

zest4life

New Vitality

Autumn Body Reset Programme



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INTRODUCTION

LEARN THE RULES

TASTE THE RECIPES

FEEL THE BENEFITS

WELCOME

WELCOME TO THE AUTUMN BODY RESET PROGRAMME!

This programme is designed to reset your metabolism and reboot your body!

This food plan has been designed by experienced Nutritionists to achieve the following results:

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

The recipes have been designed with the following principles in mind:

- 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

WELCOME

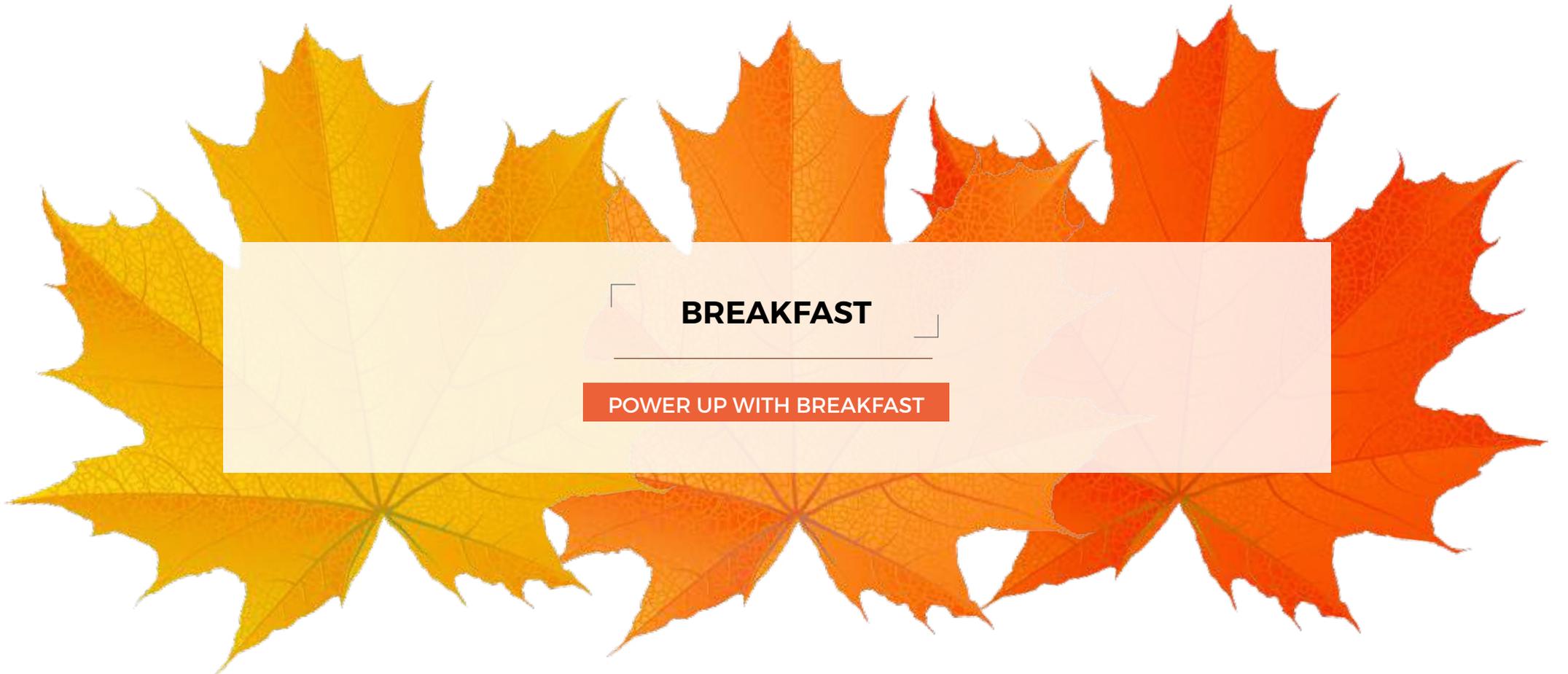
Here are the 6 simple rules and guidelines.

- Do not skip meals - aim for 3 main meals and 1-2 snacks/day
- Eat every 3-4 hours, no long gaps between eating
- Always include protein with every meal / snack
- Aim to follow the food plan at least 80% of the time
- Drink minimum of 2 litres of water a day
- Limit or eliminate alcohol, caffeine, sugar, artificial sweeteners

All recipes apart from the soups serve 1 person, unless otherwise stated.

**WORK HARD & BE
PROUD OF WHAT
YOU ACHIEVE**

OK, LET'S DO THIS!

A decorative border of autumn leaves in shades of yellow, orange, and red frames the central text area.

BREAKFAST

POWER UP WITH BREAKFAST

BREAKFAST

OATS INTRODUCTION

Oats are such a versatile food, and can help you to stay fuller for longer, as it's a slow releasing carbohydrate.

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 an 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!



- ◆ **BASE (40G)**
oats | quinoa flakes | buckwheat flakes
- ◆ **LIQUID (200ML UNSWEETENED)**
almond milk | hemp milk | coconut milk
- ◆ **PROTEIN**
1 tbsp protein powder | 100g plain Greek yoghurt
20g chopped nuts
- ◆ **SEEDS (1TBSP)**
chia seeds | flaxseeds | pumpkin seeds
- ◆ **TOPPINGS**
1 handful frozen / fresh berries | 1 chopped apple
/ pear / peach / nectarine | 2 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 (and will help you stay fuller for even longer), and you’ve got in a portion of veg first thing in the morning.

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 cook on a hob until it boils and then simmer for 5 minutes, stirring regularly.



STEWED APPLE FOR USE IN PORRIDGE / ZOATS

INGREDIENTS

- 3 organic apples, peeled, cored and chopped
- 1 tsp cinnamon
- ¼ cup water

METHOD

- Put all the ingredients in a pan, cook for about 15 minutes until the apples are soft and russet brown. Keeps in the fridge for a few days. Add a couple of tablespoons to a serving of porridge or overnight oats.

BREAKFAST

PORRIDGE / ZOATS

◆ BASE (40G)

oats | quinoa flakes | buckwheat flakes

◆ LIQUID (200ML UNSWEETENED)

almond milk | hemp milk | coconut milk

◆ PROTEIN

1 tbsp unsweetened protein powder | 100g plain Greek yoghurt | 1 beaten egg

◆ OPTIONAL

½ grated courgette

◆ OPTIONAL SWEETENER (2TSP)

Xylitol | coconut sugar | agave syrup

TOPPINGS (PICK ONE FROM EACH CATEGORY)

◆ FRUIT

1 large handful frozen / fresh berries | 1 chopped apple / pear / peach / nectarine | 2 chopped plums / apricots | stewed apples

◆ GOOD FATS (2TSP)

nut butter (no added sugar) | chopped pecans pumpkin / sunflower seeds | tahini

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.

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 3tbsp water, leave for 10 minutes, add 6tbsp milk of choice – mix everything thoroughly.

GO TO THE NEXT PAGE TO CHOOSE A TOPPING

BREAKFAST

PANCAKES

- ◆ **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 minutes
- ◆ **NUT BUTTER**
1 heaped tbsp of nut butter without added sugar
- ◆ **AND PICK A FRUIT**
1 handful of berries | 1 chopped apple / pear / nectarine | 2 chopped plums / apricots



BREAKFAST

GRANOLA

Choose an item from each category and mix all the ingredients thoroughly. Spread the mixture out on a baking tray and bake in a preheated oven at 180C for 12 minutes before cooling.



- ◆ **BASE (30G)**
oats | quinoa flakes | buckwheat flakes
- ◆ **SEEDS (1TBSP)**
sunflower seeds | sesame seeds | pumpkin seeds

- ◆ **PICK A FLAVOUR:**
coconut and peanut butter: 1 tbsp melted coconut oil, 1 tbsp peanut butter, 1 tbsp coconut flakes
cinnamon and chocolate: 2tbsp melted coconut oil, 1 tsp cacao powder, 1 tsp cinnamon
sesame and almond: 1 tbsp melted coconut oil, 1 tsp tahini, 1 tsp almond butter
- ◆ **OPTIONAL SWEETENER**
2tsp Xylitol | 2tsp coconut palm sugar
2tsp agave syrup
- ◆ **SERVE WITH: (PICK ONE FROM EACH CATEGORY)**
150ml unsweetened milk | 150g plain Greek yoghurt | 1 handful of berries | ½ chopped apple or pear | 1 chopped plum or apricot

BREAKFAST

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, cheap 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 Vit 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 EGG - 5 WAYS

INGREDIENTS

- 2 large eggs
- smidge of cold water
- pinch of salt
- twist of black pepper
- 1 tsp 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 2 teaspoons of parmesan and use 1 tbsp 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 minutes.

BREAKFAST

SCRAMBLED EGG - 5 WAYS



METHOD - CONTINUED

(WHEN THE FILLING IS PREPARED -
IT'S TIME FOR CRACKING 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
- Final stage is to add in the filling - stir gently for a few seconds until nicely integrated

BREAKFAST

BOILED EGGS AND ASPARAGUS SOLDIERS

INGREDIENTS

- 5 or 6 medium thick asparagus stalks
- 2 eggs
- pinch of salt



METHOD

- Steam the asparagus (in steamer or microwave) for 1–2 minutes
- Add the 2 eggs to a pan of cold water, bring to the boil and simmer for exactly 3 mins
- Remove the eggs, place in egg cups and carefully slice off top of eggs
- Voilà! Eggs are ready for the asparagus dipping!

BREAKFAST

BAKED EGGS IN TOMATO CUPS

INGREDIENTS

- 2 medium tomatoes
- 2 medium eggs
- 2tsp grated parmesan
- 1 tsp fresh chives
- salt & pepper



METHOD

- Pre-heat oven to 220C
- Slice tops off tomatoes and scoop out seeds / pulp
- Place in shallow baking dish, sprinkle salt / pepper
- Crack each egg into a tomato
- Sprinkle salt / pepper and the parmesan
- Bake for approx 15–20 mins – for soft yolks
- Serve with a sprinkle of chives.

BREAKFAST

FLUFFY OMELETTES

INGREDIENTS

- 2 large eggs
- ½tsp baking powder (makes it fluffy!)
- 2tsp butter
- salt & pepper
- 1tbsp chopped fresh herbs – your choice

ALTERNATIVE FILLINGS

- 1 spring onion, finely chopped
- 1 tomato, finely chopped
- ¼ red pepper, finely chopped

METHOD

- In a small bowl, whisk together eggs, baking powder, salt & pepper and whatever filling you like
- Heat the butter in a small pan and swirl around
- Pour the egg mixture into the pan and let it set
- Push the eggs from the edge to the centre, letting the eggs fill the space
- Repeat for about 2 minutes, until almost set
- Fold the omelette over and ensure it's fully cooked before sliding on to a plate
- Sprinkle with fresh herbs and serve with salad of half an avocado.

BREAKFAST

SMOOTHIES

A guaranteed method of creating a perfectly balanced smoothie 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 | 2 plums
1 nectarine / apple / peach
- ◆ **PICK A PROTEIN/HEALTHY FAT**
30g cashews / almonds | 1tbsp chia seeds
1tbsp nut butter | 1tbsp sunflower pumpkin seeds

- ◆ **PICK A VEGGIE**
½ avocado | handful spinach / kale
2 inches cucumber | handful lettuce / rocket
- ◆ **ANN'S BLUEBERRY BLITZ (EXAMPLE)**
200mls almond Milk | handful frozen blueberries
30g cashews | ½ avocado



BREAKFAST

SCRAMBLED TOFU

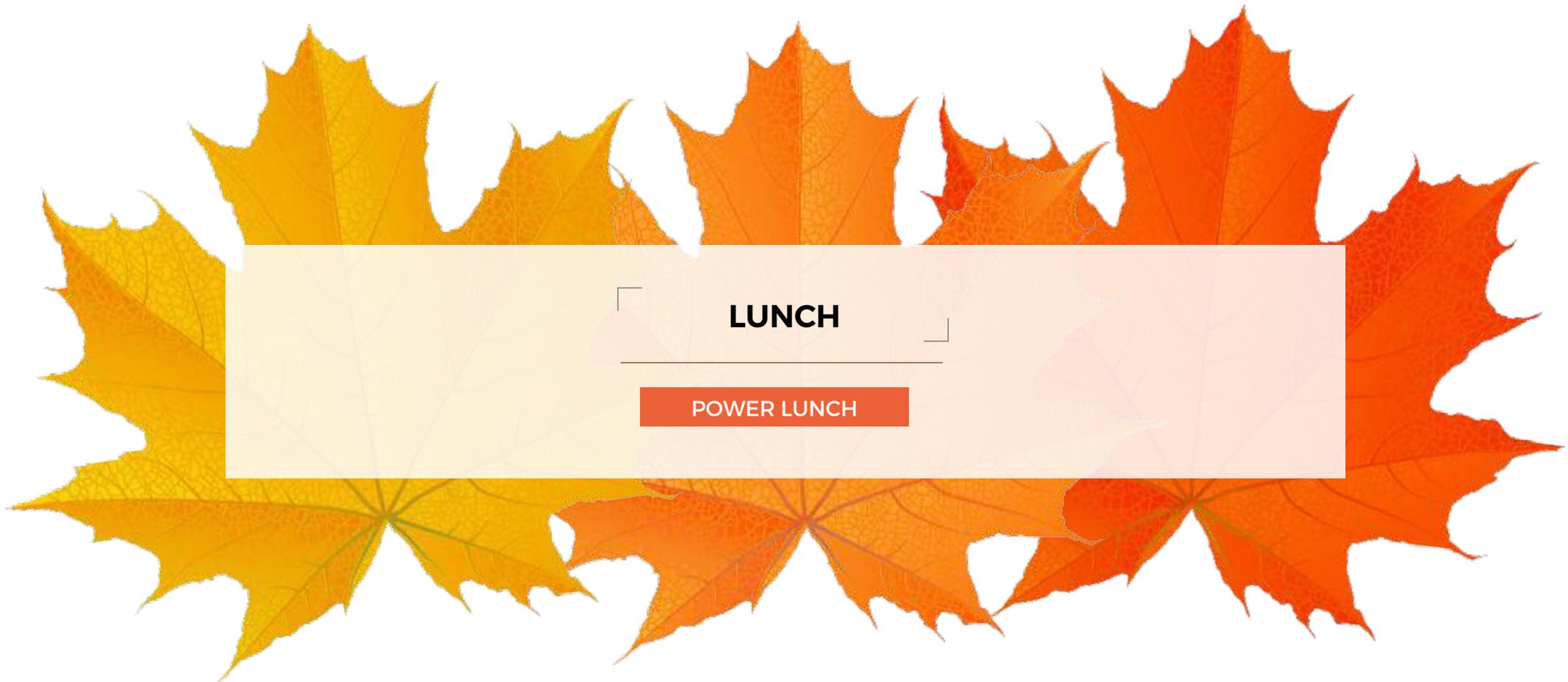
INGREDIENTS

- 200 g firm tofu
- 1 tsp olive oil
- 1 spring onion, chopped
- 5 cherry tomatoes, halved
- ¼ tsp turmeric
- ½ tbsp cold water
- 1 scant tbsp almond butter
- sea salt
- freshly ground black pepper



METHOD

- Drain the tofu and squeeze out excess water. Mash with a fork or pulse in a food processor until crumbly
- Heat olive oil in a pan and fry the tofu, spring onions and tomatoes with the turmeric for 3 min. Whisk water and almond butter together, fold into the tofu and season to taste
- Serve with half a sliced avocado and a handful of rocket.



LUNCH

POWER LUNCH

LUNCH

SALADS

Salads are a great way to help you reach your 5-a-day... and they can be absolutely delicious and filling when done right.

The key is to make sure that you include a balance of slow releasing carbs, lean protein and healthy fats. Pick a range of colours of vegetables too – all the colours will give you a range of different nutrients. It's also easy to make your own salad dressings.

They can also be made a few days in advance, just add the dressing on the day to stop it from going too soggy.

Pick an item from each category on the next page, mix together and enjoy!



LUNCH

SALADS

◆ PICK A BASE (2 LARGE HANDFULS)

spinach | shredded lettuce | kale

◆ PICK A CARBOHYDRATE

½ can of chickpeas or beans | ½ boiled sweet potato | 50g (dry weight) cooked quinoa

◆ PICK 2 VEGETABLES

½ bell pepper | 80g broccoli OR cauliflower
handful sugar snap peas | 2 inch chunk cucumber
handful cherry tomatoes | 2 sticks celery
3 mushrooms | ¼ avocado

◆ PICK A LEAN PROTEIN (AROUND 100G)

chicken | turkey | salmon | prawns | tuna | tofu

PICK A DRESSING

◆ Mediterranean:

1 tbsp extra virgin olive oil, 1 tbsp balsamic vinegar,
1 tsp parsley, black pepper to taste

◆ Asian:

1 tbsp sesame seed oil, 1 tsp tamari,
1 tsp sesame seeds, finely chopped spring onion

◆ Middle Eastern:

1 tbsp extra virgin olive oil, 1 tbsp tahini,
black pepper to taste

LUNCH

SOUPS INTRODUCTION

WARMING SOUP RECIPES TO NOURISH THE SOUL

Homemade soup is far superior to any shop bought soups, even the fresh ones. Once you try it you will not want to compromise!

We recommend making a large batch of soup and freezing it in portion sizes, ready to defrost for lunch the next day. If you use a good quality thermos, it makes a very portable lunch to take to work, so you can feel smug when your colleagues are chomping on soggy sandwiches!



LUNCH

HIGH ENERGY LENTIL SOUP

This is my all time favourite 'get back on track' soup. It really hits the spot when you are feeling tired, stressed and vulnerable to infections, because it is packed with anti-viral and antibacterial nutrients such as vitamin A and garlic.

INGREDIENTS

- 1 tbsp coconut oil
- 1 large onion, chopped
- 1 clove garlic
- 2 sticks celery, chopped
- 1 medium leek, sliced
- 1 medium carrot
- 200g tin chopped tomatoes
- 1 tsp dried mixed herbs or
1 handful fresh finely chopped parsley
- 200g (dry weight) brown or green lentils
- 1 litre (1.75pints) vegetable stock
- freshly ground black pepper
- fresh coriander to garnish

METHOD STARTS ON THE NEXT PAGE

LUNCH

HIGH ENERGY LENTIL SOUP

METHOD

- Heat the oil and a splash of water in a large, lidded pan and steam fry the onion, celery, leek and garlic over a medium heat, turning frequently, until soft and transparent – about 8 minutes
- Add the remaining ingredients and stir thoroughly to combine
- Bring to a simmer, then turn the heat down and put the lid on
- Cook for 30 mins or so until the lentils and all the vegetables are tender
- Leave to cool slightly, then transfer half of the soup to an electric blender and blend until smooth
- Return the blended soup to the pan, stir well to combine and reheat and serve
- Sprinkle with fresh coriander.



LUNCH

COURGETTE, BROCCOLI OR CAULIFLOWER SOUP

INGREDIENTS

- ½ onion, finely sliced
- 1 clove garlic, crushed
- 500g courgettes, broccoli or cauliflower
- 500ml vegetable stock
- 5g butter
- 10g cream cheese
- fresh coriander for garnish



METHOD

- In a large saucepan, sauté onion and garlic in small amount butter or coconut oil
- Add the courgettes, broccoli or cauliflower together with the stock and bring to boil. Simmer for about 15 minutes until the veg have softened
- Allow to cool for a short time, then blend in batches and return to the saucepan, it should have a lovely smooth consistency
- Add butter and cream cheese, allow to melt and mix in thoroughly on a low heat. Check for seasoning and add pepper if needed
- Ladle into bowls and decorate with a few sprigs of coriander.

LUNCH

THAI CHICKEN AND COCONUT SOUP

Chicken is rich in protein and B vitamins.
The ginger and chillies stimulate the immune system.

INGREDIENTS

- 2 chicken breasts cut into strips
- zest and juice of 1 lime
- 400ml coconut Milk
- 400ml hot chicken stock
- 1 stem lemon grass
- 2.5cm fresh ginger, peeled and grated
- red chilli, finely chopped (optional)
- 2tbsp fresh coriander leaves

METHOD

- In a shallow dish, sprinkle the lime juice over the chicken strips, cover and leave to marinate in the fridge for 30 minutes
- Place the remaining ingredients in a large saucepan and bring to the boil
- Add the chicken strips and lime juice
- Reduce heat and simmer for 15 minutes
- Ladle into 4 bowls and sprinkle over coriander leaves.



LUNCH

QUICK PEA AND MINT SOUP

INGREDIENTS

- 1.5kg frozen peas (or fresh peas or half and half)
- large bunch fresh mint
- 1 litre water
- small tub crème fraîche (full fat)
- salt and pepper to taste
- 4 rashers lean bacon OR crumbled goat's cheese



METHOD

- Boil water and add peas and mint. Bring to the boil and simmer for 3 minutes
- Strain off most of the liquor and retain it, blend the peas and mint until you have a smooth puree
- Add back some of the liquor until you achieve the desired consistency
- Return to the pan and gently bring back to the boil, then season to taste
- In the meantime, grill the bacon until crispy and cut into small 1" squares
- When ready to serve, swirl a teaspoon of crème fraîche into each bowl of soup and add a mint leaf. Place the bowl of crispy bacon or crumbled goat's cheese on the table to be sprinkled on the soup as required.

LUNCH

CREAMY PUMPKIN SOUP

INGREDIENTS

- 1 tbsp coconut oil
- 2 red onions, chopped
- 2 garlic cloves – crushed
- 800g pumpkin flesh
- 100g red spilt lentils
- ½ small pack thyme
- 1 litre hot veg stock (cubes are fine)
- 30g crème fraîche (full fat)
- 1 tbsp pumpkin seeds

METHOD

- Heat the oil in a large pan. Fry the onions until softened and starting to turn golden
- Stir in the garlic, pumpkin flesh, lentils and thyme, then pour in the hot stock
- Season, cover and simmer for 20 mins until the lentils and vegetables are tender
- Whizz the cooked pumpkin mixture in a blender
- Add the crème fraîche – save some for swirling, and whizz again after tasting for seasoning
- Serve with a spoonful of crème fraîche, a few thyme leaves and pumpkin seeds scattered on top.

LUNCH

WRAPS

Wraps are a great alternative to a sandwich as you can stuff them with delicious fillings, but a lot of people find that they don't get so bloated with wraps as they might with a sandwich. Wraps are so versatile too – you can have hot or cold fillings, and as they are portable, you can take them to work and have them for lunch.

There are lots of delicious gluten free options in most major supermarkets now – there are wraps made from quinoa or sweet potato that you can try. If you can't find these, then at the least ensure that the wraps are wholemeal / wholegrain.

Pick an option from each category on the next page, place your fillings in the middle of the wrap and roll everything inside.

Your wrap can be cold or can be microwaved for 15–20 seconds before adding the filling.



LUNCH

WRAPS

◆ CHOOSE YOUR SPREAD

1 tbsp plain Greek yoghurt | ½ mashed avocado
1 tbsp tahini | 1 tbsp no sugar almond butter

◆ CHOOSE YOUR BASE SALAD (1 LARGE HANDFUL)

spinach | shredded lettuce | kale | spinach,
watercress and rocket (mixed) | red cabbage (can
be pan fried in a little coconut oil for 3 minutes)

◆ CHOOSE YOUR PROTEIN

100g cooked chicken | 100g smoked salmon
1 tin tuna in brine/spring water, drained
100g firm tofu | 100g falafel | 1 egg - boiled
(or fried in a little coconut oil)

◆ CHOOSE 1 VEG (SLICED)

½ bell pepper | 3 mushrooms | 2" piece cucumber
2 salad tomatoes | 1 small carrot (shredded)
handful radishes
optional: sliced spring onion

◆ Add black pepper to taste



LUNCH

LUNCH BOWL

Bowls make perfect packed lunches and are a great way of using up leftovers. The possibilities for different combinations are endless, you'll never get bored. You can also prep for this at the weekend: boil some eggs, roast some veg, cook the pulses ... then during the week all you have to do is throw a bowl together in the evening and just get it out of the fridge to take to work the next day. Sorted!

- ◆ **PICK 1 CARB SERVING**

50g (dry weight) cooked quinoa | 1 cup cooked (gluten-free) soba noodles | 40g (dry weight) cooked brown rice | 5-6 cooked new potatoes (as these will be cold, they only provide resistant starches, low-GL)

- ◆ **PICK 1-2 PROTEIN SERVINGS (100G)**

cubes or strips of leftover cooked chicken | diced or flaked leftover cooked fish | cooked prawns
cubed tofu (plain, fried or baked)

cubed tempeh (plain or fried) | hard-boiled eggs
½ tin kidney beans | ½ butter beans | ½ tin chickpeas
Puy lentils

- ◆ **PICK 1 SERVING OF LEAVES**

kale | spinach | shredded lettuce | rocket
watercress

- ◆ **PICK 3 SERVINGS OF VEGETABLES**

1 tbsp roasted mixed veg | 1 tbsp steamed mixed veg
5 cherry tomatoes | 3 mushrooms
½ chopped pepper | 1" cucumber, diced
1 spring onion

- ◆ **PICK 1 OR MORE HERBS**

parsley | coriander | basil | chives

- ◆ **PICK A DRESSING**

Mediterranean | pesto (page 56) | Asian
Middle Eastern

LUNCH

CHICKEN OR TOFU LETTUCE WRAPS

This makes a great packed lunch. Pack the chicken and lettuce in separate containers and assemble at work.

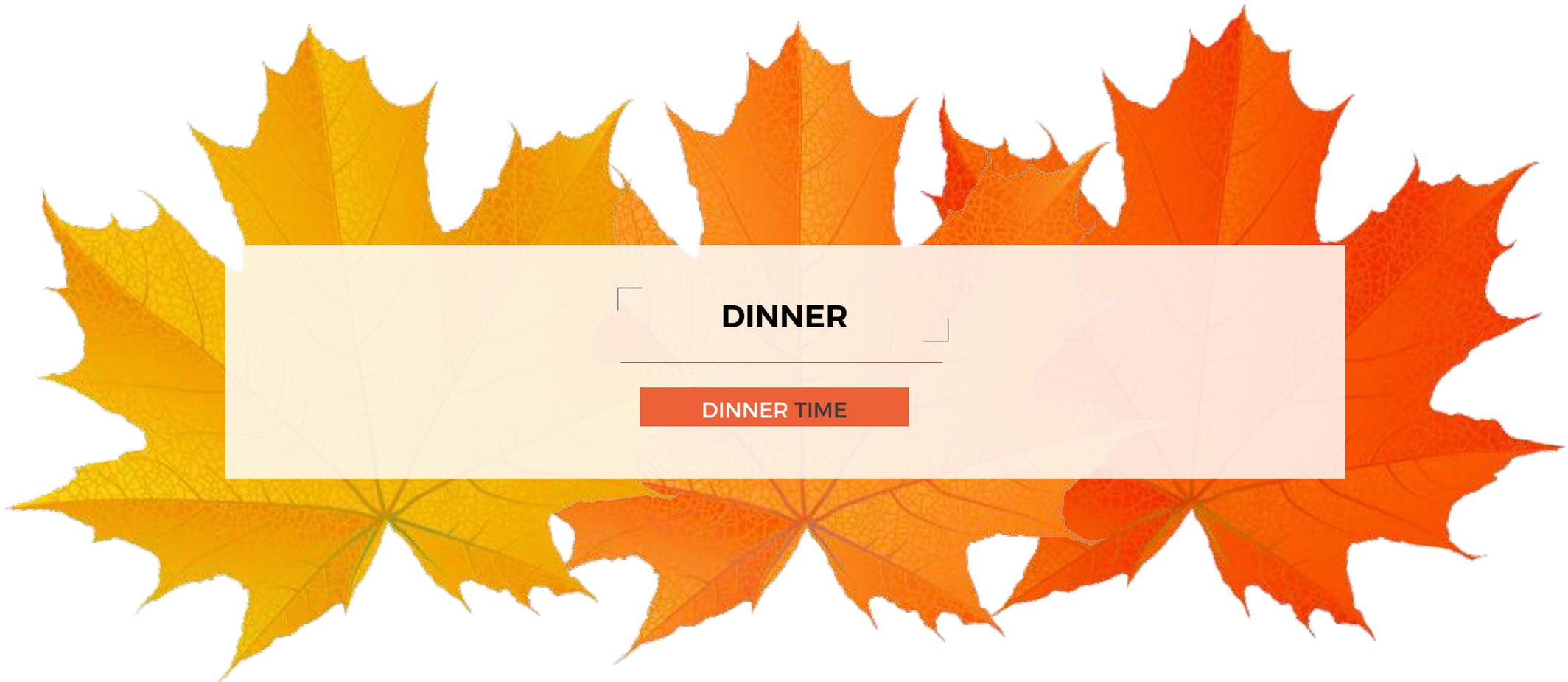
INGREDIENTS

- 2tsp maple syrup
- 1tsp tamari (gluten-free soy sauce)
- ½tsp chilli flakes
- 5 mini chicken fillets, chopped OR sliced
- ½ packet firm tofu, drained, cubed
- olive oil
- 4 lettuce leaves
- ¼ red onion, finely sliced
- 1tbsp salted peanuts
- 5-6 cherry tomatoes, quartered



METHOD

- Mix maple syrup, tamari and chilli in a bowl, stir in the chicken or tofu pieces. Leave to marinate for a few minutes
- Heat some olive oil in a frying pan, add the chicken/tofu pieces with the marinade.
- Cook for 5-6 minutes until the chicken/tofu is cooked through and the marinade starts to caramelise. Set aside and leave to cool
- Transfer to a lunchbox and keep in the fridge. Pack the vegetables and peanuts into a separate container.



DINNER

DINNER TIME

DINNER

CURRIES

WE ALL LOVE A GOOD CURRY!

But we tend to associate them with weekend blow outs after a skinful of alcohol. Did you know that the average Chicken Tikka Masala takeaway has about 1500 calories? Here are a range of tasty recipes that will hit the spot without hitting your waistline.

WHY CURRIES ARE GOOD FOR YOU:

- ginger = anti-oxidant and anti-inflammatory
- turmeric = anti-inflammatory
- cumin = phytonutrients, anti-cancer
- garlic = anti-microbial
- cardamom = anti-microbial



DINNER

HEALTHY CHICKEN VEGGIE CURRY

INGREDIENTS

- 1 tsp coconut oil
- ½ red onion – chopped
- 1 tsp fresh ginger – grated
- ½ red chilli – chopped finely (include seeds if you like heat)
- ½tsp ground coriander, ground cumin and medium curry powder
- ½ red pepper, diced
- 1 chicken breast, diced
- ¼ cauliflower, cut into florets
- 200g chopped tomatoes (½ tin)
- handful baby spinach

METHOD

- Heat the oil in a large frying pan
- Add the onion, ginger and chilli with splash of water
- Cook for 1 min, add the red pepper, chicken and cauliflower
- Cook for another 5 mins
- Add tomatoes plus 100mls water
- Simmer for 15 mins until the chicken is cooked
- If the sauce is too thin, turn up the heat to reduce it
- Finally add the spinach and stir until wilted
- Serve in bowls
- (It goes well with the Spicy Cauliflower Rice!)

DINNER

PRAWN AND SWEET POTATO CURRY

INGREDIENTS

- ½ red onion
- 1 tsp coconut oil
- 1 tbsp Jerk curry paste (available in all supermarkets)
- ¼ Scotch Bonnet chilli - be careful!
- 150g sweet potatoes, peeled and diced
- ¼tsp ground allspice
- 200g coconut milk (½ tin)
- 50ml veg stock
- 1 tsp thyme leaves and fresh coriander to garnish
- 100g peeled prawns (pink)

METHOD

- Fry the onion in the coconut oil for 3 minutes
- Add the curry paste, chilli, sweet potato and allspice and fry for another 5 minutes
- Add the coconut milk, stock and thyme, and cook for 15 minutes until the potato is cooked through
- When the potato is soft, mash some pieces with the back of a fork to make a thicker sauce
- Stir in the prawns, simmer 5 mins, scatter with coriander.



DINNER

COCONUT CHICKPEA CURRY

This creamy vegan curry is one of the best meat free currys I have ever had! All it takes is one pot and it's loaded with flavour.

INGREDIENTS

- 1 tbsp coconut oil
- ½ red onion – chopped
- 1 medium tomato – chopped
- salt + pepper
- 80g chickpeas (tinned, drained)
- 1 clove garlic
- 2tsp Garam masala
- ½tsp curry powder and ¼tsp cumin
- 100mls coconut milk
- 1 tsp cornflour

- 1 small lime

METHOD

- In a deep pan over medium high heat, add coconut oil
- Add in the onions and tomatoes. Grind some sea salt and black pepper over the mixture and stir together
- Lower heat to medium and allow to cook down, about 10 minutes
- Add in the chickpeas, garlic, Garam masala, curry powder and cumin and stir
- Add in the coconut milk and stir
- Dissolve cornflour in a little water and add to curry which helps to slightly thicken the curry

METHOD CONTINUES ON THE NEXT PAGE

DINNER

COCONUT CHICKPEA CURRY



METHOD - CONTINUED

- Bring the curry to a boil, then reduce to medium / low to simmer for 10–12 mins
- Remove the curry from the heat and squeeze a lime lightly over it
- Allow to cool slightly and then serve. Enjoy!

DINNER

ONE POT OVEN BAKE

I know that a lot of people struggle to eat healthily because they don't have time to cook - well, this dish only takes 5–10 minutes to prepare, and the rest of the time it will be baking in the oven, so you can be doing something else! You can pick and choose your favourite veg and there is a range of flavours to choose from, too.

Preheat your oven to 180C. Pick the specified number of items in each category on the next page, put into an oven proof dish and cook for 20 minutes, covered with foil, after the first 20 minutes, baste the contents with any excess liquid in the dish, and then bake without foil for a further 20 minutes.



INGREDIENTS START ON THE NEXT PAGE

DINNER

ONE POT OVEN BAKE

- **PICK YOUR PROTEIN (AROUND 100G)**
salmon fillet | white fish | chicken breast fillet
turkey fillet
- **PICK 3 VEG (CHOPPED)**
½ bell pepper | 80g broccoli OR cauliflower
handful, sugar snap peas
handful cherry tomatoes | 2 sticks, celery
3 mushrooms | 1 red onion
- **PICK A CARB**
½ sweet potato | ½ tin chickpeas
100g cooked lentils

PICK A FLAVOUR (MIX EVERYTHING TOGETHER AND POUR OVER THE DISH)

- 1 tbsp extra virgin olive oil, 100ml low salt stock, 1 tbsp balsamic vinegar, 1 tsp parsley, 1 tsp basil, black pepper to taste
(optional: 100ml tomato passata)
- 1 tbsp extra virgin olive oil, 100ml low salt stock, 1 tsp smoked paprika, juice of 1 lime, (optional: 100ml tomato passata)
- 1 tbsp sesame seed oil, 1 tbsp tamari, 50ml hot water, 1 tbsp agave syrup, 1 tsp sesame seeds, 1 tsp Chinese 5 spice

DINNER

LAMB STEW

INGREDIENTS - SERVES 4

- 2 tbsp olive oil
- 400g lamb, diced
- 1 onion, chopped
- 1 red pepper, deseeded and diced
- 3 cloves garlic, diced
- 3cm ginger, diced
- 2tbsp mild curry powder
- 500ml lamb or chicken stock
- 200g butternut squash pieces
- juice of half a lemon
- salt, black pepper
- handful flat parsley, finely chopped

METHOD

- Preheat the oven to 150C. Put all the ingredients except the butternut squash and lemon juice into an ovenproof dish with a lid. Cook in the oven for 2 hours, checking occasionally if more stock is needed. After 2 hours, add squash and lemon juice and return to the oven for another 2 hours. Season with salt and pepper just before serving and sprinkle with parsley
- Serve with quinoa or cauliflower rice and a dark green leafy vegetable, e.g. steamed broccoli or Cavolo nero.



DINNER

CHILI CON CARNE

INGREDIENTS

- 1 tbsp olive oil
- ½ onion, chopped
- 100g turkey or beef mince
- 1 tsp chilli flakes
- ½ red pepper, chopped
- 1 small carrot, grated
- 2-3tbsp tomato purée
- 1 cup water
- ½ tin kidney beans, drained and rinsed
- sea salt and black pepper
- coriander leaves, chopped
- ½ sliced avocado (optional)

METHOD

- Heat the oil in a pan and gently fry the onion until translucent. Add the mince and fry until no longer pink. Sprinkle over the chilli flakes and add the vegetables. Stir, add the tomato purée and water, stirring again until the purée dissolves
- Simmer for 5 min, add the beans and simmer for another 5 min
- Serve over cauliflower rice. Sprinkle with chopped coriander leaves to taste. Top with the avocado.



DINNER

HEALTHY FISH AND CHIPS

Everyone loves fish and chips, don't they? However, the "normal" fish and chips you would get is obviously deep fried, which isn't too great for our health or our waistline. And you won't need to go to a chippy again when I show you that you can make a delicious and much healthier version at home.

INGREDIENTS

- 1 piece of white fish (approx 100-150g)
- 1 egg, beaten with a pinch of black pepper and Himalayan pink salt
- 1 tbsp buckwheat flour / ground almonds / oats
- ½ sweet potato, cut into discs or "chips"
- 2tsp coconut oil
- ½ tin mushy peas

METHOD

- Preheat the oven to 180C
- Put the sweet potato on a baking tray and drizzle with 1tsp coconut oil. Bake in the oven for 30 minutes, turning half way. Or, if you have an air fryer, cook for 20 minutes
- For the fish - coat in the beaten egg and cover in the buckwheat flour / ground almonds / oats. Heat a frying pan on med-high and melt the rest of the coconut oil. Fry the fish on each side for 5 minutes.
- Heat the mushy peas on a low heat until it starts to bubble - stirring regularly

METHOD CONTINUES ON THE NEXT PAGE

DINNER

HEALTHY FISH AND CHIPS



METHOD - CONTINUED

- **SERVE WITH YOUR CHOICE OF CONDIMENTS (CAN PICK 2):**
 - ◆ 1 tsp tahini
 - ◆ 1 tsp almond butter
 - ◆ 1 tbsp salsa (chop a handful of cherry tomatoes, ¼ red onion - finely chopped, juice of ½ lime, chopped chili / chili powder to taste and mix together)
 - ◆ 1 tbsp plain Greek yoghurt
 - ◆ splash of apple cider vinegar – this is optional on top of the other condiments.

DINNER

HEALTHY TUNA BURGERS

These are really easy to make and just make a tin of tuna a bit more interesting. The traditional buns have also been replaced with mushrooms or aubergine for a lower carb option, as well as providing an extra source of veg.

BURGER

- 1 tin tuna in brine/spring water, drained well
- 2tbsp oats
- ¼ large red onion, chopped finely
- 1 clove garlic, chopped finely
- 1 egg
- ½tsp parsley
- pinch Himalayan pink salt and black pepper

“BUN”

- 4 large flat mushrooms / 4 slices of aubergine
- approx 2tsp coconut oil for frying and grilling

BURGER TOPPING

- handful spinach
- 2tsp Greek yoghurt

METHOD

- Preheat grill to high
- Mix all burger ingredients in a bowl and make 2 burger shapes using your hands
- Spread a little bit of coconut oil onto the mushrooms / aubergine and grill for 2 minutes on each side
- Heat a frying pan, melt ½tsp coconut oil. Cook each side of the burger for 1½ minutes
- When the mushrooms / aubergine “buns” are ready, place them on a plate and arrange your toppings
- Remove burgers from frying pan and put on the “buns”.

DINNER

SALMON & KING PRAWN SKEWERS WITH CITRUS QUINOA SALAD

INGREDIENTS - SERVES 4

- 1 large salmon fillet, skinned and cut into cubes
- 1 large cod fillet, skinned and cut into cubes
- 100 g raw peeled king prawns
- 1 red pepper, cut into large pieces
- 1 green pepper, cut into large pieces,
- 1 red onion, peeled and quartered, root removed
- 200g quinoa
- 2tsp vegetable stock powder or 1 vegetable stock cube
- 2tbsp fresh parsley, finely chopped
- grated zest and juice of 1 organic, unwaxed lemon
- sea salt and black pepper



METHOD

- Pre-soak some wooden or bamboo skewers for 30 minutes, so the wood doesn't burn under the grill
- Bring some water to a boil, add vegetable stock powder and quinoa, put the lid on and cook for 10-15 min. The quinoa is ready when it looks translucent. Remove from the heat, stir, put the lid back on and leave to sit for a few minutes
- Preheat the grill to high
- Thread alternating pieces of fish, prawns and vegetables on to the skewers. Season to taste and place under the grill for 10 min, turning twice
- Stir chopped parsley, lemon juice and zest into the cooked quinoa. Season with salt and pepper.

DINNER

BAKED WHITE FISH ON A BED OF LEEKS

INGREDIENTS

- 1 white fish fillets (e.g. cod, haddock, sea bass)
- 2 leeks
- 1 clove garlic
- 1 handful of salad leaves
- salt, pepper
- oil, balsamic vinegar



METHOD

- Preheat the oven to 200C. Place the fish fillet on a baking sheet, season with salt and pepper and bake for 15 mins
- Slice the leeks into rounds, chop the garlic and sauté both for 8 min. Transfer to a blender or food processor and process into a purée
- Mix oil and vinegar. Place the leek purée on a plate, top with a fish fillet, add some leaves and drizzle with the dressing.

DINNER

MIX 'N' MATCH STIR FRY

Stir fries are sooo quick and easy to make, and they are so versatile too – from the ingredients you use as well as the flavours you decide to devour!

You can pick and choose your favourite veg and protein, and you have a delicious and satisfying meal.

Pick the specified number of items in each category, and heat a wok or frying pan. Melt 1tsp of coconut oil and fry the protein for 3 minutes (or until mostly cooked) and then add the vegetables and cook for a further 5 minutes – stirring regularly. If the pan gets too dry, add a splash of hot water.

- **PICK YOUR PROTEIN (AROUND 100G)**

diced chicken breast | diced turkey breast | prawns
mixed seafood | firm tofu

- **PICK 3 VEG (CHOPPED)**

1 bell pepper | 80g broccoli OR cauliflower
handful sugar snap peas | handful cherry tomatoes
2 sticks celery | 3 mushrooms
1 red onion | handful mange tout | 80g bok choy

80g beansprouts | 80g green beans | ½ courgette
(optional: garlic)

- **PICK A FLAVOUR (MIX EVERYTHING IN A CUP, POUR OVER THE STIR FRY FOR THE LAST MINUTE)**

1tbsp tamari sauce, 1tsp agave, 1" piece of ginger (grated), black pepper to taste

1 inch piece of ginger (grated), 1tsp miso paste mixed with 50ml hot water, 1tsp sesame seeds, black pepper to taste

1tbsp no added sugar peanut butter, 50ml hot water, 1 mild chili (chopped), 1tsp tamari ½tsp smoked paprika

½tsp Chinese 5 spice, 1tsp tamari, black pepper to taste, 1tsp agave, ¼tsp ground black pepper

- **PICK A CARB**

40g (dry weight) brown basmati rice | 1 serve of cauli "rice" (Page 47) | 50g (dry weight) quinoa

DINNER

VEGETARIAN DINNERS

So let's be creative - vegetarian food does not have to be carby pasta, synthetic protein (aka Quorn) or nut roasts! Or stuffed peppers! Booooooring!

Why not incorporate at least one veggie evening meal a week. Your body and your wallet will thank you for it! Veggie protein is the cheapest high quality protein available. Here are some easy and tasty alternatives to be enjoyed by us all - veggie or not.



FUN FACTS ABOUT VEGGIE EATING

- Veggie eating improves the sex appeal of male body odour - 5 a day suddenly became more interesting!
- Brad Pitt, Albert Einstein and Ozzy Osbourne - all veggies
- Plant based meals increase metabolism by 16% compared to meat meals
- Plants yield 10x more protein per acre than meat

DINNER

ONE PAN MEXICAN QUINOA

INGREDIENTS

- 1 tsp 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
- 1 tbsp 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

VEGETARIAN SIDE DISHES

These three side dishes are perfect to accompany any of the curry or lentil dinners, in fact they can work with many of our dinner options.

CAULIFLOWER RICE AND CAULIFLOWER STEAKS

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

VEGETARIAN SIDE DISHES

CAULIFLOWER STEAKS

- Take a head of cauliflower
- Remove the outer leaves
- Then cut into 3 chunky slices, keeping the slices together
- Heat 1 tsp coconut oil in frying pan
- Add the cauliflower slices carefully
- Cook for a couple of mins on high, then reduce heat
- Add a couple of splashes of water or tamari, to stop it drying
- Slowly braise for about 10–15 mins

ROASTED SQUASH

- Another great, lower carb accompaniment, full of flavour and nutrients
- Heat oven to 200C
- Simply peel and chop any squash (butternut, pumpkin etc)
- Add to roasting dish with 1 tbsp coconut oil
- Sprinkle with salt, pepper
- You can add crushed garlic OR chillies (optional)
- Roast for approx 20–25 mins

DINNER

VEGETARIAN SIDE DISHES

Roast a tray of vegetables! They could go into a wrap or a lunch 'bowl', be whizzed into a soup with tomato passata and butter beans, with courgetti and pesto, sprinkled with chopped walnuts.

ROASTED VEGETABLES

- 1 or 2 trays of roasted veg could last 4–5 days in the fridge.
- Choose 5 from:
red onions | red / yellow / green peppers |
butternut squash | carrots | courgettes | beetroot
celeriac | swede | cherry tomatoes (add 10 minutes
before the end of roasting time, if using)
- Toss veggies in olive oil, season with salt and pepper, 1 tsp of dried Italian herb mix. Roast in the oven at 180C for 30–40 minutes, stirring occasionally. Remove from the oven when even the hardest vegetable is soft. Leave to cool. Stir in 2 tbsp of chopped parsley. Keep in the fridge in an airtight container.

VEGAN PESTO

- 80g pine nuts, toasted
- 60ml olive oil
- 2 packets (approx. 120g) basil
- juice of ½ lemon
- 1 clove garlic (optional)
- 1 tbsp nutritional yeast flakes (e. g. Engevita)
- 1 tsp sea salt
- freshly ground black pepper
- ◆ Blend all ingredients until the pesto reaches the desired consistency. Add a little water if it is too thick
- ◆ Use for courgetti, in soups or wraps.

DINNER

COCONUT AND CORIANDER DHAL

Coriander has antimicrobial properties and turmeric is an anti-inflammatory spice that has been shown to possess anti-cancer properties. So not only is this creamy dhal delicious, easy to prepare and cheap, it is good for you too! What's not to like?

INGREDIENTS

- 50g red split lentils
- pinch of sea salt
- 80ml chicken stock or vegetable stock
- 1 tsp ground turmeric
- ½tbsp coconut oil
- ½ red onion, diced
- 1 tsp cumin seeds
- 80ml coconut milk
- generous handful of coriander leaves

- 1 tomato, diced
- 2 handfuls baby spinach

METHOD

- Rinse the lentils and heat the stock and turmeric in a pan until boiling
- Add the lentils, season with sea salt and bring to the boil
- Reduce the heat and simmer on a very low heat, covered, for 15 mins or until lentils are tender
- Melt the coconut oil in a pan and sauté the onion and cumin seeds for 3–4 minutes
- Add the cooked lentils, coconut milk, coriander and tomato and cook for a further 2 minutes and stir in the spinach and allow to wilt
- Serve with either cauliflower rice or cauliflower steaks for a delicious supper.

DINNER

SPICED VEGETABLE TAGINE

INGREDIENTS

- ½ sweet potato, about 100g peeled and cut into roughly 2cm chunks
- 1 courgette, halved lengthways, sliced into 2cm half-moons
- ½ red pepper, cut into roughly 2.5cm chunks
- 2tsp coconut oil
- ½ red onion, thinly sliced
- 1 garlic clove, thinly sliced
- ½tsp ground coriander
- ½tsp ground cumin
- 200g tin chopped tomatoes
- 1 tsp harissa paste
- 1 tsp clear honey

- 8 pitted green olives – halved (optional)
- 200g tinned chickpeas, rinsed and drained
- handful chopped fresh coriander, to garnish

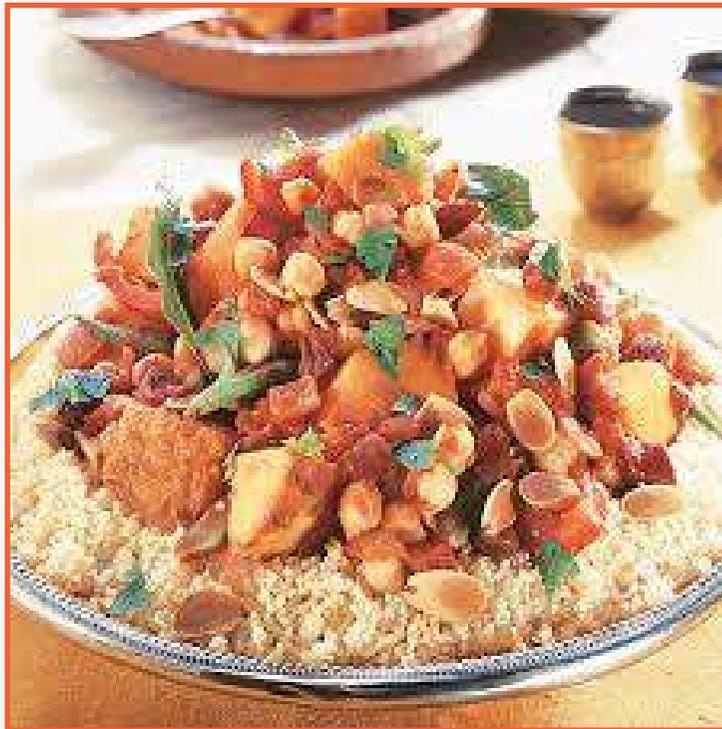
METHOD

- Preheat the oven to 180C
- Mix the sweet potato, courgette and red pepper in a large bowl. Season generously with salt and pepper
- Heat half the oil in a large, non-stick frying pan over a high heat
- When the pan is hot, add the vegetables stirring and turning regularly, for 3–4 minutes, or until lightly browned
- Heat the remaining oil in another frying pan, add the onions and fry for 3–5 minutes

METHOD CONTINUES ON THE NEXT PAGE

DINNER

SPICED VEGETABLE TAGINE



METHOD - CONTINUED

- Add the garlic, coriander and cumin and fry for 1–2 minutes, stirring frequently
- Stir in the chopped tomatoes, harissa paste, honey, olives and chickpeas until well combined
- Add the vegetables and cook for 2–3 minutes
- Transfer to an oven-proof dish and put in the oven
- Cook for 20 minutes, then stir in 50ml cold water until well combined and return to the oven, covered, for a further 15 minutes, or until the tagine is thick and the vegetables are tender
- Sprinkle the tagine with the chopped coriander
- Serve with cauliflower rice or cauliflower steaks.

DINNER

QUICK BLACK BEAN BURGERS

INGREDIENTS

- 1 slice gluten free bread (normal bread is fine too)
- 1 tbsp coconut oil
- 1 clove garlic, chopped
- 1 x 400g tin black beans, rinsed and drained
- 1 tsp 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 1 tsp 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

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

TOMATO SAUCE

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

METHOD BEGINS ON THE NEXT PAGE

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 $\frac{1}{2}$ (if you have 6 courgette slices) or $\frac{1}{3}$ (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

- 1 tbsp olive oil
- 2 cloves garlic, minced – use separately!
- 200ml vegetable stock
- 65g quinoa
- 70g mixed mushrooms, chopped
- ½tsp dried or 1 tsp fresh tarragon, chopped
- 1 tbsp 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 INTRODUCTION

Snacks are important to fill the gaps between main meals. If the gaps extend beyond 4 hours we enter the 'danger zone'. This is when we are increasingly likely to go 'off piste', lose the plot, fill up with petrol, a bag of crisps and a chocolate bar! To safe guard against this, you MUST always have a contingency plan in the form of 'safe' snacks. We recommend that you always carry one or two 'safe' snacks with you at all times – in your handbag, car, briefcase and sports bag. And you should always have the makings of 'safe snacks' in your fridge or larder.

THEREFORE WE HAVE CREATED TWO CATEGORIES OF SNACKS:

- On the road snacks
- Home snacks

**IF WE'RE NOT MEANT TO
HAVE MIDNIGHT SNACKS,
WHY IS THERE A LIGHT
IN THE FRIDGE ?**

SNACKS

ON THE ROAD SNACKS

If you are someone who is out of the house for much of the working day, then this section is for you.

Be prepared and ensure that you always have a portable snack with you – this is your contingency plan and will ensure that you stay on track.



CHOOSE FROM THE FOLLOWING LIST

- 25g any nuts / seeds – weigh out in separate container and carry in bag / car
- 2 oatcakes – in circular container.
- Munchy Seeds snack pack – any flavour except honey
- jerky or biltong – choose one without added sugar e.g. Unearthed Biltong Waitrose
- apple, pear, satsuma or plum (x2)

SNACKS

AT HOME SNACKS



CHOOSE FROM THE FOLLOWING LIST:

- **Cold boiled egg** – I know, a bit weird but hits the spot when you are hungry
- **Avo on oatcakes x 2** – smash up half an avocado, squeeze of lemon, pepper and smother on oatcakes – yum!
- **Hummus with anything** – well any veggies!
- **Nut butter on celery** – just smother 2 teaspoons of any nut butter into the gap on a celery stick
- **Nut butter with apple** – cut apple into slices and dip into 2 teaspoons of nut butter
- **Special snack for evening** – 2 squares of 70% (or more) dark chocolate

SNACKS

SPICY KIDNEY BEAN DIP

INGREDIENTS

- 1 tin kidney beans (or black beans), drained
- ½ dried Smoked Chipotle Chilli (Waitrose Ingredients), soaked in hot water, chopped finely
- 2-3tbsp tomato puree
- fresh coriander, chopped
- sea salt and freshly ground black pepper, to taste

METHOD

- Put all ingredients in a blender and pulse until combined and the dip has the texture you like (chunky or smooth).



SNACKS

ROASTED RED PEPPER AND WALNUT DIP

INGREDIENTS

- 1 pinch smoked paprika
- 1 garlic clove
- 100g walnuts
- 225g roasted red peppers (jar, packed in oil)
- 1 tbsp tomato purée
- 3 tbsp olive oil (walnut oil, if you have)
- 1 tbsp balsamic vinegar
- 2 tsp honey (optional)
- salt and black pepper to taste

METHOD

- Place paprika, garlic, walnuts and peppers into a food processor and process to a paste
- Add the rest of the ingredients and blend until smooth
- Add honey and balsamic according to taste.



zest4life

New Vitality