



Eat & Heal

7 Day Meal Plan

By Kezia Hall

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

	Breakfast	Lunch	Dinner	Snacks/desserts
1	Organic natural yogurt topped with berries, banana, pumpkin seeds, walnuts and a drizzle of honey.	A slice of this crustless omelette with spinach and strawberry salad. (make quiche in bulk for the week)	Sweet chilli fish cakes or Falafel Burgers serves with salad and roast veg. <i>BA - place leftovers in freezer</i>	<ul style="list-style-type: none"> ▪ Unlimited Fresh green juice ▪ 2-3 Rice cakes covered in organic butter
2	Supercharged Porridge topped with berries	Pea & Coconut Soup with carrots batons (make in bulk)	Pea & Sweet Potato Curry with cauliflower rice.	<ul style="list-style-type: none"> ▪ Lots of soup ▪ made with bone broth
3	Spinach, frozen berry, avocado, water /almond milk and banana smoothie	A slice of this crustless omelette with spinach and strawberry salad.	Mountains of stir fry with almond satay sauce and chicken and/or cashews or tempeh	<ul style="list-style-type: none"> ▪ Guacamole with celery ▪ 6-7 Almonds ▪ Homemade
4	2-3 Soft boiled eggs with asparagus and some fresh carrot and ginger juice. (Hard boil an extra 2 for snacks & lunch)	Tinned mackerel or boiled eggs, avocado, pine nuts served on a bed of spinach with lemon and olive oil dressing	Courgette Pizza served with sweet potato chips.	<ul style="list-style-type: none"> ▪ Marshmallows 2-3 ▪ Pea & Coconut Soup ▪ Hard boiled eggs ▪ Dessert - Chocolate Fudge Avocado Pots
5	Supercharged Porridge topped with berries	A slice of this crustless omelette with spinach and strawberry salad.	Pea & Coconut Soup with carrots batons followed by Pesto Pasta with added chicken if desired.	
6	2 rashers of bacon, poached eggs with portobello mushrooms and/or avocado	Pea & Coconut Soup with carrots batons, with 3 gluten free oatcakes and hummus.	Roast Cauliflower and Parmesan warm salad served with fresh or tinned salmon.	
7	Avocado, cocoa, banana, spinach and almond butter smoothie	Mashed avocado mixed with tuna , and other salad veg with olive oil and apple cider vinegar poured over.	Roast chicken or Carrot and Cashew Nut Roast served with roast sweet potatoes, steam broccoli, and roasted butternut squash.	



Recipes

Coconut Chia Porridge

Serves 1

Ingredients

- 100g gluten free oats
- 1 tbsp chia seeds
- 200ml coconut milk (or other milk)
- 1/8 tsp vanilla powder
- 1/2 tsp cinnamon
- a pinch salt

TOPPING

- topped with almond or peanut butter and berries/banana slices

Instructions

Optional - the night before soak the oats and chia seeds in about 3-500ml water with a pinch of salt in it, drain water before cooking. This makes it more digestible and the nutrients more available.

When ready to eat place all the ingredients in a pan (or microwave) and heat up on medium heat for about 2-3 minutes.

Add more water or milk for a runnier porridge or things like honey to make it sweeter.



Gluten Free Crustless Quiche by Detoxinista.com

Makes 6 slices, prep time not stated

Ingredients

- 2 cups cooked spaghetti (or butternut) squash (about ½ of a 3.5 lb squash)
- 1 teaspoon coconut oil or butter
- 1 onion, chopped
- 1 cup baby kale, chopped
- 4 eggs, beaten
- 2 ounces raw (or organic) cheddar, shredded (about ½ cup) and divided
- 1 teaspoon sea salt
- Freshly ground black pepper
- coconut oil or butter for greasing the dish

Instructions

If you have not already done so, bake the spaghetti squash using these directions. Allow it to cool to room temperature, and save one half of the squash for another recipe.

If the oven isn't already hot, preheat it to 350F and generously grease a 9-inch pie dish (I use this one) with coconut oil or butter. In the meantime, melt the coconut oil or butter in a skillet over medium heat and sauté the onion until tender, about 8 minutes. Add in the chopped kale, and sauté until bright green and tender, about 3 to 5 more minutes.

Transfer the sautéed veggies to a medium mixing bowl, and add in 4 eggs, 2 cups of cooled spaghetti squash strands, 1 ounce of shredded cheese, and season with salt and black pepper. Stir well and pour the mixture into the greased pie dish. Top with the remaining ounce of shredded cheese and bake at 350F until the top is golden, about 35 to 40 minutes. (The center will rise with baking, but will later deflate when you remove it from the oven.)

Allow to cool for 10 minutes and serve warm. Leftovers can be stored in a tightly sealed container in the fridge for up to one week.



Pesto & Spaghetti

Serves 2 - take about 25 mins

Ingredients

'Spaghetti'

- 2 courgettes
- Additional handfuls of spinach or rocket if desired
- Pesto
- 20g (large handful) fresh basil
- A small avocado
- 2 tbsp cashews
- 25ml raw apple cider vinegar
- 1/4 tsp quality salt
- tbsp oil of your choice (ideally cold pressed)
- Juice of 1/2 a lemon
- 1 small garlic clove

Instructions

'Spiralise' or chop VERY finely the courgette and place in bowl.

Blend all the pesto ingredients together until smooth .

Taste and add any additional seasoning if required.

Mix in with the spaghetti and leaves and serve.

Notes

Adding a poached egg or meat or nuts to this makes this a more filling meal. If you want a hot meal just gently warm it all on the hob for a few minutes.





Sweet Chilli Fish Cakes

Serves 2, total time 35 min

Ingredients

- 400g sweet potato
- 112g tuna (this is one drained tin of tuna)
- 1 onion
- 1 tsp salt
- 1/3 tsp cayenne pepper
- 1tsp coconut sugar or honey
- 1 tbsp raw apple cider vinegar
- pepper for seasoning
- Coating
- 30g ground linseeds or ground almonds

Instructions

Chop the sweet potato and boil until soft.

In a food processor blend the all the other fish cake ingredients.

Drain the sweet potato once cooked and add to the mixture and pulses until smooth (or leave lump if you like). Taste the mixture and add more cayenne or salt to your liking.

Then grab one large tbsp of the fish cake mixture and mould it in your hands then cover in the ground linseeds and place in a frying pan with some lard/oil/coconut oil/butter. Do this until you have used up all the fishcake mixture.

Cook on medium heat until brown on both sides.

You will need to flip the fishcakes carefully as they will still be very squidgy, so make sure you pan is well greases and take care. You can reshape them in the pan if need be.

Notes

Add more chilli/cayenne to this is you love the spice - this recipe is to suit all preference so fire it up if you like!

Serve with a large salad.

These will freeze well so why not double up your portion and freeze some for a lazy future dinner?





Pea and Coconut Soup

Serves 3-4, time 30 mins

Ingredients

- 600ml stock - ideally homemade broth
- 600ml water
- 500g frozen petit pois
- 2 leeks roughly chopped
- 1 large garlic clove
- tsp of salt and seasoning to taste
- 100g creamed coconut

Instructions

In a large pan place all the ingredients and bring to boil. Simmer for 20 mins then blend until smooth. Add seasoning to taste.

Serve with sauerkraut.

Notes

Feel free to use coconut milk just add less water. So if you use 150ml of coconut milk use 150ml less of water.

Add more or less liquid depending on you preferred consistency.

This also taste great with some chilli or cayenne!





Pea & Sweet Potato Curry

Serves 4

Ingredients

- 400ml stock or homemade bone broth
- 2 tbsp garam masala
- 1 tbsp turmeric
- 1/2 tsp cayenne powder
- 1 tsp sea salt
- 25g ginger - grated and peeled
- 2 sweet potatoes
- 2 onions
- 300g frozen peas
- 400ml coconut milk

Instructions

In a pan on medium heat add 1 tbsp of ghee or coconut oil and add chopped onions and saute for a few minutes until the edges become clear.

Add the salt and all the spices to the pan.

Chop the sweet potato into small diced pieces (peel if you want but I don't) and mix in.

Then add the stock/broth.

Add the coconut milk and frozen peas and bring to boil.

Simmer for about 15 minutes or until sweet potato is soft. Season with salt as necessary.

Serve with rice or whatever else you fancy.

Notes

Use quality veggie stock to make it vegetarian.

Feel free to use and add other veg - like some added frozen spinach would also taste yum in this!





Better Than Peanut Sauce Paleo Almond Satay Sauce by rubiesandradishes.com

No cook times or portions stated

Ingredients

- 1/2 cup almond butter (I really like this one, but it's pricey!)
- juice of 1 tangerine
- juice of 1 lime
- 1 small spicy pepper, chopped (I use jalapenos, but serrano or another spicy pepper would work)
- 1/2 cup coconut aminos/tamari sauce
- 1/2 teaspoon Paleo-friendly fish sauce
- 1 teaspoon fresh grated ginger
- 1/4 hot filtered water

Instructions

Place almond butter, tangerine juice, lime juice, pepper, coconut aminos, fish sauce and ginger in a food processor. Blend until smooth. Add water and mix some more. If it is too thick for your liking, you can thin it out with more water. I find this thickness to work great as a dipping sauce and for a stir-fry sauce.

You can eat it immediately, but I have found that if you let it sit for a few hours to overnight, the flavors improve. Store in the refrigerator in an air tight container.

Enjoy!



[Low Carb Courgette Crust Pizza](#) by [wholeheartedlyhealthy.com](#)

Serves 1-2, total time not stated

Ingredients

- 2 small or 1 and a half medium courgettes
- 1 medium egg
- 30g cheese, grated - I used mild organic cheddar
- 1/2 tsp Italian seasoning
- Toppings of choice - I used tomato paste, red onion, red pepper and feta cheese

Instructions

Grate the courgette and place in a bowl. Sprinkle with a little salt and leave for 10 minutes. Pre heat the oven to 220c. Place the courgette in a clean tea towel (or you can use your hands) and squeeze the liquid out. Put it back in the bowl, add the other ingredients and mix well. Line a baking sheet with some grease proof paper, or a fancy silicone baking sheet. Spread the mixture thinly into whatever shape you like, it should be about 3-4mm thick. Bake for 10 - 15 minutes until golden brown with crispy edges. Add you toppings and return to the oven until it's done how you like it. Eat!

Notes

You can do a slightly quicker first bake and a longer last bake with the toppings depending on how well cooked you like your toppings.
This is also great cold and would make a fab lunch!



Carrot and Cashew Nut Roast by Amuse-Your-Bouche.com

Serves 4-6, Prep time 15 mins, cook time 1 hour

Ingredients

- 1tbsp oil
- 1 medium leek, halved lengthwise then sliced
- 1 large carrot, grated
- 3 cloves garlic, minced
- 150g cashew nuts, coarsely chopped
- 50g walnuts, coarsely chopped
- 50g pine nuts
- 400g tin cannellini beans, drained (240g when drained)
- 3tbsp fresh thyme, chopped (or 1tsp dried)
- Salt
- Black pepper
- 2 eggs, lightly beaten
- Spray oil for greasing loaf tin

Instructions

Preheat the oven to 190°C (Gas Mark 5 / 375°F).

Heat the oil in a large frying pan, and add the sliced leek, grated carrot and minced garlic. Cook over a medium-low heat for 5 minutes, until everything is soft and fragrant.

Remove the pan from the heat, and add the three types of nuts, the cannellini beans, and the thyme. Season generously. Add the eggs, and mix thoroughly until everything is well coated.

Line a loaf tin with baking paper or foil, and grease very thoroughly. Transfer the nut mixture to the loaf tin, and press it down into the corners of the tin. Smooth out the top. Bake for around 1 hour, or until the nut loaf is firm and golden brown.

Carefully turn over the loaf tin, and remove the loaf. Peel off the paper / foil, and serve.



Falafel Burgers

Makes 4 - take about 40 minutes to make

Ingredients

- 400g cooked (ideally sprouted) chickpeas
- 1 tsp salt
- 1/2 tsp paprika
- 1 tsp cumin
- Pinch cayenne pepper
- 1 tsp ground coriander
- 1 small organic egg
- 1 small onion
- 30g ground linseeds OR ground almonds

SAUCE

- 200g drain chopped tomatoes
- 1/2 tsp salt
- handful fresh parsley
- 2 tsp raw apple cider vinegar
- 2 tsp olive oil
- 1/2 tsp ground coriander
- small garlic clove
- TO SERVE
- x4-6 large lettuce leaves

Instructions

In a food processor blend all the burger ingredients except the ground linseed or almonds. Then grab heap tbsps of the mixture and shape into burger shapes and dust with the ground linseed or almonds. Then place the burgers on a medium heated frying pan with coconut oil or other fat and cook for about 5-10 minutes on each side on a low heat.

To make the sauce simply blend all the ingredients until smooth.

Once cooked place the burgers on the lettuce, top with the sauce and wrap in the lettuce leaf.

Notes

Feel free to add more kick by adding for cayenne .

Serving ideas - cheese, avocado, bacon, salsa, fresh tomato or guacamole.



Homemade Marshmallows

Yields 10, 25 mins prep, 3 hours setting time

Ingredients

- 500ml water
- 3 tbsp gelatin
- 7-8 tbsp raw honey
- pinch salt
- 1/2 tsp beetroot juice
- 3 probiotic capsules

Instructions

In a bowl mix the gelatin with 250ml of water and mix and then put aside (it will go hard). Then in a pan heat up the remaining honey and water until it simmers. Then simmer and stir regularly for about 7 minutes or until it gets to about 110c if you have a sugar thermometer.

Then in a mixer, with an electric whisk or I used my food processor with a whisk attachment, put in the gelatine mix and then slowly add the hot honey mixture and then leave it mixing for about 15-20 minutes - or until peaks form and it is super fluffy. In the last minute as the probiotics and the beetroot. (Add more beetroot for a stronger colour.) Then pour into a grease proof papered glass dish and leave to set in the fridge, then simply chop into desire size/shapes.



Chocolate Fudge Avocado Pots

Serves 4, total time 20 mins

Ingredients

- 2 ripe avocados
- 5 tbsp scoops coconut oil (when hard)
- 5-7 tbsp raw honey
- 1/2 tsp vanilla essence
- 5 tbsp cocoa
- 2 pinches of quality salt
- tsp cinnamon (optional)
- 1/8 tsp chilli powder (optional)

Instructions

Melt the coconut oil and honey together then blend with all the other ingredients until silky and smooth. Taste and add for honey accordingly.

Pour into ramekins and leave to set for an hour.

Serve with coconut cream strawberries or mango.

Notes

Chilli makes for a great chilli chocolate combo.

You can eat it straight away too before it has set - still tasty!

Make sure you also keep an eye on the [Pinterest page](#) which houses hundreds of recipes to jazz up your meals!