

# Healthy Living Guide

## Menu B – Week 1

### **Breakfast**

Walnut, Pear & Ginger Porridge  
and a cup of White Tea

### **Mid-morning Snack**

Apple and Cinnamon Crisps  
with glass of Peppermint Tea

### **Lunch**

3 Bean Salad with Kale  
and a glass of fruit water

### **Mid-afternoon Snack**

Glass of fruit water

### **Dinner**

Healthy Stir-fried Vegetable Rice  
with a glass of water

*Please note that it is the same breakfast, snacks,  
lunch and dinner for all of the 5 days.*

# Healthy Living Guide

## Menu B Shopping list Week 1

5 Small Pears  
5 Apples  
1 Lemon  
4 Limes  
1 Grapefruits  
1/2 Cucumber  
3 Avocados  
30 Mushrooms  
200g Kale  
700g Fresh Broccoli  
3 Carrots  
2 Small Red Onions  
300ml Unsweetened Almond Milk  
5 Eggs  
225g Wholegrain Porridge Oats  
250g Brown Rice / 5 packets of wholegrain microrice  
30 Walnut Halves  
1 tin Kidney Beans  
1 tin Cannellini Beans  
1 tin Black Beans (or Pinto Beans)  
Rapeseed Oil / Olive Oil  
Sesame Oil  
Soy Sauce  
Sea Salt  
Ginger (fresh or ground)  
Ground Cardamom (optional)  
Ground Cinnamon  
White Tea  
Peppermint Tea

# Healthy Living Guide

## Menu B Recipes - Week 1

### Walnut, Pear & Ginger Porridge

*Recipe makes 1 portion*

#### **Ingredients**

¾ cup water (increase to max. 1cup for a looser porridge)

¼ cup / 60ml almond milk unsweetened

Pinch of sea salt

½ cup /45g rolled oats go for wholegrain

1 small pear, grated or sliced

1 tbsp. freshly grated ginger (or 1/4tsp ground ginger)

Pinch of ground cardamom (optional)

6 chopped walnut halves

#### **Method**

1. Combine the water, almond milk, and pinch of salt in a small pot, and bring to the boil.
2. Add oats and stir well. Reduce heat to medium-low, and simmer until the oats have thickened considerably.
3. Stir in the pear, along with any juices, the grated ginger, and ground cardamom.
4. Remove from heat, cover with a lid, and let sit for 5 minutes.

5. Give the oats another good stir, then spoon into a bowl and serve with chopped walnuts

## **Apple and Cinnamon Crisps**

*Recipe makes 1 Portion*

### **Ingredients**

- 1 apple, thinly sliced (discarding core)
- $\frac{1}{4}$  tsp of ground cinnamon

### **Method**

1. Pre-heat the oven to 200°F/90°C/Gas Mark 0.2
2. Lay apple slices on a baking sheet and sprinkle with the cinnamon.
3. Bake in the oven for approximately 2.5hours, turning the slices over half way through.
4. If they don't seem crispy enough cook for another  $\frac{1}{2}$  hour.
5. Once the crisps have cooled store in an airtight container.

### **Tips**

- Cook all 5 days at once.
- Either use a corer to core the apples or just slice around it, it doesn't matter what shape the crisps are.

### **Alternative**

If you don't have the time to bake these, simply enjoy the cinnamon sprinkle on the raw apples slices.

### **Fruit Water**

*Recipe makes 1 Litre (drink 1 Litre per day)*

#### **Ingredients**

- 1 litre of water
- $\frac{1}{3}$  lemon (sliced)
- $\frac{1}{3}$  lime (sliced)
- $\frac{1}{4}$  grapefruit (sliced)
- $\frac{1}{6}$  cucumber (sliced)

#### **Method**

1. Place all ingredients in a jug, cover with cling-film, and enjoy throughout day. If you store the water in the fridge and top-up the water through-out the day, you can keep the same fruit for 2 days.

### **3 Bean Salad with Kale**

*Recipe makes 1 portion*

#### **Ingredients**

- 40g kale
- $\frac{1}{2}$  avocado, chopped
- $\frac{1}{5}$  tin black beans
- $\frac{1}{5}$  tin cannellini beans
- $\frac{1}{5}$  tin kidney beans
- 1tsp Rapeseed Oil / Olive Oil
- Juice from  $\frac{1}{2}$  lime

## Method

1. Mix all ingredients in a bowl.

## **Healthy Stir-fried Vegetable Rice**

*Recipe makes 1 portion*

### **Ingredients**

3 to 4 tbsp. brown rice / 1 packet of wholegrain microrice

2 tsp. Rapeseed Oil / Olive Oil

1 egg, lightly whisked

$\frac{1}{3}$  small red onion, sliced

6 mushrooms, sliced

1 cup / 140g broccoli, chopped

$\frac{1}{2}$  carrot, chopped thinly (try using a peeler for thin slices)

2 tsp Soy Sauce

1 tsp sesame oil

## Method

1. Cook the rice as per packet instructions. Drain and leave to cool.
2. Heat 1tsp vegetable oil in non-stick wok or large frying pan over medium heat. Add egg. Swirl over base to form an omelette. Cook for 2 minutes or until set.
3. Transfer egg to a chopping board. Set aside to cool slightly. Cut into short strips.
4. Add 1 tsp oil to the pan, heat and then add onion, mushrooms, broccoli, and carrots to wok, cook for 3-4 minutes.

5. Add rice and soy sauce and continue to cook for 2 minutes, stirring throughout.
6. Add egg and stir until heated through.
7. Sprinkle with sesame oil and serve.

*Please note that it is the same breakfast, snacks,  
lunch and dinner for all of the 5 days.*

# Healthy Living Guide

## Menu B – Week 2

### **Breakfast**

Super Good For You Breakfast Smoothie  
and a cup of White Tea

### **Mid-morning Snack**

Cottage Cheese with Apple  
with glass Peppermint Tea

### **Lunch**

Quinoa Power Bowl  
and a glass of fruit water

### **Mid-afternoon Snack**

Glass of fruit water

### **Dinner**

Quick Lentil Soup  
with a glass of water

*Please note that it is the same breakfast, snacks,  
lunch and dinner for all of the 5 days.*



# Healthy Living Guide

## Menu B Shopping List Week 2

5 Ripe Bananas  
3 Granny Smith Apples  
2 Lemons  
1 Lime  
1 Grapefruit  
1 bag Fresh Spinach (approx. 150g)  
1 bag fresh Kale (approx. 150g)  
½ Cucumber  
3 Avocados  
15 Small / New Potatoes  
2 Carrots  
2 Sticks of Celery  
2 Onions  
375g Frozen Blueberries  
1250ml Unsweetened Almond/Coconut Milk  
300g low fat cottage cheese / low fat soft cheese  
75g Uncooked Quinoa  
5-10 Dates  
10 tbsp. Wholegrain Porridge Oats  
5 tbsp. Almond Butter  
3 Tins Chickpeas  
350g Dried Split Red Lentils  
Rapeseed Oil / Olive Oil  
Salt  
Pepper  
Ground Ginger  
Ground Coriander  
Ground Cumin  
Paprika  
Turmeric

White Tea  
Peppermint Tea

# Healthy Living Guide

## Menu B Recipes – Week 2

### Super Good For You Breakfast Smoothie

*Recipe makes 1 portion*

#### **Ingredients**

- 75g frozen blueberries
- 1 medium over-ripe banana
- 2 tbsp. wholegrain porridge oats
- 1 tbsp. almond butter
- 1 cup /250ml unsweetened almond milk, or coconut milk
- 1 to 2 dates (for sweetness),
- 1 handful of fresh spinach

#### **Method**

1. Place all ingredients in a blender and blend until smooth.

Serve with a cup of White Tea, white tea can stop new fat cells from forming, (it's been studied and published in the “Journal of Nutrition & Metabolism to help with weight reduction”)

## **Cottage Cheese with Apple**

*Recipe makes 1 Portion*

### **Ingredients**

½ Granny Smith apple, sliced (store the rest of apple in airtight container in the fridge)

60g of low-fat cottage cheese / low fat soft cheese.

### **Method**

1. Dip your apple slices into your cheese.

## **Fruit Water**

*Recipe makes 1 Litre (drink 1 Litre per day)*

### **Ingredients**

1 litre of water

$\frac{1}{3}$  lemon (sliced)

$\frac{1}{3}$  lime (sliced)

$\frac{1}{4}$  grapefruit (sliced)

$\frac{1}{6}$  cucumber (sliced)

### **Method**

1. Place all ingredients in a jug, cover with cling-film, and enjoy throughout day. If you store the water in the fridge and top-up the water through-out the day, you can keep the same fruit for 2 days.

## **Quinoa Power Bowl**

*Recipe makes 1 portion*

### **Ingredients**

3 small yellow / new potatoes

½ tin chickpeas

½ tsp turmeric

½ tsp paprika

¼ cup / 15g uncooked quinoa

Salt

Pepper

small handful of kale

2 ½ tsp Olive Oil / Rapeseed Oil

½ avocado

½ cup / 125ml of water

### **Method**

1. Preheat oven to 170°F / 170°C / Gas Mark 4
2. Slice the potatoes into strips and lay flat on half of a baking sheet. Drizzle the potatoes with 1 tsp oil and sprinkle with ¼ tsp turmeric and a pinch of salt and pepper.
3. Roast for 5 minutes while you drain and rinse the chickpeas.
4. Place the chickpeas in a mixing bowl and add ½ tsp oil and ½ tsp of paprika, coating them evenly. Lay the chickpeas on the other 1/2 of the baking sheet.
5. Roast the chickpeas and the potatoes for about 25 minutes (or until the potatoes are a little bit soft).

6. Cook the quinoa with ½ cup/125ml of water. Once the quinoa is cooked, add ¼ tsp of turmeric and a pinch of salt and pepper, mix together, and let it cool.
7. Wash the kale and coat the kale with 1 tsp oil.
8. Add the kale to the bottom of your bowl, then add the quinoa, chickpeas, and potatoes and top with sliced avocado.

### **Tips**

- Cook all the potatoes and chickpeas together and keep in the fridge, taking out what you need each day.
- Cook triple portions of quinoa every 3 days (it should last for 3 days in the fridge once cooked and cooled).

### **Quick Lentil Soup**

*Recipe makes 5 portions*

#### **Ingredients**

2 Onions, finely chopped  
2 tbsp. Olive Oil / Rapeseed Oil  
350g/12.5oz Split Red Lentils  
1250ml/ 2 ⅕ pints Water  
2 Carrots  
2 Sticks of Celery  
Fresh Lemon Juice to taste  
Salt and Pepper  
½ tsp Ground Ginger

2-4 tsp. Ground Coriander

2-4 tsp. Ground Cumin

1 tsp. Turmeric

## Method

1. Heat the oil in a large saucepan and fry the onion for 5-10 minutes until it begins to soften.
2. Add the lentils, water, carrot, celery and spices and simmer for 25-30mins or until the lentils are tender.
3. You can leave the soup as it is or if you prefer a smoother texture you can blend it with a food processor or hand blender.
4. Add the lemon juice and seasoning and serve.
5. Once cool soup can be kept in the fridge for 5 days or frozen in portions.

*Please note that it is the same breakfast, snacks,  
lunch and dinner for all of the 5 days.*

# Healthy Living Guide

## Menu B – Week 3

### **Breakfast**

Mixed Spice Muesli  
and a cup of White Tea

### **Mid-morning Snack**

Banana and Oat Cookies  
with glass Peppermint Tea

### **Lunch**

Strawberry and Spinach Salad  
and a glass of fruit water

### **Mid-afternoon Snack**

Glass of fruit water

### **Dinner**

Spicy Burrito Beans with Avocado Sauce  
with a glass of water

*Please note that it is the same breakfast, snacks,  
lunch and dinner for all of the 5 days.*



# Healthy Living Guide

## Menu B Shopping List Week 3

3 Lemons  
4 Limes  
1 Grapefruit  
½ Cucumber  
200g Fresh Spinach  
500g Broccoli  
25 Fresh Strawberries  
4 Shallots / 1 ½ Sweet Onions  
1 Garlic Bulb  
3 fresh tomatoes (medium – large)  
3 Large Avocados  
1 Large/2 Small Bananas  
500g plain Alpro Yoghurt  
300g Mozzarella Cheese  
280g Wholegrain Porridge Oats  
50g Rye Flakes  
70g Sliced Almonds  
40g Sunflower Seeds  
100g Chopped Brazil Nuts  
Ground Linseeds / Ground Mixed Seeds (you can grind/blend at home)  
100g sultanas  
250g Brown Rice or 5 packets of wholegrain/brown micro rice  
2 tins Black Beans (or Pinto Beans)  
Rapeseed Oil / Olive Oil  
Balsamic Vinegar  
Tomato puree  
100g Pine Nuts  
Sea Salt  
Ground Mixed Spice  
Ground Cinnamon

Chilli Powder  
Garlic Powder  
Dried Oregano  
Dried Coriander Leaves  
White Tea  
Peppermint Tea

# Healthy Living Guide

## Menu B Recipes – Week 3

### Mixed Spice Muesli

*Recipe makes 5 portions*

#### **Ingredients**

180g wholegrain porridge oats

100g sultanas

½ tsp of mixed spice

50g rye flakes

70g sliced almonds

40g sunflower seeds

100g chopped brazil nuts

500g of Alpro plain yoghurt

#### **Method**

1. Mix all the dry ingredients in a bowl, (do not mix in the yoghurt), until well combined store in an airtight container.
2. Each day pour one portion into a bowl, add 100g of plain soya yogurt to the mixture, stir well and enjoy, if you would like it a little looser add a touch of water and stir again.

## **Banana and Oat Cookies**

*Recipe makes 5 Portions*

### **Ingredients**

1 cup / 100g wholegrain porridge oats  
½ cup mashed ripe banana (about 1 very large or 2 small)  
1 ½ tablespoons ground linseeds (or ground mixed seeds)  
½ teaspoon ground cinnamon  
pinch of salt

### **Method**

1. Preheat oven to 350°F / 180°C / Gas Mark 4 and line a baking sheet with baking paper.
2. In a blender/food processor, blend the oats until a coarse meal forms. Don't process it into flour, keep some big flakes.
3. In a large bowl, stir together the processed oats, mashed banana, seeds, cinnamon, and salt until combined.
4. Spoon the dough onto the baking sheets creating 5 cookies.
5. Bake for 11 to 13 minutes, until the cookies are slightly firm on the outside, but soft and doughy in the middle.
6. Enjoy once cooled.

### **Fruit Water**

*Recipe makes 1 Litre (drink 1 Litre per day)*

#### **Ingredients**

- 1 litre of water
- $\frac{1}{3}$  lemon (sliced)
- $\frac{1}{3}$  lime (sliced)
- $\frac{1}{4}$  grapefruit (sliced)
- $\frac{1}{6}$  cucumber (sliced)

#### **Method**

1. Place all ingredients in a jug, cover with cling-film, and enjoy throughout day. If you store the water in the fridge and top-up the water through-out the day, you can keep the same fruit for 2 days.

### **Strawberry and Spinach Salad**

*Recipe makes 1 portion*

#### **Ingredients**

- 1 cup / 40g fresh spinach
- 5 strawberries, sliced,
- 60g fresh mozzarella cheese
- 2 tbsps. / 20g pine nuts
- 100g broccoli
- 1 tbsp. Olive oil / Rapeseed Oil

1 teaspoon balsamic vinegar

Juice ¼ lemon

## Method

1. Mix all ingredients in a bowl, mix together, and enjoy.

## **Spicy Burrito Beans with Avocado Sauce**

*Spicy Bean Recipe makes 5 portions*

*Avocado Sauce makes 2 portions (only keeps for 2 days)*

### **Ingredients – Spicy Burrito Beans & Rice**

3 tbsp. extra-virgin olive oil or rapeseed oil

4 shallots or 1 ½ sweet medium sweet onions

6 medium garlic cloves, minced

3 chopped fresh tomatoes

1 ½ tsp chili powder

1 ½ tsp garlic powder

1 ½ tsp dried oregano

¾ tsp plus a pinch of fine sea salt, or to taste

4 tbsp. tomato puree

2 tins of black beans, drained and rinsed

¾ tsp dried coriander leaves

250g brown rice or 5 packs of wholegrain/brown microwave rice

## **Method - Spicy Burrito Beans**

1. Heat the oil in a large pan, over medium heat. Add the onion and garlic, along with a pinch of salt, and sauté for about 5 to 6 minutes, until softened.
2. Stir in the chopped tomatoes, chili powder, garlic powder, dried oregano, dried coriander, and 3/4 teaspoon of salt. Continue sautéing for another 3 to 5 minutes, until the tomato softens.
3. Then stir in the tomato puree and the black beans. Cook for a few more minutes until heated throughout.
4. Once cooled store the remaining beans in the fridge, and then heated up a portions as required.
5. Cook one packet of rice or 50g rice per day as per packet instructions.

### **Ingredients – Avocado Sauce**

- 1 large garlic clove
- 1 large avocado, pitted
- 1 tablespoon fresh lime juice, plus more if desired
- 1 tablespoon water
- 1/4 teaspoon fine sea salt, or to taste

### **Method – Avocado Sauce**

1. Put all the ingredients in a blender and blend until smooth.

### **To serve**

1. In a large bowl add the rice first, and then top the rice with the warm portion of beans and finally spoon over the top the avocado sauce and enjoy.

*Please note that it is the same breakfast, snacks,  
lunch and dinner for all of the 5 days.*



# Healthy Living Guide

## Menu B – Week 4

### **Breakfast**

Banana, Raspberry, Almond & Cinnamon Porridge  
and a cup of White Tea

### **Mid-morning Snack**

Sweet Potato Brownie  
with glass Peppermint Tea

### **Lunch**

Veggie Wrap with Goats Cheese  
and a glass of fruit water

### **Mid-afternoon Snack**

Glass of fruit water

### **Dinner**

Spicy Tuna Pasta  
with a glass of water

*Please note that it is the same breakfast, snacks,  
lunch and dinner for all of the 5 days.*

# Healthy Living Guide

## Menu B Shopping List Week 4

3 Ripe Bananas  
325g fresh raspberries (if you can't get fresh try frozen)  
2 Lemons  
1 Lime  
1 Grapefruit  
½ Cucumber  
5 Portobello Mushrooms / Large Flat Mushrooms  
3 Red Peppers  
20 Green Beans  
Sweet Potatoes (90g peeled weight)  
150g Crumbly Goats Cheese  
850ml Unsweetened Almond Milk  
Almond Butter  
1 Egg  
Wholegrain Porridge Oats  
5 Wholegrain Wraps  
750g Pasta (try gluten of wheat free)  
1 Tin Chickpeas  
5 Small tins Tuna  
1 Pack Passatta (500g)  
1 tin Chopped Tomatoes  
1 Jar Green Olives (100g)  
25g Ground Almonds  
10g Walnuts  
Bicarbonate of Soda  
Baking Powder  
Cocoa Powder  
Stevia  
Rapeseed Oil / Olive Oil  
Sea Salt

Pepper  
Cinnamon  
Dried Basil  
Dried Oregano  
Dried Chilli Flakes  
Garlic Powder  
White Tea  
Peppermint Tea

# Healthy Living Guide

## Menu B Recipes – Week 4

### Banana, Raspberry, Almond and Cinnamon Porridge

*Recipe makes 1 portion*

#### **Ingredients**

$\frac{1}{3}$  cup / 30g Wholegrain Porridge Oats

$\frac{2}{3}$  cup / 170ml unsweetened almond milk

$\frac{1}{2}$  banana, mashed

65g / 18 fresh raspberries (if you can't get fresh try frozen)

1 tbsp. almond butter

1 tsp cinnamon

#### **Method**

1. Add the oats to a saucepan along with the milk, mashed banana, and cinnamon. Cook on a low/medium heat stirring occasionally to make sure the porridge doesn't stick to the bottom of the pan.
2. Once the porridge starts to thicken, add raspberries. Cook for a further few minutes until you're happy with the consistency.
3. Transfer to a bowl then mix in the almond butter.
4. Place all ingredients in a blender and blend until smooth.

Serve with a cup of White Tea, white tea can stop new fat cells from forming, (it's been studied and published in the "Journal of Nutrition & Metabolism to help with weight reduction")

## **Sweet Potato Brownies**

*Recipe makes 5 Portions*

### **Ingredients**

75ml of oil, plus extra for grease,  
90g sweet potato, peeled and coarsely grated,  
50g stevia,  
25g cocoa powder,  
1/4 tsp of baking powder,  
1/4 Bicarbonate of Soda,  
25g ground almonds,  
1 egg, beaten  
10g of walnuts chopped

### **Method**

1. Preheat the oven to 180c gas mark 4. Lightly oil a shallow 19cm/ 7 1/2 - inch square cake tin, then line the base and sides with a large square of baking paper.
2. Put all ingredients in a large bowl and stir well. Pour the mixture into the prepared tin. Bake for 20 minutes, or until well risen and centre is only just set.

3. Leave to cool in the tin for 15 minutes. Lift out of tin using the baking paper, and then carefully remove the paper. Cut into 5 brownies

### **Fruit Water**

*Recipe makes 1 Litre (drink 1 Litre per day)*

#### **Ingredients**

- 1 litre of water
- $\frac{1}{3}$  lemon (sliced)
- $\frac{1}{3}$  lime (sliced)
- $\frac{1}{4}$  grapefruit (sliced)
- $\frac{1}{6}$  cucumber (sliced)

#### **Method**

1. Place all ingredients in a jug, cover with cling-film, and enjoy throughout day. If you store the water in the fridge and top-up the water through-out the day, you can keep the same fruit for 2 days.

## **Veggie Wrap with Goats Cheese**

*Recipe makes 1 portion*

### **Ingredients**

- 1 Portobello mushroom, sliced
- 1/2 large red pepper, sliced
- 4 green beans
- 1 tbsp. Olive Oil / Rapeseed Oil
- 1/4 tsp salt
- 1/5 can chickpeas drained
- 1 tsp. lemon juice add more if you want to
- pinch of pepper
- 1 wholegrain wrap
- 30g / 1 small cube fresh goat cheese, crumbled

### **Method**

1. On 2 baking sheets/trays, toss mushrooms, red pepper, and green beans with olive oil and salt. Roast in 180f / gas mark 4 pre-heated oven for 30 minutes.
2. Mash chickpeas with lemon juice and pepper; spread on to wrap. Top with veggies and goats cheese. Fold wrap and enjoy.

## **Spicy Tuna Pasta**

*Sauce Recipe makes 5 portions*

*Add 1 tin of tuna and 1 pasta portion a day*

### **Ingredients - Sauce**

1 tin chopped tomatoes

1 tin/pack passata approx. 500g

¼ cup extra-virgin olive oil or use rapeseed oil

100g Green Olives

2 tsp garlic powder

¼ tsp dried chilli flakes

1 tsp salt

¼ teaspoon dried oregano more to taste

¼ tsp dried basil

### **Other Ingredients**

5 small tins Tuna (1 per day)

750g (150g per day) Pasta (try gluten / wheat free)

### **Method - Sauce**

1. Heat the oil in a large pan over medium heat,
2. Add the garlic powder, chilli flakes, oregano, basil and warm for 30 seconds, don't burn then just warm them slightly
3. Add the tomatoes, passata, Olives and salt and stir
4. Simmer sauce until thickened and oil on surface is a deep orange, about 15 minutes. (taste sauce after 10 minutes of simmering, adding more salt and oregano as needed.)

### **Method – Full Meal**



1. Cook 150g of pasta per day as per packet instructions.
2. In a pan warm up 1/5 of the sauce and 1 tin of tuna.
3. Once sauce is warmed and pasta is cooked, drain the pasta, stir pasta into the sauce, and serve.

*Please note that it is the same breakfast, snacks,  
lunch and dinner for all of the 5 days.*