

Healthy Living Guide

Menu B – Week 3

Breakfast

Mixed Spice Muesli
and a cup of White Tea

Mid-morning Snack

Banana and Oat Cookies
with glass Peppermint Tea

Lunch

Strawberry and Spinach Salad
and a glass of fruit water

Mid-afternoon Snack

Glass of fruit water

Dinner

Spicy Burrito Beans with Avocado Sauce
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 3

3 Lemons
4 Limes
1 Grapefruit
½ Cucumber
200g Fresh Spinach
500g Broccoli
25 Fresh Strawberries
4 Shallots / 1 ½ Sweet Onions
1 Garlic Bulb
3 fresh tomatoes (medium – large)
3 Large Avocados
1 Large/2 Small Bananas
500g plain Alpro Yoghurt
300g Mozzarella Cheese
280g Wholegrain Porridge Oats
50g Rye Flakes
70g Sliced Almonds
40g Sunflower Seeds
100g Chopped Brazil Nuts
Ground Linseeds / Ground Mixed Seeds (you can grind/blend at home)
100g sultanas
250g Brown Rice or 5 packets of wholegrain/brown micro rice
2 tins Black Beans (or Pinto Beans)
Rapeseed Oil / Olive Oil
Balsamic Vinegar
Tomato puree
100g Pine Nuts
Sea Salt
Ground Mixed Spice
Ground Cinnamon

Chilli Powder
Garlic Powder
Dried Oregano
Dried Coriander Leaves
White Tea
Peppermint Tea

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Menu B Recipes – Week 3

Mixed Spice Muesli

Recipe makes 5 portions

Ingredients

180g wholegrain porridge oats

100g sultanas

½ tsp of mixed spice

50g rye flakes

70g sliced almonds

40g sunflower seeds

100g chopped brazil nuts

500g of Alpro plain yoghurt

Method

1. Mix all the dry ingredients in a bowl, (do not mix in the yoghurt), until well combined store in an airtight container.
2. Each day pour one portion into a bowl, add 100g of plain soya yogurt to the mixture, stir well and enjoy, if you would like it a little looser add a touch of water and stir again.

Banana and Oat Cookies

Recipe makes 5 Portions

Ingredients

1 cup / 100g wholegrain porridge oats
½ cup mashed ripe banana (about 1 very large or 2 small)
1 ½ tablespoons ground linseeds (or ground mixed seeds)
½ teaspoon ground cinnamon
pinch of salt

Method

1. Preheat oven to 350°F / 180°C / Gas Mark 4 and line a baking sheet with baking paper.
2. In a blender/food processor, blend the oats until a coarse meal forms. Don't process it into flour, keep some big flakes.
3. In a large bowl, stir together the processed oats, mashed banana, seeds, cinnamon, and salt until combined.
4. Spoon the dough onto the baking sheets creating 5 cookies.
5. Bake for 11 to 13 minutes, until the cookies are slightly firm on the outside, but soft and doughy in the middle.
6. Enjoy once cooled.

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.

Strawberry and Spinach Salad

Recipe makes 1 portion

Ingredients

- 1 cup / 40g fresh spinach
- 5 strawberries, sliced,
- 60g fresh mozzarella cheese
- 2 tbsps. / 20g pine nuts
- 100g broccoli
- 1 tbsp. Olive oil / Rapeseed Oil

1 teaspoon balsamic vinegar

Juice ¼ lemon

Method

1. Mix all ingredients in a bowl, mix together, and enjoy.

Spicy Burrito Beans with Avocado Sauce

Spicy Bean Recipe makes 5 portions

Avocado Sauce makes 2 portions (only keeps for 2 days)

Ingredients – Spicy Burrito Beans & Rice

3 tbsp. extra-virgin olive oil or rapeseed oil

4 shallots or 1 ½ sweet medium sweet onions

6 medium garlic cloves, minced

3 chopped fresh tomatoes

1 ½ tsp chili powder

1 ½ tsp garlic powder

1 ½ tsp dried oregano

¾ tsp plus a pinch of fine sea salt, or to taste

4 tbsp. tomato puree

2 tins of black beans, drained and rinsed

¾ tsp dried coriander leaves

250g brown rice or 5 packs of wholegrain/brown microwave rice

Method - Spicy Burrito Beans

1. Heat the oil in a large pan, over medium heat. Add the onion and garlic, along with a pinch of salt, and sauté for about 5 to 6 minutes, until softened.
2. Stir in the chopped tomatoes, chili powder, garlic powder, dried oregano, dried coriander, and 3/4 teaspoon of salt. Continue sautéing for another 3 to 5 minutes, until the tomato softens.
3. Then stir in the tomato puree and the black beans. Cook for a few more minutes until heated throughout.
4. Once cooled store the remaining beans in the fridge, and then heated up a portions as required.
5. Cook one packet of rice or 50g rice per day as per packet instructions.

Ingredients – Avocado Sauce

- 1 large garlic clove
- 1 large avocado, pitted
- 1 tablespoon fresh lime juice, plus more if desired
- 1 tablespoon water
- 1/4 teaspoon fine sea salt, or to taste

Method – Avocado Sauce

1. Put all the ingredients in a blender and blend until smooth.

To serve

1. In a large bowl add the rice first, and then top the rice with the warm portion of beans and finally spoon over the top the avocado sauce and enjoy.

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