



Your Nutrition
Spring Clean

Natural Nutrition 

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INTRODUCTION

LEARN THE RULES

TASTE THE RECIPES

FEEL THE BENEFITS

WELCOME

WELCOME TO YOUR NUTRITION SPRING CLEAN

This programme is designed to help you feel lighter and brighter, ready for the sunshine!

This food plan has been designed by experienced nutritionists to achieve the following results:

- Introduce healthy habits
- Nourish your body with fabulous fresh nutrients
- Reduce toxic load (caffeine, alcohol, sugar, etc.)
- Feel lighter and brighter
- Lose body fat and build muscle
- Put a SPRING in your step!

The recipes have been designed with the following principles in mind:

- Low carbohydrate (different to NO carbs)
- Blood sugar balancing
- Good quality proteins
- Good fats, e.g. avocado, nuts
- High nutrient density
- Easy to prepare
- Gluten free

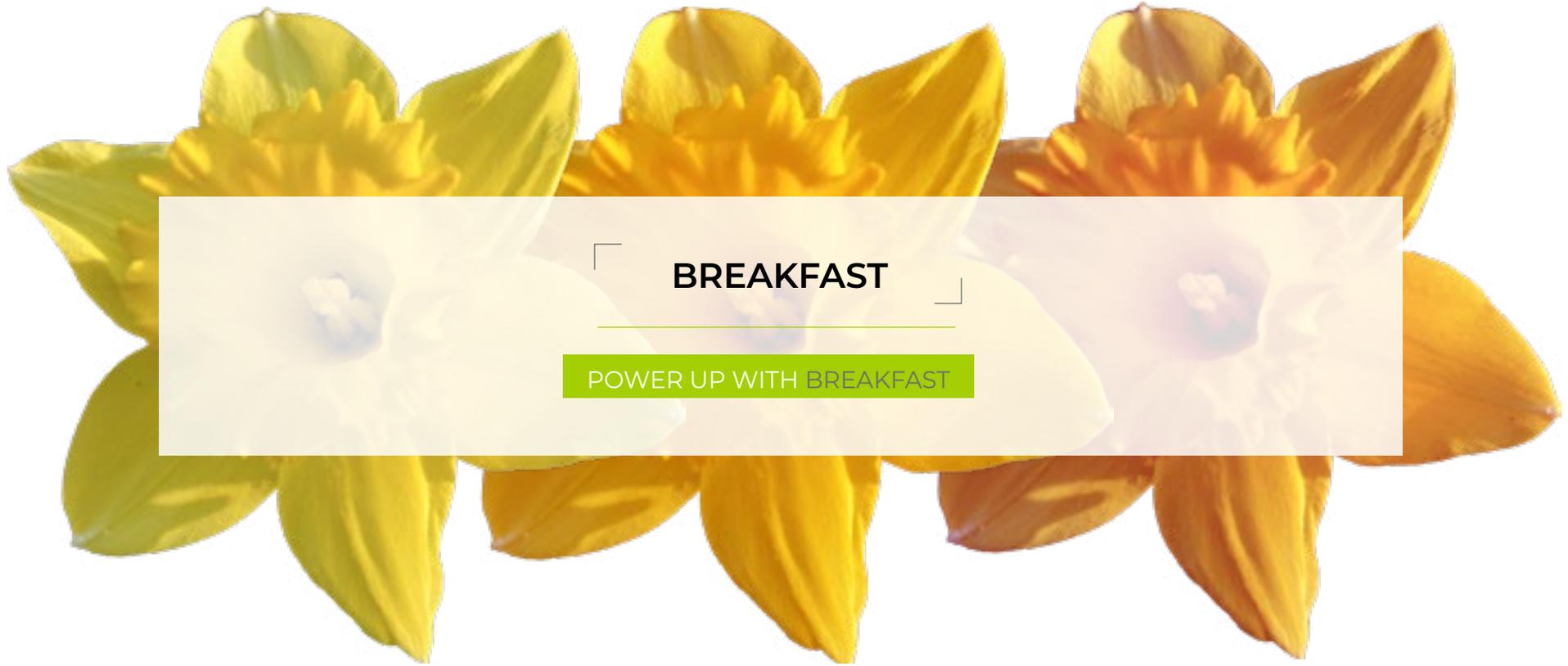
WELCOME

Here are the 6 simple rules and guidelines.

- Do not skip meals – aim for 3 main meals.
- Limit snacking – try not to snack in the morning, have a snack in the afternoon if the gap between lunch and dinner is longer than 5-6 hours.
- Always include protein with every meal / snack.
- Aim to follow the food plan at least 80% of the time.
- Drink 2—2.5 litres of fluids per day: water, herbal or fruit teas, soups all count.
- Limit or eliminate alcohol, caffeine, sugar, artificial sweeteners.



OK, LET'S DO THIS!



BREAKFAST

POWER UP WITH BREAKFAST

BREAKFAST

PICK 'N' MIX BREAKFAST BOWLS

Prepare the night before. Choose an item from each category and mix all the ingredients thoroughly. Top with your choice of topping, put in the fridge overnight and it's ready for you first thing in the morning!

- ◆ **BASE**
20g Chia seeds | 40g Oats | 40g Quinoa flakes
- ◆ **LIQUID 150-200ML UNSWEETENED**
Almond milk | Coconut milk | Coconut water
- ◆ **EXTRA PROTEIN**
1tbsp Protein powder | 100g Plain Greek yoghurt
20g Chopped nuts

- ◆ **TOPPINGS;**
CHOOSE 1 CRUNCHY AND 1 FRUITY TOPPING
Crunchy – 1tbsp Pumpkin seeds/sunflower seeds
1tbsp shredded coconut
Fruity – 1 Handful frozen/fresh berries
1 Chopped apple/pear/peach/nectarine/plum/apricot
1 Chopped prune or date



BREAKFAST

BANANA PECAN BREAD

This high-protein, grain-free bread makes a delicious breakfast option. You'll need a food processor or blender to grind the pecan nuts to form a flour-like consistency. The bread is best served warm or toasted, spread with a little coconut oil or nut butter.

INGREDIENTS (MAKES 8 SERVINGS)

- 300g/10½oz/scant 3 Cups pecan nuts
- ½tsp Cream of tartar
- ½tsp Baking soda
- 1tsp Cinnamon
- 4 Free-range eggs
- 1 Large ripe banana
- 2tbsp Light olive oil
- 1tbsp Maple syrup

METHOD

- Place the pecan nuts in a grinder or blender and process to form a fine meal.
- Place in a bowl with the other dry ingredients.
- Place the eggs, banana, oil and maple syrup in a blender and process until smooth.
- Pour into the dry ingredients and mix thoroughly.
- Spoon into a lined loaf pan.
- Bake at 180C for 40—45 minutes until firm to touch.
- Allow to cool for 5 minutes before turning out.

BREAKFAST

SMOOTHIE BOWLS

INGREDIENTS (SERVES 1)

- 100g Mixed frozen berries
- 100g Frozen banana (1 small ripe banana)
- 2-3tbsp Unsweetened almond or coconut milk
- Optional 1 scoop vanilla/plain protein powder

TOPPINGS (CHOOSE 2)

- 1tbsp Shredded coconut
- 1tbsp Chia or hemp seeds
- 1tbsp Chopped nuts
- 1tbsp Granola
- 1tbsp Nut butter
- Extra berries

METHOD

- Add frozen berries and banana to a blender and blend on low until small bits remain.
- Add a bit of coconut or almond milk and protein powder (optional), and blend on low again, scraping down sides as needed, until the mixture reaches a soft serve consistency.
- Scoop into serving bowl and top with desired toppings.



BREAKFAST

GRANOLA

Choose an item from each category and mix all the ingredients thoroughly. Spread out the mixture on a baking tray and bake in a preheated oven at 180C for 12 minutes before cooling. Multiply the ingredients to make a larger batch of several servings in one go.



- ◆ **BASE (30G – SERVES 1)**
Oats | Quinoa flakes | Buckwheat flakes
- ◆ **SEEDS (1TBSP)**
Sunflower seeds | Sesame seeds | Pumpkin seeds

- ◆ **PICK A FLAVOUR:**
 - Coconut & peanut butter:** 1tbsp Melted coconut oil, 1tbsp Peanut butter, 1tbsp Coconut flakes
 - Cinnamon and chocolate:** 2tbsp Melted coconut oil, 1tsp Cacao powder, 1tsp Cinnamon
 - Sesame and almond:** 1tbsp Melted coconut oil, 1tsp Tahini, 1tsp almond butter
- ◆ **OPTIONAL SWEETENER**
2tsp Xylitol | 1tsp coconut palm sugar
2tsp Maple syrup
- ◆ **SERVE WITH: (PICK ONE FROM EACH CATEGORY)**
 - 150ml Unsweetened milk of choice | 150g Plain Greek yoghurt
 - 1 Handful of berries | ½ Chopped apple or pear | 1 Chopped plum or apricot

BREAKFAST

EGGCITING EGGS

When it comes to making a quick and nutritious breakfast (brunch or lunch), eggs are the obvious choice. They are easy and quick to make, cheap as chips (see what we did there?) and will keep you feeling fuller for longer.



HERE ARE SOME INTERESTING STATS ABOUT THE POWER OF EGGS:

- 1 large egg = 6g high quality protein.
- 1 large egg = 50% daily need for Vit B12.
- Each egg contains 14 important nutrients.
- Most of the nutrition is in the yolk.
- They do NOT contribute to heart disease, IN FACT they are protective.

BREAKFAST

SCRAMBLED EGG – 5 WAYS

INGREDIENTS (SERVES 1)

- 2 large eggs
- Smidge of cold water
- Pinch of salt
- Twist of black pepper
- 1 teaspoon coconut oil



METHOD

FIRST PREPARE THE FILLINGS, CHOOSE FROM:

- **Spinach and Feta** – wilt a generous handful of spinach in a teaspoon of coconut oil and a splash of water. Crumble a tablespoon of feta.
- **Fresh Herbs** – chop up a mix of fresh herbs. Chives and parsley are a great combo.
- **Parmesan and Pesto** – grate 2 teaspoons of Parmesan and use 1 tablespoon of Pesto
- **Smoked Salmon, Cream Cheese and Chives** – 30g chopped smoked salmon, 30g cream cheese, sprinkle of chopped fresh chives.
- **Tomatoes and Red Pepper** – chop up 4-6 cherry tomatoes or 1 larger tomato, together with a few slices of red pepper and sauté in 1 teaspoon coconut oil for 2—3 minutes.

BREAKFAST

SCRAMBLED EGG – 5 WAYS



METHOD – CONTINUED

(WHEN THE FILLING IS PREPARED –
IT'S TIME FOR CRACKING THE EGGS!)

- Mix the eggs, water, salt and pepper and give it a good whisk.
- Melt the oil in a non stick pan and add the eggs.
- Gently fold the eggs with a wooden spoon, until they are almost set.
- Final stage is to add in the filling – stir gently for a few seconds until nicely integrated.

BREAKFAST

HUEVOS RANCHEROS

INGREDIENTS (SERVES 2)

- 2 Kale leaves, finely chopped
- ½ Onion, finely chopped
- ½ Green pepper, finely chopped
- ½ Red pepper, finely chopped
- ½ Small bird's eye chilli, finely chopped
- ½ Courgette, finely chopped
- 1 Garlic clove, finely chopped
- 800ml Tomato passata
- 1tbsp Coconut oil
- Knob of butter
- 4 Free-range eggs
- Salt and freshly ground black pepper
- Coriander leaves

METHOD

- To make the salsa, put the kale, onion, peppers, chilli, courgette, garlic and passata into a bowl. Season with salt and pepper and mix well.
- Heat the oil in a medium lidded frying pan over a medium heat and add the salsa. Cook gently for a few minutes, then make two holes in the salsa.
- Place the butter in the clear area in the 'wells', then break 2 eggs into each space.
- Put the lid on the pan and cook for 3—4 minutes. The dish is ready when the eggs are cooked into the salsa and the whites are firm.
- To serve, sprinkle with coriander leaves.



BREAKFAST

PANCAKES

Everybody loves pancakes, don't they? And they can be part of a healthy lifestyle too! You can pick the recipe you want (there is even a vegan option) and choose your topping/filling so that it fits with your taste buds!

Pick a pancake recipe from the 3 options on the right. To cook the pancakes (all options), melt a little coconut oil in a hot frying pan and fry on each side for about 60 seconds.

- ◆ **BANANA PANCAKES (SERVES 1)**
1 medium banana, 2 eggs, mash the banana and then mix the eggs in thoroughly.
- ◆ **OAT PANCAKES (SERVES 1)**
40g oats, 1 egg, 8tbsp unsweetened milk of choice, mix everything thoroughly.
- ◆ **VEGAN OAT PANCAKES (SERVES 1)**
40g oats, 1tbsp flaxseeds mixed with 3 tbsp water and leave for 10 minutes, 6 tbsp unsweetened milk of choice. Mix everything thoroughly.

GO TO THE NEXT PAGE TO CHOOSE A TOPPING

BREAKFAST

PANCAKES

CHOOSE ONE OF THE FOLLOWING TOPPINGS

◆ CINNAMON YOGHURT

Mix 2tbsp plain Greek yoghurt with
2tsp coconut palm sugar and ½tsp cinnamon

◆ BERRY CHIA JAM

Mash 2 handfuls of fresh or defrosted berries,
mix in 1tbsp chia seeds and leave for 10 minutes.

◆ NUT BUTTER

1 Heaped tbsp of no added sugar nut butter.

◆ AND PICK A FRUIT

1 Handful of berries | 2 Chopped plums / apricots
1 Chopped apple/pear/ nectarine



BREAKFAST

AVO ON TOAST WITH EXTRAS

INGREDIENTS (SERVES 1)

- 1 Ripe avocado
- ½ Lemon
- 1 Slice gluten free bread
- Salt and pepper

EXTRAS

- 2 Poached eggs OR
- 100g Smoked salmon

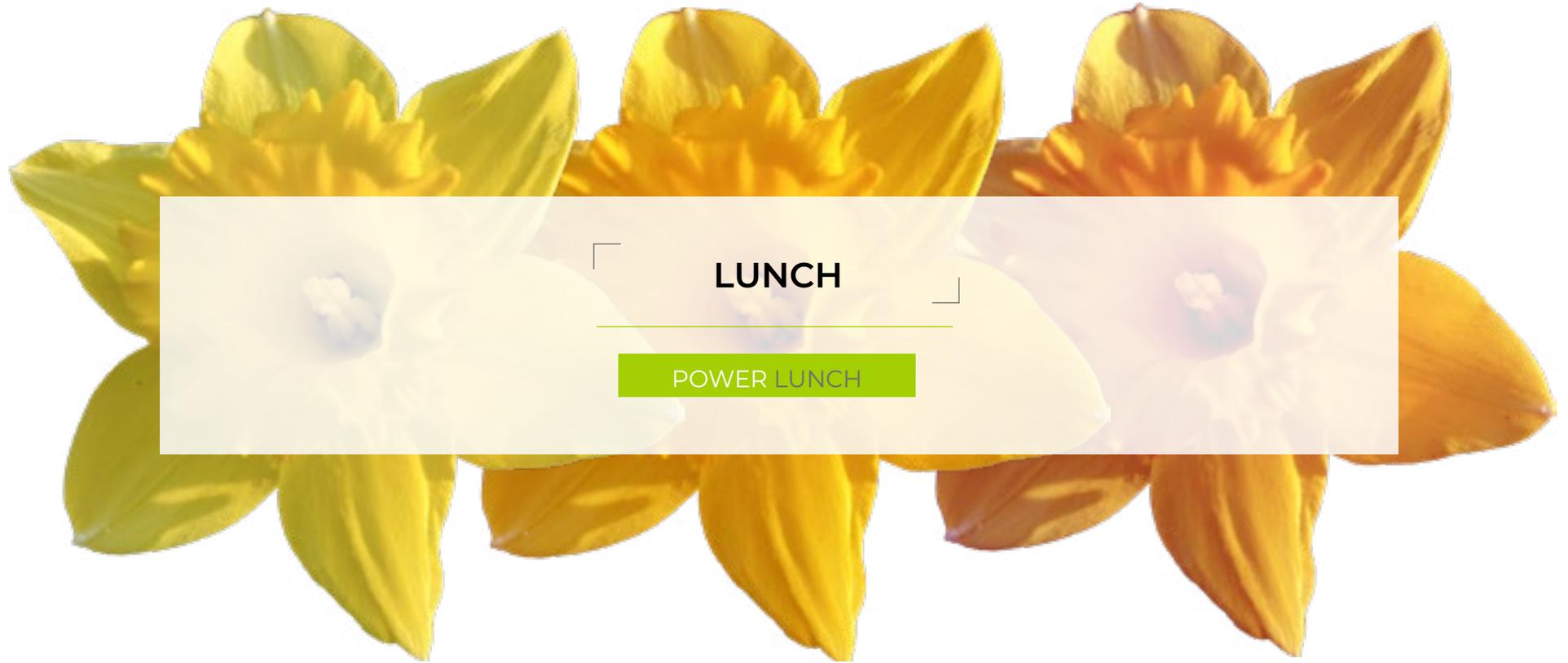
GARNISH

- Finely chopped tomatoes/peppers

METHOD

- Remove the avo flesh and mash roughly with a fork.
- Add a squeeze of lemon and salt/pepper.
- Toast the bread.
- Poach the eggs (optional).
- Assemble all ingredients and enjoy!





LUNCH

POWER LUNCH

LUNCH

STORE CUPBOARD SALADS

Pick an item from each category and enjoy a new creation every time!

(SERVES 1)

◆ **STORE CUPBOARD PROTEIN (100G, ALL TINNED)**

Chickpeas | Cannellini beans | Kidney beans | Tuna
2 Boiled eggs | Salmon

◆ **BASE LEAVES – 2 LARGE HANDFULS**

Kale | Spinach | Lettuce | Mixed leaves

◆ **RAINBOW VEG**

(choose min of 3, max – as many as you can eat!)
½ Red/yellow pepper | 80g Broccoli OR cauliflower
Handful sugar snap peas | 2 Inch chunk cucumber
Handful cherry tomatoes | 2 Sticks celery
3 Mushrooms | ½ Avocado | 1 Med beetroot
1 Red onion

◆ **FRESH HERBS – A HANDFUL, CHOPPED**

Mint | Parsley | Coriander | Chives | Thyme | Basil

◆ **DRESSINGS**

French: 1tbsp Extra virgin olive oil, 1tsp mustard,
1tbsp balsamic vinegar, 1 crushed garlic

Asian: 1tbsp Sesame seed oil, 1tsp Tamari,
1tsp sesame seeds, finely chopped spring onion

Pesto: 1tbsp Pesto, 1tbsp olive oil,
squeeze of lemon to taste

◆ **SPRINKLES**

Sesame seeds | Sunflower seeds | Pumpkin seeds
Pine nuts | Chopped walnuts



LUNCH

LEMONY TUNA AND ASPARAGUS SALAD BOX

A new take on the classic Niçoise, flavoured with dill and lemon

INGREDIENTS (SERVES 2)

- 2 Large eggs
- 200g Asparagus
- 160g Can tuna in spring water
- 1 Small red onion, very finely chopped
- 125g Cannellini beans
- Zest and juice ½ lemon
- 1tbsp Fresh chopped dill
- 1tsp Extra virgin olive oil

METHOD

- Place the eggs in the bottom of a steamer, boil for about 8 mins. Add the asparagus to the steamer for the last 5 mins.
- Meanwhile, gently toss all the other ingredients together and arrange on plates or in containers if making in advance.
- Plunge the eggs into cold water to cool them a little, then peel and quarter. Add the eggs and asparagus to the tuna salad.
- Will keep in the fridge for 2 days.

LUNCH

ZINGY SMOKED SALMON SALAD

INGREDIENTS (SERVES 2)

- 2 Oranges
- 1tbsp Red wine vinegar
- ½ Small red onion, thinly sliced
- 200g Bag radish, thinly sliced
- 200g Smoked salmon
- 75g Bag watercress
- Salt + Pepper

METHOD

- Segment the oranges over a salad bowl, allowing the segments and any juice to fall into the bowl.
- Stir in the vinegar, onion and radishes, add salt and pepper.
- Divide the smoked salmon between 2 plates.
- Toss the watercress through the radish mix, then put a handful on top of the salmon, making sure you have a bit of everything on each plate. Pour over any juices from the bowl.



LUNCH

QUINOA, LENTIL AND FETA SALAD

Quinoa is a protein-rich seed and makes a great base for many salads.

INGREDIENTS (SERVES 2)

- 120g Quinoa
- 1tsp Olive oil
- ½ Onion, finely chopped
- 2tbsp Tarragon , roughly chopped
- 14oz / 400g Can Puy or green lentils rinsed and drained
- ¼ Cucumber, lightly peeled and diced
- 100g Feta cheese, crumbled
- 6 Spring onions thinly sliced
- Zest and juice of 1 orange
- 1tbsp Red or white wine vinegar

METHOD

- Cook the quinoa in a large pan of boiling water for 8—10 mins – be careful not to overcook.
- Meanwhile, heat the oil in a small pan, then cook the onion for a few mins until softened. Add the tarragon, stir well, then remove from the heat.
- Stir the softened onion and tarragon into the cooled quinoa along with the lentils, cucumber, feta, spring onions, orange zest and juice and vinegar.
- Toss well together and chill until ready to serve.



LUNCH

APPLE AND TUNA SALAD

INGREDIENTS (SERVES 1)

- 175g Tuna in spring water, drained
- 1 Apple, chopped
- 1 Celery stick, sliced
- 1 Little gem lettuce, torn into bite-sized pieces
- 1tbsp Mayonnaise
- 85g Live natural yogurt
- 2tsp Lemon juice
- Sea salt and ground black pepper

METHOD

- Drain the tuna and mix well with the remaining ingredients.



LUNCH

SUPER QUICK COURGETTI — 3 WAYS

First spiralise 2 good sized courgettes, then choose how you want to transform them into a delicious lunch for 2!!

◆ **CHILLI, LEMON, RICOTTA AND MINT**

½ Red chilli, thinly sliced | 50g soft ricotta
 ½ Small pack mint, leaves picked
 Zest and juice of ½ lemon
 Salt and pepper

Toss the courgetti in a bowl with the chilli, lemon juice, 3/4 of the mint, some salt and pepper.
 Put onto a plate and garnish with the lemon zest, reserved mint and small dollops of the ricotta.

◆ **PESTO (VEGAN)**

½ Bunch basil | 4 Generous handfuls spinach
 1tbsp Lemon juice | 1 Clove garlic
 3tbsp Olive oil | 2tbsp Nutritional yeast flakes
 12 Chopped cherry tomatoes
 2tbsp Walnuts, chopped

Whizz up the basil, spinach, lemon juice, garlic and olive oil in a blender.

Transfer to a bowl and add nutritional yeast and walnuts.

Add the courgetti and tomatoes and mix well.

Transfer to a pan and heat through, season to taste.

◆ **CARBONARA**

1 Clove of garlic, diced | 4 Slices bacon | 4 Eggs
 (depends on hunger) | 2tbsps Grated parmesan

In a frying pan, slowly cook bacon on both sides until crispy, remove and set aside.

Add garlic to pan and let brown slightly on low.

Add the courgetti to pan with bacon fat and garlic.

Cook on medium/high until browned.

Add parmesan, stirring frequently to incorporate.

Meanwhile, poach the eggs in a separate pan.

Crumble bacon and stir in to noodles.

Add poached eggs on top and serve.

LUNCH

SPINACH SOUP

A vibrant green blended soup with crème fraîche that's healthy and filling – make a batch to serve 2–3 and freeze the leftovers!

INGREDIENTS

- 1tbsp Coconut oil
- 1 Bunch spring onions , chopped
- 1 Leek (about 120g), sliced
- 2 Small sticks celery (about 85g), sliced
- 200g Cannellini beans (tin, rinsed)
- Salt and pepper
- 1Litre stock (made with two chicken or vegetable stock cubes)
- 2 x 200-235g Bags spinach
- 150g Crème fraîche (optional)

METHOD

- Heat the coconut oil in a large saucepan. Add the spring onions, leek and celery. Stir and put on the lid.
- Sweat for 10 minutes, stirring a couple of times.
- Pour in the stock and cannellini beans and simmer for 10 minutes.
- Add the spinach and cook for a few mins until wilted.
- Blend to a smooth, very green soup!
- Stir in the crème fraîche (if using) and season to taste.



LUNCH

ASPARAGUS, PEA AND MINT FRITTATA

INGREDIENTS (SERVES 4)

- 225g (½ lb) Red onions, finely sliced
- 1tbsp Coconut oil
- 6 Free range eggs (large)
- 6 Spears of asparagus, cut into small sections and lightly steamed
- 100g Frozen peas lightly steamed
- ½ Pack of mint, finely chopped
- Freshly ground pepper
- A knob of butter

METHOD

- In a deep frying pan, sweat the onions in the oil over a medium heat for 10—12 minutes, until onions are golden brown, stirring occasionally.
- Break the eggs into a bowl and beat thoroughly. Remove the onions with a slotted spoon and add to the eggs. Then add the asparagus, peas, mint and seasoning to the mixture.
- Heat the butter in a shallow non-stick 25cm (10") diameter pan. Pour in the egg mixture and cook over a medium heat until the frittata has set on the bottom but the surface is still runny (3—4 minutes).
- Flash the pan under a pre-heated grill for 30-60 seconds to set the surface. (If your pan does not have a heatproof handle, turn the frittata in the pan to cook the other side. (I found that it needed a longer cooking time for the mixture to set. However if you are going to eat it straightaway, it's even more delicious when it's slightly runny).
- Cut into wedges and serve with a watercress salad.

LUNCH

3 EGG OMELETTE

INGREDIENTS (SERVES 2)

- 3 Large eggs
- 2 tsp Butter
- Salt & pepper
- 1 tbsp Chopped fresh herbs – your choice

SUGGESTED FILLINGS

- Spinach and sundried tomato
- Smoked salmon (150g) and asparagus



METHOD

- In a small bowl, whisk together eggs, salt and pepper and whatever filling you like.
- Heat the butter in a small pan and swirl around.
- Pour the egg mixture into the pan and let it set.
- Push the eggs from the edge to the centre, letting the eggs fill the space.
- Repeat for about 2 minutes, until almost set.
- Fold the omelette over and ensure that it is fully cooked before sliding on to plate.
- Sprinkle with fresh herbs and serve with half an avocado or sliced tomato.

LUNCH

BURRITO IN A JAR

This means there is no starchy tortilla, just the yummy filling. You can prepare a few of these for the week and put them in jam jars.

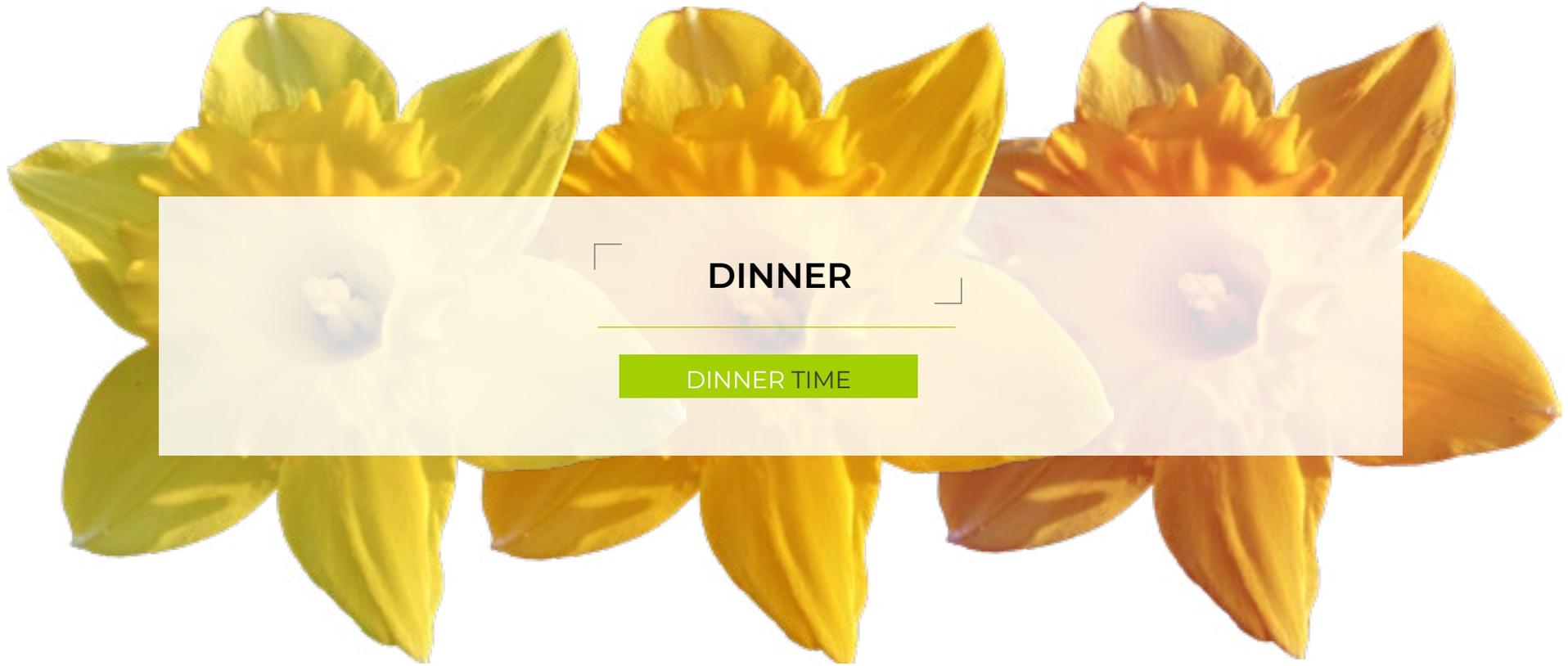
INGREDIENTS (PER JAR)

- 1cup Salsa
- 2tbsp Cooked quinoa
- 2tbsps Kidney beans, chickpeas or cannellini beans
- 1tbsp Grated cheddar cheese
- 2tbsp Greek Yogurt

METHOD

- Evenly spoon each ingredient into the jars.
- Add ingredients in the order listed.
- Keep in fridge for up to two days.
- Eat straight from the jar!





DINNER

DINNER TIME

DINNER

SPRING SALMON OR TOFU — 5 WAYS

Always try and source wild salmon, avoid farmed salmon for soooo many reasons! Select one fillet per person. For the vegetarian option, replace salmon with 100g firm tofu (pressed and cubed) per person.

◆ **CHOOSE A SAUCE/DRESSING – WHIZZ UP INGREDIENTS (BY HAND OR BLENDER)**

Zesty minty: 3tbsp Olive oil, zest and juice of 1 lemon, small pack mint leaves, finely chopped

Teriyaki: 2tbsp Tamari (wheat-free soy sauce) or soy sauce, 2tbsp mirin (Japanese sweetened rice wine), 4tsp grated fresh root ginger, 1tbsp sesame oil, 1tsp xylitol

◆ **SHORT CUT: JARS ARE PERFECT FOR BUSY DAYS**

Pesto | Harissa | Red Thai curry paste

Coat each salmon fillet with chosen sauce/dressing and leave to marinade whilst preparing veggies.

Choose your accompanying veggies from the following suggestions, or make up your own combinations, using the side dishes section for ideas.

◆ **MINTED PEAS/BEANS COMBO**

using a steamer, combine frozen peas, green beans, frozen edamame beans, together with a handful of mint leaves – lightly steam.

◆ **BROCCOLI AND CAULIFLOWER**

break into florets and lightly steam-fry (by adding a dash of water and then covering for around 4 minutes) with butter and finely sliced chilli.

◆ **ROASTED VEGGIES**

butternut squash, red/yellow peppers, courgettes, sprinkled with mixed herbs (takes about 35—45 mins, so need to plan ahead).

When the veggies are almost ready — heat up 1–2tbsps coconut oil in a large frying pan and add salmon fillets with skin side up. Be careful not to overcook, should take between 6—9 minutes. Serve with remaining dressing drizzled over and masses of veggies and a slice of lemon/ lime on the side.

DINNER

SMOKED HADDOCK WITH LEMON AND DILL LENTILS

INGREDIENTS (SERVES 2)

- 2 x 100g Smoked haddock fillets
- 100g / 4oz Puy lentils
- 1 Small onion, finely chopped
- 1 Carrot, finely chopped
- 1 Celery stick, finely chopped
- 300ml / ½ Pint vegetable stock
- 1 Rounded tbsp crème fraîche
- 2tbsp Chopped dill
- Zest ½ lemon
- 1tsp Butter
- 100g Spinach



METHOD

- Set oven to 180C.
- Tip the lentils into a pan with the onion, carrot and celery. Pour in the stock and bring to the boil. Give it a stir, then reduce the heat, cover and simmer for 20—25 mins, until the lentils are tender.
- Mix together the crème fraîche, half the dill and the lemon zest, adding a little seasoning.
- When the lentils are almost ready, put the the fish in an oven proof dish with a small amount of butter, cook for approx 15 mins until fish is flaky.
- When the lentils are cooked, stir in the spinach until the leaves are barely wilted, then stir in the crème fraîche mixture. Divide between 2 warmed plates and top with the haddock. Scatter over the remaining dill and serve.

DINNER

ASIAN STYLE STEAMED FISH

INGREDIENTS (SERVES 2)

- 100g Bok choy, roughly chopped
- 2 x 150g Fillets firm white fish
- 5cm Piece ginger, finely shredded
- 2 Garlic cloves, finely sliced
- 2tbsp Tamari or low-salt soy sauce
- 1tsp Mirin rice wine
- 1 Bunch spring onions , finely shredded
- Handful coriander, chopped
- 1 Lime, cut into wedges, to serve

METHOD

- Heat oven to 180C fan.
- Cut a large rectangle of foil, big enough to make a large envelope. Place the bok choy on the foil, followed by the fish, then the ginger and garlic. Pour over the soy sauce and rice wine, then season.
- Fold over foil and seal the 3 edges, then put on a baking sheet. Cook for 20 mins, open the parcel and scatter over the spring onions and coriander.
- Serve with cauli rice (see page 41) and squeezed lime juice.



DINNER

GARLIC CHILLI PRAWNS OR TEMPEH WITH BOK CHOI

INGREDIENTS (SERVES 2)

FOR THE MARINATED PRAWNS OR TEMPEH

- 300g (11oz) Large fresh, raw prawns, fully prepared
OR 200g tempeh, cubed
- 3 Cloves garlic, crushed
- Juice of 2 limes
- 1 Green chilli, de-seeded + 1 spoonful chilli oil
- Good pinch of salt
- 3tbsp Coconut oil
- 80g (dry weight) quinoa

FOR THE VEGETABLES

- 250g (9oz) Bok choy, stems separated from the leafy bits and both stems and leaves roughly chopped
- 1tbsp Coconut oil
- 1tbsp Oyster sauce (optional)

METHOD

- Blend the garlic, lime, chillies, chilli oil or flakes, salt and coconut oil to a puree.
- Marinate the prepared prawns or tempeh in the puree for 5 mins at room temperature.
- Cook for 1 and ½ minutes per side on a medium hot griddle pan or frying pan.
- For the bok choy, add the oil to a hot wok or frying pan and stir fry or steam fry (by adding a dash of water and then covering) for around 4 minutes, adding the stems to the pan first to cook for a minute before you add the leaves.
- Once cooked, remove from the heat and stir through a tablespoon of oyster sauce (if using).
- Serve immediately with the prawns or tempeh, quinoa and extra veg.

DINNER

THAI TURKEY BURGERS

INGREDIENTS (SERVES 4)

- 400g Turkey mince
- 40g Fresh breadcrumbs (gluten free)
- 3tbsp Red Thai curry paste
- ½ Bunch spring onions, finely chopped
- 1 Egg , beaten
- 1tbsp Olive oil
- Handful little gem lettuce leaves
- ¼ Cucumber, peeled and sliced
- 2 ripe tomatoes , sliced
- Slices red onion
- Mayonnaise, salsa or guacamole

METHOD

- Place mince, breadcrumbs, curry paste, spring onions and egg into a large bowl. Season lightly, then mix well with your hands to combine. Divide into 4 and shape into burgers.
- Brush the burgers with oil and grill for 7 mins each side, or until firm, golden and cooked through.
- Once cooked, serve each burger on a little gem lettuce leaf, add cucumber, tomato slices, red onion and a spoonful of mayo, salsa or guacamole and put a second lettuce leaf on top.
- Serve with half a plate of your favourite veg.



DINNER

CHARGRILLED TURKEY WITH QUINOA

INGREDIENTS (SERVES 4)

- 180g Quinoa
- ½ Cucumber, cut into 1cm chunks
- 175g Cherry tomatos, halved
- 3 Spring onions , finely sliced
- Handful parsley, roughly chopped
- Handful coriander, roughly chopped
- 1tbsp Olive oil, plus 1tsp lemon juice
- 4 Turkey steaks
- ◆ **FOR THE TAHINI DRESSING**
1½tbsp Tahini paste | 1½tbsp Plain yoghurt
Juice ½ lemon | Garlic clove, crushed
½tsp Clear honey

METHOD

- Cook the quinoa in a pan of boiling water – make sure you don't overcook it, should be about 10 minutes, watch for the seeds popping open.
- Drain and leave to cool while you prepare the turkey and salad.
- Tip the cucumber, tomatoes, spring onions and herbs into a large mixing bowl. Pour over 1tbsp olive oil & lemon juice, season & mix together.
- Heat a griddle pan and, when smoking hot, rub the turkey steaks with 1 tsp olive oil. Cook for about 5 mins on each side, depending on thickness.
- Stir together all the dressing ingredients along with 3 tbsp water. Toss the quinoa together with the salad and arrange on plates. Cut the turkey into thick slices, pile up on the quinoa and drizzle over the dressing.

DINNER

CAJUN CHICKEN AND CHUNKY BEAN SALSA

Add some zing to your chicken with this satisfying and nutritious recipe – try it with salmon or tofu, too.

INGREDIENTS (SERVES 2)

- 2 Boneless, skinless chicken breasts
- ½tsp Olive oil
- 1tbsp Cajun seasoning, we used Bart

FOR THE SALSA

- 400g Can pinto beans, rinsed and drained
- 2 Red peppers, diced
- 1 Avocado, diced
- 2 Spring onions, sliced
- 1tbsp Olive oil
- Juice of 1 lemon
- Handful coriander, chopped

METHOD

- To make the salsa, tip the beans, peppers, avocado and spring onions into a bowl. Season, dress with the olive oil and lemon juice, and set aside.
- Lay the chicken breasts on a board and bash a bit to flatten them out slightly. Place in a dish, drizzle with a little olive oil, then coat with the Cajun seasoning.
- Heat a griddle pan and cook the chicken or tofu for 5 mins on each side, turning if you want to get a criss-cross pattern, until cooked all the way through.
- Stir coriander through the salsa just before serving. Serve the chicken either whole or sliced.



DINNER

THAI RED CHICKEN CURRY

This is a quick and easy curry made with chicken, courgette, red pepper and carrot. Coconut milk and curry paste make an irresistible sauce that serves 2.

INGREDIENTS

- 2tsp Coconut oil
- 300g Chicken breast fillets, cut into strips
- 1tbsp Thai red curry paste
- 1 Courgette, halved lengthways and sliced
- 1 Red pepper, sliced into strips
- 1 Medium carrot, sliced
- 1 Red onion, quartered then sliced
- 400g Tin coconut milk
- 1tbsp Cornflour
- 2tbsp Chopped fresh coriander
- 1 Lime

METHOD

- Heat the oil in a large frying pan or wok over medium-high heat.
- Add the chicken pieces, cook and stir for about 3 minutes.
- Mix in the curry paste, courgette, pepper, carrot and onion. Cook and stir for a few minutes.
- Whisk together the coconut milk and cornflour to dissolve, then add to chicken mixture.
- Bring to the boil, then reduce to a simmer over medium heat for 1 minute, or until thickened. Right before serving, stir in the coriander.
- Feel free to add more or less curry paste according to taste. Serve with wedges of fresh lime for a tasty finish.

DINNER

LAMB KEBABS WITH MINTY BROAD BEANS

INGREDIENTS (SERVES 2)

- 200g Lean lamb neck, cut into 2½ cm dice
- 1 Red pepper, deseeded and cut into large chunks
- 1 Large courgette, cut into thick 'wheels'
- Red onion, cut into chunks
- 2 Garlic cloves, crushed
- 1tbsp Olive oil
- 1 Lemon, ½ juiced, ½ cut into wedges
- 400g Fresh or frozen broad beans
- 2tbsp Mint Sauce

METHOD

- Put the lamb, pepper, courgette and red onion in a bowl. Add the garlic, oil and lemon juice. Season, then toss well to coat.

- Thread the lamb, pepper, courgettes and onion onto 4–6 pre-soaked kebab skewers.
- Grill the kebabs for 3–4 mins on each side until nicely charred around the edges.
- Steam the broad beans for 5 mins.
- Drain and pop the beans out of their skins if you prefer them this way. Mix with the mint sauce.
- Serve the kebabs on top of the beans with lemon wedges for squeezing over.



DINNER

SLOW COOKER VEGETABLE CHILLI

This is a great recipe to batch cook & freeze, so that you always have a meal ready for all the family.

INGREDIENTS (SERVES 4-6)

- 2 x 400g Tins chopped tomatoes
- 1 x 400g Tin kidney beans
- 1 x 400g Tin mixed beans
- 1 x 200g Tin sweetcorn, rinsed and drained
- 2 Courgettes, sliced thinly
- 2 Small baby leeks, chopped thinly
- 3 Spring onions, chopped thinly
- 1 Large onion, cut into chunks
- ½ Red pepper, chopped
- ½ Yellow pepper, chopped

- ½ Green pepper, chopped
- 2 Carrots, peeled and chopped thinly
- 1 Stick celery, thinly sliced (optional)
- 1 Green chilli, chopped
- 1 Red chilli, chopped
- 2 tsp Hot or mild chilli powder
- 2 tsp Ground cumin
- 2tsp Dried oregano
- 1 Clove garlic, chopped or crushed

METHOD

- Mix all the ingredients in your slow cooker and cook on low for 6 to 8 hours or on high for 4 hours.
- Serve with quinoa or cauli rice (see page 41).

DINNER

ROASTED SPRING VEGETABLE CASSEROLE

INGREDIENTS (SERVES 2)

- 2tbsp Coconut oil
- 1 Garlic bulb, halved horizontally through the middle
- 1 Large red onion, sliced
- 1 Aubergine, halved and sliced on the diagonal
- 2 Large tomatoes , quartered
- 1 Red pepper, 1 green pepper, 1 yellow pepper deseeded and cut into chunky pieces
- 400g Can chopped tomatoes
- ½ Small pack parsley (dried)
- 2 Medium courgettes
- 1 x 400g Tin chickpeas, drained
- 1tbsp Italian mixed herbs



METHOD

- Heat oven to 180°C fan and put the oil in a roasting tin. Tip in the garlic and all the fresh veg (except the courgette and tomatoes), then toss with your hands to coat in the oil. Season well and roast for 45 mins.
- Remove the garlic from the roasting tin and squeeze out the softened cloves all over the veg, stirring to evenly distribute. Spiralise the courgettes.
- In a medium pan, simmer the chopped tomatoes and Italian herbs until bubbling, add the chickpeas and stir until warmed through.
- Season well and stir the tomato/chickpea mixture and courgetti into the roasted veg in the tin. Scatter over the parsley and serve.

DINNER

GREEN CAULIFLOWER RICE WITH GOATS CHEESE

INGREDIENTS (SERVES 3-4)

- 1 Head of cauliflower, stem and florets, coarsely chopped
- 3tbsp Extra virgin olive oil, plus extra to serve
- 2 Garlic cloves, chopped
- 200g (7oz) Thawed frozen or cooked fresh broad beans
- 70g (2³/₄ oz) Pumpkin seeds, lightly toasted
- 2 Handfuls of mixed herbs, such as mint and basil, finely chopped
- 2tbsp Lemon juice
- 100g Soft goat's cheese, crumbled
- Sea salt and freshly ground black pepper

METHOD

- Put the cauliflower in a blender and pulse to a fine rice-like texture. Be careful not to overdo it, you could end up with mash!
- Heat 2 tablespoons of the olive oil in a large frying pan, add the garlic and cook until lightly golden, then add the cauliflower rice, tossing it to coat in the garlic oil. Cook for 5 minutes, or until heated through and transfer to a large serving bowl.
- Add the broad beans, pumpkin seeds, herbs, lemon juice, goat's cheese and remaining olive oil. Toss until mixed. Finish with a drizzle of olive oil and season to taste. Serve warm.



DINNER

SIDE DISHES – STIR FRIED KALE / VEG TABBOULEH

These side dishes can be teamed up with dinner or lunch to add more variety and flavour.

STIR FRIED KALE

INGREDIENTS (SERVES 4)

- 1tbsp Coconut oil
- 200g Bag curly kale
- 2 Garlic cloves, finely sliced
- 1 Red chilli, deseeded and sliced

METHOD

- Heat the oil in a large wok, then add the kale and a couple tbsp water.
- Season, then stir-fry for 5—8 mins, adding the garlic and chilli for the final 2 mins.
- When the kale is tender and a vibrant green, remove from the heat and serve.

SPRING VEG CAULIFLOWER TABBOULEH

INGREDIENTS (SERVES 4)

- 1 Whole cauliflower (about 500g when trimmed)
- 2tbsp Coconut oil
- 5tbsp Hot vegetable stock
- 125g Pack fine asparagus, stems cut into small pieces, tips left whole
- 1 Courgette, cut into small cubes
- Zest of 2 lemons, juice of 1
- 2tbsp Capers, drained and chopped
- 3tbsp Extra virgin olive oil, plus extra to serve
- 50g Parsley, leaves only
- Small pack mint, leaves only
- 2 Spring onions, finely chopped

METHOD CONTINUES ON NEXT PAGE

DINNER

SIDE DISHES – SPRING VEG CAULIFLOWER TABBOULEH

METHOD

- Grate the cauliflower on the coarse side of a box grater, stopping only when you get to the very hard central core, or divide into florets and pulse in a food processor until the cauliflower has the consistency of rice or bulgur wheat.
- Heat 1tbsp oil in a large pan, add the cauliflower with some seasoning and fry over a medium heat for 3 mins, stirring regularly.
- Splash in the stock, stir, then cover the pan and cook for 2 mins more. Spread over a plate and leave to cool. Wipe out the pan.
- Heat the remaining oil in the pan and add the asparagus stems, courgette and seasoning. Fry over a high heat until turning golden, about 3 mins. Add the asparagus tips, fry for 2 mins more, then leave to cool.
- Mix the zest and lemon juice, capers, oil and some seasoning.
- Chop the herbs fairly finely, then tip into a large bowl with the cauliflower, vegetables and spring onions.
- When ready to eat, add the dressing and mix well. Mound onto a serving plate, drizzle with a little more oil, then cut the remaining zested lemon into wedges and serve alongside.



DINNER

SIDE DISHES – WARM SPRING VEGGIES

INGREDIENTS (SERVES 4)

- 2 Large courgettes, sliced into ribbons with a vegetable peeler
- Juice of 1 lemon
- 200g Asparagus spears, washed and trimmed
- 100g Frozen peas
- 100g Frozen broad beans
- 1tbsp Extra virgin olive oil
- Small pack parsley, roughly chopped
- Salt and pepper

METHOD

- Put the courgette ribbons in a large bowl with a pinch of salt and the lemon juice.
- Steam the asparagus for 2 mins, adding the frozen peas and broad beans for the final minute.
- Drain well, pod the broad beans and toss together with the courgette ribbons. Drizzle over the olive oil, sprinkle on parsley and season to taste.



DINNER

SIDE DISHES – BROAD BEANS WITH TOMATOES AND ANCHOVIES

INGREDIENTS (SERVES 4)

- 1.3kg Young broad beans in the pod (to give about 350g/12oz shelled beans)
- 3tbsp Coconut oil
- 450g Cherry tomatoes, halved
- 6 Spring onions, finely chopped
- 2 Garlic cloves, sliced
- 4–6 Anchovy fillets, chopped
- 2tbsp Chopped fresh marjoram or parsley
- Salt and pepper

METHOD

- Blanch the shelled beans in boiling water for 1 minute. Drain into a sieve and hold under running cold water to cool them down quickly. Drain again and peel off the outer hard skins.

- Heat the oil in a non-stick frying pan until very hot, add the tomatoes and sauté over a high heat until the juices begin to run and caramelize.
- Tip in the spring onions and garlic and cook over a medium heat for 1–2 minutes until the onions just begin to soften and the garlic begins to turn golden.
- Now add the beans and sauté for 1–2 minutes until heated through.
- Stir in the anchovies so they break up, season to taste with salt and freshly ground black pepper, then stir in the marjoram or parsley and serve.



DINNER

SIDE DISHES – COURGETTE FRITTERS

INGREDIENTS (SERVES 2)

- 1 Large courgette or 2 small
- 1 Clove of garlic peeled and minced
- Large bunch fresh basil, chopped
- Large bunch fresh oregano or tsp dried
- 1tbsp Lemon zest
- 2 Organic eggs
- ¼ Cup gluten free flour
- ¼tsp Onion powder
- Salt/pepper to taste
- 2tbsp Coconut oil

METHOD

- Using the large holes of a box grater, grate the courgette.
- Place courgette in a colander set in the sink and toss with ½ teaspoons salt. Let stand 10 minutes, then wring courgette dry in a clean kitchen towel.
- Place courgette in a large bowl and gently mix in egg, garlic, basil, oregano, lemon zest, onion powder, salt and pepper.
- Mix well to combine. Slowly add flour, stirring so no lumps form.
- Heat 2 tablespoons coconut oil in a large pan over medium-high heat until the oil sizzles.

METHOD CONTINUES ON NEXT PAGE

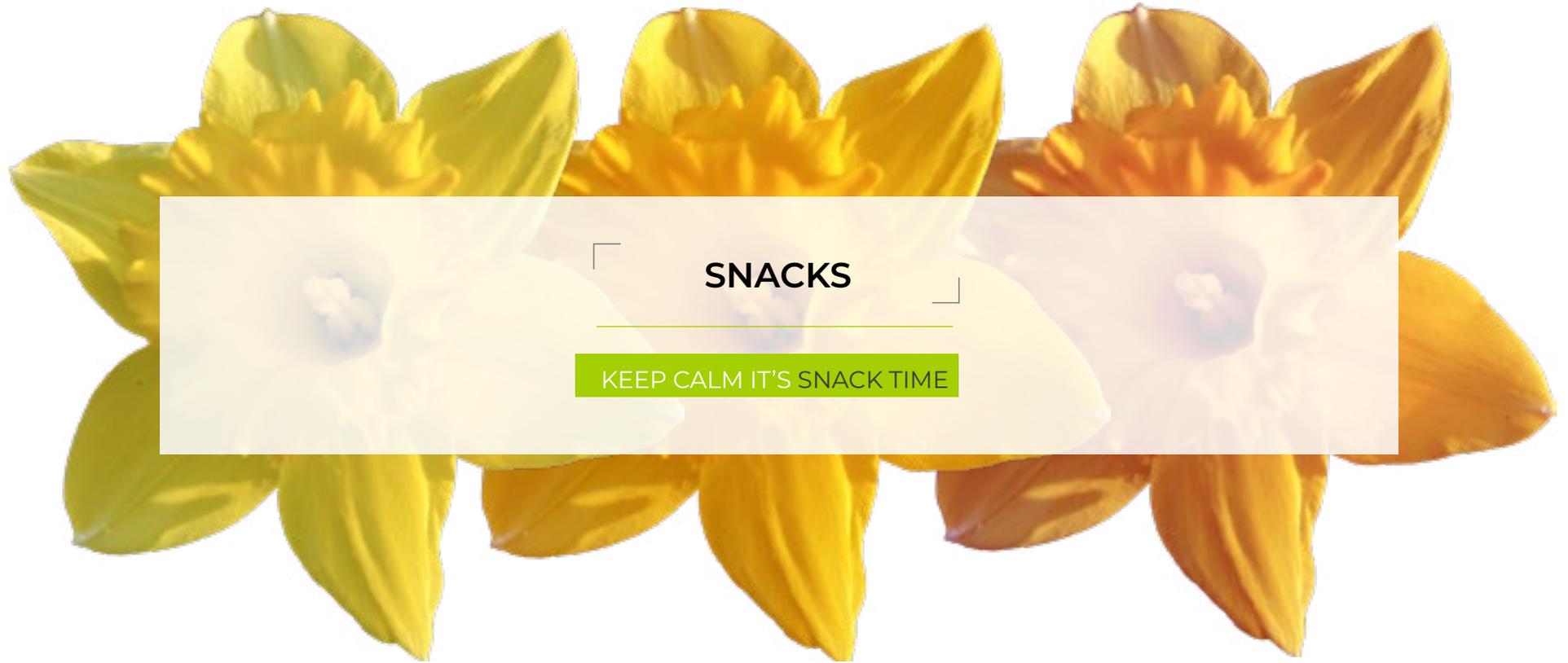
DINNER

SIDE DISHES – COURGETTE FRITTERS



METHOD (CONTINUED)

- Carefully drop about 2 tablespoons courgette mixture into pan; repeat, spacing fritters a few inches apart.
- Cook fritters until golden, 2—3 minutes each side. Transfer fritters to a plate; set aside in a warm place. Cook remaining courgette mixture, adding more oil to pan if necessary. Usually makes 6 fritters.



SNACKS

KEEP CALM IT'S SNACK TIME

SNACKS

EASY SNACKS

Snacks are optional. Consider first whether you are genuinely hungry. If you always feel hungry between meals you may want to slightly increase the servings sizes of your main meals. (more veg, a little more protein).

HERE ARE SOME IDEAS:

- 1 Apple + 3 Brazil nuts
- 1 Orange + 5 almonds
- 1 Pear + 4 walnuts
- Celery sticks filled with 25g nut butter (no added sugar)
- Sliced apple with 25g nut butter
- 150g Plain yoghurt with 1tbsp berries
- Half avocado with 1 tsp mixed seeds
- Cottage cheese (100g) with a chopped apple
- Cup of instant Miso soup
- A few squares of feta cheese with celery and apple
- 1 x Coconut yoghurt (plain, e.g. Coyo) topped with 1-2tbsp of stewed apple and cinnamon and 1tbsp toasted flaked almonds.
- Large handful of sugar snap peas with hummus (100g)
- Mixed veg sticks (carrot, pepper, cucumber) with hummus (100g)

SNACKS

MINI SPINACH AND COTTAGE CHEESE FRITTATAS

These next 4 snacks are ones that you will have to plan ahead for & make in advance — but they taste oh so good!

INGREDIENTS (MAKES 6)

- Butter, for greasing
- 85g Baby spinach
- 3 Large eggs
- 6tbsp Cottage cheese
- 3 Spring onions , sliced
- Few sprigs of dill, roughly chopped
- Fresh nutmeg, for grating

METHOD

- Heat oven to 160C fan.
- Lightly grease a 6-hole muffin tin and line with squares of baking parchment as muffin cases.

- Put the spinach in a colander in the sink and pour over a kettle of boiling water, then leave to drain. When cool, squeeze liquid from the spinach, then roughly chop.
- Beat the eggs and season well.
- Mix through the spinach, cottage cheese, spring onions, dill and a generous grating of nutmeg.
- Divide the mixture between the muffin cases.
- Bake for 18—20 mins or until just set. Leave to cool a little before removing from the tin.
- These will keep in an airtight container in the fridge for up to 2 days.



SNACKS

HOMEMADE CHOCOLATE HOBNOBS

INGREDIENTS

- 1 Cup (100g) Gluten Free oats
- ¼ Cup (30g) Gluten Free oat flour
- Pinch of salt
- ½ Cup (50g) ground almonds
- ⅓ Cup (80ml) coconut oil, melted
- 1tbsp Maple syrup or other liquid sweetener
- 100g Chocolate of choice – recommend at least 70%, ideally use 80% or even 85%



METHOD

- Preheat your oven to 160C fan assisted.
- In a bowl, mix together the oats, oat flour, ground almonds and salt, then pour in the melted coconut oil and maple syrup.
- Scoop onto a baking sheet covered with parchment paper and shape into equal sized biscuits.
- Bake for 12—15 minutes. Leave to cool completely before adding the chocolate.
- Break the chocolate up into pieces and place in a heat-proof bowl. Melt over a pan of simmering water.
- Flip the biscuits (so the bottom is facing up) and spread the chocolate on top. Leave to set.

These are gluten free and healthy, but still are a treat, so limit yourself to one/day and not every day!

SNACKS

PALEO BLUEBERRY MUFFINS

INGREDIENTS (MAKES 8)

- 200g Fine almond flour
- ½tsp Baking soda
- ¼tsp Fine sea salt
- 3 Eggs
- 1tbsp Honey
- 2tbsp Coconut oil, melted
- 1tbsp Lemon juice
- 1tsp Vanilla extract
- 1 Cup fresh blueberries

METHOD

- Preheat oven to 160C and grease or line muffin tin.
- Combine dry ingredients in large bowl.

- Combine wet ingredients in medium bowl. Stir wet ingredients into dry ingredients, then fold in blueberries.
- Using a large scoop, fill muffin cups ¾ full.
- Bake for 20—25 minutes, until golden brown and toothpick inserted comes out clean.
- Cool on wire rack.



SNACKS

NO BAKE ENERGY BALLS

INGREDIENTS (2 BALLS = 1 SERVING)

- 200g Ground almonds
- 150g Cashew nuts
- 6 Medjool dates
- 30g Dried cherries or blueberries (no sugar)
- 80g Walnuts, finely chopped
- Zest and juice of ½ orange
- 1tsp Vanilla extract
- 1tsp Ginger
- 1tsp Cinnamon
- ½tsp Nutmeg



METHOD

- Place the cashews, dates and ground almonds in a food processor and combine thoroughly.
- Place in a mixing bowl and stir in the walnuts, dried fruit, orange zest, cinnamon, nutmeg, ginger and vanilla.
- Slowly add the orange juice, stirring with a spoon.
- The mixture should be sticky, if not add a little more orange juice (or water).
- If it becomes too sticky and unmanageable add some more ground almonds.
- Take 2tsp of the mixture and roll into a walnut-sized ball.
- Continue until all mixture in balls.
- Place in the fridge to set for 2-3 hours and serve after set.

