

EastCoast Fitness

Meal Plan



	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)	Cinnamon Overnight Oats	Cinnamon Overnight Oats	Cinnamon Overnight Oats	Cinnamon Overnight Oats	Cinnamon Overnight Oats	Cinnamon Overnight Oats	Cinnamon Overnight Oats
Snack (between 10-11)	Raspberry Bombs	Raspberry Bombs	Raspberry Bombs	Raspberry Bombs	Raspberry Bombs	Raspberry Bombs	Raspberry Bombs
Lunch (between 12-1pm)	Celeriac Soup	Vegetarian Chilli	Baked Eggs with Mushrooms Potatoes, Spinach	Corn & Courgette Cakes	Italian Bean Casserole	Tortilla Mushroom	Green Thai Curry with Greens
Snack (between 2-4pm)	Apple	Banana	Apple	Orange	Banana	Apple	Orange
Dinner (between 5-8pm)	Vegetarian Chilli	Baked Eggs with Mushrooms , Potatoes, Spinach	Corn & Courgette Cakes	Italian Bean Casserole	Tortilla Mushroom	Green Thai Curry with Greens	Baked Butternut Squast, Ricotta and Spinach



Shopping List

Fruit

- Banana x 8
- Frozen Raspberries x 1 punnet
- Lemon x 1
- Lime x 1

Veg

- Onion x 1
- Carrots x 2
- Frozen Sweetcorn x 75g
- Celery Stick x 2
- Baby Potatoes x 100g
- Mixed Mu Baby Spinach x 50g
- Frozen sweetcorn x 40g
- shrooms x 100g
- Courgette x 2
- Spring Onion x 1
- Leeks x 1
- Rocket x 1 packet
- Asparagus x 60g
- Shallots x 1
- Butternut Squash x 300g

Herbs / Spices

- Garlic Clove x 3
- Fresh Ginger x 1cm piece
- Ground cinnamon x 1 jar
- Ground Cumin x 1 jar
- Red Chilli x 2
- Paprika x 1 jar
- Oregano x 1 jar
- Fresh coriander x 1 packet
- Chilli Flakes x 1 packet
- Fresh Thyme x 1 packet
- Fresh Basil Leaves x 1 packet
- Cumin Seeds x 1 packet
- Coriander seeds x 1 packet
- Lemongrass Stalks x 1
- Kaffir Lime Leaves x 2
- Turmeric x 1 jar
- Caraway Seeds x 1 packet
- Fresh Sage x 1 packet

Other

- Wholegrain Rolled Oats x 1 box
- Almond Butter x 1 jar/tub
- Chia Seeds x 1 packet
- Almond Milk x 2 litres
- Honey x 1 bottle
- Almonds x 1 packet
- Desiccated Coconut x 1 packet
- Medjool Dates x 3
- Dark Chocolate x 60g
- Coconut Oil x 1 jar
- Olive Oil x 1 bottle
- Walnuts x 1 packet
- Black Beans x 400g
- Tinned Tomatoes x 2 400g tins
- Natural Yoghurt x 60ml
- Corn/Wholemeal Tortillas x 2
- Eggs x 3
- Gruyere Cheese x 1 packet
- Guacamole
- White Wine x 100ml
- Borlotti x 400g
- Cannellini Beans x 400g
- Vegetable Stock
- Passata x 1 carton
- Mozzarella x 50g
- Parmesan shavings
- Coconut milk x 400ml
- Broad Beans x 60g
- Palm Sugar x 1 packet
- Ricotta x 50g

Items marked in red will have to be doubled if there is someone else doing the diet with you.



CINNAMON 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.



RASPBERRY BOMBS

1 cup raw almonds
½ cup of desiccated coconut
1 cup frozen raspberries
3 medjool dates (seeds removed)
Chocolate coating (optional)
40 grams dark chocolate (I use 70% caoco)
1 teaspoon coconut oil

*** This amount will coat half of the Raspberry Bombs, if you want to coat them all, simply double the chocolate coating recipe.

Method

Blitz the almonds in food processor/blender of choice. (Whether you blitz to a fine powder or leave them a little crunchier is up to you.)

Add remaining ingredients to food processor/blender and blitz. You may need to stop and scrape down sides of dish then continue to blitz further.

Once well combined, roll into balls

Pop in fridge or freezer to set.

If you want to use the chocolate coating....

1. Melt chocolate using your preferred method
2. Add coconut oil and mix well to combine
3. Dip raspberry bombs into melted chocolate then place on tray lined with baking paper and use a tooth pick to dip the balls in the chocolate mix
4. Pop in fridge or freezer to set.

Once set store these in the fridge or freezer so that they keep longer (I prefer freezer)

This batch made 24 Raspberry Bombs

56 calories each without chocolate coating

72 calories each with chocolate coating



VEGETARIAN CHILLI

Serves 6-8

2 tbsp coconut oil or extra-virgin olive oil,
1 large onion, finely chopped
2 garlic cloves, finely chopped
2 tsp cumin seeds or 1 tsp ground cumin
1 fresh chilli (more if you like it hot), deseeded and finely chopped
1 tsp paprika
1 tsp dried oregano
2 carrots, finely chopped
150g frozen sweetcorn, defrosted
3 large celery sticks (we used the leaves too), finely chopped
150g walnuts, very finely chopped
300g dried mixed beans, such as kidney, black and adzuki, black eye or borlotti, soaked in cold water overnight, then boiled in fresh water for 40-50 minutes until tender (or 3 x 400g cans cooked mixed pulses, drained)
2 x 400g tins tomatoes
2 tsp sea salt
60g strong dark chocolate (at least 80 per cent cocoa solids), roughly chopped
To serve
120ml natural yogurt
Large handful fresh coriander, leaves picked 4 corn tortillas, toasted over a naked gas flame or in a dry pan



01.Heat the oil or ghee in a large, heavy-based saucepan or casserole over a medium heat. Add the onion, garlic, cumin, chilli, paprika and oregano, then cook for 2 minutes, stirring occasionally, until the spices smell fragrant and the onion is slightly softened but not browned.

02.Add the carrots, corn and celery, then cook for another 2 minutes. Add the walnuts, beans, tomatoes, 250ml water (see tip) and sea salt, bring to the boil, then turn down the heat and simmer for 20 minutes.

03.Add the chocolate, stir in carefully and cook for another 2 minutes.

04.Taste and season with salt and pepper. Serve in bowls, garnished with yogurt and coriander, with toasted tortillas on the side.



BAKED EGGS WITH MUSHROOMS, POTATOES, SPINACH AND GRUYERE

Serves 4:

400g baby potatoes
1 tbsp olive oil
200g mixed mushrooms
1 garlic clove
100g baby spinach
4 tbsp vegetarian gruyere
2 medium free-range eggs
Salt, to season
Large pinch of chilli flakes

01.Heat the oven to 220°C/fan200°C/gas 7. Cut the potatoes into 2-3cm chunks. Put in a large ovenproof frying pan, season and drizzle with the olive oil. Roast in the oven for 12 minutes.

02.Cut the mushrooms into quarters, chop the garlic, then toss them through the potatoes. Roast for 10 minutes until the potatoes are tender. Remove from the oven and stir in the spinach until it has wilted in the heat from the pan.

03.Grate in the gruyere then, using the back of a spoon, make 2 hollows in the vegetables. Crack the eggs into the hollows. Season with salt and the chilli flakes. Return to the oven and cook for 6-8 minutes until the eggs are just set.



CORN & COURGETTE CAKES

Serves 4

1 corn on the cob or 130g frozen sweetcorn, defrosted
1 courgette, coarsely grated
4 spring onions, thinly sliced
3 tbsp self-raising flour
2 medium free-range eggs, beaten
2 tbsp chopped fresh coriander
1 red chilli, deseeded and roughly chopped
Vegetable oil for shallow-frying
Guacamole and lime wedges to serve



Method:

01.If using a corn cob, trim the base so it stands flat, then, holding it upright and steady on a chopping board, use a large, sharp knife to slice the kernels off the cob.

02.Put the corn kernels in a large bowl with the courgette, spring onions, flour, eggs, coriander and chilli. Season with salt and plenty of black pepper, then mix well together.

03.Heat a splash of oil in a large non-stick frying pan over a medium heat. In batches, cook large tablespoonfuls of the mixture for 4-6 minutes, turning once, until lightly browned and cooked through. You may need to add extra oil to the pan. Serve straight away or keep warm in the oven.



ITALIAN BEAN CASSEROLE

SERVES 8

3 tbsp olive oil

4 celery sticks, roughly diced

4 medium carrots, roughly diced

3 leeks, trimmed, washed and sliced

2 garlic cloves, crushed

100ml white wine

2 x 400g cans chopped tomatoes

Grated zest and juice of 1 lemon

About 700ml vegetable stock, hot

410g can borlotti beans, drained and rinsed

410g can cannellini beans, drained and rinsed

Small handful fresh oregano or fresh thyme, leaves picked and chopped, plus extra whole leaves to garnish



01.Heat the oil in a large casserole or saucepan over a medium heat. Add the celery and carrots and cook, stirring, for 7-8 minutes. Add the leeks, cook for 3-4 minutes, then stir in the garlic and wine. Let the wine cook out and reduce for a few minutes.

02.Tip in the tomatoes and lemon zest and season well. Add the stock, bring to the boil, then simmer fairly rapidly for 30-35 minutes, stirring occasionally or until the vegetables are just tender and the liquid has reduced and thickened.

03.Stir in the beans (add a dash of hot water, if necessary) and cook for 5 minutes. Remove from the heat and stir in the oregano or thyme and the lemon juice. It's worth re-checking the seasoning now. Spoon the casserole into bowls and garnish with fresh oregano or thyme leaves.



TORTILLA MUSHROOM PIZZAS

SERVES 4

200g mushrooms
4 flour tortillas
2 tbsp passata
200g cooking mozzarella
2 handfuls or rocket
parmesan shavings
olive oil to drizzle

01. Preheat the oven to 200°C/fan180°C/gas 6. Heat a glug of olive oil in a pan over a medium heat. Season the mushrooms, sliced, then fry until golden. Set aside.

02. Put the tortillas on 2 baking sheets. Spread each tortilla with 2 tbsp passata, then top with the mozzarella, cubed, and scatter over the mushrooms. Cook for 12 minutes or until the base is crisp and the cheese bubbles. Top rocket, parmesan shavings and a drizzle of olive oil, then serve.



GREEN THAI CURRY WITH GREENS

SERVES 4

Vegetable oil
400ml can coconut milk
3 courgettes, thickly sliced
250g shelled fresh broad beans, skins removed
250g asparagus, halved
10 fresh basil leaves

For the Thai curry paste

1 tsp each cumin and coriander seeds
5 Thai chillies, deseeded if you like
2 shallots, roughly chopped
2 garlic cloves, roughly chopped
4cm piece fresh ginger, grated
2 lemongrass stalks, roughly chopped
6 kaffir lime leaves or finely grated zest of 1 lime
¼ tsp turmeric
½ tbsp palm sugar
Handful fresh coriander leaves, plus extra to serve
Splash of vegetable oil



01. Make the paste. Dry-fry the spices, then grind in a mortar and pestle. Put in a blender, add the remaining paste ingredients and black pepper. Blitz for 5 min, until smooth. Set aside.

02. Warm some vegetable oil in a large pan over a low heat. Add 40g curry paste and cook for 2 min, stirring. Add the coconut milk, bring to the boil, then simmer for 5 min.

03. Toss the courgettes in oil, season, and fry on a hot griddle for 2 min each side. Add to the curry and cook for 6 min. Add the asparagus and broad beans and cook for 3-4 min, then stir in the basil. Serve with jasmine rice and lime wedges to squeeze over.



BAKED BUTTERNUT SQUASH, RICOTTA AND SPINACH

Serves 4

1 large butternut squash (about 1.2kg), halved lengthways
½ tsp caraway seeds, plus extra for sprinkling
½ tsp crushed red chillies
4 garlic cloves, unpeeled
2 tbsp olive oil
100g baby spinach
500g ricotta
4 tbsp grated parmesan (or vegetarian alternative), plus extra to serve
1 medium free-range egg, plus an extra yolk
Bunch fresh sage leaves

01.Heat the oven to 200°C/fan180°C/ gas 6. Scoop out and discard the seeds from the squash. Sit the squash halves cut-side up in a roasting tin. Score the flesh in a crosshatch pattern with a knife and season. Scatter over the caraway seeds, chillies and whole garlic cloves, then drizzle with olive oil. Cover with foil and roast for 1-1½ hours until soft.

02.Set the garlic cloves aside, then scoop all but 2 tbsp of the squash flesh into a bowl, keeping it in pieces. Gently stir through the spinach and season, then leave to cool.

03.Squeeze the garlic cloves out of their skins into a large bowl and mash into the remaining 2 tbsp squash using a fork. Add the ricotta, parmesan and some seasoning. Add the whole egg and extra yolk, stir well, then gently stir through the spinach and squash mixture.

04.Spoon into 4 x 200g individual gratin dishes. Top with the parmesan, scatter with extra caraway seeds and the sage leaves, then bake for 20-25 minutes until golden. Serve immediately.

