



7 day Inner Menu planner



Shopping List

Designed to shop twice in the week.
You'll need:

Protein

Ready cooked chicken
Meat for stir-fry on day 3 - or use tofu
Smoked salmon
Eggs
Natural yoghurt
Feta cheese

Chilli ingredients - or use
500g minced steak (buy on day 4) for chilli

1 onion, diced
1 red pepper, diced
2 cloves of garlic, crushed
1 tsp mild chilli powder
1 tsp paprika
1 tsp cumin
500g good quality minced steak
½ pt beef stock
1 tin chopped tomatoes
2 tsp tomato puree
Small bunch of fresh coriander, chopped
Brown rice to serve
Sour cream



Fruit and Vegetables

Onion
Bag of apples
Bag of spinach, baby leaves taste the best
Small punnet of cherry tomatoes
Ripe avocado - medium
Carrots
Red cabbage

4 medium tomatoes
1 cucumber
1 lemon
1 red pepper
Butternut squash
Sesame seeds
Mushrooms
1 small broccoli head
1 lime



Dry ingredients

Whole wheat pitta bread -store in the freezer and use as needed
Rice noodles
Brown rice - ready made microwavable brown basmati is fine

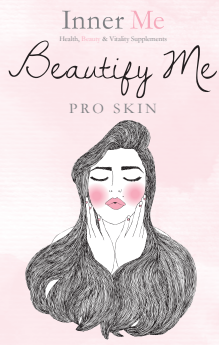
Frozen

Punnet of berries

Herbs and Spices

Paprika
Cumin
Cajun spice
Wholegrain mustard
Chilli flakes
Tamari soy sauce
Thumb of ginger
Tomato puree
Fresh herbs
Coriander
Chives
Parsley





DAY ONE

Flat white, americano or any type of tea. Try to have no more than 3 coffees or teas each day.

Breakfast

Feta and Spinach Pancakes

Ingredients:

- 20 g Feta - Low Fat
- 30 g Cream Cheese - low fat
- 1/2 Egg Medium
- 1 Tomato Medium
- 30 g Wholemeal Flour
- 30 g Spinach - Frozen

Method:

1. Sift into a bowl the flour and mix in the egg and beat well to make a batter.
2. Add the drained and defrosted spinach and crumbled feta and mix again adding a little seasoning.
3. Heat a small frying pan over a medium heat and coat with a splash of oil.
4. Add small spoonfuls of batter to make the pancakes. Cook until the pancakes begin bubbling on top.
5. Flip over and cook for 2-3 minutes until golden brown on both sides.
6. Combine the cream cheese and the diced tomatoes.
7. Plate up the pancakes and top with the cream cheese mixture.

Lunch

Chicken and Avocado Pitta (makes 1 portion)

Ingredients:

- 3 cherry tomatoes
- 1/2 handful rocket
- 1 sprigs basil
- 1/2 avocado, medium - save the other half for an afternoon snack.
- 1 pitta - whole wheat
- 40 g chicken breast- ready cooked

Method:

1. Roughly chop the avocado and evenly spread it onto the tortilla wrap
2. Then chopped the cherry tomatoes and add them on.
3. Add the sliced cooked chicken as well and top with some rocket leaves and chopped basil
4. Stuff into the pitta and heat in an oven or microwave before eating if you would like

Mid-afternoon munchies

- keep sugar cravings at bay!

Mash the rest of the avocado onto a couple of oatcakes and chop up a few cherry tomatoes. Job done!

If you'd like something a bit different, a handful of raw nuts and/or seeds does the trick perfectly for most people. If you prefer to add some extra flavour, try this recipe - batch cook it for the week.

Ingredients:

- 60 g cashews
- 60 g almonds
- 60 g pine nuts
- 3 tbsp Tamari soy sauce

Method:

1. Preheat the oven to 180C/gas mark 4.
2. Place all the nuts on a roasting tray and roast for 10-15 minutes, stirring half way through.
3. Take out the nuts when they are starting to brown and pour on the soy sauce straight away, mixing it into all the nuts.
4. Allow to cool and store in an airtight container.

Make this recipe in bulk and store as a tasty snack for the whole week

Cajun Chicken and Crispy Slaw

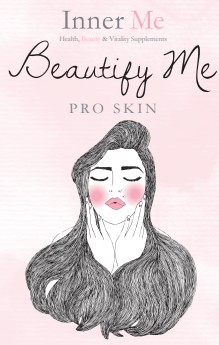
Ingredients:

- 480 g lean chicken breast
- 320 ml low fat natural yoghurt
- 1 lemon, medium
- 1 carrot, medium
- 1 red cabbage, small
- 4 tomato, medium
- 1 cucumber, medium
- 20 sprigs fresh parsley
- 4 tsp cajun spice
- 4 tsp wholegrain mustard
- 4 tsp paprika

Method:

1. Cut the chicken breast into thin slices and toss with a little oil.
2. Mix the paprika and cajun spice and coat the chicken in the spice mixture.
3. Place the chicken slices onto a hot grill pan, or frying pan and grill for 3-4 minutes each side until fully cooked.
4. Meanwhile make the coleslaw by mixing the yoghurt and mustard together.
5. Chop the onion, carrot, cucumber, tomato and red cabbage into very small chunks or thin slices and mix with the yoghurt mixture and chopped parsley.
6. Serve the chicken with the coleslaw and a wedge of lemon to squeeze over if desired.

If you can, make a batch of tomorrow's lunch recipe too so it's done for the next few days!



DAY TWO

We are sticking to eggs for breakfast. According to one study, people who start the day with a protein-rich breakfast consume 200 fewer calories a day. Many people coming off sugar-rich diets find that eggs are the best way to battle any residual cravings.

Flat white, americano or any type of tea. Try to have no more than 3 coffees or teas each day.

Breakfast

Healthy Scrambled Eggs with Peppers and Tomatoes (makes 1 portion)

Ingredients:

2 eggs, medium
1/2 red pepper, medium
Chopped parsley
Chopped cherry tomatoes



Method:

1. Dice up your tomatoes and pepper and chop up some parsley and set to one side.
2. In a bowl, whisk the eggs with a little sea salt and pepper.
3. Put a splash of oil into a preheated non-stick frying pan and add your egg mixture to it.
4. Constantly move the mixture around while the egg cooks, adding in your tomatoes and peppers about half way through.
5. When the scrambled egg is fully cooked serve on a plate with chopped parsley.

Too many eggs for one day!

Lunch - perfect for batch cooking so double the quantities!

Butternut Squash Salad (makes 1 portion)

Ingredients:

1 apple, medium
1/4 butternut squash, medium
3/4 handful of fresh spinach
6 cherry tomato
1.5 tsp sesame seeds
10 ml olive oil
1/2 juice of a lemon



Method:

1. Pre-heat your oven to 200 degrees or gas mark 6.
2. Peel, de-seed and dice the butternut squash, add it to a roasting tin, lightly coat it with oil and place it in the oven for 30 mins or until cooked.
3. In a bowl mix together the spinach, halved cherry tomatoes, sesame seeds, diced apple, olive oil, lemon juice and salt and pepper.
4. Add in the butternut squash and mix well before serving on a plate.

If you are hungry, serve with some brown or basmati rice, baked potato or baked sweet potato.

If you are preparing the salad in advance, cool the butternut squash before mixing it in.

Mid-afternoon munchies

Apple and handful of nuts or nuts and seed mix.

Mushroom & Butternut Squash Frittata (makes 1 portion)

- make at least double as you'll keep this for lunch tomorrow.

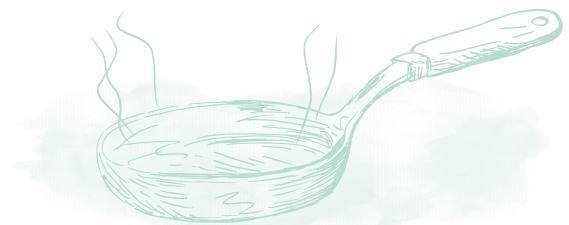
Ingredients:

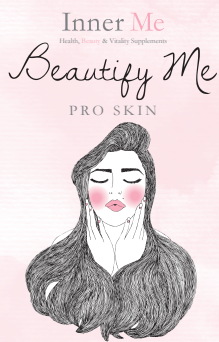
40 g feta - low fat
2 egg medium
1/4 peppers medium
1/4 butternut squash medium
1/2 garlic clove
60 g mushrooms
7 cherry tomatoes
1 handful salad leaves
1/4 tsp chilli flakes



Method:

1. Over a medium heat place a splash of the oil in a non-stick frying pan.
2. Add the peeled and diced squash and saute for 5 mins. Add a little water, cover the pan with a lid or baking sheet and cook for a further 4 mins or until the squash is tender.
3. Increase the heat, stir in the mushrooms and saute for a further 4 mins. Stir in the crushed garlic, chilli, and season to taste. Reduce the heat.
4. Beat the eggs together and then pour into the pan and stir well.
5. Cook for 1 minute, stir again then shake the pan to level the frittata. Reduce the heat, cover and cook for 4 mins until the egg has almost set.
6. Crumble over the cheese and pop under a hot grill cook for further 2-3 mins until the top is golden.
7. Serve in with a salad made from the remaining ingredients.





DAY THREE

Flat white, americano or any type of tea.

Try to have no more than 3 coffees or teas each day.



Breakfast

Porridge can be cooked any which way, as long as it's not the golden syrup packet variety. A generous handful with half milk / water and a pinch of salt tastes great. If your sweet taste buds need tending to, try my low-sugar berry version.

If eggs are working well for you, soft boil, poach or scramble and serve with a slice or two of wholemeal or rye bread. If you are grain free, try to add in some extra tomato and spinach to fill the meal out.

Before dinner you'll need to make sure you have tonight's chicken and fresh vegetables. Chicken can be substituted for any other meat or tofu.

Very Berry Porridge (makes 1 portion)



Ingredients:

100 ml cows milk - skimmed or semi skimmed
1/4 punnet blueberries (200 g punnet)
1/4 punnet raspberries (200 g punnet)
45 g porridge oats
1 tsp honey
225 ml water

Method:

1. Place the porridge oats with the milk and water into a saucepan.
2. Bring to the boil, stirring frequently and then reduce the heat to medium and simmer for 10 minutes.
3. Stir in the honey then remove from the heat and place in a bowl.
4. Add the fresh berries to the top of the porridge and enjoy.

Lunch

Leftover mushroom & Butternut Squash Frittata and squash salad. Serve with leftover spinach leaves. If you are hungry, add in a small baked potato.

Mid-afternoon munchies

Apple and handful of nuts or nuts and seed mix.

Dinner

Chicken & Superverg Stir-fry (makes 4 portions)

Ingredients:

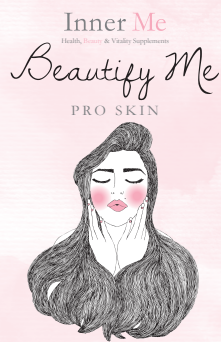
480 g lean chicken breast
2 cloves garlic
6 tsp ginger, grated
1 broccoli head, medium
Chopped mushrooms - handful
6 sprigs fresh coriander
4 tsp honey
8 tbsp Tamari soy sauce
1 juice of a lime
160 g rice noodles



Method:

1. Soak the rice noodles for 15 minutes in hot water until soft.
2. Heat the olive oil in a wok until hot add the chopped garlic and grated ginger.
3. After 30 seconds add the broccoli florets and stir fry for 2 minutes.
4. Add the thinly sliced chicken and mushrooms and continue to stir fry until it turns white and is fully cooked.
5. Add in the lime juice, soy sauce and the honey.
6. Drain the noodles and add them to the wok along with the chopped coriander.
7. Once well mixed serve in a bowl or on a plate.





DAY FOUR

Flat white, americano or any type of tea. Try to have no more than 3 coffees or teas each day.

We'll need to use up the remaining chicken by lunchtime. Today you'll need to shop for these additional ingredients for dinner:

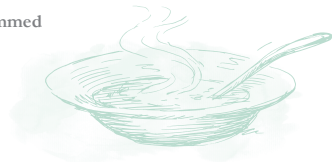
500g good quality minced steak • 1/2 pt beef stock • Sour cream

Breakfast

Very Berry Porridge (makes 1 portion)

Ingredients:

100 ml cows milk - skimmed or semi skimmed
1/2 apple medium
1/4 punnet berries (200g punnet)
45 g porridge oats
1 tsp honey
225 ml water



Method:

1. Place the porridge oats with the milk and the water into a saucepan.
2. Bring to the boil, stirring frequently and then reduce the heat to medium and simmer for 5 minutes.
3. Slice the apple and add to the porridge mixing it in well.
4. Serve the porridge in a bowl and top with berries and a drizzle of honey if needed.

Lunch

Chicken, Roasted Pepper, crumbled feta and Spinach Sandwich (makes 1 portion) - *This can be eaten without any need to cook the peppers - just make sure the chicken is cooked. Turkey can be used too.*

Ingredients:

1 red pepper medium
1/4 handful spinach fresh
5 g butter
50 g chicken breast - ready cooked
Crumbled feta
Wholemeal pitta

Method

1. Pre-heat the oven to 180 degrees or gas mark 4.
2. Lightly oil the red pepper and place in the oven for 15 minutes, remove and cool.
3. When cool, cut the flesh off the pepper being careful to remove all the seeds and slice it up.
4. Lightly butter both pieces of bread, using the minimum possible.
5. Place the ready cooked and sliced chicken breast, sliced roasted red pepper, crumbled feta and the spinach into the pitta pocket.
6. Serve cold or toast for a tasty treat.

Mid-afternoon munchies

Apple and handful of nuts or nuts and seed mix.

Dinner

Chilli (makes 4 portions) - *you will have leftovers for lunch tomorrow!*

Ingredients:

1 onion, diced
1 red pepper, diced
2 cloves of garlic, crushed
1 tsp mild chilli powder
1 tsp paprika
1 tsp cumin
500g good quality minced steak
1/4 pt beef stock
1 tin chopped tomatoes



2 tsp tomato puree

Small bunch of fresh coriander, chopped

Brown rice to serve - *the microwaveable packets of brown basmati rice are fine*

Sour cream

Method:

1. Fry onions and minced beef until it takes on a nice brown colour, do not add oil as there will be enough fat in the mince.
2. Add pepper, garlic, chilli powder, paprika and cumin and fry gently for a minute or so.
3. Add beef stock, tomatoes and tomato puree, stir and allow to simmer 10 to 15 minutes or until the sauce is thick and then stir
4. Serve with brown rice and top with sour cream (optional)

DAY FIVE

Flat white, americano or any type of tea. Try to have no more than 3 coffees or teas each day.

Keep breakfast light today. If you are anything like me, most people indulge a little on a Friday - end of the week wind down.

If you have a family it may well be your "takeaway" night - so, I've added in a recipe for making pizza at home instead. If you are heading out, there's a guide to eating sugarfree and healthily when you are out and about.

Grab a handful of nuts and a piece of fruit or try a natural yoghurt with the remaining chopped fruit.

Lunch

Leftover chilli - Serve in baked potato or with rice - or simply on its own.

Dinner

Healthy Pizza

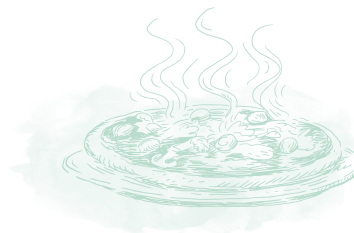
(Makes 2 pizzas large enough for a family of 4)

Ingredients:

1 onion, diced

(Base)

400g strong flour
275 to 300ml warm water
1 tsp instant yeast
1 tbsp olive oil
Or, buy the base!

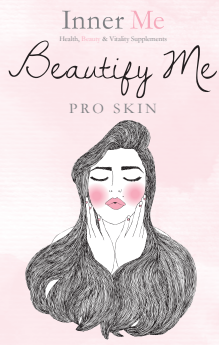


(Topping)

150ml fresh tomato sauce or shop bought passata
2 mozzarella balls
Handful cherry tomatoes
100g fresh grated parmesan
Fresh basil and rocket

Method

1. Mix the flour, yeast and salt in a large bowl, make a well in the centre of the dry mix, add the olive oil and add 275ml of warm water.
2. Slowly stir the water into the dry mix. It should resemble a moist, wet dough. If not add some more of the remaining water.
3. Turn out onto a floured surface and knead with the palms of your hands for 5 minutes.
4. Put mix into a bowl cover with a damp/clean tea towel and allow doubling in size.
5. Knock back the dough, split into two and roll into balls. Then using a rolling pin roll the mix to the size and thickness required.
6. Spread the bases evenly with the fresh tomato sauce and place the rest of the ingredients on, leaving the basil and rocket for when the pizza is baked
7. Cook at 22 degree for 8 to 10 minutes.



WEEKEND

Saturday

Breakfast

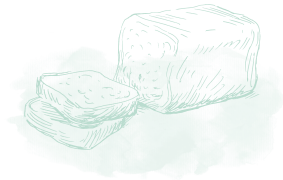
Healthy Eggs on Toast

Ingredients:

- 2 Eggs
- 2 slices Rye Bread
- 2 tbsp White Wine Vinegar

Method:

1. Heat a pan of water on the stove and add in the vinegar to it.
2. Crack your eggs into 2 small cups or ramekins and gently lower the eggs into the boiling water.
3. Poach for 2-3 minutes depending on how soft you like your eggs.
4. Drain the eggs in some kitchen roll before serve them on your toasted rye bread.



Snack

1 apple, 1 carrot and half a cucumber (juice them or eat them whole!)

Lunch

Simple and tasty tomato and bean soup - batch cook

Ingredients:

- 1/4 Onion
- 1 Bay Leaf
- 80 g Cannelini Beans - Ready Cooked
- 1/4 Vegetable Stock Cube - Low Salt
- 80 g Tomatoes chopped - Tin
- 250 ml Water



Method:

1. Fry the onion in a splash of oil until soft but not browned.
2. Add the beans, tomatoes and the bay leaf, and cook for 3 minutes more.
3. Add the water and stock cube and bring to the boil. Simmer for 10 minutes.
4. Remove the bay leaf and process the soup in a liquidiser or blender until smooth.
5. Season and serve in a bowl.

Snack

Small pot of natural yoghurt topped with 1tsp mixed seeds (add a drizzle of honey if you wish)

Dinner

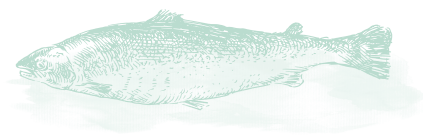
Marinated Salmon with Stuffed Peppers

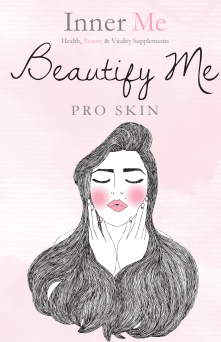
Ingredients:

- 40 g Feta - Low Fat
- 1/4 Courgettes Medium
- 1 Peppers Medium
- 1 Tomato Medium
- 2 sprigs Basil
- 1 tsp Harissa Chilli Paste
- 120 grams Salmon Fillet

Method:

1. Preheat your oven to 180C/Gas mark 4.
2. Add the salmon fillet to the bowl and gently rub in the harissa paste as a marinade.
3. Leave to marinate for at least 30 minutes, spooning the marinade over occasionally.
4. Meanwhile prepare the peppers. Slice the top off the peppers and scoop out the seeds.
5. Drizzle the pepper with oil and put it on an oven tray and place in the oven for 10 minutes.
6. While the pepper is cooking, mix the crumbled feta, chopped basil, diced tomato and grated courgettes in a bowl with a little seasoning.
7. Remove the pepper from the oven and stuff the peppers with the feta mix, being careful not to burn yourself.
8. Return to the oven and cook again for 10-15 minutes.
9. Once the salmon has marinated heat the grill or a char-grill pan to medium and cook the salmon for 5 minutes each side or until cooked.
10. Slide the salmon on a plate and place the pepper next to it.





WEEKEND

Sunday

Most importantly, take some time out during the day to plan next week. Think through exactly what you're going to do next week. That doesn't mean planning your meals with military precision, but simply working out how you are going to eat healthily most of the time. Set yourself a couple of realistic goals for the week ahead, and write down the activity you plan to do in your diary.

Breakfast

Something special - Smoked Salmon Omelette (makes 1 portion)

Ingredients:

- 50 g Smoked Salmon
- 2 Eggs medium
- 1/2 handful Fresh Spinach
- 10 sprigs Chives

Method:

1. Whisk the eggs, chives and chopped spinach together.
2. Once mixed add a splash of oil and the mixture to a preheated frying pan and cook until bubbling on top then flip.
3. Once cooked serve onto a plate and place the salmon over the top.

Lunch

Healthy Roast Dinner Lunch

Start with a small bowl of yesterday's soup (if there's any left). A study at Pennsylvania State University found that when participants in the study ate a first course of soup before lunch they reduced their total calorie intake by 20 per cent, compared with those who did not begin the meal with soup.

Ingredients:

- 140 g Chicken Breast Lean
- 1 Courgettes Medium
- 1/2 Yellow Peppers Medium
- 1 Carrot Medium
- 70 g New Potatoes
- 2 sprigs Rosemary Fresh
- 2 sprigs Thyme
- 10 tsp Cornflour
- 1/2 Chicken Stock Cube - Low Salt
- 100 ml Water

Method:

1. Pre-heat your oven to 200 degrees or gas mark 6..
2. In a roasting tray add in the large chopped carrot, red onion, yellow pepper, courgette and the new potatoes cut in half. Toss these in a little oil and season with salt and pepper.
3. Sprinkle with the half of the chopped thyme and rosemary and place into the hot oven.



4. Roast the veg for 30 minutes, then take them out, stir them around and place the chicken breast on top.
5. Return this to the oven and cook for another 15 minutes or until the chicken is fully cooked.
6. In a small cup mix the cornflour with a little cold water until dissolved fully.
7. In a pan on the stove, heat the water, the stock cube and the rest of the chopped herbs.
8. When this is boiling slowly add in the cornflour mixture until it reaches the thickness you like.
9. Season your herb gravy before serving it with your roasted chicken and vegetables.

Easy Dinner - use up leftovers with this delicious Thai soup - batch cook and use for tomorrow's lunch

You'll need some fresh coriander, coconut milk (tin) and some protein to add to the soup such as tofu or chicken.

Ingredients:

- 80 g Tofu or 100g diced chicken
- Leftover veggies -mushrooms, peppers - whatever you have, chop it up!
- 1 cloves Garlic
- 1 tsp Ginger - Grated
- 3 sprigs Coriander Fresh
- 75 ml Coconut Milk - Low Fat
- 1 piece Vegetable Stock Cube - Low Salt
- 1/2 piece Juice of a Lime
- 40 g Rice Noodles
- 200 ml Water
- 1/2 piece Red Onion
- 1/4 tsp Chilli Flakes



Method:

1. Soak your rice noodles in bowl of hot water for 10-15 minutes until soft.
2. Heat your wok up on the stove until it starts to steam.
3. First fry your sliced red onion for 30 seconds.
4. Then add in your crushed garlic, grated ginger and deseeded and chilli flakes and fry for another 30 seconds.
5. Then add the rest of your sliced vegetables and fry for 2-3 minutes. If using chicken, add it at this stage and cook through until the chicken is white.
6. Add in your coconut milk, water, crumbled vegetable stock cube, drained noodles, diced tofu (if using) and chopped coriander.
7. Bring to the boil and simmer it for 2-3 minutes until the noodles are cooked.
8. Add in your lime juice and serve with in a deep bowl.

Alternatively, have a piece of lean protein (e.g. fish or chicken), grilled and serve with a large portion of steamed vegetables.

Make sure you sip plenty of water and herbal teas throughout the day, too.