

5 Day Eating Plan

Menu C

Breakfast

Banana Booster

Mid-morning Snack

Freezer Flapjack

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

Lunch

Indian Spiced Slaw

with a glass of water

Mid-afternoon Snack

Freezer Flapjack

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

Dinner

Easy fried rice

with a glass of water

*Please note that it is the same breakfast, snacks,
lunch and dinner for all of the 5 days.*

5 Day Eating Plan

Shopping list

Menu C

5 bananas,
350g Red Cabbage
80g Kale
2 Red Apples
12 carrots
10 shallots
800g natural yoghurt (why not try alpro dairy free)
5 bacon rashers
5 eggs
Almond butter
1 bag Wholegrain/brown rice or 5 packs or microwave rice
Cooking Oil i.e. Olive Oil/Sunflower Oil
Low Salt Soy Sauce
Salt and Pepper
Garam masala
Turmeric
Cinnamon
Pumpkin Seeds
Sunflower Seeds
Sesame seeds
Flaked almonds
Frozen peas
225g porridge oats
50g chopped nuts
60g mixed seeds
60g dried fruit (no added sugar)
50g cornflakes
100g Agave Syrup / Maple Syrup or honey
100g peanut butter
125g honey

5 Day Eating Plan

Menu C - Recipes

Banana Booster Smoothie

Recipe makes 1 portion

1 banana, 100ml of yogurt, ¼ cup of water, 1 tsp. of Cinnamon and 1 tsp. of Almond butter

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 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 agave syrup/honey, peanut butter, and honey 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. To keep for a week, store in a sealed box in the fridge, or to keep for longer they can be kept in the freezer.

Indian Spiced Slaw

Recipe makes 5 portions

Ingredients

300g natural yoghurt

350g red cabbage (Shredded)

80g Kale (Shredded)

2 Red Apples (cored and grated)

2 large carrots (grated)

Salt and Pepper

For the topping

4 tbsp. Pumpkin Seeds
4 tbsp. Sunflower seeds
4 tbsp. flaked almonds
3 tsp. Garam masala
1 tsp turmeric
2 tbsp. Oil

Method

1. Make the topping; pre-heat a frying pan over a medium heat. Put the Pumpkin seeds, sunflower seeds, almonds, 1 tsp Garam masala and ½ tsp of turmeric in the hot pan and pour over the oil. Cook for 3-4 minutes, stirring often, until the almonds are golden brown.
2. To make the dressing, put the yoghurt and remaining 2 tsp. of garam masala and ½ tsp if turmeric in a large bowl, the season to taste with salt and pepper and stir well.
3. Add the cabbage, kale, apple and carrot to the bowl and toss together. Sprinkle over the topping

Easy fried rice

Recipe makes 1 portion

Ingredients

(Why not add a small handful of Cashew nuts)

1 cup wholegrain/brown rice or 1 pack or microwave rice
2 tsp. vegetable oil
1 egg, lightly whisked

1 bacon rashers, chopped
1 carrot, peeled and grated
2 shallots, trimmed, finely sliced
1/2 cup frozen peas, thawed
1 tbsp. soy sauce
Sesame seeds, to serve

Method

1. Cook the rice as per packet instructions. Drain and leave to cool.
2. Heat 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 to a chopping board. Set aside to cool slightly. Cut into short strips.
4. Add bacon to wok. Cook 4 minutes until light golden. Add carrot. Stir fry 1 minute. Add shallots, peas and rice. Cook, stirring, 3-4 minutes.
5. Add egg and soy sauce. Stir until heated through.
6. Sprinkle with sesame seeds and top with extra shallots.

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