



MENO MENU

day one

Recipes serve 2-4 people
please go by protein
amount, recipes are just
samples for ideas, please
mix and match/ adapt to
suit your needs.



BREAKFAST

Berry go smoothie

- 1 small ripe banana
- about 140g blackberries, blueberries, raspberries or strawberries (or use a mix), plus extra to serve
- apple juice or mineral water, optional
- runny honey, to serve

STEP 1 Slice the banana into your blender or food processor and add the berries of your choice. Whizz until smooth. With the blades whirring, pour in juice or water to make the consistency you like. Toss a few extra fruits on top, drizzle with honey and serve.



LUNCH

Corn cakes with salsa

- 50g self-raising flour
- 1 egg, beaten
- 200g canned or frozen sweetcorn
- bunch spring onions, trimmed and finely chopped
- 1 avocado, cut into small chunks
- 1 lime, ½ juiced and the rest cut into 4
- handful coriander leaves, chopped
- 1-2 tbsp vegetable oil
- refried beans, to serve

STEP 1 In a bowl, combine the flour, egg, corn and half the onions with some seasoning, then mix well. Mix the avocado with the remaining onions, lime juice, coriander and seasoning, then set aside.

STEP 2 Heat 1 tbsp oil in a non-stick frying pan. Drop tbsps of the corn mixture into the frying pan, smoothing them down to form cakes. Cook for about 2-3 mins on each side over a medium heat, adding the remaining oil if you need to. Serve hot with the avocado salsa, lime wedges and some warm refried beans.



DINNER

Bean and roast pepper chilli

- 2 onions, chopped
- 2 celery sticks, finely chopped
- 2 yellow or orange peppers, finely chopped
- 2 tbsp sunflower oil or rapeseed oil
- 2 x 460g jars roasted red peppers
- 2 tsp chipotle paste
- 2 tbsp red wine vinegar
- 1 tbsp cocoa powder
- 1 tbsp dried oregano
- 1 tbsp sweet smoked paprika
- 2 tbsp ground cumin
- 1 tsp ground cinnamon
- 2 x 400g cans chopped tomatoes
- 400g can refried beans
- 3 x 400g cans kidney beans, drained and rinsed
- 2 x 400g cans black beans, drained and rinsed

STEP 1 Put the onions, celery and chopped peppers with the oil in your largest flameproof casserole dish or heavy-based saucepan, and fry gently over a low heat until soft but not coloured.

STEP 2 Drain both jars of peppers over a bowl to catch the juices. Put a quarter of the peppers into a food processor with the chipotle paste, vinegar, cocoa, dried spices and herbs. Whizz to a purée, then stir into the softened veg and cook for a few mins.

STEP 3 Add the tomatoes and refried beans with 1 can water and the reserved pepper juice. Simmer for 1 hr until thickened, smoky and the tomato chunks have broken down to a smoother sauce.

STEP 4 At this stage you can cool and chill the sauce if making ahead. Otherwise add the kidney and black beans, and the remaining roasted peppers, cut into bite-sized pieces, then reheat. (This makes a large batch, so once the sauce is ready it might be easier to split it between two pans when you add the beans and peppers.) Once bubbling and the beans are hot, season to taste and serve.



MENO MENU

day two



BREAKFAST

Banana oat pancakes

- 125ml oat milk
- 2 eggs, separated
- 1 small banana
- 100g rolled oats
- 2 tsp baking powder
- few drops vanilla extract
- oil of your choice
- low fat yogurt and fruit to top

STEP 1 Put the oat milk, egg yolks, banana, oats, baking powder and vanilla in a blender and process to as smooth a mixture as you can get. Whisk the eggs whites until they hold stiff peaks. Whisk 1-2 tbsp of the whites into the batter, then fold in the rest.

STEP 2 Heat a non-stick pan over a medium heat and spray with a whisper of oil, pour about 2 tbsp of batter into the pan and cook for 1-2 mins, until the base sets and bubbles appear all over the top. Flip and cook the other side for a minute. Repeat in batches, making sure the top looks dryish before attempting the flip, or the centre will collapse.



LUNCH

Pepper and ham omelette

- 2 whole eggs and 3 egg whites
- 1 tsp olive oil
- 1 red pepper, finely chopped
- 2 spring onions, white and green parts kept separate, and finely chopped
- few slices wafer-thin extra-lean ham, shredded
- 25g mature cheddar
- wholemeal toast, to serve (optional)
- 1-2 chopped fresh tomatoes, to serve (optional)

STEP 1 Mix the eggs and egg whites with some seasoning and set aside. Heat the oil in a medium non-stick frying pan and cook the pepper for 3-4 mins. Throw in the white parts of the spring onions and cook for 1 min more. Pour in the eggs and cook over a medium heat until almost completely set.

STEP 2 Sprinkle on the ham and cheese, and continue cooking until just set in the centre, or flash it under a hot grill if you like it more well done. Serve straight from the pan with the green part of the spring onions sprinkled on top, the chopped tomato and some wholemeal toast, if you like.



DINNER

Turkey Bolognese

- 400g lean turkey mince (choose breast instead of thigh mince if you can, as it has less fat)
- 2 tsp vegetable oil
- 1 large onion, chopped
- 1 large carrot, chopped
- 3 celery sticks, chopped
- 250g pack brown mushroom, finely chopped
- pinch of sugar
- 1 tbsp tomato purée
- 2 x 400g cans chopped tomato with garlic & herbs
- 400ml chicken stock, made from 1 low-sodium stock cube
- cooked wholemeal pasta and fresh basil leaves (optional), to serve (or spiralized courgette)

STEP 1 Heat a large non-stick frying pan and dry-fry the turkey mince until browned. Tip onto a plate and set aside.

STEP 2 Add the oil and gently cook the onion, carrot and celery until softened, about 10 mins (add a splash of water if it starts to stick). Add the mushrooms and cook for a few mins, then add the sugar and tomato purée, and cook for 1 min more, stirring to stop it from sticking.

STEP 3 Add the tomatoes, turkey and stock with some seasoning. Simmer for at least 20 mins (or longer) until thickened. Serve with the pasta and fresh basil, if you have it.



MENO MENU

day three



BREAKFAST

Low sugar granola

- 200g rolled oats
- 150g bag mixed nuts
- 150g mixed seeds
- 1 orange , zested
- 2 tsp mixed spice
- 2 tsp cinnamon
- 2 tbsp cold pressed rapeseed oil
- 1½ tbsp maple syrup

STEP 1 Heat oven to 160C/140C fan/gas 4. Mix all the ingredients in a bowl with a pinch of salt, then spread out on a baking tray.

STEP 2 Roast for 30-35 mins until golden, pulling the tray out of the oven twice while cooking to give everything a good stir – this will help the granola toast evenly. Leave to cool. Will keep in an airtight container for one month.



LUNCH

Squash frittatinis

- 250g butternut squash , peeled, deseeded and chopped into small pieces
- 25g frozen peas
- 100g feta , crumbled
- 4 large eggs

STEP 1 Heat oven to 200C/180C fan/gas 6. Put the butternut squash in a bowl, cover with cling film and cook in the microwave on High for 5-7 mins until tender. Meanwhile, line 8 holes of a muffin tin with squares of baking parchment – allow a little overhang at the top as the frittatinis will puff up.

STEP 2 Divide the squash, peas and feta between the lined muffin holes – they should be quite full. Beat the eggs in a jug with some seasoning, then pour into the muffin holes. Put the tin in the centre of the oven and bake for 20 mins. Leave to cool for about 15 mins before packing into a cooler bag for transporting, or chill for up to 24 hrs.



DINNER

Jerk chicken salad

- 1 small (100g) free-range skinless, boneless chicken thigh
- Zest and juice 1 lime, plus wedges to serve
- ¼ tsp jerk seasoning
- 2 fresh thyme sprigs, leaves picked and roughly chopped
- 60g cauliflower florets
- Small handful fresh coriander leaves, roughly chopped
- 50g pineapple, cut into chunks
- 70g tinned red kidney beans, rinsed and drained

STEP 1 Heat the oven to 200°C/180°C fan/gas 6. Put the chicken in a small glass/ceramic bowl with half the lime zest and juice, the jerk seasoning and a pinch of chopped thyme. Season and set aside to marinate.

STEP 2 Meanwhile, coarsely grate the cauliflower on the largest side of a box grater into a mixing bowl. Season and stir in the remaining lime zest and juice, another pinch of chopped thyme, half the chopped coriander and the pineapple chunks and kidney beans.

STEP 3 Put the chicken on a folded piece of non-stick baking paper set on a baking tray. Roast for 20 minutes until cooked through and juicy. Slice, then serve on a plate with the cauli 'rice' and spoon over any cooking juices. Garnish with the remaining thyme and coriander, then serve with lime wedges.



MENO MENU

day four



BREAKFAST

Apple and linseed porridge

- 100g porridge oat
- 2 eating apples
- , peeled and grated
- ½ tsp ground cinnamon, plus extra for sprinkling
- 500ml your preferred milk
- 2 tbsp ground linseed
- 150ml pot Greek yogurt
- drizzle of honey or agave syrup (optional)

STEP 1 In a medium saucepan, mix the oats, apples, cinnamon and milk. Bring to the boil, stirring occasionally, then turn down the heat and cook for 4-5 mins, stirring constantly.

STEP 2 Stir in the ground linseeds, then divide into 4 breakfast bowls. Top each with a dollop of yogurt, a drizzle of honey or agave syrup, and a sprinkle more cinnamon.



LUNCH

Lentil and courgette fritters

- 400g can brown lentils
- 185g self-raising flour
- 2 eggs, separated
- 250ml milk
- 2 courgettes, coarsely grated
- 2 spring onions, finely chopped
- 1/2 cup mint leaves, thinly sliced, plus extra leaves to serve
- Finely grated zest & juice of 1 lime, plus lime wedges to serve
- 1 1/2 tsp each ground cumin & ground coriander
- Pinch of chilli flakes
- 60ml sunflower oil
- 200g baby cucumbers, cut into thin wedges
- 1 long red chilli, thinly sliced into rings
- 150g Greek feta, thinly sliced
- Salad leaves, to serve

STEP 1 Place the lentils in a large bowl. Crush with a potato masher until coarsely mashed.

STEP 2 Place flour in another bowl and make a well. Add yolks and gradually whisk in milk until smooth. Stir in lentils, courgette, spring onion, mint, lime zest, spices and chilli. In a separate bowl whisk egg whites to soft peaks with an electric beater (or by hand). Gently fold into batter and check seasoning.

STEP 3 Working in batches, heat a third of the oil in a large nonstick frying pan to medium-high heat. Spoon ¼-cupfuls of mixture into the pan and cook for 3 minutes each side until golden and cooked through. Transfer to a plate lined with paper towel and loosely cover with foil to keep warm. Repeat with remaining oil and batter.

STEP 4 Combine cucumber, lime juice, fresh chilli and 1 tsp salt flakes in a bowl.

STEP 5 Divide fritters among plates, top with feta, cucumber mixture and extra mint and serve with salad leaves and lime wedges.



DINNER

Asparagus salad

- 400-500g asparagus spears, any woody root ends trimmed
- 3 tbsp olive oil
- Finely grated zest and juice 1 small lemon
- 200g frozen petits pois
- 600-700g small new potatoes, well washed
- 1 tbsp dijon mustard
- 70-80g baby spinach, lamb's lettuce or shredded wild garlic leaves if you can get them
- Some parsley, chervil, tarragon (or a mix), finely chopped – be generous
- 4 'soft' hard-boiled free-range eggs, halved

STEP 1 Heat the oven to 200°C fan/gas 7. Scatter the asparagus in a roasting tin, trickle over 2 tbsp olive oil, add the lemon zest and half the juice, then season well with salt and pepper. Give everything a rattle around so the asparagus is well coated. Roast for about 15 minutes – a little less if the asparagus is very thin, a bit more if it's thick – you want it to be tender with a little char on it. Add the frozen peas 2-3 minutes before the end of cooking, then give everything a stir and cook until done.

STEP 2 While the asparagus is roasting, cook the potatoes in lightly salted boiling water until tender (about 12-16 minutes depending on their size). Drain and, when they're just warm enough to handle, halve them (unless they're really tiny). Then, in a large bowl, toss them with the remaining lemon juice, the mustard and the remaining 1 tbsp olive oil.

STEP 3 When the asparagus and peas are cooked, toss them gently and thoroughly with the potatoes. Add whatever green leaves you're using, plus the chopped herbs, whatever they might be. Season with a bit more salt and pepper if it needs it, divide it among the plates and put the halved boiled eggs on top.



MENO MENU

day five



BREAKFAST

Very berry yogurt bowl

- 4 tbsp yogurt
- 1 handful cup mixed berries (strawberries, blueberries, blackberries, raspberries)
- 1 tsp lemon juice and lemon rind
- 1 tbsp mint, chopped
- 1 tsp honey

STEP 1 Mix yogurt, lemon juice, lemon rind, and honey in a bowl.

STEP 2 Top with berries and fresh mint.



LUNCH

Humous and beetroot salad

- 4 beetroot, cut into wedges
- 2 tsp avocado oil (or olive oil), plus extra for drizzling
- 400g tin chickpeas, drained, water reserved
- 2 tbsp smooth tahini
- Juice 1 lemon, plus extra to serve (optional)
- 1 fat garlic clove, roughly chopped
- 120g sprouted milled flaxseed/linseed
- 2 small ripe avocados, halved
- 100g salad leaves
- 6 baby cucumbers (or ½ large cucumber), sliced
- 2 carrots, grated
- 80g feta, crumbled (check it's veggie if you need it to be)

STEP 1 Heat the oven to 180°C fan/gas 6. Put the beetroot on a roasting tray, drizzle with the avocado oil, then roast for 35-40 minutes until tender.

STEP 2 For the omega-3 houmous, whizz the chickpeas, tahini, lemon and garlic with half the reserved chickpea water in a food processor/blender. Add the flaxseed/linseed and whizz, adding more of the chickpea water, if needed, for a smooth consistency. Season.

STEP 3 Divide the houmous, beetroot, avocado, leaves, cucumbers, carrot and feta among 4 plates, then drizzle over a little more oil and, if you like, lemon juice for a sharper flavour.



DINNER

Beef and pepper stir fry

For the marinade

- 4 tbsp soy sauce
- 4 tbsp sweet chilli sauce
- 1 garlic clove, crushed
- 1 heaped tsp Chinese five-spice powder
- 1 tsp light muscovado sugar
- 1 large lime, juice only

For the stir fry

- 2 x 200g/7oz rump steaks, trimmed
- 150g/5oz fine egg noodles (about 2 nests)
- 3 tbsp sunflower oil
- 2 red peppers, seeds removed, thinly sliced
- 1 brown onion, thinly sliced
- ½ head Chinese leaves, white and green parts separated and very finely sliced
- 1 small bunch coriander, chopped

STEP 1 Make the marinade by placing all the ingredients in a bowl and mixing together well.

STEP 2 For the stir fry, using a meat mallet, rolling pin or the base of a saucepan, bash the steaks to make them a little thinner. Sit them in a large dish and spoon over 3 tablespoons of the marinade. Leave to marinate while you cook the noodles.

STEP 3 Cook the noodles in boiling salted water according to the packet instructions, then drain and set aside.

STEP 4 Heat 2 tablespoons of the oil over a medium-high heat in a large non-stick frying pan. Season the marinated steaks with salt and pepper and fry for 1½-2 minutes on each side, then transfer to a warmed plate to rest.

STEP 5 Wipe the frying pan with a piece of kitchen paper, add the remaining oil and fry the red peppers and onion for 3-4 minutes over a high heat. Tip in the white parts of the Chinese leaves and fry for another minute.

STEP 6 Add the remaining marinade and the drained noodles, toss until coated, then add the green parts of the Chinese leaves, some seasoning and half of the coriander. Toss everything together to mix and heat through.

STEP 7 Divide the noodles among four plates. Very thinly slice the steaks and place on top of the noodles. Drizzle any resting steak juices on top and garnish with the remaining coriander to serve.



MENO MENU

day six



BREAKFAST

2 minute smoothie

- 1 banana
- 1 tbsp porridge oats
- 80g soft fruit (whatever you have – strawberries, blueberries, and mango all work well)
- 150ml milk of choice
- 1 tsp honey
- 1 tsp vanilla extract

STEP 1 Put all the ingredients in a blender and whizz for 1 min until smooth.

STEP 2 Pour the banana oat smoothie into two glasses to serve.



LUNCH

Spinach protein pancakes

- 284ml oat milk
- 1 egg beaten, plus 2 poached eggs per person, to serve (optional)
- 200g spinach
- 175g buckwheat flour
- 1 tsp gluten-free baking powder
- pinch of paprika
- rapeseed oil for frying

STEP 1 Boil the kettle, and put the buttermilk and beaten egg in a food processor. Put the spinach in a colander and pour over boiling water to wilt. Squeeze out any excess water, add to the processor and blitz to a smooth purée.

STEP 2 Put all the dry ingredients, plus 1 tsp salt, in a bowl and gradually mix in the purée. If a little thick, add 1 tbsp water to loosen to a batter consistency.

STEP 3 Heat a drizzle of oil in a large, non-stick pan over a medium heat and spoon in two or three ladlefuls of batter. Cook for 1-2 mins or until bubbles appear, then flip over for 1 min more or until cooked. Repeat until you have 12 pancakes. Serve topped with poached eggs, if you like.



DINNER

Tandoori salmon kebabs

- 2 x 115g (4oz) salmon steaks, skinned
- 3 small new potatoes
- Small piece fresh ginger, peeled and grated
- Finely grated zest and juice of ½ lime or lemon
- ½ tsp ground turmeric
- ½ tsp garam masala
- 1 clove garlic, crushed
- 1 tbsp chopped fresh mint or coriander
- 4 tbsp fat-free Greek yoghurt

STEP 1 Cut the salmon into large, bite-sized chunks. Steam or boil the potatoes until just tender then drain, cool and halve.

STEP 2 In a medium bowl, mix together the ginger, lemon, spices, garlic, mint and yoghurt. Stir in the fish and potatoes, cover and marinate in the fridge for at least one hour.

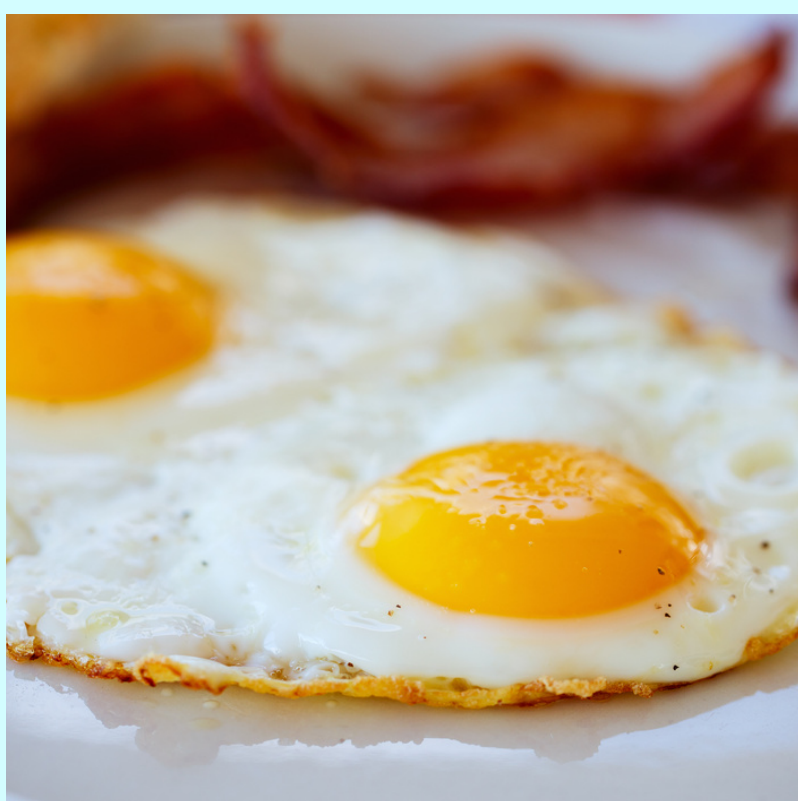
STEP 3 Thread the fish cubes and the potatoes onto wooden skewers and grill or barbecue for 3-5 minutes, turning until evenly browned.

STEP 4 Serve immediately with brown basmati rice, rocket or watercress, and lemon wedges.



MENO MENU

day seven



BREAKFAST

Baked green eggs

- 100g baby spinach , roughly chopped
- 4 tbsp fresh pesto
- 100ml double cream
- 1 tbsp finely grated gruyère (or vegetarian alternative)
- 4 medium eggs

STEP 1 Heat oven to 200C/180C fan/gas 6. Mix together the spinach, pesto, cream and some seasoning, and tip into 2 individual shallow ovenproof dishes. Sprinkle the cheese over the top. Make 2 shallow hollows in the mixture in each dish and break an egg into each hollow. Bake in the oven for 10-12 mins until the whites are set and the yolks are still runny.



LUNCH

Chia and fruit bowl

- 50g jumbo porridge oats
- 200ml unsweetened almond milk, coconut milk or cashew milk- whichever you like
- ½ tsp vanilla extract
- 2 tbsp natural or Greek yogurt
- 25g chia seeds

FOR THE TOPPING

- 150g punnet blueberry or your choice of fruit
- 25g flaked almonds or whichever nuts you like
- Honey, to taste (optional)

STEP 1 Mix all the porridge ingredients in a bowl and leave to soak for at least 20 mins. Once the oats have softened, stir through half the blueberries. If the porridge is too dry, add a little water.

STEP 2 Divide the mixture between 2 bowls and top each with the remaining berries, almonds and honey.

A simple breakfast where you can adapt to whatever toppings you have in the cupboard



DINNER

Mushroom stroganoff

- 2 tsp olive oil
- 1 onion, finely chopped
- 1 tbsp sweet paprika
- 2 garlic cloves, crushed
- 300g mixed mushrooms, chopped
- 150ml low-sodium beef or vegetable stock
- 1 tbsp Worcestershire sauce, or vegetarian alternative
- 3 tbsp half-fat soured cream
- small bunch of parsley, roughly chopped
- 250g pouch cooked wild rice

STEP 1 Heat the olive oil in a large non-stick frying pan and soften the onion for about 5 mins.

STEP 2 Add the paprika and garlic, then cook for 1 min more. Add the mushrooms and cook on a high heat, stirring often, for about 5 mins.

STEP 3 Pour in the stock and Worcestershire sauce. Bring to the boil, bubble for 5 mins until the sauce thickens, then turn off the heat and stir through the soured cream and most of the parsley. Make sure the pan is not on the heat or the sauce may split.

STEP 4 Heat the wild rice following pack instructions, then stir through the remaining chopped parsley and serve with the stroganoff.

Snack ideas:

Greek yoghurt, fruit, crackers, nuts, leftovers from dinner.