

Healthy Living Guide

Menu – Week 4

Breakfast

Pineapple Greatness Smoothie

Mid-morning Snack

Freezer Flapjack

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

Lunch

Super good for you Salad

with a glass of water

Mid-afternoon Snack

Freezer Flapjack

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

Dinner

Chicken with White Beans and Tomato

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 4

- 3 avocado,
- 1 bag spinach
- 1 jar of Honey
- 5 carrots
- 5 little gem lettuce
- 1 pack radishes
- 3 lemons
- 30 small tomatoes
- 5 inches of ginger
- 1 jar dried thyme or 4 sprigs of fresh thyme
- 1 jar of dried oregano or 2 sprigs of fresh oregano
- 1 jar chilli flakes or use your use your chilli powder
 - 1 jar of garlic powder or 1 fresh bulb
 - 2 tubs reduced fat hummus
 - 5 medium chicken thighs
 - 5 tins of cannellini beans
- 1 bag of Pineapple chunks (frozen)
- 1 large pack of frozen broccoli

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Recipes - Week 4

Pineapple Greatness

Recipe makes 1 portion

1 cup of water, ½ medium ripe avocado, handful of spinach 1 small cup pineapple chunks and then 1 to 2 Tbsp. honey

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.

Super good for you Salad

Recipe makes 1 portion

Ingredients

50g broccoli

1 Carrot (cut into ribbons or grated)

1 little gem lettuce

2 radishes (quartered)

50g reduced fat hummus

1 Lemon Wedge

Method

1. Microwave 50g broccoli for 2 mins to soften.
2. Mix all ingredients together and serve with the lemon.

Chicken with White Beans and Tomatoes

Recipe makes 1 portion

Ingredients

- 1 tin cannellini beans, rinsed
- 6 small tomatoes
- ½ tsp. dried thyme (or 4 sprigs of fresh thyme)
- ¼ tsp. dried oregano (or 2 of sprigs fresh oregano)
- ½ tsp. garlic powder (1 garlic cloves, crushed)
- ¼ tsp. crushed Chilli flakes
- 2 tbsp. olive oil
- Salt and black pepper
- one medium sized skin-off chicken thigh

Method

1. Heat oven to 220 f or gas mark 7. In large baking dish, toss the beans and tomatoes with the thyme and oregano, garlic, chilli flakes, 1 tbsp. of the oil, ½ tsp. salt, and ¼ tsp. black pepper.
2. Pat the chicken dry and place on top of the bean mixture, skin-side up. Rub with the remaining tbsp. of oil; season with ½ tsp. salt and ¼ tsp. black pepper.

3. Roast until the chicken is cooked through, 35 to 45 minutes or as per cooking instructions.
4. softened, for 2-3 mins. Season with salt and serve topped with the turkey Bolognese, grated pecorino and basil leaves.

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