



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

Peanut butter oat pots

INGREDIENTS

- 180g porridge oats
- 75g 100% crunchy peanut butter
- 40g stoned medjool dates , chopped
- 2 tsp vanilla extract
- 5 x 120g pots plain bio yogurt (or 600g from a large pot)
- ground cinnamon , for dusting
- STEP 1 Tip the oats into a large bowl and pour over 600ml boiling water. Add the peanut butter, dates and vanilla and stir well. Cool, then stir through 240g of the yogurt. Dilute with a small amount of water if the consistency is a little stiff.
- STEP 2 Spoon into six glasses, then top with the remaining yogurt and dust with cinnamon. Cover each glass and keep in the fridge until ready to eat. Will keep well for up to five days.



LUNCH

SAUSAGE AND ROAST VEG COUS COUS

INGREDIENTS

- 8 extra-lean Cumberland sausages
- ½ butternut squash, peeled, deseeded and sliced
- 1 aubergine, washed and cut into bite-sized pieces
- 2 tbsp olive oil
- 2 tsp smoked paprika
- 3 classic round tomatoes, quartered
- 200g couscous
- 2 tbsp fresh flat-leaf parsley, washed and chopped

METHOD

STEP 1

- Preheat the oven to 220°C/gas mark 7. Place the sausages, butternut squash and aubergine on a large baking tray in a single layer. Drizzle over the olive oil and sprinkle with smoked paprika, then roast in the oven for 15 minutes.

STEP 2

- Turn the vegetables and sausages, add the tomatoes and roast for a further 10 minutes, until the vegetables are tender and lightly charred at the edges and the sausages are cooked through.

STEP 3

- Meanwhile, put the couscous in a heatproof bowl and pour over enough boiling water from the kettle to just cover. Cover the bowl with clingfilm and allow to stand for 10 minutes until the water has been absorbed by the couscous.

STEP 4

- Fluff up the couscous with a fork, then season with freshly ground black pepper and stir in the parsley. Cut the sausages into chunks and put in a large bowl. Add to the couscous with the roasted vegetables and any juices from the baking tray. Toss everything together, divide between 4 plates and serve.



DINNER

QUICK VEG CURRY

INGREDIENTS

- olive oil
- 250g frozen diced onion
- 400g frozen sweet potato chunks
- 4 tbsp tikka spice paste
- 400g tin chickpeas
- 400g tin quality plum tomatoes
- 300g bag sliced spring greens
- cooked rice or naan, to serve
- 4 tbsp natural yogurt or non-dairy alternative, to serve
- mango chutney, to serve (optional)

METHOD

1. Drizzle 1 tbsp olive oil into a large, wide, shallow pan on a high heat. Add the onion and sweet potato and cook for 5 mins, then stir in the curry paste and cook for 10 mins, scraping up any sticky bits from the base of the pan.
2. Add the chickpeas, juice and all, and mash a few with a fork. Scrunch in the tomatoes and add 1 tin's worth of water. Bring to the boil, then turn the heat down and simmer for 15 mins until thickened.
3. Push the curry to one side of the pan. Add the spring greens, then cover and simmer for 5 mins until wilted.
4. Stir half the greens through the curry, then divide the curry and remaining greens between warm plates and serve with rice or warm naans, a dollop of yogurt and mango chutney, if you like.



MENO MENU

day two



BREAKFAST

Easy protein pancakes serves 2

Ingredients

- 1 banana
- 75g oats
- 3 large eggs
- 2 tbsp milk (dairy, soya, oat or nut milks all work)
- 1 tbsp baking powder
- pinch of cinnamon
- 2 tbsp protein powder (whey, pea or whatever your preference)
- coconut oil, or a flavourless oil, for frying
- nut butter, maple syrup and berries or sliced banana to serve

METHOD

- **STEP 1** Whizz the banana, oats, eggs, milk, baking powder, cinnamon and protein powder in a blender for 1-2 mins until smooth. Check the oats have broken down, if not, blend for another minute.
- **STEP 2** Heat a drizzle of oil in a pan. Pour or ladle in 2-3 rounds of batter, leaving a little space between each to spread. Cook for 1-2 minutes, until bubbles start to appear on the surface and the underside is golden. Flip over and cook for another minute until cooked through. Transfer to a warmed oven and repeat with the remaining batter. Serve in stacks with nut butter, maple syrup and fruit.



LUNCH

GREEK SALAD

INGREDIENTS

- 450g mixed Grains
- 1 red onion, finely chopped
- 1 cucumber, chopped into 1cm cubes
- 250g cherry tomatoes, halved
- 200g feta, sliced
- 100g black olives, pitted

FOR THE DRESSING

- 80ml olive oil
- zest and juice of 1 lemon
- 30g bunch of dill, finely chopped (optional)
- 2 tsp oregano leaves

METHOD

1. To make the dressing, mix together the olive oil, lemon, dill (if using), oregano and onion. Season well.
2. In a bowl, toss together the Grains with the red onion, cucumber and tomatoes. Toss through the dressing and top with the feta and black olives to serve.



DINNER

SWEET POTATO SALAD

INGREDIENTS

- 3 sweet potatoes, peeled and cut into bite-size chunks
- 3 tbsp olive oil, plus extra to drizzle
- 2 tsp za'atar or ½ tsp dried oregano
- 1 red onion, sliced
- Juice 2 lemons
- 400g tin chickpeas, drained and rinsed
- 1 tsp rose harissa
- ½ cucumber, halved lengthways, deseeded, then cut into chunks
- 20g fresh flat leaf parsley, chopped
- 15g fresh mint, roughly chopped
- 15g fresh dill, roughly chopped
- 100g feta, cut into chunks
- 4 tbsp greek yogurt
- 1 tbsp tahini

METHOD

1. Heat the oven to 200°C/180°C fan/gas 6. Arrange the sweet potato chunks in a single layer in a large baking tray, season with salt and pepper, drizzle with olive oil, then sprinkle with za'atar/oregano. Toss to coat, then roast for 25 minutes. Put the red onion in a bowl with some salt and the juice of 1 lemon, then leave to quick-pickle.
2. Meanwhile, in a bowl, toss the chickpeas with the harissa and 1 tsp of the oil. After 25 minutes, remove the tray from the oven and push the sweet potato to one side. Add the chickpeas to the tray, then roast for 10 minutes more (see Make Ahead).
3. Toss the sweet potato, chickpeas, cucumber and herbs in a large salad bowl (or on a platter), then scatter over the feta. Drain the red onions, then scatter over the top.
4. In a bowl, mix the yogurt with the tahini and remaining lemon juice and oil, then season with salt and pepper. Serve the dressing tossed with the salad or on the side.



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

MICROWAVE SCRAMBLED EGGS

Ingredients

- 2 large free-range eggs
- 2 tbsp semi-skimmed milk
- 1 tbsp freshly chopped chives

METHOD

STEP 1

- Beat together the eggs and milk in a microwave-proof bowl. Season with a little freshly ground black pepper and stir in half the chopped herbs.

STEP 2

- Cook, uncovered, in the microwave on high for 1 minute. Remove and stir with a fork.

STEP 3

- Return and cook for 30 seconds before mixing again – the eggs should be just soft.

STEP 4

- If you like, use to top a grilled mushroom on a slice of ciabatta. Serve with the remaining herbs.

Great additions: smoked salmon/ crispy bacon



DINNER

SLOW COOKER VEGETARIAN STEW

INGREDIENTS

- 1 onion, peeled and chopped
- 360g butternut squash, chopped into chunks
- 250g sweet mini peppers, seeded and halved
- 400g tin cannellini beans, drained and rinsed
- 400g tin chickpeas, drained and rinsed
- 400g tin chopped tomatoes
- 10-12 basil leaves, shredded
- 75g pine nuts, toasted
- 2 tbsp extra-virgin olive oil
- vegetarian hard cheese or Parmesan, shaved, to serve (optional)

METHOD

1. Put the onion, butternut squash, peppers, beans and chickpeas in the dish a slow cooker.
2. Pour over the chopped tomatoes then sprinkle with half the basil and season well. Stir well then set the slow cooker to low and cook for 4 hrs, until the vegetables are soft and tender.
3. Serve sprinkled with the remaining basil, the toasted pine nuts, a drizzle of olive oil and shavings of hard cheese, if you like.



MENO MENU

day four



BREAKFAST

SUPER SEED BARS

INGREDIENTS

50 g smooth peanut butter
2 tbsp tahini
4 tbsp rapeseed oil
100 g honey
150 g porridge oats
25 g dried skimmed milk powder
100 g almonds with skins on, roughly chopped
50 g pre-cooked quinoa
100 g toasted pumpkin and sunflower seed mix
50 g chia seeds
¼ tsp freshly grated nutmeg

METHOD

STEP 1

- Preheat the oven to 180°C/fan 160°C/gas mark 4 and line a 20cm-square tin with baking paper.

STEP 2

- Put the peanut butter, tahini, oil and honey in a large microwave-proof bowl and microwave on a low heat for 30-second blasts until everything can be whisked together easily to combine, or heat gently in a pan, stirring. Add a pinch of salt, plus the oats, milk powder, almonds, quinoa and all the seeds. Grate over a little nutmeg, then stir everything together well.

STEP 3

- Use the back of a spoon to press down the mixture firmly into the prepared tin. Bake for 20-25 minutes until the grains on top look dark golden and toasted. Cool completely in the tin before tipping out and using a sharp knife to cut into bars.



LUNCH

WARM CHICKEN SALAD

INGREDIENTS

750g baby potatoes, scrubbed and halved
200g fine beans
200g frozen petits pois
170g cherry tomatoes, chopped
½ bunch flat-leaf parsley, washed and roughly chopped
1 tbsp sunflower oil
460g chicken breast fillet portions
2 gem lettuce hearts, halved
Juice 1 lemon
2 tsp wholegrain mustard

METHOD

STEP 1

- Put the potatoes in a large pan of cold water. Bring to the boil, then simmer for 12-15 minutes until tender. When there are 4 minutes of cooking time left, add the beans and petits pois. Drain, reserving 300ml of the cooking water. Cut the potatoes into smaller pieces.

STEP 2

- Put the cherry tomatoes in a bowl with the parsley and the cooked potatoes, beans and peas. Season with freshly ground black pepper.

STEP 3

- Meanwhile, heat the oil in a large frying pan and cook the chicken fillets and gem lettuce halves for 4-5 minutes on each side. Pour in the reserved veg cooking water along with the lemon juice and continue to cook, covered, for 4 minutes. Remove the chicken (make sure no pink colour remains) and lettuce from the pan, then stir in the mustard to thicken the sauce slightly.

STEP 4

- Slice the chicken and serve with the braised lettuce and potato mixture, with a drizzle of mustard sauce over the top.



DINNER

CAULIFLOWER AND POTATO CURRY

Ingredients

- 1 large cauliflower, cut into 'steaks' about 1.5cm thick, leaves reserved
- 150g new potatoes, halved
- 2 tbsp vegetable oil
- 1 tsp ground turmeric
- 2½ tsp medium curry powder
- 200g frozen Indian-inspired base mix
- 1½ tsp garam masala
- 500ml passata
- 1 vegetable stock pot, made up to 400ml
- 200g frozen whole leaf spinach
- 10g fresh coriander, chopped
- ½ red chilli, chopped
- 1 lime, cut into wedges to serve

Method

Preheat the oven to gas 6, 200°C, fan 180°C. Put the cauliflower, cauliflower leaves and potatoes in a lipped oven tray (40 x 28 x 2cm). Combine 1 tbsp oil, the turmeric and 1 tsp curry powder in a small bowl; season. Brush over the top side of the cauliflower and potatoes. Roast for 20 mins, then remove from the tray and set aside.

Meanwhile, heat the remaining oil in a frying pan and fry the Indian-inspired base mix for 5 mins over a medium heat. Add the remaining curry powder and garam masala and cook for 1 min. Tip into a blender, add the passata and stock, then blitz until smooth. Pour back into the pan over a medium heat, add the spinach and season: cook for 5 mins until the spinach has wilted.

Pour the sauce into the tray that was used to roast the veg. Put the cauliflower and potatoes on top and roast for 35-40 mins. Scatter with coriander and chilli; serve with lime wedges.



MENO MENU

day five



BREAKFAST

KALE SMOOTHIE

Ingredients

- 2 handfuls kale
- ½ avocado
- ½ lime, juice only
- large handful frozen pineapple chunks
- medium-sized chunk ginger
- 1 tbsp cashew nuts
- 1 banana, optional

METHOD

- Put all of the ingredients into a bullet or smoothie maker, add a large splash of water and blitz. Add more water until you have the desired consistency.



LUNCH

CHIA BOWL

INGREDIENTS

370 ml Alpro original coconut fresh drink
75 ml coconut milk yogurt alternative, natural
20 g goji berries
40 g chia seeds
10 g organic maca powder
100 g frozen blackberries
1 Pear
20 g pomegranate seeds
10 g organic cocoa nibs

METHOD

STEP 1

- If using frozen blackberries, remove the quantity required from the freezer and allow to stand in a bowl to begin to defrost. If using fresh berries, skip this step and just add at the end of recipe.

STEP 2

- Place the chia seeds, goji berries and coconut milk into a jug and combine well with a spoon. Allow to stand for 5-7 mins then give the mixture a good stir again to ensure all the chia seeds are mixed in. Allow to stand for another 20-25mins to allow the chia seeds to soak up the milk.

STEP 3

- Once the chia seeds and goji berries have soaked up the milk and double in size, stir through the coconut yoghurt and the maca powder.

STEP 4

- While you are waiting for the chia and goji berries, towards the last 5 minutes of soaking time, wash the pear and remove the stalk and core and cut into chunks.

STEP 5

- Spoon the chia, goji berry and coconut mixture into 2 small bowls.

STEP 6

- Add the blackberries, pear, pomegranate, then sprinkle on the raw cacao nibs.



DINNER

Veggie meatballs with tomato courgetti serves 2

INGREDIENTS

- 3 garlic cloves

FOR THE VEGGIE MEATBALLS

- 2 tsp rapeseed oil , plus extra for greasing
- 1 small onion , very finely chopped
- 2 tsp balsamic vinegar
- 100g canned red kidney beans
- 1 tbsp beaten egg
- 1 tsp tomato purée
- 1 heaped tsp chilli powder
- ½ tsp ground coriander
- 15g ground almonds
- 40g cooked sweetcorn
- 2 tsp chopped thyme leaves

FOR THE TOMATO COURGETTI

- 2 large or 3 normal tomatoes , chopped
- 1 tsp tomato purée
- 1 tsp balsamic vinegar
- 2 courgettes cut into 'noodles' with a spiralizer, julienne peeler, or by hand

METHOD

- STEP 1 Finely chop the garlic. Heat the oil in a large pan and fry the onion, stirring frequently, for 8 mins. Stir in the balsamic vinegar and cook for 2 mins more. Meanwhile, put the beans in a bowl with the egg, tomato purée and spices, and mash until smooth. Stir in the almonds and sweetcorn with the thyme, a third of the chopped garlic and the balsamic onions. Mix well and shape into about 8 balls the size of a walnut, and place on a baking tray lined with oiled baking parchment.
- STEP 2 Heat oven to 220C/200C fan/gas 7 and bake the veggie meatballs for 15 mins until firm. Meanwhile, put the tomatoes, tomato purée and balsamic vinegar in a pan and cook with 2-3 tbsp water until pulpy, then stir in the remaining garlic and courgetti. Turn off the heat as you want to warm the noodles rather than cook them. Serve with the veggie meatballs.



MENO MENU

day six



BREAKFAST

BANANA OAT BITES

INGREDIENTS

- 2 ripe bananas
- 60 g porridge oats
- 30 g apple sauce
- 1 tsp ground cinnamon

METHOD

STEP 1

- Preheat the oven to 180°C/gas mark 4. Mash the bananas in a bowl, then mix in the oats, apple sauce and ground cinnamon.

STEP 2

- Divide the mixture into 10 equal balls and put on a baking sheet lined with baking paper, leaving space between each one. Bake for 15-20 minutes, until golden. Remove and cool on a wire rack.



LUNCH

SPICED CHICKEN SKEWERS WITH CHICKPEA SALAD

INGREDIENTS

- 2 tsp smoked paprika
- 1 garlic clove, crushed
- 300g low-fat natural yogurt
- 400g pack chicken mini fillets, cut into bite-sized pieces
- 1 tbsp red wine vinegar
- 2 tbsp olive oil
- ½ small onion, finely chopped
- 350g carrots, peeled and coarsely grated
- 400g tin chickpeas, rinsed and drained
- 10g fresh parsley, finely chopped
- 100g spinach, chopped
- 6-pack wholemeal pittas, toasted

METHOD

- Whisk the paprika, garlic and 150g yogurt in a bowl; season. Stir in the chicken, mix well, then cover and leave to marinate while you make the salad (or for up to 24 hrs in the fridge if making ahead of time).
- Whisk the vinegar and oil in a large bowl; tip in the onion, carrots and chickpeas, then toss everything together. Set aside.
- Preheat the grill to high. Divide the chicken between 4 large or 8 smaller skewers (soaked in water for 10 mins if wooden), then grill for 4-5 mins each side until golden, lightly charred and cooked through.
- Mix the remaining 150g yogurt with the parsley and a pinch of salt. Split the pittas in half. Fold the spinach through the chickpea salad and serve alongside the chicken and pittas, drizzled with the yogurt.



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.

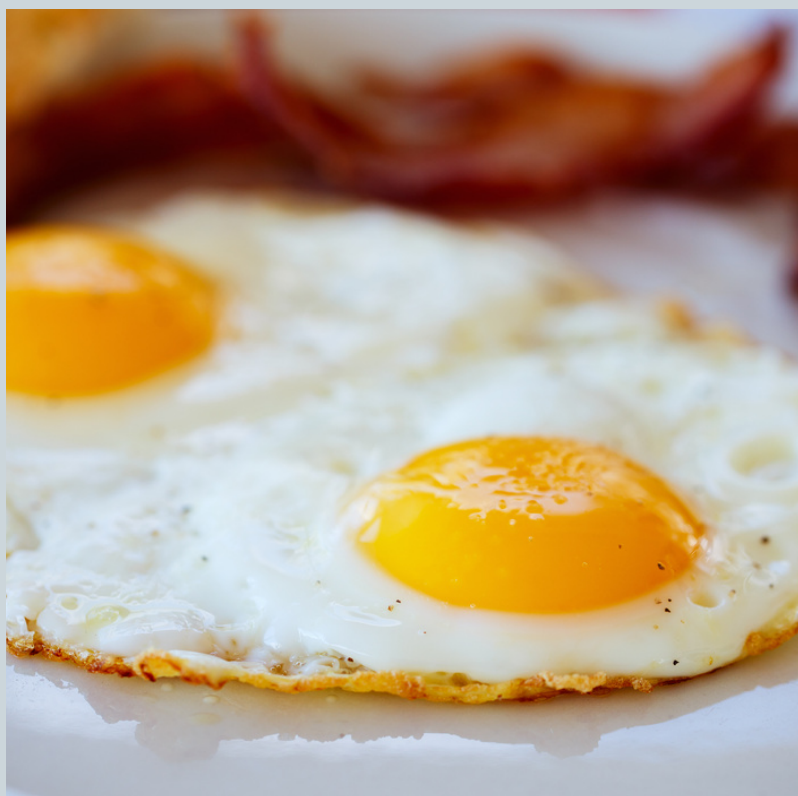
STEP 3 Thread the fish cubes and the potatoes onto wooden skewers and grill or barbecue for 3-5 minutes, turning until evenly browned.

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

Microwave Hake and cabbage

INGREDIENTS

- 4 hake fillets
- 2 red chillies, deseeded and finely chopped
- 2 cm piece ginger, grated
- Juice and zest of 1 lime
- 1 tbsp reduced salt soy
- 200 g Chinese cabbage, shredded
- 200 g pak choi, shredded
- 2 cloves garlic, crushed
- 1 tsp sesame oil
- 2 x 250g packs microwave brown basmati and wild rice

METHOD

STEP 1

- Take the fish, 1 chilli, the ginger, lime juice and zest and soy, and combine together in a bowl. Leave to marinade for 10 minutes, before transferring each fillet along with a quarter of the marinade to individual microwave bags.

STEP 2

- In another bowl, combine the cabbage, pak choi, garlic and sesame oil in a bowl. Divide into 4 and spoon into the bags with the fish.

STEP 3

- Microwave for 3-4 minutes on medium power. Keep in a warm place.

STEP 4

- Microwave the rice according to pack instructions and divide onto 4 plates. Carefully empty out each of the bags on to a plate, and sprinkle with the reserved chilli to garnish.



DINNER

SPICY PIE WITH SWEET POTATO MASH

INGREDIENTS

FOR THE MASH

- 1kg sweet potatoes , peeled and cut into large chunks
- 2 tbsp milk
- 50g mature cheddar , finely grated

FOR THE MINCE

- 1 tbsp rapeseed oil
- 2 onions , halved and sliced
- 500g lean beef mince (5% fat)
- 1 tbsp smoked paprika , plus extra for sprinkling
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1 tbsp mild chilli powder
- 1 tbsp vegetable bouillon powder
- 400g can black-eyed beans
- 400g can chopped tomatoes
- 1 large green pepper , diced
- 326g can of sweetcorn in water
- broccoli or salad, to serve (optional)

METHOD

- **STEP 1** Boil the sweet potato for 15 mins or until tender, taking care not to overcook.
- **STEP 2** Meanwhile, heat the oil in a large, deep, non-stick frying pan. Add the onions, cover and cook for 8 mins or until softened and starting to colour. Stir in the mince, breaking it up with a wooden spoon until browned. Stir in all the spices and bouillon, then add the beans with their liquid, the tomatoes and pepper. Cover and simmer for 20 mins. Stir in the corn with its liquid, season and take off the heat.
- **STEP 3** While the mince cooks, mash the potatoes with the milk to make a stiff mash. Spoon the mince into six individual pie dishes, top each with some mash, then sprinkle over the cheese and a little paprika.
- **STEP 4** The pies can now be frozen. If eating straight away, put under a hot grill until piping hot and the cheese is melted. To cook from frozen, thaw completely, then reheat in the oven on a baking tray at 180C/160C fan/ gas 4 for 30-40 mins or until piping hot throughout. Serve with broccoli or a salad, if you like, which will take you to all 5 of your 5-a-day.

Snack ideas:

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