

EastCoast Fitness

Meal Plan



Shopping List

FRUIT

- Strawberries x 1 punnet
- Blueberries x 1 punnet
- Raspberries x 1 punnet
- Blackberries x 1 punnet
- Grapes x 1 punnet
- Banana x 5
- Lemon x 2
- Orange x 3
- Apple x 3
- Pear x 3
- Pomegranate Seeds x 1 packet
- Lime x 1
- Mango x 1

VEG

- Yellow Pepper x 1
- Spring Onion x 5
- Broccoli x 1
- Mange tout x 1 packet
- Bean Sprouts x 1 packet
- Red Chilli x 5
- Sweet Potato x 3
- Mushrooms x 1 small pack
- Celery x 2
- Red Onion x 4
- Cucumber x ½
- Little Gem Lettuce x 1
- Garlic x 1
- Cauliflower x 1
- Vine Tomatoes x 12

MEAT / FISH

- Sirloin Steak x
- Salmon Fillets x 2
- Chicken Breasts x 2

HERBS

- Mint Leaves x 1 packet
- Coriander x 1 packet
- Dill x 1 packet
- Parsley x 1 packet
- Basil x 1 packet

NUTS / SEEDS

- Almonds x 1 packet
- Cashew Nuts x 1 packet
- Mixed Seeds x 1 packet
- Mixed Nuts x 1 packet

OTHER

- Natural Yogurt (full fat) x 2 large tubs
- Feta Cheese 150-200g block
- Eggs x 6
- Wholegrain Rolled Oats x 1 box
- Honey x 1 squeeze bottle
- Almond or Cashew Butter x 1 jar
- Capers x 1 jar
- Quinoa x 1 packet
- Black Olives x 1 jar
- Olive Oil x 1 bottle
- Balsamic Vinegar x 1 bottle
- Soy Sauce x 1 bottle
- Curry Powder x 1 pack
- Korma Curry Paste x 1 jar
- Chick Peas x 1 tin

Remember... The key to a successful nutrition plan is PREPARATION!

Make sure you plan ahead so that you don't put yourself into a situation where you will reach for unhealthy foods!

Here are all the recipes you will need for the 7 Day Meal Plan....

TOMATO & CHILLI SOUP

Ingredients:

Serves 4.
12 large vine tomatoes
2 red onions
2 red chillis
Fresh basil roughly chopped
Extra virgin olive oil



Method: Half the tomatoes. Cut onion into segments. Chop the chilli and remove the seeds. Place all onto a baking tray and drizzle with a little olive oil. Roast the veg in the oven (200 degrees) for 30 minutes. Remove the roast veg and place it in a blender along with the basil. Blend until it reaches a smooth consistency.

Freeze the left over soup for a meal later in the week.



OAT FLAPJACKS

Ingredients:

2 cups of rolled oats
4 large tbsp of almond/cashew/hazelnut butter
50g organic butter
1 banana
3 tbsp of honey
3 seed Mix (flax seed, sunflower, pumpkin)
Handful of mixed nuts (walnuts and flaked almonds) Zest of lemon & orange

Method: 1. Pre heat oven at 160oC. 2. Melt butter, nut butter and honey in large saucepan. Mash bananas and add to saucepan. Once mixture is melted take off heat. Add oats, seeds, nuts, lemon & orange zest and mix together. 3. Place baking paper into baking tin and grease with coconut oil. Place mixture into tin and spread evenly, 1 inch thick. 4. Sprinkle seeds and drizzle honey over mixture to finish. 5. Place in oven for 30 minutes. 6. Take out to cool and then cut into bars. Enjoy!

QUINOA RAINBOW SALAD

Ingredients:

50g quinoa.
2 tablespoons chopped mixed olives.
1/2 orange or yellow pepper diced.
75g feta cheese crumbled.
1 tablespoon capers.
2 tablespoons prepared pomegranate seeds.
2 table spoons olive oil.
1 teaspoon balsamic vinegar. sea salt and black pepper.



Place the quinoa in a pan and cover with boiling water. Boil for 10-15 mins until it goes translucent. Drain and leave to cool. Assemble the salad by mixing the cooked quinoa with the olives, peppers, feta cheese, capers, pomegranate seeds, and mix thoroughly. Whisk together the olive oil and balsamic vinegar to make the dressing. Add the dressing and season with salt and pepper and stir well again.

***Put half of the meal aside (in the fridge)
for your lunch tomorrow***



HOT BEEF SALAD

Ingredients:

2 tablespoons coconut oil.
2 large spring onions chopped.
Handful of broccoli florets.
Handful mangetout.
Handful beansprouts.
1 red chilli chopped.
1 sirloin steak cut into strips.
Handful coriander roughly chopped.
1 tablespoon light soy sauce. 1/2 lime

Method: Heat a wok over medium heat for a minute and then add the coconut oil. Add the spring onion and broccoli and stir fry for 2-3 minutes until lightly browned. Add the beef and stir fry for a further 5 minutes. Add the mangetout, chilli, beansprouts and coriander and stir fry for another 2 minutes. Add the soy sauce and a little salt if needed and stir fry for 1 more minute. Serve in a bowl and squeeze fresh lime juice over the top.

***Put half of the meal aside (in the fridge)
for your lunch tomorrow***

SWEET POTATO FRITTATA

Ingredients:

- 1 sweet potato (chopped)
- 3 spring onions (chopped)
- 2 large mushrooms (chopped)
- 2 celery sticks (chopped)
- 1 red chilli (chopped)
- 1/2 red onion (diced)
- 1/2 packet dill (roughly chopped)
- 6 eggs



Add a drizzle of olive oil to a frying pan and fry the sweet potato until they start to brown and turn soft. Then add the rest of the ingredients and fry for a few more minutes. Then beat the eggs and pour evenly over the top of all of the ingredients in the frying pan. Fry for another few minutes and then place the frying pan under the grill for 5 minutes or until the egg is cooked. ··Serve with a fresh salad. I served mine with some rocket leaves and a little aubergine pickle.

Put half of the meal aside (in the fridge) for your lunch tomorrow



SALMON, QUINOA & TZATZIKI SALAD

Ingredients:

- 50g quinoa
- 1/4 cucumber very finely chopped
- 1 small bunch fresh mint leaves coarsely chopped
- 150g natural yogurt
- 1 bunch fresh parsley finely chopped
- 2 cooked salmon fillet
- Sea salt and black pepper

Put the quinoa in a saucepan and cover with boiling water. Bring to the boil, reduce the heat and simmer for 10-15 mins until tender. Drain well. ··Mix together the chopped cucumber, mint and yogurt to make a creamy Tzatziki. Season with salt and pepper. ··Stir the parsley into the cooked quinoa with salt and pepper and transfer onto a plate. Place the salmon fillet on top and smother with the tzatziki.

Put half of the meal aside (in the fridge) for your lunch tomorrow

CURRIED CHICKEN & MANGO SALAD

Ingredients:

2 chicken breasts
1 tsp olive oil
2 tsp curry powder
4 tbsp Greek yogurt
2 tbsp mango chutney
zest ½ lime and 2 tsp juice
1 Little Gem lettuce, leaves separated
1 ripe mango, peeled and sliced
½ red onion, finely sliced
2 tsp toasted sesame seeds



Heat oven to 200C/180C fan/gas 6. Toss the chicken in the oil and 1 tsp of the curry powder, season and mix well to coat. Put the chicken on a foil-lined baking tray and bake for 20 mins until cooked through. Leave to cool a little, then slice. Meanwhile, make the dressing. In a bowl, combine the remaining curry powder with the yogurt, chutney and lime zest and juice (add 1 tbsp water if the dressing is a little thick). To serve, arrange the lettuce leaves on 2 plates. Top with the mango and cooked chicken, then drizzle with the dressing. Scatter with the red onion and sesame seeds before serving.

Put half of the meal aside (in the fridge) for your lunch tomorrow

VEGETABLE CURRY WITH CAULIFLOWER RICE

Ingredients:

1 heaped teaspoon flaked almonds
2 large sweet potatoes
olive oil
1 red onion
2 cloves of garlic
1 thumb-sized piece of ginger
1/2 a bunch of fresh coriander (15g)
1/2-1 fresh red chilli, (optional)
1 handful of curry leaves
1 heaped tablespoon korma curry paste
1 x 400 g tin of chickpeas
1 large cauliflower
1/2-1 lemon
50 g feta cheese, (optional)
4 tablespoons natural yoghurt



Start by toasting the almonds in a large casserole pan until lightly golden, then tip out and set aside. Scrub the sweet potatoes clean, then cut into 4cm chunks and put them into the pan on a medium heat with a lug of oil. Fry for about 5 minutes, or until golden, while you peel the onion, garlic and ginger, then finely slice them with the coriander stalks and chilli (if using – it will give the sauce a real kick). Add the curry leaves to the pan and stir for 1 minute, then add all the sliced veg with the curry paste and cook for another 5 to 10 minutes, or until the onions have softened, stirring occasionally. Add the chickpeas (juice and all) with 600ml of boiling water, then bring everything to the boil. Reduce to a simmer and cook for around 30 minutes, or until thickened. Meanwhile, click off and chop the cauliflower leaves, then finely slice the stalk and add both to the curry for the rest of the cooking time. Cut the florets into even-sized chunks and pulse in a food processor until it's the same texture and size as rice. Tip it into a microwave-safe dish and cover. Steam or microwave the cauliflower on high for 7 minutes, or until cooked through, just before serving. Add a good squeeze of lemon juice to the curry, then season to perfection and crumble over the feta (if using – I think of it here as a nod towards Indian paneer, and it adds a lovely subtle bit of extra flavour). Dollop over the yoghurt and stir it through for that korma creaminess (or serve on the side, if you prefer), then sprinkle with coriander leaves and the toasted almonds. Tip the cauliflower on to a nice serving platter, and dig in.

