

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	<p>***important*** fill a 2 litre jug or bottle of water and drink throughout the day. If you want more flavour then you could add fresh lemon juice, lime juice or mint leaves.</p>						
Breakfast (between 5-9am)	Overnight Oats with Berries or nuts	Overnight Oats with Berries or nuts	Melon Lime & Cucumber Smoothie	Overnight Oats with Berries or nuts	Overnight Oats with Berries or nuts	Melon Lime & Cucumber Smoothie	Overnight Oats with Berries or nuts
Snack (between 10-11)	Handful Almonds & Banana	Fruit Salad	Handful Almonds & 1 Apple	Melon Lime & Cucumber Smoothie	Handful Almonds & 1 Apple	Handful Cashews & 1 Orange	Handful Almonds & 1 Banana
Lunch (between 12-1pm)	Vegetable curry with cauliflower rice	Black Bean, Sweet Potato and Chorizo Bowl	Greek Style Lemon Chicken	Goats Cheese & Asparagus Frittata	Prawn & Quinoa Grits	Pomegranate & Halloumi Salad	Chicken with Chickpeas, Chorizo and Kale
Snack (between 2-4pm)	Fruit Salad	Oat Flapjack & Banana	Oat Flapjack & Pear	Oat Flapjack & Apple	Oat Flapjack & Pear	Oat Flapjack & Pear	Oat Flapjack & Orange
Dinner (between 5-8pm)	Black Bean, Sweet Potato and Chorizo Bowl	Greek Style Lemon Chicken	Goats Cheese & Asparagus Frittata	Prawn & Quinoa Grits	Pomegranate & Halloumi Salad	Chicken with Chickpeas, Chorizo and Kale	Five Spice Pork

Shopping List

Fruit

- Bananas x 3
- Apples x 2
- Oranges x 2
- Honeydew Melon x 1
- Lemons x 5
- Corella Peas x 4
- Pear x 3
- Pommegranate Seeds x 1 packet
- Lime x 1

Veg

- Green Beans x 200g
- Shallots x 2
- Kale x 1 bag
- Spinach x 1 bag
- Spring Onions x 6
- Asparagus x 400g
- Mixed Salad Leaves x 1 bag
- Red Onion x 2
- Sweet Potato x 1
- Cucumber x 1

Meat / Fish

- Chorizo x 200g
- Chicken Breasts x 6
- Smoked Streaky Bacon x 1 pack
- Raw Prawns x 500g
- Pork Chops x 2

Nuts / Seeds

- Mixed Nuts x 1 packet
- Chia Seeds x 1 packet
- Sunflower Seeds x 1 packet
- Sesame Seeds x 1 packet

Herbs / Spices

- Garlic Bulbs x 2
- Fresh Red Chilli x 2
- Fresh Ginger x 4cm piece
- Fresh Coriander x 1 pack
- Fresh Thyme x 1 pack
- Fresh Mint x 1 pack
- Fresh Chives x 1 pack
- Fresh Parsley x 1 pack
- Fresh Rosemary x 1 pack
- Ground Coriander x 1 jar
- Chinese 5 Spice x 1 jar
- Ground Cumin x 1 jar
- Black pepper x 1 jar
- Cayenne Pepper x 1 jar
- Cinnamon x 1 jar

Other

- Almond Butter
- 100% Wholegrain Rolled Oats
- Almond Milk
- Honey
- Olive Oil
- Coconut Shavings
- Black Beans x 400g can
- Greek Yoghurt x 1 tub
- Goats Cheese
- Eggs x 6
- Quinoa x 1 packet
- Chicken Stock x 2 cubes
- Cream Cheese x 1 tub
- Unsalted Butter x 1 small block
- Chickpeas x 2 400g cans
- Chopped Tomatoes x 400g can
- Brown Sugar x 1 small bag
- Soy Sauce



OVERNIGHT OATS

Ingredients:

- 1 ripe banana
- ¼ almond butter
- 1 cup rolled oats
- 1 cup almond milk
- 1 tbsp chia seeds
- 1 tbsp cinnamon
- 1 tsp honey

Toppings:

Mixed nuts and seeds



Method:

Cut the banana into small pieces and add all ingredients into a blender. Blend until a smooth(ish) consistency.

Pour into an air tight container and refrigerate overnight.

HONEYDEW MELON, CUCUMBER & LIME SMOOTHIE

Take 1/4 honeydew melon, remove the seeds then cut the flesh away and chop into chunks. Cut half a cucumber into pieces. Put all into the blender with the zest of the lime (grated) and squeeze in the lime juice.

Blend until smooth.



BLACK BEAN, CHORIZO, SWEET POTATO AND COCONUT BOWL

Ingredients:

1 large sweet potato peeled and cubed
2 tbsp olive oil
50g chorizo cut into thin coins and then in half
Handful of dried coconut shavings
1 red onion peeled and cut into eighths
1x 400g tin of black beans rinsed
Handful of fresh coriander
1 red chilli thinly sliced
Greek yogurt to drizzle



Method:

Preheat oven to 180 degrees.

Place sweet potato in a roasting tray, drizzle with olive oil. Roast in the pre heated oven for 20 minutes or until its gained a little colour around the edges.

After 20 minutes add the chorizo, coconut shavings and most of the onion. Leave one eighth aside to sliver at the end.

When the potato is cooked through and the onion has been stained lightly pink from the chorizo oil, remove the tray from the oven and mix in the black beans. The heat from the roasting tray and its contents will warm the beans.

Cut the remaining onion pieces into slivers as thin as you can manage. Add the onion slivers, coriander and chilli to the roasting tray.

Season with a little salt and drizzle greek yogurt over the top before serving.



GREEK STYLE LEMON CHICKEN

Ingredients:

3 tablespoons olive oil
1 tablespoon honey
Juice of 1 lemon
1 teaspoon cayenne pepper
Freshly ground black pepper
2 chicken breasts cut into 10 pieces
1 whole head of garlic separated into unpeeled cloves
2 lemons cut into wedges
2 sprigs of rosemary
Handful of parsley
200g mixed salad leaves
Other veg optional for the salad



Method:

In a large bowl, mix the olive oil, honey, lemon jusice and cayenne pepper together. Season the chicken pieces with black pepper, add to the bowl and massage the marinade into the skin with your hands.

Place the chicken pieces in a roasting tray and add the garlic cloves, lemon wedges and rosemary. Mix well together and ensure everything is well spread out.

Roast in the hot oven for 40 minutes until the chicken has turned golden brown and the lemons have started to caramelise.

Serve thus straight from the roasting tin, with a scattering of fresh parsley and salad on the side.



GOATS CHEESE & ASPARAGUS FRITTATA

Ingredients:

- 400g asparagus
- 1 tbsp olive oil
- 1 round of goats cheese (crumbled)
- 6 large eggs
- 2 tbsp chopped chives



Method:

1. Preheat the grill to medium/high. Place the asparagus in a pan of simmering water. Remove after 5 minutes when still tender and bright green. Refresh under a cold tap and cut into 1cm pieces.
2. Heat oil in a frying pan and add the bacon, cook for 3 minutes.
3. Lightly beat the eggs, adding the asparagus, chives and season well.
4. Pour the eggs mixture into the pan. Cook over a gentle heat for 2 minutes and then add cheese, place under the grill for a few minutes or until lightly golden and the top is set.



PRAWN & QUINOA GRITS

Ingredients:

190g quinoa
500ml chicken stock
2tbsp cream cheese
½ lemon
1 tbsp butter
1 tbsp olive oil
1 red chilli, finely chopped
6 spring onions white and green bits finely chopped
2 garlic cloves peeled and thinly sliced
100g smoked streaky bacon cut into small batons
500g raw prawns, peeled and heads removed



Method:

Put the quinoa and chicken stock into a sauce pan and bring to the boil, then reduce the heat. Simmer with the lid on for 15 minutes or until most of the liquid has been absorbed. Stir through the cream cheese and grate in the zest of the lemon half (reserve the other half). You want a slightly droopy consistency, so if it is too tight, add more cream cheese or a slosh of hot water.

While the quinoa is cooking put a large pan over medium heat and add the butter, olive oil, half the chilli, white bits of the spring onions, garlic and bacon. Add the reserved lemon half, cut side down, in the pan. Cook until the bacon has begun to render its fat and take on some colour.

Add the prawns and cook for 3-4 minutes until they have turned pink, Remove them from the pan.

Squeeze the burnished lemon into the pan and scrape up and colour that has clung to the bottom to create a rustic sauce. Serve the prawns over the quinoa, topped with the bacon and the pan juices. Top with the remaining chilli and a handful of the green bits from the spring onions.



QUINOA SALAD WITH HALOUMI AND POMEGRANATE

Ingredients:

- 1 cup quinoa
- 2 cups water
- 1 clove garlic (crushed)
- 2 tablespoons lemon juice
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1/4 cup olive oil
- 1/2 cup fresh mint leaves
- 100g baby spinach leaves
- 1/2 cup sunflower seed toasted
- 250g haloumi cut into 1cm slices
- 1/3 cup pomegranate seeds



Method:

1. Bring quinoa and water to the boil in a medium saucepan, cook, covered on a low heat for 15 minutes or until tender. Drain, cool slightly.
2. Combine garlic, juice, spices and 1 tablespoon of oil in a large oil in a large bowl. Add quinoa to bowl with mint, spinach leaves and seeds. Toss gently to combine.
3. Heat remaining oil in a large frying pan over high heat; cook haloumi for 1 min each side or until golden.
4. Serve quinoa salad topped with haloumi, yogurt and pomegranate seeds



CHICKEN WITH CHORIZO, CHICKPEAS AND KALE.

Ingredients:

Serves 4

1 tbs olive oil
4 chicken breasts, cut into bite sized pieces
2 cooking chorizo sausages, sliced into rounds
1 onion, sliced
2 garlic cloves, finely chopped
2 x 400g cans of chickpeas, drained and rinsed
1 x 400g can of chopped tomatoes
large sprig of thyme
200ml chicken stock
small bunch of kale, thickly shredded
salt and black pepper



Method:

1 Preheat the oven to 200°C/180°C Fan/Gas 6.

2 Heat the oil in a large casserole dish that can go on the hob. Add the chicken pieces and brown them thoroughly on both sides. Remove the chicken from the dish and set it aside, then pour off the excess fat released by the chicken.

3 Add the slices of chorizo to the casserole dish and brown them for a couple of minutes on each side. Remove them from the dish and again drain off any excess fat. Add the onion to the casserole dish and fry gently for 5 minutes, then add the garlic and cook for another minute.

4 Add the chickpeas (as many of them as you want) and tomatoes, then stir well to combine. Tuck in the sprig of thyme, pour over the chicken stock and season with salt and pepper. Pile the kale on top of the chickpeas, then arrange the chicken and chorizo on top. Season with salt and pepper again.

5 Put the lid on the casserole dish or cover it with foil and place the dish in the oven for 20 minutes. Then remove the lid and cook for a further 15 minutes or until the chicken is completely cooked through.



FIVE SPICE PORK

Ingredients:

2 Shallots (thinly sliced)
2 cloves garlic (thinly sliced)
4 corella pears (each cut into 6 wedges)
4cm piece ginger (cut into matchsticks)
2 tbsp brown sugar
2 tbsp soy sauce
2 tsp Chinese five spice powder
¼ cup olive oil
2-4 pork chops or fillets
2 tbsp sesame seeds
200g green beans



Method:

Preheat oven to 180 degrees. Line a baking tray with baking paper.

Place shallots, garlic, pears, ginger, sugar, sauce and five spice in the tray, drizzle 2 tbsp olive oil over the top and toss to combine. Roast for 20 minutes or until pears are just soft.

Meanwhile, rub pork with 2 teaspoons of the oil and roll in the sesame seeds.

Heat the remaining oil in an oven proof frying pan over medium heat and cook the pork until brown on both sides. Transfer to oven, roast the pork for 12 minutes or just cooked through. Cover pork with foil and rest for 5 minutes.

Meanwhile, boil or steam the beans for 3 minutes or until tender .
Serve sliced pork with roasted pear mixture, sauce and beans.

