



Full Blown Flourish

7 Day Meal Plan

BA = BULK ALERT - To let you know to make double and keep some for lunch/weekend

Day	Breakfast	Lunch	Dinner	Snacks
1	<u>Lemonade Green Smoothie</u>	Baked sweet potato with hummus and salad	<u>Fish pie</u> or <u>Vegetarian Shepard Pie</u> with petit pois	<ul style="list-style-type: none"> ▪ <u>Choco salted bites</u> ▪ Fresh green juice
2	Scrambled eggs with avocado and sauerkraut	<u>Butternut and coconut soup</u> , with carrots batons	<u>Pizza</u> topped with cheese and veg with a huge salad BA	<ul style="list-style-type: none"> ▪ Carrots & peanut butter ▪ Fruit & yogurt ▪ Cheese and apple slices
3	Green juice with gluten free porridge with peanut butter.	Leftover pizza with avocado and salad	<u>Chilli</u> with rice and frozen veg.	<ul style="list-style-type: none"> ▪ Almonds and cashews
4	<u>Banana pancakes</u> with bacon.	<u>Sweet potato and leek soup</u> , with gluten free oatcakes and butter.	Gluten free sausages , cooked onions, fried eggs, sauerkraut and root vegetable chips.	<ul style="list-style-type: none"> ▪ Natural yogurt with tsp raw honey ▪ Smoothies. Cocoa, banana, and handful spinach blended with almond milk
5	Organic natural yogurt topped with berries, walnuts and some maple syrup and some fresh juice.	A goats cheese and onion omelette (recipe in eBook) with roast veg.	<u>Sunshine Dahl</u> with quinoa, topped with sauerkraut and cashews	
6	<u>Superfood cereal</u> with almond milk	Gluten free oatcakes, cheese and onion chutney with salad	<u>Stir fry</u> with pumpkin seeds, tamari sauce and pork, with cauliflower rice	
7	2-3 Boiled eggs with asparagus and some fresh green juice	<u>A peanut butter and banana Smoothie</u> with a green leaf salad.	Roast chicken with roast veg	

Happy Eating!



Recipes

Chocolate Superfood Cereal

Serves 4 - Prep Time 5 min

Ingredients

- 100g Pecans or cashews or almonds
- 100g Pumpkin or sunflower Seeds
- 4 tbsp Goji Berries (or raisins/sultanas or any other dried fruit)
- 4 tbsp Cacao Nibs

Instructions

Put all ingredients in a blender and pulse for about 30 seconds until it is roughly chopped. Serve with milk and or yogurt!

Notes

Any other seed or nut with do and feel free to be creative with other seeds, nuts or dried fruits.



Natural Protein Shake

Serves 1, total time 5 mins

Ingredients

- 250ml water/milk
- 1 ripe banana
- 2 tbsp hemp protein powder
- 2 tbsp organic peanut butter
- pinch salt
- 1 tbsp gelatine (great lakes variety) *optional*
- 1 tbsp coconut oil

Instructions

Blend until smooth and enjoy immediately!

Notes

This will store for a day or two just shake well before drinking.

Blended Lemonade Green Smoothie from Detoxinista.com

Serves 1

Ingredients:

- 3/4 cup water
- 1-2 kale leaves, stems removed
- 1/2 romaine heart
- 1/2 cucumber, chopped
- 1/4 ripe avocado
- 1/2 apple, cored
- 1 frozen banana
- juice of 1 lemon
- handful of ice

Directions:

Combine all of the ingredients in a high-speed blender, and blend until completely smooth. (You may need to use a tamper to help the ingredients reach the blades.)



Butternut Squash Soup by Super Naturally Healthy

Serves 4, 30 min cook time or place in slow cooker overnight

Ingredients

- 800g Butternut Squash peeled and chopped
- 1.25 Litres of Stock/Homemade Broth (reduce by 200ml is using Coconut Milk)
- 1 tsp Cayenne Pepper
- 1.5 tsp Ground Ginger
- 1/2 tsp Freshly Grated Ginger
- 100g Coconut Cream OR 200ml Coconut Milk
- 2 Garlic Cloves
- Seasoning to taste

Instructions

Place in the ingredients (except salt and pepper) in a pan or slow cooker. Cook until butternut is very soft either overnight in slow cooker or about 30 mins on medium heat on hob).

Remove from heat and then using a hand blender blend until smooth. Season with quality salt and pepper to taste.

Notes

This is delicious as it is but feel free to add any extra veg that needs using up or fresh herbs like coriander or oregano.

Homemade broth/stock is highly recommended but if using stock cubes make sure they contain no MSG, gluten or other weird ingredients if possible:)



Fish Pie

Serves 4 - total time 40-45 mins

Ingredients

FILLING

- 100g Raw King Prawns
- 200g Tin of Tuna
- 300ml Chicken Stock
- 1 Clove Garlic
- 3 finely chopped Carrots
- 3 chopped Onions
- 2 Handful Spinach
- 100g Coconut Cream
- 2 tbsp Desiccated coconut
- 1tbsp Cumin

TOPPING

- 1 Whole Celeriac
- 3 Carrots
- Knob of Organic Butter
- Salt and pepper

Instructions

Peel the celeriac and carrots and roughly chop and place in boiling water. Leave simmering while you then...

Saute the onions in ghee/coconut oil/animal fat for a few minutes until soft, then add the carrots, cumin, some salt (a few pinches), garlic and keep under a medium heat for a few minutes. Then add the chicken stock, tuna and coconut cream allow to come to simmer and stir until the coconut cream to dissolve.

Meanwhile once the celeriac is soft and cooked through drain and add butter, salt and pepper and then mash thoroughly.

Add the frozen prawns to the fish/coconut/stock mixture and stir in along with the desiccated coconut and spinach.

Pour the fish mixture into a oven dish, level off and then spread the mashed celeriac/carrot on top of the fish mixture and level off.

lace in a preheated oven at 180c for 25 mins or until its golden on top.

Serve with peas, cooked broccoli or any other veg you like!

Notes

If you find your mixture too runny, just add some more desiccated coconut as this will soak up some of the mixture. Season to taste.



Gluten Free Pizza Base

Serves 2-4

Ingredients

- 100g tapioca
- 75g coconut flour
- Tsp salt
- 1 egg beaten
- 60ml oil
- Tsp oregano
- 150ml water

Instructions

Preheat oven to 200c. Mix the dry ingredient in a bowl. Then add the oil and mix in, followed by the beaten egg. Then slowly add the water bit by bit until a crumbly dough forms (you may not need all the water or you may need more).

Then bring together to form on dough in your hands. Roll out between two sheets of grease proof paper until it is about 1/2 cm in thickness. Place in oven and after 10-15mins pull it out and stab a few times with a knife to release air. Put back in oven for further 5-10 minutes or until lightly golden.

Then simply add your topping - I use tomato paste, salt, mushrooms, a few handfuls of cheese and I even sneak in some spinach under the cheese!



Veggie shepherd's pie with sweet potato mash by BBC Good Food

Serve 4 prep 25min and ready in 45mins

Ingredients

- 1 tbsp olive oil
- 1 large onion, halved and sliced
- 2 large carrots (500g/1lb 2oz in total), cut into sugar-cube size pieces
- 2 tbsp thyme chopped
- 200ml red wine
- 400g can chopped tomatoes
- 2 vegetable stock cubes
- 410g can green lentils
- 950g sweet potatoes, peeled and cut into chunks
- 25g butter
- 85g vegetarian mature cheddar, grated
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Instructions

Heat the oil in a frying pan, then fry the onion until golden. Add the carrots and all but a sprinkling of thyme. Pour in the wine, 150ml water and the tomatoes, then sprinkle in the stock cubes and simmer for 10 mins. Tip in the can of lentils, including their juice, then cover and simmer for another 10 mins until the carrots still have a bit of bite and the lentils are pulpy.

Meanwhile, boil the sweet potatoes for 15 mins until tender, drain well, then mash with the butter and season to taste. Pile the lentil mixture into a pie dish, spoon the mash on top, then sprinkle over the cheese and remaining thyme. The pie can now be covered and chilled for 2 days, or frozen for up to a month.

Heat oven to 190C/170C fan/gas 5. Cook for 20 mins if cooking straight away, or for 40 mins from chilled, until golden and hot all the way through. Serve with broccoli.



Fat Busting Stir Fry

Serves 2, total time 25 mins

Ingredients

STIRFRY

- 4 Carrots
- 2 Onions
- 1 Courgette
- 1/2 head Broccoli
- All chopped into batons or as desired
- 150g Cashew +Pumpkin Seeds
- SAUCE
- 1 large Garlic Clove
- 4 tbsp Tamari Sauce
- Fresh ginger roughly 1 inch x 1cm piece or 2 tbsp chopped
- 1/2 tsp Cayenne Pepper
- 1/2 tsp Ground Coriander
- 25g/large handful Fresh Coriander
- 1 tsp Salt
- 1 tbsp Honey

You can also add 250g king prawns to this too and it taste fab!

Instructions

Put all the vegetable in a wok or frying pan on a medium heat.

Meanwhile in a food processor or hand blender mix all the 'sauce' ingredients until smooth.

Add the nuts and seeds to vegetables, then add the sauce and cook for 3-5 minutes.

Serve with fresh coriander and small palm sized amount of rice



Salted Superfood Chocolate Bites

Makes 10

Ingredients

- 25g brazil nuts
- 50g cashew nuts
- 100g pumpkin seeds
- 5 pinches of quality salt
- 4 medjool dates
- 2tbsp cacao powder
- 1 tbsp maca
- 3 tbsp coconut oil

DUSTING (OPTIONAL)

- 1 tbsp maca powder
- 2 tbsp cacao powder or cocoa powder

Instructions

Blend the nuts and seeds until smooth in a food processor.

Then add all the other ingredients and blend until smooth.

Then take a heaped teaspoon full and roll into a ball and if dusting roll in the mixed cacao and maca before placing on a line tray or plate.

Make these quite small as they are so rich you wont want to eat a large one!

Put in fridge for 20-25 mins until firm and then enjoy with a cup of tea.

Notes

These will store in a sealed tub for over a week in fridge - also suitable for freezing. Feel free to use other nuts, walnut would be great as would almonds.



Banana Pancakes

Serves 2 - take about 20mins to make

Ingredients

- 2 bananas
- 3 organic eggs
- 1 tsp cinnamon

Instructions

Blend all the ingredients until smooth.

Heat a frying pan with some fats (butter, coconut oil or oils) and use about 2 tbs of mixture per pancake. Make sure the pan is hot and then once the batter has been poured turn the heat down.

When the pancakes are more solid carefully flip over.

Do this with all the mixture and serve with organic butter/coconut oil, fruit, organic bacon, nut butter or raw honey!



Sweet Potato & Leek Soup

Serves 8

Ingredients

- 1.25 kg Sweet Potatoes
- 3 Leeks
- 2 Onions
- 3 Garlic Cloves
- 1.7 ml Water
- 1 tbsp Salt
- 65g Organic Butter

Instructions

Put everything except the butter in a large pan or in a slow cooker. Allow it to come to boil and then simmer until soft (roughly 30 mins).

If using slow cooker put on medium for 4-6 hours or longer.

Then blend and add the butter (or coconut cream if want it dairy free) until smooth.

Add more water if its too thick for your liking.

Serve with chopped raw carrot 'croutons'.

Notes

To save time when using a slow cooker don't bother to chop any of the veg, just half the potatoes and place in pot with water.

Feel free to add spice, more coconut or other veg to this soup!



Sunshine Dahl

Serves 8, 20min prep, 45 mins cook

Ingredients

- 2 Onions
- 900g yellow split peas
- 2 tsp salt
- 1 tbsp coriander powder
- 1tbsp cumin
- 1 tbsp fresh ginger chopped
- 50g creamed coconut
- 1 litre of water
- 1/2 tsp cayenne pepper
- 1 tsp chopped garlic
- 2 handfuls of fresh coriander

Instructions

Soak the dried split peas for at least eight hours in salted water.

Drain and set aside .

Put the onions with some butter/oil/coconut oil in a pan and sauté into soften. Add the salt. Then add all the peas and all other ingredients (except the fresh coriander) and bring to simmer.

Simmer until peas are soft - roughly 45mins or overnight in a slow cooker.

When ready mix in the fresh coriander chopped.

Serve with brown rice or onto on loads of vegetables and with yogurt.

Notes

This is a great one to do in a slow cooker. Just sauté options then put everything in slow cooker and leave for several hours or all day at work .

Feel free to add any other vegetables you want - mushrooms, peppers, spinach and butternut would all taste good in this.