



MENO MENU

day one



BREAKFAST

Banana oat pancakes

- 125ml oat milk
- 2 eggs, separated
- 1 small banana
- 100g rolled oats
- 2 tsp baking powder
- few drops vanilla extract
- oil of your choice
- low fat yogurt and fruit to top

STEP 1 Put the oat milk, egg yolks, banana, oats, baking powder and vanilla in a blender and process to as smooth a mixture as you can get. Whisk the eggs whites until they hold stiff peaks. Whisk 1-2 tbsp of the whites into the batter, then fold in the rest.

STEP 2 Heat a non-stick pan over a medium heat and spray with a whisper of oil, pour about 2 tbsp of batter into the pan and cook for 1-2 mins, until the base sets and bubbles appear all over the top. Flip and cook the other side for a minute. Repeat in batches, making sure the top looks dryish before attempting the flip, or the centre will collapse.



LUNCH

Pepper and ham omelette

- 2 whole eggs and 3 egg whites
- 1 tsp olive oil
- 1 red pepper, finely chopped
- 2 spring onions, white and green parts kept separate, and finely chopped
- few slices wafer-thin extra-lean ham, shredded
- 25g mature cheddar
- wholemeal toast, to serve (optional)
- 1-2 chopped fresh tomatoes, to serve (optional)

STEP 1 Mix the eggs and egg whites with some seasoning and set aside. Heat the oil in a medium non-stick frying pan and cook the pepper for 3-4 mins. Throw in the white parts of the spring onions and cook for 1 min more. Pour in the eggs and cook over a medium heat until almost completely set.

STEP 2 Sprinkle on the ham and cheese, and continue cooking until just set in the centre, or flash it under a hot grill if you like it more well done. Serve straight from the pan with the green part of the spring onions sprinkled on top, the chopped tomato and some wholemeal toast, if you like.



DINNER

Turkey Bolognese

- 400g lean turkey mince (choose breast instead of thigh mince if you can, as it has less fat)
- 2 tsp vegetable oil
- 1 large onion, chopped
- 1 large carrot, chopped
- 3 celery sticks, chopped
- 250g pack brown mushroom, finely chopped
- pinch of sugar
- 1 tbsp tomato purée
- 2 x 400g cans chopped tomato with garlic & herbs
- 400ml chicken stock, made from 1 low-sodium stock cube
- cooked wholemeal pasta and fresh basil leaves (optional), to serve (or spiralized courgette)

STEP 1 Heat a large non-stick frying pan and dry-fry the turkey mince until browned. Tip onto a plate and set aside.

STEP 2 Add the oil and gently cook the onion, carrot and celery until softened, about 10 mins (add a splash of water if it starts to stick). Add the mushrooms and cook for a few mins, then add the sugar and tomato purée, and cook for 1 min more, stirring to stop it from sticking.

STEP 3 Add the tomatoes, turkey and stock with some seasoning. Simmer for at least 20 mins (or longer) until thickened. Serve with the pasta and fresh basil, if you have it.



SNACK IDEA

Choose a handful of seeds or roasted nuts as your snack today



MENO MENU

day two



BREAKFAST

Avocado and black beans

- 2 tsp rapeseed oil
- 1 red chilli, deseeded and thinly sliced
- 1 large garlic clove, sliced
- 2 large eggs
- 400g can black beans
- ½ x 400g can cherry tomatoes
- ¼ tsp cumin seeds
- 1 small avocado, halved and sliced
- handful fresh, chopped coriander
- 1 lime, cut into wedges
- Heat the oil in a large frying pan.

STEP 1 Add the chilli and garlic and cook until softened and starting to colour. Break in the eggs on either side of the pan. Once they start to set, spoon the beans (with their juice) and the tomatoes around the pan and sprinkle over the cumin seeds. You're aiming to warm the beans and tomatoes rather than cook them.

STEP 2 Remove the pan from the heat and scatter over the avocado and coriander. Squeeze over half of the lime wedges. Serve with the remaining wedges on the side for squeezing over.



LUNCH

Sardine salad

- 1 aubergine, cut into chunks
- 1 courgette, cut into chunks
- 1 red onion, cut into wedges
- 2 fat garlic cloves, bashed with the side of a cook's knife and peeled
- ½ tsp dried oregano
- Grated zest and juice 1 lemon
- 2 tbsp olive oil
- 200g cherry tomatoes
- 2 slices sourdough (or rustic) bread, cut into chunks
- Handful basil leaves
- 1 tin sustainable sardines

STEP 1 Heat the oven to 180°C/gas 6. Put the aubergine, courgette, red onion and garlic in a roasting tin, then add the oregano, lemon zest and some black pepper. Drizzle over 1½ tbsp of the olive oil, then roast for 30 minutes. Remove the tin, toss everything together, then add the tomatoes and roast for 10 minutes more.

STEP 2 On a separate oven tray, toss the sourdough with the rest of the oil, then bake for 10 minutes or until golden and crisp.

STEP 3 Add the lemon juice and basil to the roasted veg, then divide between 2 bowls along with the croutons and sardines. Serve warm or at room temperature



DINNER

One pan piri chicken dinner

- 1 kg bone-in chicken thighs and drumsticks (equal quantities of each saves any arguments)
- 500g baby potatoes, thickly sliced
- 2 peppers (1 red, 1 yellow), thickly sliced
- 200g cherry tomatoes
- handful of coriander leaves, chopped
- buttered corn on the cob, to serve

For the marinade

- 1½ tsp smoked paprika
- 25g light brown soft sugar
- 1 lime, zested and juiced
- 1 tsp dried chilli flakes (use less if you prefer less heat)
- 2 garlic cloves, chopped
- 4 tbsp olive oil
- ½ bunch of fresh oregano, leaves picked or 1 tbsp dried oregano
- 1 red chilli (optional), deseeded and chopped
- 1 tbsp red wine or port (optional)

STEP 1 Pound all the marinade ingredients together with 1 tsp salt using a large pestle and mortar, or blitz in a mini chopper to create a loose paste. Slash each chicken piece a few times, then tip into a bowl and coat in the marinade. Cover and chill for at least 1 hr or up to 24 hrs.

STEP 2 Heat the oven to 220C/200C fan/gas 7. Tip the chicken along with the marinade and potatoes into a roasting tin. Toss together, then arrange the chicken on top of the potatoes, thighs skin-side up. Roast for 35-40 mins until the chicken has browned.

STEP 3 Remove the tin from the oven and mix the peppers in with the potatoes, baste the chicken in some of the juices in the tin and turn the drumsticks. Nestle the cherry tomatoes in among the chicken and roast for another 20-25 mins until the chicken is cooked through, the skin is crisp and the vegetables are nicely roasted. Scatter with the coriander and some flaky sea salt, if you like, and serve straight from the tin with the buttered corn on the side.



SNACK IDEA

Fruit and Greek Yogurt are a great and filling snack, sprinkle with seeds for a crunch



MENO MENU

day three



BREAKFAST

Berry go smoothie

- 1 small ripe banana
- about 140g blackberries, blueberries, raspberries or strawberries (or use a mix), plus extra to serve
- apple juice or mineral water, optional
- runny honey, to serve

STEP 1 Slice the banana into your blender or food processor and add the berries of your choice. Whizz until smooth. With the blades whirring, pour in juice or water to make the consistency you like. Toss a few extra fruits on top, drizzle with honey and serve.



LUNCH

Corn cakes with salsa

- 50g self-raising flour
- 1 egg, beaten
- 200g canned or frozen sweetcorn
- bunch spring onions, trimmed and finely chopped
- 1 avocado, cut into small chunks
- 1 lime, ½ juiced and the rest cut into 4
- handful coriander leaves, chopped
- 1-2 tbsp vegetable oil
- refried beans, to serve

STEP 1 In a bowl, combine the flour, egg, corn and half the onions with some seasoning, then mix well. Mix the avocado with the remaining onions, lime juice, coriander and seasoning, then set aside.

STEP 2 Heat 1 tbsp oil in a non-stick frying pan. Drop tbsps of the corn mixture into the frying pan, smoothing them down to form cakes. Cook for about 2-3 mins on each side over a medium heat, adding the remaining oil if you need to. Serve hot with the avocado salsa, lime wedges and some warm refried beans.



DINNER

Courgette lasagna

- 9 dried lasagne sheets
- 1 tbsp sunflower oil
- 1 onion, finely chopped
- 700g courgette (about 6), coarsely grated
- 2 garlic cloves, crushed
- 250g tub ricotta
- 50g cheddar
- 350g jar tomato sauce for pasta

STEP 1 Heat oven to 220C/fan 200C/gas 7. Put a pan of water on to boil, then cook the lasagne sheets for about 5 mins until softened, but not cooked through. Rinse in cold water, then drizzle with a little oil to stop them sticking together.

STEP 2 Meanwhile, heat the oil in a large frying pan, then fry the onion. After 3 mins, add the courgettes and garlic and continue to fry until the courgette has softened and turned bright green. Stir in 2/3 of both the ricotta and the cheddar, then season to taste. Heat the tomato sauce in the microwave for 2 mins on High until hot.

STEP 3 In a large baking dish, layer up the lasagne, starting with half the courgette mix, then pasta, then tomato sauce. Repeat, top with blobs of the remaining ricotta, then scatter with the rest of the cheddar. Bake on the top shelf for about 10 mins until the pasta is tender and the cheese is golden.



SNACK IDEA

Peanut butter and banana slices



MENO MENU

day four



BREAKFAST

Protein pancakes

- 1 banana
- 75g oats
- 3 large eggs
- 2 tbsp milk of your choice
- 1 tbsp baking powder
- pinch of cinnamon
- 2 tbsp protein powder
- coconut oil, or a flavourless oil
- nut butter, maple syrup and berries or sliced banana to serve

STEP 1 Whizz the banana, oats, eggs, milk, baking powder, cinnamon and protein powder in a blender for 1-2 mins until smooth. Check the oats have broken down, if not, blend for another minute.

STEP 2 Heat a drizzle of oil in a pan. Pour or ladle in 2-3 rounds of batter, leaving a little space between each to spread. Cook for 1-2 minutes, until bubbles start to appear on the surface and the underside is golden. Flip over and cook for another minute until cooked through. Transfer to a warmed oven and repeat with the remaining batter. Serve in stacks with nut butter, maple syrup and fruit.



LUNCH

Warm lentil salad

- 3 tbsp olive oil
- 250g chestnut mushroom, sliced
- 2 tbsp red wine vinegar
- 2 tsp Dijon mustard
- 2 red peppers, finely chopped
- half a red onion, finely chopped
- 400g can lentil, drained and rinsed
- 2-3 Little Gem lettuces, leaves separated
- 100g goat's cheese, crumbled

STEP 1 Heat 2 tbsp of the oil in a non-stick frying pan, then quickly fry the mushrooms until just starting to soften. Remove from the heat, then stir in the remaining oil with the vinegar and mustard. Stir well until mixed, then add the peppers, onion and lentils and mix well again.

STEP 2 Arrange the leaves over 4 plates. Spoon the lentil salad over the top, add the goat's cheese and serve.



DINNER

Salmon and leek parcel

- 250g leek (about 3 small ones), thinly sliced
- 85g mascarpone
- 1 tbsp chopped dill, plus 1 tsp
- 2 skinless salmon fillets
- ½ lemon, grated zest of 1/4, plus a good squeeze of juice
- 2-3 tsp capers
- spinach wilted, to serve (optional)

STEP 1 Heat oven to 200C/180C fan/gas 6. Place two sheets of baking parchment (large enough to wrap up each salmon fillet) on your work surface.

STEP 2 Put the leeks in a pan with 6 tbsp water, cover and bring to the boil. Cook for 5 mins until the water has been absorbed and the leeks are almost tender. Stir in the mascarpone, 1 tbsp dill and some seasoning.

STEP 3 Spoon half the creamy leeks into the middle of one sheet of parchment and place a salmon fillet on top, then repeat to make a second parcel. Sprinkle over the lemon zest with a squeeze of juice, then scatter over the capers and the remaining 1 tsp dill.

STEP 4 Bring the parchment up over the fish and join the two edges together by folding them over several times down the middle. Do the same with the ends and place the parcels, spaced apart, on a baking sheet.

STEP 5 Bake for 12-15 mins, depending on how well done you like your fish, then carefully tear open the parcel. Serve with lemon wedges for squeezing over and wilted spinach, if you like.



SNACK IDEA

Veg sticks dipped in humous
easy to take anywhere



MENO MENU

day five



BREAKFAST

Breakfast banana split

- 2 bananas
- 2 tbsp nut butter (almond or cashew butter is nice)
- 4 scoops natural frozen yogurt
- handful of berries (we used strawberries, blueberries and raspberries)
- 4 tbsp low-sugar granola

STEP 1 Peel the bananas and split them down the centre. Place in 2 bowls, cut-sides facing upwards.

STEP 2 Spread the nut butter over the banana halves, place the scoops of frozen yogurt on top, add the berries and scatter over the granola.



LUNCH

Vanilla and almond Chia bowl

For the porridge

- 50g jumbo porridge oat
- 200ml unsweetened almond milk
- ½ tsp vanilla extract
- 2 tbsp low-fat natural yogurt
- 25g chia seeds

For the topping

- 150g punnet blueberry
- 25g almond, slivered or flaked
- clear honey, to taste

STEP 1 Mix all the porridge ingredients in a bowl and leave to soak for at least 20 mins. Once the oats have softened, stir through half the blueberries. If the porridge is too dry, add a little water.

STEP 2 Divide the mixture between 2 bowls and top each with the remaining berries, almonds and honey.



DINNER

Bean and roast pepper chilli

- 2 onions, chopped
- 2 celery sticks, finely chopped
- 2 yellow or orange peppers, finely chopped
- 2 tbsp sunflower oil or rapeseed oil
- 2 x 460g jars roasted red peppers
- 2 tsp chipotle paste
- 2 tbsp red wine vinegar
- 1 tbsp cocoa powder
- 1 tbsp dried oregano
- 1 tbsp sweet smoked paprika
- 2 tbsp ground cumin
- 1 tsp ground cinnamon
- 2 x 400g cans chopped tomatoes
- 400g can refried beans
- 3 x 400g cans kidney beans, drained and rinsed
- 2 x 400g cans black beans, drained and rinsed

STEP 1 Put the onions, celery and chopped peppers with the oil in your largest flameproof casserole dish or heavy-based saucepan, and fry gently over a low heat until soft but not coloured.

STEP 2 Drain both jars of peppers over a bowl to catch the juices. Put a quarter of the peppers into a food processor with the chipotle paste, vinegar, cocoa, dried spices and herbs. Whizz to a purée, then stir into the softened veg and cook for a few mins.

STEP 3 Add the tomatoes and refried beans with 1 can water and the reserved pepper juice. Simmer for 1 hr until thickened, smoky and the tomato chunks have broken down to a smoother sauce.

STEP 4 At this stage you can cool and chill the sauce if making ahead. Otherwise add the kidney and black beans, and the remaining roasted peppers, cut into bite-sized pieces, then reheat. (This makes a large batch, so once the sauce is ready it might be easier to split it between two pans when you add the beans and peppers.) Once bubbling and the beans are hot, season to taste and serve.



SNACK IDEA

Rice cakes topped with sweet or savoury toppings



MENO MENU

day six



BREAKFAST

Low sugar granola

- 200g rolled oats
- 150g bag mixed nuts
- 150g mixed seeds
- 1 orange , zested
- 2 tsp mixed spice
- 2 tsp cinnamon
- 2 tbsp cold pressed rapeseed oil
- 1½ tbsp maple syrup

STEP 1 Heat oven to 160C/140C fan/gas 4. Mix all the ingredients in a bowl with a pinch of salt, then spread out on a baking tray.

STEP 2 Roast for 30-35 mins until golden, pulling the tray out of the oven twice while cooking to give everything a good stir – this will help the granola toast evenly. Leave to cool. Will keep in an airtight container for one month.



LUNCH

Squash frittatinis

- 250g butternut squash , peeled, deseeded and chopped into small pieces
- 25g frozen peas
- 100g feta , crumbled
- 4 large eggs

STEP 1 Heat oven to 200C/180C fan/gas 6. Put the butternut squash in a bowl, cover with cling film and cook in the microwave on High for 5-7 mins until tender. Meanwhile, line 8 holes of a muffin tin with squares of baking parchment – allow a little overhang at the top as the frittatinis will puff up.

STEP 2 Divide the squash, peas and feta between the lined muffin holes – they should be quite full. Beat the eggs in a jug with some seasoning, then pour into the muffin holes. Put the tin in the centre of the oven and bake for 20 mins. Leave to cool for about 15 mins before packing into a cooler bag for transporting, or chill for up to 24 hrs.



DINNER

Jerk chicken salad

- 1 small (100g) free-range skinless, boneless chicken thigh
- Zest and juice 1 lime, plus wedges to serve
- ¼ tsp jerk seasoning
- 2 fresh thyme sprigs, leaves picked and roughly chopped
- 60g cauliflower florets
- Small handful fresh coriander leaves, roughly chopped
- 50g pineapple, cut into chunks
- 70g tinned red kidney beans, rinsed and drained

STEP 1 Heat the oven to 200°C/180°C fan/gas 6. Put the chicken in a small glass/ceramic bowl with half the lime zest and juice, the jerk seasoning and a pinch of chopped thyme. Season and set aside to marinate.

STEP 2 Meanwhile, coarsely grate the cauliflower on the largest side of a box grater into a mixing bowl. Season and stir in the remaining lime zest and juice, another pinch of chopped thyme, half the chopped coriander and the pineapple chunks and kidney beans.

STEP 3 Put the chicken on a folded piece of non-stick baking paper set on a baking tray. Roast for 20 minutes until cooked through and juicy. Slice, then serve on a plate with the cauli 'rice' and spoon over any cooking juices. Garnish with the remaining thyme and coriander, then serve with lime wedges.



SNACK IDEA

Spread a slice of cucumber/ a cracker with a little cream cheese and top with a slice of smoked salmon



MENO MENU

day seven



BREAKFAST

Breakfast cookies

- 2 ripe bananas , mashed
- 150g porridge oats
- 2 tbsp ground almonds
- ½ tsp cinnamon
- 100g raspberries (fresh or frozen)

STEP 1 Heat the oven to 200C/180C fan/gas 4 and line two baking trays with baking parchment. Mix the banana, oats, almonds, cinnamon and a pinch of salt in a bowl to make a sticky dough. Gently stir through the raspberries, trying not to break them up. Scoop up tablespoons of the mixture and roll into balls, then place on a baking tray and flatten with your hand.

STEP 2 Bake for 15 mins until the cookies feel firm around the edges and are golden brown. Leave to cool. Will keep in an airtight container for up to three days.



LUNCH

Slow cooker beans

- 1 tbsp olive oil
- 1 onion , thinly sliced
- 2 garlic cloves , chopped
- 1 tbsp white or red wine vinegar
- 1 heaped tbsp soft brown sugar
- 400g can pinto beans , drained and rinsed
- 200ml passata
- small bunch coriander , chopped
- Serve with side salad or toast

STEP 1 Heat the slow cooker if necessary. Heat the oil in a large frying pan and fry the onion until it starts to brown, then add the garlic and cook for 1 min. Add the vinegar and sugar and bubble for a minute. Stir in the beans and passata and season with black pepper. Tip everything into the slow cooker.

STEP 2 Cook on Low for 5 hours. If the sauce seems a little thin turn the heat to High and cook for a few more minutes. Stir through the coriander.



DINNER

Lentil and egg salad

- 4 medium free-range eggs
- 200g tenderstem broccoli, larger spears halved
- 3 tbsp mixed seeds
- 1 tbsp honey, plus an extra squeeze
- 1 tbsp tamari soy sauce
- 3 tbsp olive oil
- Juice 1 lemon
- 250g pouch ready-cooked puy lentils
- 60g bag baby kale
- 1 large ripe avocado, sliced
- A few fresh basil leaves, chopped

STEP 1 Put the eggs in a pan of cold water, bring up to a simmer, then cook for 6 minutes (they'll be done with slightly fudgy yolks). Cool under cold running water, then peel and cut in half.

STEP 2 Meanwhile, heat a second pan with a steamer basket inside, add the broccoli, then steam for 3-4 minutes until still firm to the bite. Drain and refresh under cold running water.

STEP 3 Put the seeds in a small non-stick frying pan and toast over a medium heat for a few minutes. Add 1 tbsp honey along with the tamari and cook for a further 1-2 minutes. Set aside to cool.

STEP 4 Put the olive oil, lemon juice and a squeeze of honey in a jam jar with salt and pepper and ½ tsp water, then shake until well combined.

STEP 5 Heat the lentils according to the pack instructions, then mix them in a large bowl with the kale, avocado, broccoli and most of the dressing. Arrange the halved eggs on top, then scatter over the seeds. Drizzle with the remaining dressing, then scatter over a few basil leaves to serve.



SNACK IDEA

Dehydrate your own fruit to make dried fruit bites



MENO MENU

day eight



BREAKFAST

Very berry yogurt bowl

- 4 tbsp yogurt
- 1 handful cup mixed berries (strawberries, blueberries, blackberries, raspberries)
- 1 tsp lemon juice and lemon rind
- 1 tbsp mint, chopped
- 1 tsp honey

STEP 1 Mix yogurt, lemon juice, lemon rind, and honey in a bowl.

STEP 2 Top with berries and fresh mint.



LUNCH

Humous and beetroot salad

- 4 beetroot, cut into wedges
- 2 tsp avocado oil (or olive oil), plus extra for drizzling
- 400g tin chickpeas, drained, water reserved
- 2 tbsp smooth tahini
- Juice 1 lemon, plus extra to serve (optional)
- 1 fat garlic clove, roughly chopped
- 120g sprouted milled flaxseed/linseed
- 2 small ripe avocados, halved
- 100g salad leaves
- 6 baby cucumbers (or ½ large cucumber), sliced
- 2 carrots, grated
- 80g feta, crumbled (check it's veggie if you need it to be)

STEP 1 Heat the oven to 180°C fan/gas 6. Put the beetroot on a roasting tray, drizzle with the avocado oil, then roast for 35-40 minutes until tender.

STEP 2 For the omega-3 houmous, whizz the chickpeas, tahini, lemon and garlic with half the reserved chickpea water in a food processor/blender. Add the flaxseed/linseed and whizz, adding more of the chickpea water, if needed, for a smooth consistency. Season.

STEP 3 Divide the houmous, beetroot, avocado, leaves, cucumbers, carrot and feta among 4 plates, then drizzle over a little more oil and, if you like, lemon juice for a sharper flavour.



DINNER

Beef and pepper stir fry

For the marinade

- 4 tbsp soy sauce
- 4 tbsp sweet chilli sauce
- 1 garlic clove, crushed
- 1 heaped tsp Chinese five-spice powder
- 1 tsp light muscovado sugar
- 1 large lime, juice only

For the stir fry

- 2 x 200g/7oz rump steaks, trimmed
- 150g/5oz fine egg noodles (about 2 nests)
- 3 tbsp sunflower oil
- 2 red peppers, seeds removed, thinly sliced
- 1 brown onion, thinly sliced
- ½ head Chinese leaves, white and green parts separated and very finely sliced
- 1 small bunch coriander, chopped

STEP 1 Make the marinade by placing all the ingredients in a bowl and mixing together well.

STEP 2 For the stir fry, using a meat mallet, rolling pin or the base of a saucepan, bash the steaks to make them a little thinner. Sit them in a large dish and spoon over 3 tablespoons of the marinade. Leave to marinate while you cook the noodles.

STEP 3 Cook the noodles in boiling salted water according to the packet instructions, then drain and set aside.

STEP 4 Heat 2 tablespoons of the oil over a medium-high heat in a large non-stick frying pan. Season the marinated steaks with salt and pepper and fry for 1½-2 minutes on each side, then transfer to a warmed plate to rest.

STEP 5 Wipe the frying pan with a piece of kitchen paper, add the remaining oil and fry the red peppers and onion for 3-4 minutes over a high heat. Tip in the white parts of the Chinese leaves and fry for another minute.

STEP 6 Add the remaining marinade and the drained noodles, toss until coated, then add the green parts of the Chinese leaves, some seasoning and half of the coriander. Toss everything together to mix and heat through.

STEP 7 Divide the noodles among four plates. Very thinly slice the steaks and place on top of the noodles. Drizzle any resting steak juices on top and garnish with the remaining coriander to serve.



MENO MENU

day nine



BREAKFAST

Apple and linseed porridge

- 100g porridge oat
- 2 eating apples
- , peeled and grated
- ½ tsp ground cinnamon, plus extra for sprinkling
- 500ml your preferred milk
- 2 tbsp ground linseed
- 150ml pot Greek yogurt
- drizzle of honey or agave syrup (optional)

STEP 1 In a medium saucepan, mix the oats, apples, cinnamon and milk. Bring to the boil, stirring occasionally, then turn down the heat and cook for 4-5 mins, stirring constantly.

STEP 2 Stir in the ground linseeds, then divide into 4 breakfast bowls. Top each with a dollop of yogurt, a drizzle of honey or agave syrup, and a sprinkle more cinnamon.



LUNCH

Lentil and courgette fritters

- 400g can brown lentils
- 185g self-raising flour
- 2 eggs, separated
- 250ml milk
- 2 courgettes, coarsely grated
- 2 spring onions, finely chopped
- 1/2 cup mint leaves, thinly sliced, plus extra leaves to serve
- Finely grated zest & juice of 1 lime, plus lime wedges to serve
- 1 1/2 tsp each ground cumin & ground coriander
- Pinch of chilli flakes
- 60ml sunflower oil
- 200g baby cucumbers, cut into thin wedges
- 1 long red chilli, thinly sliced into rings
- 150g Greek feta, thinly sliced
- Salad leaves, to serve

STEP 1 Place the lentils in a large bowl. Crush with a potato masher until coarsely mashed.

STEP 2 Place flour in another bowl and make a well. Add yolks and gradually whisk in milk until smooth. Stir in lentils, courgette, spring onion, mint, lime zest, spices and chilli. In a separate bowl whisk egg whites to soft peaks with an electric beater (or by hand). Gently fold into batter and check seasoning.

STEP 3 Working in batches, heat a third of the oil in a large nonstick frying pan to medium-high heat. Spoon ¼-cupfuls of mixture into the pan and cook for 3 minutes each side until golden and cooked through. Transfer to a plate lined with paper towel and loosely cover with foil to keep warm. Repeat with remaining oil and batter.

STEP 4 Combine cucumber, lime juice, fresh chilli and 1 tsp salt flakes in a bowl.

STEP 5 Divide fritters among plates, top with feta, cucumber mixture and extra mint and serve with salad leaves and lime wedges.



DINNER

Asparagus salad

- 400-500g asparagus spears, any woody root ends trimmed
- 3 tbsp olive oil
- Finely grated zest and juice 1 small lemon
- 200g frozen petits pois
- 600-700g small new potatoes, well washed
- 1 tbsp dijon mustard
- 70-80g baby spinach, lamb's lettuce or shredded wild garlic leaves if you can get them
- Some parsley, chervil, tarragon (or a mix), finely chopped – be generous
- 4 'soft' hard-boiled free-range eggs, halved

STEP 1 Heat the oven to 200°C fan/gas 7. Scatter the asparagus in a roasting tin, trickle over 2 tbsp olive oil, add the lemon zest and half the juice, then season well with salt and pepper. Give everything a rattle around so the asparagus is well coated. Roast for about 15 minutes – a little less if the asparagus is very thin, a bit more if it's thick – you want it to be tender with a little char on it. Add the frozen peas 2-3 minutes before the end of cooking, then give everything a stir and cook until done.

STEP 2 While the asparagus is roasting, cook the potatoes in lightly salted boiling water until tender (about 12-16 minutes depending on their size). Drain and, when they're just warm enough to handle, halve them (unless they're really tiny). Then, in a large bowl, toss them with the remaining lemon juice, the mustard and the remaining 1 tbsp olive oil.

STEP 3 When the asparagus and peas are cooked, toss them gently and thoroughly with the potatoes. Add whatever green leaves you're using, plus the chopped herbs, whatever they might be. Season with a bit more salt and pepper if it needs it, divide it among the plates and put the halved boiled eggs on top.



SNACK IDEA

Sliced apple with peanut butter



MENO MENU

day ten



BREAKFAST

Matcha chia pudding

- 2 tbsp chia seeds
- 1 cup vanilla almond milk
- 1 tbsp matcha powder
- sprinkle of shredded coconut
- handful of sliced almonds

STEP 1 In a sealable jar, combine chia seeds, coconut milk and matcha powder. Mix well so chia seeds don't stick together. Seal and leave overnight in the fridge.

STEP 2 When you're ready to go, give it another shake and top with shredded coconut and sliced almonds.



LUNCH

Halloumi salad

- 1 white hispi, pointed or sweetheart cabbage, quartered
- 3 tbsp olive oil
- 400g halloumi, sliced
- 1 large ripe avocado, sliced

For the slaw

- 1 banana shallot or small red onion, finely sliced into wedges
- Finely grated zest and juice 1 lime, plus wedges to serve
- 4 tbsp natural yogurt (or crème fraîche)
- 2 tbsp tahini
- Small handful fresh mint leaves, roughly chopped, plus extra to garnish
- 4 small raw beetroot, scrubbed and sliced into rounds
- 400g tin chickpeas, drained and rinsed

STEP 1 Mix the shallot/onion and lime juice for the slaw in a non-metallic bowl and set aside to pickle while the cabbage cooks.

STEP 2 Heat the oven to 220°C/200°C fan/gas 7. Put the cabbage wedges on a baking tray, drizzle with 2 tbsp olive oil, then roast for 10 minutes until just charred. Set aside.

STEP 3 Drain the shallot/onion, keeping the liquid, and set aside. Mix together the remaining slaw ingredients with the pickling liquid and some seasoning.

STEP 4 Just before serving, heat the remaining oil in a frying pan over a medium-high heat and fry the halloumi for 1-2 minutes on each side until golden and crisp.

STEP 5 Divide the slaw between serving plates, arrange the hot halloumi on top with the cabbage, shallot/onion, sliced avocado and remaining mint, with lime wedges on the side for squeezing.



DINNER

Piri chicken wraps

- 4 skinless, skinless, boneless chicken thigh fillets (about 400-475g/14-17oz total weight)
- 1 small fresh red chilli, deseeded and finely chopped
- 1 clove garlic, crushed (optional)
- ½ tsp dried oregano
- 1 tsp smoked paprika
- 3 tsp olive oil
- 1 tbsp freshly squeezed lemon juice
- Freshly ground black pepper, to taste
- 1 red pepper, deseeded and cut into small chunks
- 1 red onion, sliced or cut into thin wedges

STEP 1 Score a couple or so of deep slashes in each chicken thigh using a sharp knife. Combine red chilli, garlic (if using), oregano, smoked paprika, 2 teaspoons of the olive oil, the lemon juice and black pepper in a bowl. Add chicken thighs; turn to coat all over. Cover; leave to marinate in a cool place for 30 minutes.

STEP 2 Preheat oven to 200°C/180°C fan/gas mark 6. Put red pepper and red onion into a small, non-stick roasting tin; add remaining olive oil and toss to coat. Add chicken thighs to roasting tin, nestling them among vegetables.

STEP 3 Roast in oven for 30-40 minutes or until chicken is thoroughly cooked and piping hot, stirring vegetables and turning chicken thighs over about halfway through cooking.

STEP 4 Serve immediately with wraps and a mixed-leaf salad.



MENO MENU

day eleven



BREAKFAST

Cinnamon berry granola bars

- 100g butter, plus extra for greasing
- 200g porridge oats
- 100g sunflower seeds
- 50g sesame seeds
- 50g chopped walnuts
- 3 tbsp honey
- 1 tsp ground cinnamon
- 100g dried cranberries, cherries or blueberries, or a mix

STEP 1 Heat oven to 160C/fan 140C/gas 3. Butter and line the base of a 18 x 25cm tin. Mix the oats, seeds and nuts in a roasting tin, then put in the oven for 5-10 mins to toast.

STEP 2 Meanwhile, warm the butter and honey in a pan, stirring until butter is melted. Add the oat mix, cinnamon and dried fruit, then mix until all the oats are well coated. Tip into the tin, press down lightly, then bake for 30 mins. Cool in tin, then cut into 12 bars.



LUNCH

Warm cauliflower salad

- 1 cauliflower, broken into florets
- 2 tbsp olive oil
- 1 red onion, thinly sliced
- 3 tbsp sherry vinegar
- 1½ tbsp honey
- 3 tbsp raisins
- small bunch dill, snipped
- 3 tbsp toasted, flaked almond
- 50g baby spinach

STEP 1 Heat oven to 200C/180C fan/gas 6. Toss the cauliflower with the olive oil, season and roast for 15 mins. Stir in the red onion and carry on roasting for 15-20 mins more until tender.

STEP 2 While the cauliflower is roasting, mix the vinegar, honey and raisins with some seasoning.

STEP 3 When the cauliflower is done, stir in the dressing, dill, almonds and spinach, and serve.



DINNER

Mushroom baked eggs with tomatoes

- 2 large flat mushrooms (about 85g each), stalks removed and chopped
- rapeseed oil
- , for brushing
- ½ garlic clove, grated (optional)
- a few thyme leaves
- 2 tomatoes, halved
- 2 large eggs
- 2 handfuls rocket

STEP 1 Heat oven to 200C/180C fan/gas 6. Brush the mushrooms with a little oil and the garlic (if using). Place the mushrooms in two very lightly greased gratin dishes, bottom-side up, and season lightly with pepper. Top with the chopped stalks and thyme, cover with foil and bake for 20 mins.

STEP 2 Remove the foil, add the tomatoes to the dishes and break an egg carefully onto each of the mushrooms. Season and add a little more thyme, if you like. Return to the oven for 10-12 mins or until the eggs are set but the yolks are still runny. Top with the rocket and eat straight from the dishes.



SNACK IDEA

Take a smoothie, blend up your favourite fruit with a milk of your choice.



MENO MENU

day twelve



BREAKFAST

Peanut butter oat pots

- 180g porridge oats
- 75g 100% crunchy peanut butter
- 40g stoned medjool dates , chopped
- 2 tsp vanilla extract
- 5 x 120g pots plain bio yogurt (or 600g from a large pot)
- ground cinnamon , for dusting

STEP 1 Tip the oats into a large bowl and pour over 600ml boiling water. Add the peanut butter, dates and vanilla and stir well. Cool, then stir through 240g of the yogurt. Dilute with a small amount of water if the consistency is a little stiff.

STEP 2 Spoon into six glasses, then top with the remaining yogurt and dust with cinnamon. Cover each glass and keep in the fridge until ready to eat. Will keep well for up to five days.



LUNCH

Detox Salad

- 250g broccoli , cut into small florets
- 100g ready-to-eat dried apricots , cut into strips
- 300g red cabbage , finely shredded
- 400g can chickpeas , rinsed and drained
- 50g sunflower seeds
- 1 small red onion , finely sliced
- 2cm piece ginger , grated
- juice 1 small orange
- 1 tbsp balsamic vinegar
- 2 tsp olive oil

STEP 1 Blanch the broccoli in a pan of boiling water for 1 min. Drain and quickly cool under cold running water, then pat dry with kitchen paper. Put in a bowl with the apricots, broccoli, red cabbage, chickpeas and sunflower seeds.

STEP 2 Put the onion and ginger in a bowl with the orange juice, vinegar and oil. Mix well. Leave for 5 mins to soften the onion, then add to the salad and thoroughly toss everything together.



DINNER

Turkey Meatballs

For the sauce

- 1 tbsp rapeseed oil
- 1 onion , finely chopped
- 2 carrots , finely diced
- 2 celery sticks, finely diced
- 2 garlic cloves , thinly sliced
- 1 fennel bulb , halved and thinly sliced, fronds reserved
- 500g carton tomato passata
- 500ml reduced-salt chicken stock
- 2 tbsp chopped parsley
- broccoli and potatoes or pasta and salad , to serve

For the meatballs

- 400g pack lean turkey breast mince
- 4 tbsp porridge oat
- 1 tsp fennel seed , crushed
- 1 garlic clove , crushed
- spray of oil

STEP 1 Heat the oil in a large non-stick frying pan with a lid, then tip in the onion, carrots, celery, garlic and fennel, and stir well. Cover the pan and cook over a medium heat for 8 mins, stirring every now and then. Pour in the passata and stock, cover and leave to simmer for 20 mins.

STEP 2 Meanwhile, tip the mince into a large bowl. Add the oats, fennel seeds and leaves, the garlic and plenty of black pepper, and mix in with your hands. Lightly shape into 25 meatballs about the size of a walnut. Spray or rub a non-stick pan with a little oil and gently cook the meatballs until they take on a little colour. Give the sauce a stir, then add the meatballs and parsley. Cover and cook for 10 mins until they are cooked through and the veg in the sauce is tender. Serve with broccoli and baby potatoes in their skins, or pasta and salad.



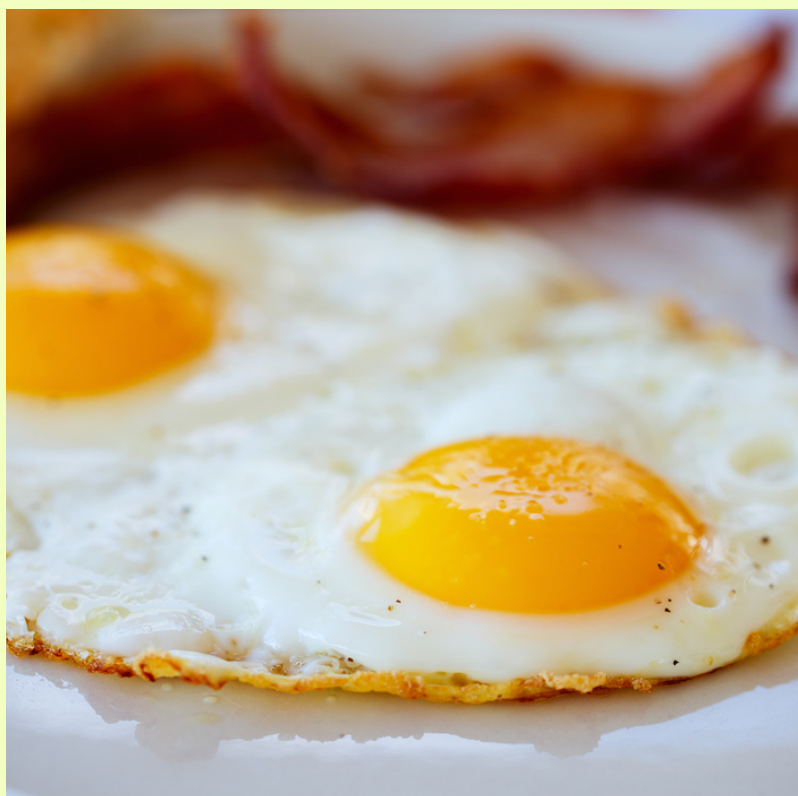
SNACK IDEA

Take leftovers from the previous night's dinner



MENO MENU

day thirteen



BREAKFAST

Baked green eggs

- 100g baby spinach , roughly chopped
- 4 tbsp fresh pesto
- 100ml double cream
- 1 tbsp finely grated gruyère (or vegetarian alternative)
- 4 medium eggs

STEP 1 Heat oven to 200C/180C fan/gas 6. Mix together the spinach, pesto, cream and some seasoning, and tip into 2 individual shallow ovenproof dishes. Sprinkle the cheese over the top. Make 2 shallow hollows in the mixture in each dish and break an egg into each hollow. Bake in the oven for 10-12 mins until the whites are set and the yolks are still runny.



LUNCH

Chia and fruit bowl

- 50g jumbo porridge oats
- 200ml unsweetened almond milk, coconut milk or cashew milk- whichever you like
- ½ tsp vanilla extract
- 2 tbsp natural or Greek yogurt
- 25g chia seeds

FOR THE TOPPING

- 150g punnet blueberry or your choice of fruit
- 25g flaked almonds or whichever nuts you like
- Honey, to taste (optional)

STEP 1 Mix all the porridge ingredients in a bowl and leave to soak for at least 20 mins. Once the oats have softened, stir through half the blueberries. If the porridge is too dry, add a little water.

STEP 2 Divide the mixture between 2 bowls and top each with the remaining berries, almonds and honey.

A simple breakfast where you can adapt to whatever toppings you have in the cupboard



DINNER

Mushroom stroganoff

- 2 tsp olive oil
- 1 onion, finely chopped
- 1 tbsp sweet paprika
- 2 garlic cloves, crushed
- 300g mixed mushrooms, chopped
- 150ml low-sodium beef or vegetable stock
- 1 tbsp Worcestershire sauce, or vegetarian alternative
- 3 tbsp half-fat soured cream
- small bunch of parsley, roughly chopped
- 250g pouch cooked wild rice

STEP 1 Heat the olive oil in a large non-stick frying pan and soften the onion for about 5 mins.

STEP 2 Add the paprika and garlic, then cook for 1 min more. Add the mushrooms and cook on a high heat, stirring often, for about 5 mins.

STEP 3 Pour in the stock and Worcestershire sauce. Bring to the boil, bubble for 5 mins until the sauce thickens, then turn off the heat and stir through the soured cream and most of the parsley. Make sure the pan is not on the heat or the sauce may split.

STEP 4 Heat the wild rice following pack instructions, then stir through the remaining chopped parsley and serve with the stroganoff.



SNACK IDEA

Take greek yogurt, fruit and nuts in a jar



MENO MENU

day fourteen



BREAKFAST

2 minute smoothie

- 1 banana
- 1 tbsp porridge oats
- 80g soft fruit (whatever you have – strawberries, blueberries, and mango all work well)
- 150ml milk of choice
- 1 tsp honey
- 1 tsp vanilla extract

STEP 1 Put all the ingredients in a blender and whizz for 1 min until smooth.

STEP 2 Pour the banana oat smoothie into two glasses to serve.



LUNCH

Spinach protein pancakes

- 284ml oat milk
- 1 egg beaten, plus 2 poached eggs per person, to serve (optional)
- 200g spinach
- 175g buckwheat flour
- 1 tsp gluten-free baking powder
- pinch of paprika
- rapeseed oil for frying

STEP 1 Boil the kettle, and put the buttermilk and beaten egg in a food processor. Put the spinach in a colander and pour over boiling water to wilt. Squeeze out any excess water, add to the processor and blitz to a smooth purée.

STEP 2 Put all the dry ingredients, plus 1 tsp salt, in a bowl and gradually mix in the purée. If a little thick, add 1 tbsp water to loosen to a batter consistency.

STEP 3 Heat a drizzle of oil in a large, non-stick pan over a medium heat and spoon in two or three ladlefuls of batter. Cook for 1-2 mins or until bubbles appear, then flip over for 1 min more or until cooked. Repeat until you have 12 pancakes. Serve topped with poached eggs, if you like.



DINNER

Tandoori salmon kebabs

- 2 x 115g (4oz) salmon steaks, skinned
- 3 small new potatoes
- Small piece fresh ginger, peeled and grated
- Finely grated zest and juice of ½ lime or lemon
- ½ tsp ground turmeric
- ½ tsp garam masala
- 1 clove garlic, crushed
- 1 tbsp chopped fresh mint or coriander
- 4 tbsp fat-free Greek yoghurt

STEP 1 Cut the salmon into large, bite-sized chunks. Steam or boil the potatoes until just tender then drain, cool and halve.

STEP 2 In a medium bowl, mix together the ginger, lemon, spices, garlic, mint and yoghurt. Stir in the fish and potatoes, cover and marinate in the fridge for at least one hour.

STEP 3 Thread the fish cubes and the potatoes onto wooden skewers and grill or barbecue for 3-5 minutes, turning until evenly browned.

STEP 4 Serve immediately with brown basmati rice, rocket or watercress, and lemon wedges.