

# 5 Day Eating Plan

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## Menu B

### Breakfast

Blueberry Delight

### Mid-morning Snack

Freezer Flapjack

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

### Lunch

Sweet Tuna Wrap

with a glass of water

### Mid-afternoon Snack

Freezer Flapjack

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

### Dinner

Sweet Potato Chilli

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*

- 5 bananas
- 3 avocados
- 2 lemons
- 5 inches of ginger
- 1 large Cucumber
- 1 bag of Salad Leaves
- 2 white onions
- 3 medium sweet potatoes
- 2 courgettes
- 1 bag of grapes
- 1 Large Orange
- 1, 200g pot of yogurt (why not try plain soya yoghurt)
- 1 pack pitta bread (why not try wholemeal or gluten free)
- 5 small tins of tuna in water
- 3 tins of black beans, or any other bean
- 3 tins of tomatoes
- 1 tin of sweetcorn
- 225g of porridge oats
- 50g cornflakes (why not try gluten free)
- 1 pack chicken stock cube
- 1 jar mustard
- 1 jar of chilli powder
- 1 jar of Cumin powder
- 50g chopped nuts
- 60g mixed seeds
- 100g Agave Syrup / Maple Syrup / Honey
- 1 jar Honey
- 1 jar peanut butter (look for one which is just peanuts and oil)
- 1 Jar Unsweetened Almond Butter
- 1 bottle/jar Vanilla Extract

50g dried fruit i.e. sultanas, cranberries etc. (no added sugar)  
1 large pack of frozen blueberries

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## Menu B - Recipes

### **Blueberry Delight**

*Recipe makes 1 portion*

1 banana, ½ Avocado, 1 small cup of Blueberries, ½ cup of water, 1 spoon of unsweetened Almond butter, 1 tsp. of ground Cinnamon, 1 to 2 drops of Vanilla extract

### **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 / Maple 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 100g Agave Syrup /Maple Syrup /honey, plus 125g honey and peanut butter 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. Keep 5 in a sealed box in the fridge and freeze the rest for another week or time.

### **Sweet Tuna Wrap**

1 pitta bread  
1 small tin of tuna in water, drained,  
2 tbsp. of Yogurt,  
1 tsp. of honey,  
1 tsp. of mustard,  
small handful of salad leaves,  
thumb size portion of cucumber,

1 tbsp. of sweet corn,  
3 chopped grapes (optional)

## **Method**

Mix together tuna, yogurt, honey and mustard with a pinch of salt and black pepper to create a tuna mayonnaise style filling then fill you pitta with the tuna mix and the salad.

## **Sweet Potato Chili**

*Recipe makes 5 portions*

### **Ingredients**

2 cups sliced onion (1 large)  
3 medium to large peeled and cubed sweet potato  
2 courgettes  
3 tins black beans, or another bean  
3 tins chopped tomatoes  
1 1/2 tbsp. chili powder  
1 tsp cumin  
1 tsp salt  
2 tsp orange zest  
1 cup water or vegetable stock

## **Method**

1. Combine all ingredients in a big pot, and bring to a boil.

2. Then lower the temperature and cook until the sweet potatoes are soft. The chili tastes even better the next day, after the flavours have had a chance to combine.

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lunch and dinner for all of the 5 days.*