

# 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.*

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## 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

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## 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  $\frac{1}{2}$  cup/125ml of water. Once the quinoa is cooked, add  $\frac{1}{4}$  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  $\frac{1}{5}$  pints Water  
2 Carrots  
2 Sticks of Celery  
Fresh Lemon Juice to taste  
Salt and Pepper  
 $\frac{1}{2}$  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.*