

# 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.*

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## 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

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## 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.

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lunch and dinner for all of the 5 days.*