

Healthy Living Guide

Menu – Week 1

Breakfast

Healthy Chocolate Smoothie

Mid-morning Snack

Freezer Flapjack

with glass of warm water with 4 mint leaves and a slice of lemon

Lunch

Raw Rainbow Wrap

with a glass of water

Mid-afternoon Snack

Freezer Flapjack

with glass of warm water with 4 mint leaves and slice of lemon

Dinner

Courgette Bolognese

with a glass of water

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

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Eating Plan Shopping List Week 1

- 5 bananas
- 3 avocados
- 1 large iceberg lettuce
- 5 tomatoes
- bunch of fresh mint
- 1 lemon
- 5 medium carrots
- 2 yellow peppers
- 1 large cucumber
- 1 pack of pea shoots ,
- 1 red onion
- 1 red cabbage
- 3 onions,
- 1 bulb garlic
- 5 carrots
- 1 large pack of button mushrooms,
- 1 handful of basil leaves
- 5 courgettes
- 2 tubs hummus
- 750g Turkey mince
- Parmesan cheese
- 1kg bag of porridge oats
- 1 box of cornflakes (why not try gluten free)
- 1 jar Almond butter (unsweetened)
- 1 jar peanut butter (why not try meridian peanut butter)
- 1 jar of honey
- 1 jar of agave syrup (optional)
- 1 jar ground Cinnamon
- 1 jar horseradish
- 1 bottle Olive Oil,

- 1 carton/tube tomato puree
- 2 tins of chopped tomatoes
- 1 pack chicken stock cube
- 1 jar low salt soy sauce,
 - 1 jar sea salt
 - 1 jar black pepper
- 1 small bag of chopped nuts
- 1 small bag mixed seeds
- 1 box Cacao powder
- 1 bottle Vanilla extract
- 1 bag dried fruit i.e. sultanas, cranberries etc. (no added sugar)

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Recipes – Week 1

Healthy Chocolate Smoothie

Recipe makes 1 portion

1 banana, ½ avocado, 2 to 4 level tsp of Cacao powder, 1 small cup of water, 1 tsp. Unsweetened Almond butter, 1 tsp. of ground Cinnamon, 1 to 2 drops of Vanilla extract

Freezer Flapjack

Recipe makes 24 bars

Ingredients

225g/8oz porridge oats

50g/2oz chopped nuts

60g/2¼oz mixed seeds

60g/2¼oz dried fruit (no added sugar)

50g/2oz cornflakes

100g/3½oz agave syrup or honey

100g/3½oz peanut butter

125g/4½oz honey

Method

1. Lightly grease a 33x23cm/13x9in baking tray that is about 3cm/1in deep. Line with cling film.
2. In a large bowl add oats, nuts, seeds, dried fruit, and cornflakes and stir really well.
3. Heat the agave syrup/honey, peanut butter, and honey in a small saucepan over a medium heat until melted. Stir, and then pour this over the oat mixture and mix well with a spoon, until cooled slightly. Mix with your hands to make sure all the oats are coated.
4. Tip into the tin and spread out evenly. Lay a sheet of cling film over the top, then press down firmly to squash the mixture flat. Leave in the freezer for 1 hour until set.
5. Remove the top layer of cling film, then tip out onto a board, remove the remaining cling film and cut into 24 bars.
6. To keep for a week, store in a sealed box in the fridge, or to keep for longer they can be kept in the freezer.

Raw Rainbow Wrap

Recipe makes 1 portion

2 large iceberg leaves

2 level tbsp. of hummus

1 tomato, sliced into thin wedges

1 medium carrot, cut in half and sliced into thin strips

½ yellow pepper, sliced into thin strips
1/5 cucumber, sliced into thin strips
½ cup pea shoots,
1 cube of red onion sliced into thin strips
2 red cabbage leaves, shredded
½ tsp horseradish

Method

Combine the horseradish and hummus, mix well together and spread half of the mix on to each lettuce leaf, then fill each of the lettuce leaves with half of the remaining ingredients and roll up the lettuce leaves to form a wrap.

Courgette Bolognese

Recipe makes 5 portions (make all at once and once cool keep in the refrigerator, or freeze in portions)

Ingredients

2 tbsp of Olive Oil
150g of Turkey mince
½ onion
1 garlic clove crushed,
1 carrot (peeled and diced)
3 to 4 button mushrooms (roughly chopped)
1 level tbsp. of tomato puree

½ tin of chopped tomatoes
1 chicken stock cube
1 tsp. of soy sauce
grated parmesan cheese to serve
1 to 2 basil leaves
1 courgette

Method

1. Heat 1 tbsp. of the olive oil in a large saucepan and add the turkey mince. Fry until browned, then scoop into a bowl and set aside.
2. Add the onion to the pan and cook on a low heat for 8-10 mins until tender. Then add the garlic, stirring for 1 min or so, followed by the carrot and the mushrooms, stirring for about 3 mins, until softened. Tip the turkey mince back into the pan, add the tomato purée, give everything a quick stir and tip in the chopped tomatoes. Fill 1 tin with water and pour into the pan. Crumble over the chicken stock cubes and bring to the boil. Once boiling, lower the heat and simmer for about 1 hr, until the sauce has thickened and the veg is tender.
3. When the Bolognese is nearly ready, stir through the soy sauce and some seasoning. Spiralize your courgettes on the large noodle attachment. Heat a large frying pan with the remaining 1 tbsp. olive oil and add your courgette. Cook until slightly

softened, for 2-3 mins. Season with salt and serve topped with the turkey Bolognese, grated pecorino and basil leaves.

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