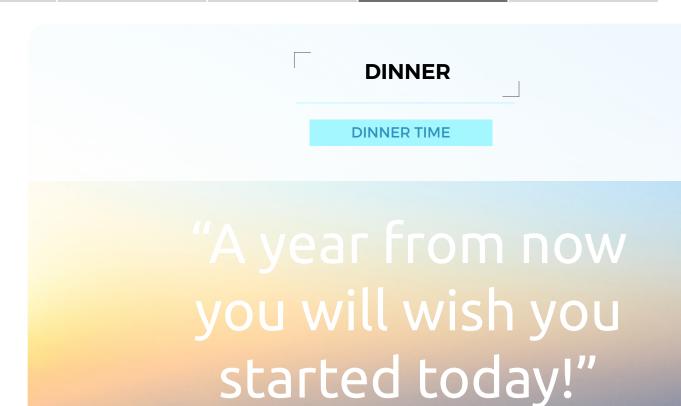
## **ASPARAGUS, PEA AND MINT FRITTATA**

#### METHOD (CONTINUED)

- Flash the pan under a pre-heated grill for 30–60 seconds to set the surface (If your pan does not have a heatproof handle, turn the frittata in the pan to cook the other side)
- Cut into wedges and serve with a watercress salad.







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# **DINNER**

## **ROAST CHICKEN WITH BUTTERNUT**



### **INGREDIENTS (SERVES 4)**

- 4 chicken legs
- 1 small butternut squash
- 1 red pepper
- 2 cloves garlic, crushed
- 2tsp oregano
- 4tbsp tamari (soy sauce)
- 2tbsp olive oil
- zest of 1 lemon
- a little chopped parsley



#### **METHOD**

- Preheat the oven to 200°C
- Chop the butternut into thin wedges, discarding the seeds and skin. Place the wedges in a large roasting tray with the chicken legs
- Mix together the tamari, olive oil, crushed garlic, oregano in a small bowl and pour over the chicken and butternut, turning to coat all sides
- Grind over some black pepper, make sure the chicken is skin side up and place at top of the oven
- De-seed the red pepper and chop into strips. After the chicken has been in the oven for 10 minutes, add the red pepper, pushing the strips down into the juices. Return to the oven for 20 minutes
- By then the squash should be soft and the chicken skin brown and crispy. Take the tray out of the oven, scatter lemon zest and chopped parsley



# **DINNER**

## TRAY BAKED CHICKEN WITH PEPPERS

### **INGREDIENTS (SERVES 2)**

- 2 large ripe tomatoes
- 1 red onion
- 1 red pepper
- 1 yellow pepper
- 4 free-range boneless chicken thighs, skinless
- 2 cloves of garlic
- ½ bunch of fresh thyme
- ½tsp smoked paprika
- olive oil
- 1tbsp balsamic vinegar

#### **METHOD**

- Preheat the oven to 180°C
- Quarter the tomatoes and place them in a large baking dish or roasting tray. Peel the onion and cut into large wedges, then deseed and roughly chop the peppers. Add all these to the tray along with the chicken thighs
- Squash the unpeeled garlic cloves with the side of your knife and add to the tray, then pick over the thyme leaves and sprinkle over the paprika
- Add 1tbsp of oil, the balsamic and a good pinch of sea salt and black pepper. Toss everything together really well to coat, then spread across the tray, making sure the chicken isn't covered by the vegetables

METHOD CONTINUES ON THE NEXT PAGE

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# **DINNER**

## TRAY BAKED CHICKEN WITH PEPPERS



- Roast for around 1 hour, or until the chicken is golden and cooked through, turning and basting it a couple of times during cooking with the juices from the tray
- Serve the traybake with lots of your favourite green vegetables



# **DINNER**

## MOROCCAN CHICKEN ONE POT

### **INGREDIENTS (SERVES 4)**

- 4 boneless, skinless chicken breasts
- 3tbsp olive oil
- 2 onions, one chopped and one sliced
- 100g tinned tomatoes
- 100g ginger, roughly chopped
- 3 garlic cloves
- 1tsp turmeric
- 1tbsp each ground cumin, coriander and cinnamon

- 1 large butternut squash, deseeded and cut into big chunks
- 600ml chicken stock
- 2tbsp red wine vinegar

### Garnish

- 1 small red onion, finely chopped
- zest of 1 lemon
- handful mint leaves
- 100g feta cheese, crumbled
- natural yogurt

## METHOD BEGINS ON THE NEXT PAGE



# **DINNER**

## **MOROCCAN CHICKEN ONE POT**



### **METHOD**

- Season the chicken. Heat 2 tbsp of the oil in a flameproof dish, then brown the chicken on all sides. Remove the chicken to a plate
- Whizz the chopped onion, tomatoes, ginger and garlic into a rough paste
- Fry the sliced onion in the remaining oil in the dish until softened, then add the spices and fry for 1 min more until fragrant. Add the paste and fry for another few mins to soften
- Return the chicken to the dish with the squash, stock, vinegar. Bring to a simmer, then cook for 30 mins until the chicken is cooked through
- Mix the red onion, lemon zest, mint and feta.
   Scatter over the dish and serve with 1 tbsp natural yoghurt



# **DINNER**

## **ORANGE TERIYAKI PORK TENDERLOIN**

### **INGREDIENTS (SERVES 2)**

- 2tbsp sesame oil
- 450g pork tenderloin, cut into 8 equal slices
- ¼cup tamari (soy)
- 2tbsp mirin (sweet rice wine)
- 2tbsp fresh orange juice & 1/2tsp grated zest
- 1/2tsp fresh ginger, peeled and grated
- 2 garlic cloves, grated
- 1tbsp sesame seeds
- 3 salad onions, cut diagonally into ¼inch pieces

#### **METHOD**

- Heat a large frying pan over medium-high heat.
   Add 1 tbsp oil to pan. Add pork slices to pan;
   cook 2—3 minutes on each side or until done.
   Remove from pan and keep warm
- Add remaining 1 tbsp oil, tamari, and next 5
  ingredients (through garlic) to pan; bring to a boil.
  Cook 3 minutes or until mixture is syrupy. Remove
  from heat and stir in zest. Return pork to pan, turn
  to coat on all sides. Sprinkle with sesame seeds
  and green onions
- Serve with half plate steamed veg, all colours



# **DINNER**

## **ONE PAN BAKED SALMON WITH VEGGIES**



### INGREDIENTS (A TRAY BAKE FOR ALL THE FAMILY!)

- 1 salmon filet per person (preferably 'wild')
- generous handful of trimmed green beans
- generous handful of broccoli
- 5 or 6 cherry tomatoes, halved
- lemon, garlic & herb butter make your own
- olive oil



### **METHOD**

- Place the salmon skin side down in the middle of large roasting tin
- Spread the veg either side of the salmon and drizzle with olive oil and salt
- Add about tbsp of lemon, garlic and herb butter to each salmon filet
- Bake in oven on 200°C for 20 mins or until the salmon is cooked



# **DINNER**

## **MEDITERRANEAN COD TRAY BAKE**

### **INGREDIENTS (SERVES 4)**

- 2 red peppers, deseeded and chopped
- 2 red onions, cut into wedges
- 250g cherry tomatoes
- handful black olives
- ½ x 680g jar passata
- 400g can butter beans, drained
- 4 skinless cod fillets (about 600g)
- small bunch basil

### **METHOD**

- Heat oven to 200°C
- Put the peppers, onions, tomatoes and olives into a large, deep baking tray and cook for 15 mins until they start to soften and char at the edges
- Stir in the passata, butter beans and seasoning, then make 4 little areas and nestle in the cod.
   Return to the oven and cook for a further 15 mins until the cod is cooked through
- Sprinkle over the basil and serve with large green salad





# **DINNER**

## STIR FRY PRAWNS WITH PEPPERS & SPINACH

This is a 5 minute mid week supper dish, so quick!

### **INGREDIENTS (SERVES 2)**

- 2tbsp coconut oil
- 2 fat garlic cloves, sliced thinly
- 1 red pepper, cored, deseeded and thinly sliced
- 200g pack raw peeled tiger prawn, defrosted and patted dry
- 2tbsp tamari (soy)
- 1tbsp Thai fish sauce
- 100g bag baby spinach leaves
- juice of 1 lime



#### **METHOD**

- Heat a wok until you can feel a good heat rising
- Add oil and, a few seconds later, the garlic slices
- Stir-fry until they start to turn golden, then using a slotted spoon, spoon onto kitchen paper to drain
- Toss in the pepper and stir-fry for 1 min or so until softened, then scoop out and set aside. Add the remaining tbsp oil. Heat, then toss in the prawns and stir-fry for another 2—3 mins until cooked and beginning to brown
- Add the tamari and fish sauce
- Throw in the spinach and stir-fry until it begins to wilt. Return the peppers and crisp garlic to wok, then serve immediately with squeeze of lime juice
- Serve with a large plate of winter green veg



# **DINNER**

## **SPAGHETTI BOLOGNESE – HEALTHY STYLE**

### **INGREDIENTS (SERVES 3-4)**

- 1tsp coconut oil
- 1 medium onion, finely chopped
- 1 celery stick, finely chopped
- 1 medium courgette, finely diced
- 1 large carrot, grated
- 400g (13oz) turkey mince (or beef if you prefer)
- 2 garlic cloves, peeled and finely chopped
- 600ml (1 pint) veg stock
- 1 x 400g tin chopped tomatoes
- 2 bay leaves
- basil leaves, to serve
- Parmesan shavings, to serve
- "Cook" Italian gluten free red lentil pasta / courgetti

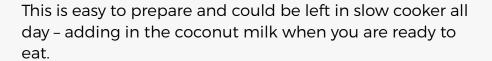
#### **METHOD**

- Heat the oil in a large, non-stick, saucepan. Add the onion, celery and 2 tablespoons water and fry for 5 minutes or until the vegetables have softened
- Add in the mince and garlic and cook gently until the mince breaks up and starts to brown
- Add the courgette and fry for another 2—3 minutes.
   Add the grated carrot and some of the veg stock.
   and simmer for 3—4 minutes
- Then add the tinned tomatoes and bay leaves and bring to the boil. Cover with a lid, turn down the heat to medium-low and leave to simmer for 45 minutes, stirring occasionally
- Remove the lid and cook for another 10–15 minutes, or until the liquid has reduced and thickened to desired consistency
- Serve with either courgetti or red lentil pasta or a mixture of both.



# **DINNER**

# LAMB & CHICKPEA CURRY



### **INGREDIENTS (SERVES 4 HUNGRY PEOPLE!)**

- 1tbsp coconut oil
- 300g diced lamb shoulder
- 1tsp mustard seeds
- ½tsp ground turmeric
- 1tsp chilli powder
- 1tbsp Madras curry powder
- 5cm piece of ginger
- 4 cloves of garlic
- 3 onions
- 10 curry leaves

- 2 x 400g tins of chickpeas
- 1 organic vegetable stock cube
- 1 x 400g tin of tomatoes
- ½ x 400g tin of coconut milk
- 200g baby spinach
- 1 bunch of fresh coriander

### **METHOD**

- Heat 1 tbsp of oil in a large pan, add the lamb,
   spices and curry powder, cook gently for 15 mins
- Peel and finely slice the ginger, garlic and onions.
   Add the sliced ingredients and curry leaves to the pan, then cook for a further 10 mins
- Tip in the rinsed chickpeas, then crumble in the stock cube, add the tomatoes and 1 tin's worth of hot water

## METHOD CONTINUES ON THE NEXT PAGE



# **DINNER**

# LAMB & CHICKPEA CURRY





- Season lightly with sea salt and black pepper, then slowly bring to the boil
- Cover with a lid, reduce the heat to low, and simmer gently for 1 hour 30 minutes, or until the lamb is tender and the sauce has thickened and reduced, occasionally stirring and scraping any bits from the bottom of the pan
- Add the coconut milk and spinach to the pan, stir well, then bring just back to the boil
- Have a taste and season to perfection, then tear the coriander leaves over the top
- Delicious with cauli rice yum!



# **DINNER**

## **CHICKPEA AND SPINACH CURRY**



This is an incredibly quick and easy recipe for when time Is in short supply.

### **INGREDIENTS (SERVES 4)**

- 1tbsp coconut oil
- 2 red onions sliced
- ½ cauliflower, chopped into small chunks
- 1 mild red chilli, deseeded and finely chopped
- 1tbsp mild or medium curry powder or madras spice blend
- 150ml hot veg stock
- 500ml coconut milk
- 2 x 410g cans chickpeas, rinsed and drained
- 1tsp sea salt
- 200g baby leaf spinach, chopped

#### **METHOD**

- Heat half the oil in a large pan and add the onions and sweat for 3—4 minutes to soften. Add the chilli and curry powder and cook for a further minute
- Stir in the stock, coconut milk, cauliflower and chickpeas and simmer for 15 minutes to reduce the sauce and allow the flavours to combine.
   Season with salt and taste to check
- A couple of minutes before you want to serve, stir in the spinach and let it warm through
- Serve with cauli rice and a salad of diced cucumber, tomatoes and red onion also makes a nice accompaniment



# **DINNER**

## **LENTIL DHAL WITH HEARTY GREENS**

### **INGREDIENTS (SERVES 4)**

- 1½ cups dry red lentils, rinsed
- 2tbsp coconut oil
- 1 small onion, diced
- 1 medium tomato, diced
- ½inch piece of ginger, grated
- ½tsp ground turmeric
- 6cups loosely packed shredded greens, like spinach, kale or swiss chard
- salt. to taste
- ½tsp whole cumin seeds
- 1 clove garlic, smashed, but left whole



#### **METHOD**

- Place the red lentils in a pot and add enough water to cover them. Bring to a boil, skimming off any scum that rises to the top, then simmer for 20 mins, or until creamy and tender
- While the lentils are cooking, heat 1tbsp of oil in a pan, add the onion and fry gently for about 5 mins, add the tomatoes and ginger, and cook for 3 mins
- Add the turmeric and stir. Stir in the greens and let them wilt. about 5 mins
- Stir the onion-tomato-greens into the dhal, and simmer for a few minutes to warm through
- In a small pan, heat the remaining 1tbsp of oil, and add the cumin seeds and garlic clove. Fry for 30 secs, until the cumin sizzles, then turn off the heat and pour the seasoned oil, cumin seeds and garlic into the dahl. Cover and let it infuse
- Stir before serving, and serve hot with cauli rice



# **DINNER**

## **BUTTERNUT SQUASH & BLACK BEAN CHILLI**

### **INGREDIENTS (SERVES 2-3)**

- 1tbsp coconut oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 carrot, chopped
- 2cups cubed butternut squash
- 1 green chilli finely sliced
- 1tsp chilli powder
- 400mls tinned tomatoes
- 2tsp apple cider vinegar
- 400g tinned black beans, drained and rinsed
- 2 to 3 cups vegetable stock
- juice of ½ to 1 lime
- handful coriander



#### **METHOD**

- Heat the oil in a large pot over medium heat. Add the onion and a pinch of salt and pepper and cook until soft, 5—8 minutes. Stir in the garlic, carrots, chilli and butternut squash
- Cook until the vegetables just start to become tender and the onion is lightly browned, about 15 minutes
- Add the chilli powder and tomatoes and cook for 1 minute. Stir in the apple cider vinegar and black beans and then add 2 cups of vegetable broth (or enough to cover everything). Simmer until the butternut squash and carrots are tender, 20—30 minutes, adding more broth, as needed
- Add a big squeeze of lime. Season to taste with more salt, pepper, and spices to your liking
- Serve with coriander and lime slices



# **DINNER**

## SIDE DISHES - CAULIFLOWER RICE

Yes I know - cauliflower is the new kale! But it really is an undervalued, vegetable - often overshadowed by broccoli. As a member of the same brassica family, it has a similar list of impressive health benefits from fighting cancer to supporting detoxification. Used as an 'imitation' carb, it will fill you up, with fabulous nutrients, instead of empty starchy carbs.

### **CAULIFLOWER RICE**

- Take a head of cauliflower
- Remove the outer leaves
- Quarter and then blitz in a blender for 10–20 secs – in batches

OR you can grate it with a regular cheese grater

- 1 portion = 100g it can be stored in the fridge to add to salads/stir fries
- To cook- it really only needs to be heated up
- The very best method is to cover with cling film and microwave on high for about 2-3 mins, mixing halfway through
- This gives the rice a nice neutral flavour to serve with curry, tagine etc.





# **DINNER**

## **KALE, SPINACH AND FETA PIE**

### **INGREDIENTS (SERVES 2)**

- 1 leek, sliced
- ½tbsp coconut oil
- 1 bunch kale or Cavolo Nero, finely shredded
- 100g baby spinach leaves
- black pepper a generous pinch
- 40g quality feta cheese
- 4 organic eggs
- 1 lemon
- 1 bunch parsley, chopped
- small handful pine-nuts

#### **METHOD**

- Preheat oven to 180°C
- Sauté leeks in a large pan until soft
- Add shredded kale and cook through for 5 mins until soft and wilted
- Add baby spinach leaves and cook through until just wilted
- Season with black pepper
- Add the zest of 1 lemon and 1 bunch freshly chopped parsley
- Spoon the kale and spinach mixture into a 22cm pie dish
- Break eggs into a bowl and whisk lightly until combined

METHOD CONTINUES ON THE NEXT PAGE

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# **DINNER**

# **KALE, SPINACH AND FETA PIE**

### **METHOD (CONTINUED)**

- Pour the eggs over the greens and gently fold through the mix of green goodness
- Crumble over the feta cheese and sprinkle over with a few pine-nuts
- Bake for 40–45 mins or until firm to touch and golden
- Remove from the oven and rest for 5 mins before serving and enjoy.





# **DINNER**

# **CAULIFLOWER, CHICKPEA AND LENTIL DHAL**

### **INGREDIENTS (SERVES 4)**

- 1tsp turmeric
- 1tsp chilli powder
- 2tsp ground cumin
- 1tbsp coconut oil
- 1 red onion, roughly chopped
- 2 cloves garlic
- 3cm fresh grated ginger
- 1 x 400ml can coconut milk
- 1 x 400g can chickpeas, drained
- 150g dried red lentils
- 100g spinach
- salt and pepper

### **METHOD**

- Put the dry spices in a frying pan, and dry-fry for 1 min with a pinch of salt
- Heat the oil over a medium heat for 1 min, add onion and sauté for 5 mins
- Add the garlic and ginger and stir-fry for a few mins
- Pour in the coconut milk with a pinch of salt and pepper
- Add the drained chickpeas and the lentils
- Cook, covered, for 20 mins
- For the last 5 mins, drop in the spinach and stir so it wilts in with the mix
- Serve with cauliflower rice.



# **DINNER**

## **BORLOTTI BOLOGNESE WITH COURGETTI**

### **INGREDIENTS (SERVES 2)**

- 1tbsp coconut oil
- 1 onion, chopped
- 2 garlic cloves, crushed
- 1tsp mixed dried herbs
- 115g button mushrooms, sliced
- 1tsp vegetable bouillon powder
- 1tbsp tomato purée
- 140g canned tomatoes
- 400g can borlotti beans, drained and rinsed
- salt and pepper

#### **METHOD**

- Put the oil in a pan and sauté the onion, garlic and herbs for 2 mins
- Add the mushrooms and cook until soft
- Add the vegetable bouillon powder, tomato purée, canned tomatoes, beans, then season and simmer for 15 mins
- Serve with your own courgette pasta by using a grater to slice courgette into thin ribbons, place in an oven to warm through and serve Bolognese sauce on top.





# **DINNER**

## **MIXED BEAN CHILLI**

This is definitely one of the quickest and tastiest chilli's ever, ready to eat in 20 mins!

### **INGREDIENTS (SERVES 2)**

- 1tsp coconut oil
- 1 onion
- 1 red pepper, diced
- 1tsp cumin
- 1tsp crushed chilli
- ½tsp chilli powder
- 150g mushrooms, sliced
- ½ can of chopped tomatoes
- 2tbsp tomato puree
- 1 x can mixed beans
- 1 veg stock cube

### **METHOD**

- Heat oil and fry onion and garlic for 2 mins
- Add pepper and spices and sweat for 5 mins
- Add mushrooms and cook for 1 min
- Tip in rest of ingredients
- Simmer for 5-10 mins
- Serve with sliced avocado, slices of lime, quinoa or cauli rice.





# **DINNER**

## **ROASTED COD**

### **INGREDIENTS (SERVES 1)**

- ½tbsp olive oil
- fresh parsley chopped
- 1 clove garlic crushed
- 1 x cod filet (haddock, plaice, sea bass)
- a vine of cherry tomatoes

### **METHOD**

- Mix oil, parsley and garlic and rub over the fish on both sides
- Bake at 180°C for 10 mins, with vine tomatoes at side
- Serve with half plate of veg beans, broccoli, peas, squash, sweet potato etc.





# **DINNER**

## **TROUT WITH PUY LENTILS**

### **INGREDIENTS (SERVES 2)**

- 85g dried Puy lentils, washed and drained
- 1tsp vegetable bouillon powder
- 1tsp mixed dried herbs
- 2 trout fillets
- cherry tomatoes on the vine (or 5-6 tomatoes per person)
- 2 slices of lemon
- handful fresh flat-leaf parsley
- ground black pepper



#### **METHOD**

- Cover the lentils with cold water and bring to the boil, then simmer for 20 mins
- Add the bouillon powder and mixed herbs when the lentils are soft to the bite
- (Don't worry if the lentils seem a little hard Puy lentils retain their shape and have a satisfyingly chewy texture when cooked)
- Put the fish in a non-stick roasting tin and lay the tomatoes around them
- Bake at 190°C for 12–15 mins or until cooked
- Put a dollop of lentils onto each plate and lay the fish on top
- Add a slice of lemon and chopped parsley to each fillet and put the tomatoes on the side
- Sprinkle with black pepper. Voila!



# **DINNER**

## **SEA BREAM WITH CAULI PEA MASH**

### **INGREDIENTS (SERVES 2)**

- 20g butter
- 75g frozen peas
- 4 sprigs lemon thyme
- 1 clove garlic, crushed
- 2 sea bream filets
- 2 slices lemon
- 2 leeks, finely sliced
- 1 medium head cauliflower



### **METHOD**

- Preheat oven to 220°C and lightly butter an ovenproof dish
- Break up the cauliflower and steam until almost tender
- Add peas to the cauli and cook for 2 mins, drain well
- Mash both peas and cauli, roughly
- Strip leaves from thyme and mash with butter and garlic
- Dot the butter over the fish and lay lemon slice and thyme sprig on each
- Bake for 8—10 mins during this time cook leeks in butter for 5 mins until softened and add to cauli pea mash
- Serve bream with cauli pea mash yum yum!



# **DINNER**

# **ONE PAN MEXICAN QUINOA**

## **INGREDIENTS (SERVES 2)**

- 1tsp coconut oil
- 1 clove garlic, minced
- 1 red chili, finely chopped (with seeds if like it hot!)
- 80g quinoa
- 1 cup vegetable stock
- 200g black beans, drained and rinsed
- 200mls diced tomatoes
- 100g sweetcorn frozen or tinned
- ½tsp chili powder & ¼tsp cumin
- salt & pepper
- ½ avocado diced
- juice of ½ lime
- 1tbsp chopped fresh coriander

#### **METHOD**

- Heat oil in a large pan over medium high heat
- Add garlic and chili and cook, stirring frequently, about 1 minute
- Stir in quinoa, vegetable stock, beans, tomatoes, corn, chili powder and cumin
- Season with salt and pepper, to taste
- Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 15 minutes
- Stir in avocado, lime juice and coriander
- Serve immediately.





# **DINNER**

# **QUICK BLACK BEAN BURGERS**

### **INGREDIENTS (SERVES 2)**

- 1 slice gluten free bread (normal bread is fine too)
- 1tbsp coconut oil
- 1 clove garlic, chopped
- 1 x 400g tin black beans, rinsed and drained
- 1tsp grated lime zest
- ¾tsp chili powder
- ½tsp chopped fresh oregano
- pinch salt
- 1 large egg, lightly beaten
- 1 large egg white, lightly beaten
- large lettuce leaves

#### **METHOD**

- Place bread slice in a food processor and pulse into crumbs - transfer to a bowl. Combine 1tsp oil, garlic, and beans in processor; pulse until beans make a thick paste
- Scrape bean mixture into bowl with breadcrumbs and stir in lime zest and remaining ingredients
- With moistened hands, divide bean mixture into
   4 equal portions, shaping each into a 3-inch burger
- Heat remaining oil in a large non-stick pan over medium-high heat
- Add burgers to pan; reduce heat to medium, and cook 4 minutes or until bottom edges are browned
- Carefully turn over; cook 3 minutes or until bottom edges are done
- Serve burgers, stacked with slices of tomato, avocado, onion and your sauce & salad



# **DINNER**

## **MUSHROOM LASAGNE**

This vegan lasagne is very filling. You may just be able to eat half of it. The other half makes a perfect packed lunch.

### **INGREDIENTS (SERVES 2)**

• 1 courgette

### LASAGNE FILLING

- 250g mushrooms
- 1 onion
- 100g baby spinach
- 1 clove garlic
- 1 tsp dried thyme
- 1 handful of fresh basil leaves
- 2-3 tbsp olive oil

- 50g ground almonds
- 1tbsp almond butter
- sea salt, freshly ground black pepper

#### **TOMATO SAUCE**

- ½ onion
- 1 clove garlic
- 1tbsp olive oil
- 2 sun-dried tomatoes in oil
- 1tsp maple syrup
- ¼tsp dried oregano
- 50g tomato puree
- sea salt, freshly ground black pepper

## METHOD BEGINS ON THE NEXT PAGE

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# **DINNER**

### **MUSHROOM LASAGNE**

#### **METHOD**

- Cut the courgette into thin slices lengthwise. Use a mandolin for this if you have one. Ideally, you should have 8 slices, but it works with 6, too, if you can't get thin enough slices
- Clean and slice the mushrooms, finely chop onion and garlic. Heat the olive oil in a pan and gently fry the onions and garlic for 2 min, then add mushrooms and thyme and cook for 5 min
- Transfer to a bowl and combine with ground almonds and almond butter. Season with salt and pepper
- Put all ingredients for the tomato sauce into a blender or a jug, if using a stick blender, and blend together. If it's too thick, add a little water

- Put two courgette slices on a plate, slightly overlapping along the centre line. Top with ½ (if you have 6 courgette slices) or ⅓ (if you have 8 slices) of the mushroom mixture, then another layer of 2 courgette slices, mushrooms, 2 courgette slices. You should finish with courgettes
- Spread the tomato sauce over the top layer of courgettes.





# **DINNER**

# **MUSHROOM QUINOTTO**

### **INGREDIENTS (SERVES 2)**

- 1 tbsp olive oil
- 2 cloves garlic, minced use separately!
- 200ml vegetable stock
- 65g quinoa
- 70g mixed mushrooms, chopped
- ½tsp dried or 1tsp fresh tarragon, chopped
- 1tbsp butter (in divided portions)
- 10g goat's cheese
- fresh parsley, chopped



#### **METHOD**

- Heat the olive oil and sweat the garlic in it for about one minute, then add the quinoa, tarragon and stock. Bring to the boil and simmer for 15-20 min
- In a second pan, melt half the butter and gently fry more minced garlic, add the mushrooms and sauté for 3-4 min. take off the heat and set aside
- When the quinoa is cooked, remove from the heat, stir in the goat's cheese, season with salt and pepper, put the lid back on and set aside
- Melt the remaining butter and stir in the chopped parsley. Stir the fried mushrooms into the quinotto, transfer to a plate and top with the parsley butter.



**SNACKS** 

**KEEP CALM IT'S SNACK TIME** 

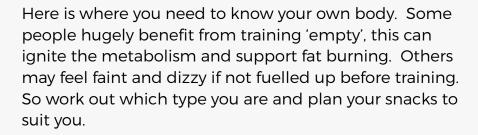


**SNACKS** 



# **SNACKS**

# PRE/POST TRAINING SHAKES



Protein shakes can be used to fuel up before training (at least 45 minutes before) or to refuel/recover after training, if your next main meal is going to be more than 90 minutes away, or as a snack at any time. Here is a simple guide to creating a well balanced protein shake.

A guaranteed method of creating a perfectly balanced shake every time: select one item from each of the 4 categories and whizz!

# **♦ PICK A BASE - APPROX 200MLS** almond milk | oat milk | coconut milk | water iced green tea

- **♦ PICK A FRUIT** 2tbsp frozen berries | 1 pear | 1 peeled and chopped orange | 1 nectarine/apple/peach
- **♦ PICK A PROTEIN/HEALTHY FAT** 30g cashews/almonds | 1tbsp nut butter 1tbsp of your fave protein powder
- ♦ PICK A VEGGIE ½ avocado | handful spinach/kale 2 inches cucumber | handful lettuce/rocket
- ◆ GREEN WAKEUP (EXAMPLE) 200ml coconut milk 1 orange (peeled) 1 scoop protein powder very large handful spinach



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# **SNACKS**

## **EASY SNACKS**

Here are some ideas for snacks that you can grab and go:

- Apple slices and nut butter. Any variety of nut butter without added sugar is perfect, just scoop out a tablespoon
- Celery sticks and nut butter it's what the gap in the celery stick was designed for!
- Any veg sticks with hummus carrots, cucumber, celery, cherry tomatoes, peppers, with half a standard tub of hummus
- Hard boiled egg simply boil a couple of eggs the night before and keep in the fridge for a satisfying snack
- Bounce Ball peanut, almond, choc orange and choc mint flavours only. No more than 3 of these/week

- Cottage cheese about half a standard tub, with an apple, berries or satsuma
- 2 x oatcakes with a matchbox piece of cheddar, sliced thinly
- 3 x tbsp plain yoghurt, with a sprinkle of nuts/seeds plus a chopped apple, satsuma or berries
- Handful of almonds plus one piece of fruit



# **SNACKS**

## **SPICED ALMOND DATE BALLS**

Only 10 mins to prep, makes about 24 balls, enough for snacks for all the family!

#### **INGREDIENTS**

- 11/4 cup rolled oats
- 1½cup pitted dates
- ½cup almond butter
- 1tsp pure almond extract
- ¼tsp ground ginger
- ¼tsp ground nutmeg

### **METHOD**

- Place oats, dates, almond butter, almond extract, ginger and nutmeg in a blender and whiz until smooth and sticking together. Drizzle in 2 – 3tbsp hot water so that the mixture comes into a ball
- Using a teaspoon, scoop out a heaped spoonful of the mixture. Roll into a ball, pressing firmly so that it sticks together. Chill bites until ready to serve
- Refrigerate in an airtight container for up to 5 days or freeze for up to 1 week
- A snack is 2 balls (not the whole batch!)



# **SNACKS**

## **SPICY NUT MIX**

#### **INGREDIENTS**

- 1tsp chili powder
- 1tsp smoked paprika
- ¾tsp ground cumin
- ½tsp ground black pepper
- ½tsp cayenne pepper
- ¾cup pecans or cashews
- ¾cup raw almonds
- ½cup raw pistachios
- 2tbsp extra virgin olive oil
- ½tsp coarse salt

### **METHOD**

- Preheat oven to 160°C
- Mix the spices in a small bowl and set aside
- Spread the nuts on a large baking sheet and roast for about 8–10 mins
- Remove to a bowl and toss with the olive oil
- Add the spices and stir briefly
- Return to the baking sheet and roast for another
   2–3 mins
- A snack portion is a big tablespoon of spicy nuts



# **SNACKS**

## **ROASTED CHICKPEAS**

#### **INGREDIENTS**

- 400g can chickpeas, drained
- olive oil
- ½tsp salt
- ¼tsp chili powder
- ¼tsp ground cumin
- ¼tsp paprika
- ¼tsp ground coriander
- ¼tsp curry powder
- ¼tsp garlic powder



### **METHOD**

- Preheat oven to 190°C
- Drain chickpeas in a colander and let them dry completely. Pat dry with a paper towel if needed
- Arrange on a baking sheet in a single layer and roast for about 35–45 minutes, shaking the pan every ten minutes. All ovens are different so make sure they don't burn. They will be golden brown and crunchy on the inside when done, not moist
- In a medium bowl, combine all the spices
- Remove chickpeas from the oven when done and sprinkle with olive oil
- Immediately toss with spices while hot. Eat at room temperature. (A portion = 3tbsp)



# **SNACKS**

## **BURRITO IN A JAR**

This means there is no starchy tortilla, just the yummy filling. You can prepare a few of these for the week and put them in jam jars.

### **INGREDIENTS**

- 1cup salsa
- 2tbsp of cooked quinoa
- 2tbsps of kidney beans, chick peas or cannellini beans
- 1tbsp grated cheddar cheese
- 2tbsp Greek yoghurt

### **METHOD**

- Evenly divide each ingredient into jars
- Add ingredients in the order listed
- Keep in fridge for up to two days
- Eat straight from the jar!





# **SNACKS**

## **POMEGRANATE OAT CUPS**

Only 15 mins to make and enough to make 12 Oat Cups, sorted for the week!

#### **INGREDIENTS**

Wet

- 2 eggs
- 1/3 cup 100% pomegranate juice
- 1tsp vanilla extract
- 1 banana, small
- ½cup almond milk, unsweetened
- 2tbsp coconut oil, partially melted
   Dry
- 2cups oats
- 1tsp baking powder
- 100g pomegranate seeds (save 20g for decoration)

### **METHOD**

- First, preheat oven to 160°C and grease a muffin tin with butter
- Mash banana in a blender, then add the rest of the wet ingredients (minus the coconut oil) and whizz
- Add the dry ingredients and mix until smooth
- Finally add in the coconut oil
- Fill muffin tin about ¼ way full and sprinkle remaining pomegranate seeds on top
- Bake for about 20 minutes
- A snack portion is 1 or 2 oat cups, try them with a tsp of nut butter on top!





# **SNACKS**

## **MINI FRITTATA CUPS**

#### **INGREDIENTS**

- 4 large eggs
- ¼tsp salt
- pinch of pepperFillings choose from:
- 2 chopped spring onions, 4 chopped sundried tomatoes + crumbles of goats cheese
- steamed asparagus, frozen peas & chopped mint
- chopped cherry tomatoes, mozzarella & basil

### **METHOD**

- Heat the oven to 190°C
- Lightly grease 6 muffin cups
- To a bowl, add eggs, salt and pepper and your chosen fillings
- Add egg mixture to 6 muffin cups, filling each almost to the top
- Bake for about 20-25 minutes, until tops are puffed and golden brown
- Leftovers can be stored for up to a week in the fridge and reheated
- A snack portion is 2 mini frittata cups.

