

# Healthy Living Guide

## Menu B – Week 4

### **Breakfast**

Banana, Raspberry, Almond & Cinnamon Porridge  
and a cup of White Tea

### **Mid-morning Snack**

Sweet Potato Brownie  
with glass Peppermint Tea

### **Lunch**

Veggie Wrap with Goats Cheese  
and a glass of fruit water

### **Mid-afternoon Snack**

Glass of fruit water

### **Dinner**

Spicy Tuna Pasta  
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 4

3 Ripe Bananas  
325g fresh raspberries (if you can't get fresh try frozen)  
2 Lemons  
1 Lime  
1 Grapefruit  
½ Cucumber  
5 Portobello Mushrooms / Large Flat Mushrooms  
3 Red Peppers  
20 Green Beans  
Sweet Potatoes (90g peeled weight)  
150g Crumbly Goats Cheese  
850ml Unsweetened Almond Milk  
Almond Butter  
1 Egg  
Wholegrain Porridge Oats  
5 Wholegrain Wraps  
750g Pasta (try gluten of wheat free)  
1 Tin Chickpeas  
5 Small tins Tuna  
1 Pack Passatta (500g)  
1 tin Chopped Tomatoes  
1 Jar Green Olives (100g)  
25g Ground Almonds  
10g Walnuts  
Bicarbonate of Soda  
Baking Powder  
Cocoa Powder  
Stevia  
Rapeseed Oil / Olive Oil  
Sea Salt

Pepper  
Cinnamon  
Dried Basil  
Dried Oregano  
Dried Chilli Flakes  
Garlic Powder  
White Tea  
Peppermint Tea

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## Menu B Recipes – Week 4

### Banana, Raspberry, Almond and Cinnamon Porridge

*Recipe makes 1 portion*

#### **Ingredients**

$\frac{1}{3}$  cup / 30g Wholegrain Porridge Oats

$\frac{2}{3}$  cup / 170ml unsweetened almond milk

$\frac{1}{2}$  banana, mashed

65g / 18 fresh raspberries (if you can't get fresh try frozen)

1 tbsp. almond butter

1 tsp cinnamon

#### **Method**

1. Add the oats to a saucepan along with the milk, mashed banana, and cinnamon. Cook on a low/medium heat stirring occasionally to make sure the porridge doesn't stick to the bottom of the pan.
2. Once the porridge starts to thicken, add raspberries. Cook for a further few minutes until you're happy with the consistency.
3. Transfer to a bowl then mix in the almond butter.
4. 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")

## **Sweet Potato Brownies**

*Recipe makes 5 Portions*

### **Ingredients**

75ml of oil, plus extra for grease,  
90g sweet potato, peeled and coarsely grated,  
50g stevia,  
25g cocoa powder,  
1/4 tsp of baking powder,  
1/4 Bicarbonate of Soda,  
25g ground almonds,  
1 egg, beaten  
10g of walnuts chopped

### **Method**

1. Preheat the oven to 180c gas mark 4. Lightly oil a shallow 19cm/ 7 1/2 - inch square cake tin, then line the base and sides with a large square of baking paper.
2. Put all ingredients in a large bowl and stir well. Pour the mixture into the prepared tin. Bake for 20 minutes, or until well risen and centre is only just set.

3. Leave to cool in the tin for 15 minutes. Lift out of tin using the baking paper, and then carefully remove the paper. Cut into 5 brownies

### **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.

## **Veggie Wrap with Goats Cheese**

*Recipe makes 1 portion*

### **Ingredients**

- 1 Portobello mushroom, sliced
- 1/2 large red pepper, sliced
- 4 green beans
- 1 tbsp. Olive Oil / Rapeseed Oil
- 1/4 tsp salt
- 1/5 can chickpeas drained
- 1 tsp. lemon juice add more if you want to
- pinch of pepper
- 1 wholegrain wrap
- 30g / 1 small cube fresh goat cheese, crumbled

### **Method**

1. On 2 baking sheets/trays, toss mushrooms, red pepper, and green beans with olive oil and salt. Roast in 180f / gas mark 4 pre-heated oven for 30 minutes.
2. Mash chickpeas with lemon juice and pepper; spread on to wrap. Top with veggies and goats cheese. Fold wrap and enjoy.

## **Spicy Tuna Pasta**

*Sauce Recipe makes 5 portions*

*Add 1 tin of tuna and 1 pasta portion a day*

### **Ingredients - Sauce**

1 tin chopped tomatoes

1 tin/pack passata approx. 500g

¼ cup extra-virgin olive oil or use rapeseed oil

100g Green Olives

2 tsp garlic powder

¼ tsp dried chilli flakes

1 tsp salt

¼ teaspoon dried oregano more to taste

¼ tsp dried basil

### **Other Ingredients**

5 small tins Tuna (1 per day)

750g (150g per day) Pasta (try gluten / wheat free)

### **Method - Sauce**

1. Heat the oil in a large pan over medium heat,
2. Add the garlic powder, chilli flakes, oregano, basil and warm for 30 seconds, don't burn then just warm them slightly
3. Add the tomatoes, passata, Olives and salt and stir
4. Simmer sauce until thickened and oil on surface is a deep orange, about 15 minutes. (taste sauce after 10 minutes of simmering, adding more salt and oregano as needed.)

### **Method – Full Meal**



1. Cook 150g of pasta per day as per packet instructions.
2. In a pan warm up 1/5 of the sauce and 1 tin of tuna.
3. Once sauce is warmed and pasta is cooked, drain the pasta, stir pasta into the sauce, and serve.

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lunch and dinner for all of the 5 days.*