

WEEK 7 MENU PLAN



Breakfast - Five-Minute Muesli with Natural Yoghurt & Fruit :

Ingredients:

- 350g jumbo porridge oats
- 150g chia seeds
- 150g mixed seeds (pumpkin and sunflower work well)
- 90g whole dried goji berries
- 90g ground linseed

Serves	7 big portions
Prep Time	5 minutes
Cook Time	0 mi

Method:

1. Mix all of the ingredients in a large bowl. Transfer the muesli to an airtight container. syrup on top. I love this breakfast with a cup of coffee.



Mid-Morning Snack:

Apple with 2tbsp of a nut butter of your choice



Lunch - Spinach & Feta Frittata:

Ingredients:

- 6 eggs
- 50g feta, diced
- 4 tbsp milk
- A handful of basil leaves, torn
- Salt and pepper
- 1 tbsp butter
- ½ onion, finely chopped
- A handful of baby spinach leaves

Serves	2
Prep Time	5 minutes
Cook Time	15 minutes

Method:

1. Preheat the grill to a high heat.
2. Lightly beat the eggs, feta, milk and basil in a medium bowl. Season well.
3. Heat the butter in a large oven-proof frying pan over a medium to high heat. Cook the onion and spinach for about 5 minutes.
4. Reduce the heat and pour in the eggs. Do not stir the eggs, but allow them to cook gently for about 5 minutes. Remove from the hob and place under the grill. Cook for 5 minutes until the eggs are browned.
5. Remove from the grill and serve with a side salad and pitta.



Afternoon Snack:

Handful of cashew nuts (40g) and a piece of fruit



Dinner - Simple Curry Served with Rice & Stir-Fried Vegetables:

Ingredients:

- 3 tbsp coconut oil
- 2 onions, roughly chopped
- 4–5 garlic cloves, crushed
- A thumb-sized piece of ginger, grated
- 2 tbsp medium curry powder
- 1 tsp garam masala
- 1 tsp ground coriander
- ½ tsp chilli flakes
- 10 dried apricots, halved
- 3 apples, peeled and roughly chopped
- 3 peppers, deseeded and roughly chopped
- 2 tbsp tomato purée
- 700ml chicken stock (or vegetable if you prefer)
- Salt and pepper
- 2 tins mixed beans or 4 chicken breasts
- Brown or basmati rice, to serve

Serves	4
Prep Time	10 minutes
Cook Time	35 minutes

Method:

1. Heat the coconut oil in a large pot over a medium heat. Add the onion and cook for about 10 minutes, until softened. Add the garlic, ginger and spices and fry for 3 minutes, stirring occasionally.
2. Stir in the apricots, apples, peppers, tomato purée and chicken stock and bring to the boil. Reduce the heat, cover and simmer for at least 40 minutes (up to 60 minutes, if you have time).
3. If you want to pre-cook this curry, now is the time to take it off the heat. Let it cool fully, divide it into portions in airtight containers and store it in the freezer.
4. Use a hand blender to purée the curry sauce to the desired consistency, then check the seasoning.
5. Stir in the mixed beans or cooked chicken. When the curry is piping hot, ladle it into warmed serving bowls. Serve with brown or basmati rice.



Bonus Recipe - Handful of Sweet & Salty Ptecanas:

Serves	Prep Time	Cook Time
1	0	3-5 minutes

Ingredients:

- A handful of nuts (I love pecans)
- 2tbs maple syrup
- A pinch of sea salt

Method:

1. Heat a dry pan over a medium heat, add the nuts and toast for 3-5 minutes, stirring constantly until they are lightly crisp and turn a slightly darker brown.
2. Add the maple syrup, and continue to stir for another 1-2 minutes or until syrup is caramelised and nuts are toasted.
3. Remove from the heat, sprinkle over the salt and stir to combine. Allow to cool before eating.
4. Recipe tip-Wash the pan immediately in hot water to ensure the maple syrup is easy to get off.



Bonus Recipe - Pre/Post Workout Snack

Bounty Bars:

Ingredients:

- 2.5 scoops of protein (I use a good quality vanilla whey protein – Ros and Kinetica are good brands)
- 20g raw cacao powder or coco powder if you don't have cacao
- 40g porridge oats
- 40g unsweetened desiccated coconut, plus extra for coating
- 50ml almond milk
- Pinch of salt

Serves	7-8 bars
Prep Time	5-10 minutes
Cook Time	0

Method:

1. Mix all the ingredients together in a bowl. Keep mixing until all the dry ingredients stick together.
2. If you still find the mixture to be slightly dry, add in an extra tablespoon.
3. Scoop out onto parchment paper and mould into flat squares (about 2cm tall).
4. Cut into rectangles and roll in the remaining desiccated coconut. Alternatively these can be rolled as balls.
5. Leave to set for a few minutes, ideally in the fridge, until they are firm.
6. These bars are best stored in an airtight container in the fridge.