

Healthy Living Guide

Menu – Week 2

Breakfast

Blueberry Delight

Mid-morning Snack

Freezer Flapjack

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

Lunch

Sweet Tuna 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

Sweet Potato Chilli

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 2

- 5 bananas
- 3 avocados
- 2 lemons
- 5 inches of ginger
- 1 large Cucumber
- 2 white onions
- 3 medium sweet potatoes
- 2 courgettes
- 1 bag of grapes
- 1 Large Orange
- 1, 200g pot of yogurt (why not try plain soya yoghurt)
- 1 pack pitta bread (why not try wholemeal or gluten free)
- 5 small tins of tuna in water
- 3 tins of black beans, or any other
- 3 tins of tomatoes
- 1 tin of sweetcorn
- 1 jar mustard
- 1 jar of chilli powder
- 1 jar of Cumin powder
- 1 large pack of frozen blueberries

Notes: You should still have some ingredients lefts from week one and some flapjacks.

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Recipes - Week 2

Blueberry Delight

Recipe makes 1 portion

1 banana, ½ Avocado, 1 small cup of Blueberries, ½ cup of water, 1 spoon of unsweetened Almond butter, 1 tsp. of ground Cinnamon, 1 to 2 drops of Vanilla extract

Freezer Flapjack

Recipe makes 24 bars

(You should have some left from week 1)

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.

Sweet Tuna Wrap

1 pitta bread

1 small tin of tuna in water, drained,

2 tbsp. of Yogurt,

1 tsp. of honey,

1 tsp. of mustard,

small handful of salad leaves,
thumb size portion of cucumber,
1 tbsp. of sweet corn,
3 chopped grapes (optional)

Method

Mix together tuna, yogurt, honey and mustard with a pinch of salt and black pepper to create a tuna mayonnaise style filling then fill you pitta with the tuna mix and the salad.

Sweet Potato Chilli

Recipe makes 5 portions

Ingredients

2 cups sliced onion (1 large)
3 medium to large peeled and cubed sweet potato
2 courgettes
3 tins black beans, or another bean
3 tins chopped tomatoes
1 1/2 tbsp. chili powder
1 tsp cumin
1 tsp salt
2 tsp orange zest
1 cup water or vegetable stock

Method

1. Combine all ingredients in a big pot, and bring to a boil.
2. Then lower the temperature and cook until the sweet potatoes are soft. The chili tastes even better the next day, after the flavours have had a chance to combine.

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lunch and dinner for all of the 5 days.*