



Speedy Food

7 Day Meal Plan

These are quick and convenient ready to go (or pretty much) meals for crazy weeks!

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

	Breakfast	Lunch	Dinner	Snacks
1	Choc Smoothie: 2 tbsp cocoa, 1/2 avocado. 300ml water, 2 tbsp almond butter, 2-3 medjool dates and 2 handfuls spinach	Slices of ham, cheese, carrots, celery, apple served on 3-4 oatcakes. Soup if desired.	Pizza topped with cheese and LOTS of veggies, serve with avocado and salad	<ul style="list-style-type: none"> ▪ Shop bought fruit salad ▪ Nak'd bar ▪ Smoothie - fresh or one from the shop with some vegetables in it ▪ 6-7 Almonds ▪ hard boiled eggs ▪ dark chocolate 75% minimum ▪ Organic natural full fat yogurt with dates mixed in .
2	<u>Kale, Kiwi and Banana Smoothie</u> (make in bulk and store in fridge for snacks)	<u>Cauliflower Soup</u> with carrots batons (make in bulk - cook overnight in low cooker for speed)	<u>Speedy Aubergine Pizza</u> with a baked sweet potato and salad	
3	Yogurt & Banana Pot topped with almond butter and any other topping you have! (<i>great for putting in a pot the night before</i>)	Salad and/or soup from M & S or Pret a Manger.	<u>Meatballs</u> with spiralled courgette OR <u>Quinoa Cakes</u> with salad - leftover Put some 3-4 eggs in a pan to hard boil for rest of week.	
4	<u>Instant Porridge</u> or GF oat porridge topped with banana and tbsp pumpkin seeds.	Rice cakes topped with slice boiled eggs an avocado, smoked salmon & sprinkle of salt	<u>Courgette pasta pesto</u> served with a grilled salmon fillet or helium slices	
5	Frozen berry, spinach and almond butter smoothie .	<u>Cauliflower Soup</u> with carrots batons with oat cakes	<u>25 Minute Fat Busting Stir Fry</u> served with rice and king prawns or cashews	
6	<u>Crepes</u> with frozen blueberries & a tbsp of nut butter	Hummus, with tomato, cucumber, carrots and 3 oatcake or rice cakes.	<u>Hawaiian Pulled Pork</u> or <u>Slow cooker Red Lentil Curry</u> both serve with veggies	
7	Choc Smoothie: 2 tbsp cocoa, 1/2 avocado. 300ml water, 2 tbsp almond butter, 2-3 medjool dates and 2 handfuls spinach.	New Covent Garden (or other 'posh') Soup with carrot croutons and avocado	<u>Pesto 'Pasta'</u> topped with a fried or poached egg, followed by some dark chocolate :) BA	



Here are some great brands that make natural food but ALWAYS check the labels and ingredients:

Innocent, Sainsburys, Pret a Manger, Eat, M&S, Juice/Smoothie bars, Nak'd, Wholefoods
and check out the eating out resource guide in the resource library ;)

Recipes

Kale, Kiwi & Banana Smoothie

Serves 1, 5 mins to make

Ingredients

- 12 oz or 350ml water
- 1 small ripe banana
- 2 slices of cucumber
- 1/4 peeled lemon
- 2 handfuls of kale, washed and stalks removed
- 2 ripe kiwi fruit, peeled
- 1 apple, peeled and sliced

Instructions

Put all ingredients into a blender and blend all ingredients until smooth. Serve and drink immediately for optimal nutrition! Or you can keep in the fridge for up to 24hrs.



Gluten free Crepes

Serves 2

Ingredients

CREPES

- 1 tbsp coconut flour
- tsp arrow root flour
- pinch salt
- 2 eggs
- 50 ml water

BLACKBERRY SAUCE

- 100g/1cup blackberries
- 3 apples
- 50ml water

Instructions

To make the sauce cut and peel the apple and place in sauce pan on a low heat with water and blackberries . Cook until soft. Leave to cool.

Blend all the crepe ingredients together and then pour a small amount onto frying pan (with plenty of fat -ghee/coconut oil) until it is thinly covered. Cook for about 3 minutes on low heat then gently flip over. Do this until all the mixture has gone (it will make about 3-4 crepes just double recipe to make more).

To finish the sauce simply blend until smooth and add any additional sweetener if you wish.

Notes

Keep the blackberry sauce in the fridge and store in clean sterilised jar. Its great on smoothies, yogurt, kefir or with other cake!



Fat Busting Stir Fry

Serves 2, total time 25 mins

Ingredients

STIRFRY

Really any vegetables you want. You could use a pre made supermarket pack of vegetable to really save time or use my suggestions below.

- 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



Pesto & Spaghetti

Serves 2, total time 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.



Speedy Aubergine Pizzas

Serves 2 – 3

Ingredients

- 2 Aubergines
- 8 tbsp tomato paste
- 1 tbsp salt
- 1 tbsp oil (cold pressed olive oil ideally)
- 1 tbsp balsamic
- 125g hard goats cheese or regular organic cheddar cheese or mozzarella

Instructions

Slice the Aubergine length ways into roughly 1 cm thick slices. Sprinkle with salt and leave for 5 mins.

Meanwhile grate the cheese and blend the the tomato paste, oil, salt and balsamic until smooth.

Rinse the Aubergine and turn on the grill to medium/high. Place the Aubergine under the grill for 5 mins. Then flip them over and grill for further 2-3 mins, the spread on the tomato paste and sprinkle on cheese and grill until golden (roughly 3-4 mins) .

Serve with salad or my apple and celeriac coleslaw .



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!



Crock Pot Pineapple Pulled Pork by notsodesperatehousewife.com

Serves 4, prep time - 5 mins, cook time: 6 hours

Ingredients

- 1 pork shoulder (3-4 pounds), cut into a few large chunks
- 1 can crushed or cubed pineapple, drained
- 1/2 cup tamari or coconut aminos (soy sauce works too)
- 2 tsp garlic powder
- 1 Tsp chili powder
- 2 or 3 fresh jalapenos, chopped
- salt to taste

Instructions

Give your crock pot a quick spritz with some oil.

Place pork shoulder in the crock pot.

Pour the tamari/coconut aminos over the pork.

Next, season with garlic, jalapenos, and salt.

Finally, dump the drained pineapple over the pork. No need to make it look nice.

Cook on LOW for 6-8 hours, until fork tender.

Shred with 2 forks and serve.



Slow Cooker Red Lentil Curry by dizzybusyandhungry.com

Serves 8, prep time 10 mins, cook time 6 hours

Ingredients

- 2 cups red lentils
- 10 ounces or 280g fresh spinach (can substitute frozen, if needed)
- 2 cups frozen cauliflower
- 1 (15 ounce) can diced tomatoes
- 1 onion, chopped
- 1 tablespoon minced garlic
- 1 teaspoon ground ginger
- 4 cups vegetable broth
- 2 tablespoons curry paste (I used mild)
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- ½ teaspoon cayenne pepper
- 2 teaspoons coconut sugar
- 1 and ½ teaspoons salt
- 1 tablespoon lime juice
- ¼ cup chopped cilantro

Instructions

Combine all the ingredients except for the lime juice and cilantro in the slow cooker.

Cook on low for 6-8 hours.

Stir in lime juice and cilantro and serve.



Crispy Quinoa Cakes By osheglows.com

Makes 12 cakes, prep 25 mins, cook time 25 mins

Ingredients:

- 1 1/2 cups cooked quinoa
- 2 tablespoons ground flax + 6 tablespoons water
- 1 cup destemmed and finely chopped kale
- 1/2 cup rolled oats, ground into a flour (use certified gluten-free if necessary)
- 1/2 cup finely grated sweet potato
- 1/4 cup finely chopped oil-packed sun-dried tomatoes
- 1/4 cup sunflower seeds
- 1/4 cup fresh basil leaves, finely chopped
- 2 tablespoons finely diced onion
- 1 clove garlic, minced
- 1 tablespoon runny tahini paste
- 1 1/2 teaspoons dried oregano
- 1 1/2 teaspoons red or white wine vinegar
- 1/2 teaspoon fine grain sea salt, or to taste
- 3 tablespoons gluten-free all-purpose flour (I used King Arthur) or regular all-purpose flour
- red pepper flakes, to taste

Instructions

Preheat oven to 400°F. Line a large baking sheet with parchment paper.

Mix the ground flax and water in a small bowl and set aside for 5 minutes or so to thicken. Combine all ingredients together in a large bowl, including the flax mixture and the 1.5 cups cooked quinoa. Stir well until the mixture comes together. Don't forget the flour because it helps bind the patties.

Shape mixture into 1/4-cup patties with wet hands. Pack tightly so they hold together better. Place on baking sheet.

Bake for 15 minutes, then carefully flip cakes, and bake for another 8-10 minutes until golden and firm.

Cool for 5 minutes on the sheet and then enjoy!

Store leftovers in a container in the fridge for up to 5-6 days. To reheat, preheat a skillet over medium heat, add a bit of oil, and cook patties for about 3 minutes per side, or until heated through.



Notes

1) To cook quinoa, rinse 1 cup uncooked quinoa in a fine mesh strainer. Place quinoa in a medium pot and cover with 1 1/2 cups water. Bring to a low boil, reduce heat to medium-low, and then cover with a tight fitting lid. Simmer covered for 14-17 minutes until most of the water is absorbed and the quinoa is light and fluffy. Remove from heat, fluff with a fork, and then place lid back on to steam for another 4-5 minutes. Note that this makes almost 3 cups of cooked quinoa and you only need 1 1/2 cups for this recipe, so you will have leftover quinoa (which is never a bad thing if you ask me!).

2) To make oat flour, add the oats into a high speed blender and blend on the highest speed until a fine flour forms. You can also use store-bought oat flour if desired.



Creamy Cauliflower Soup

Serves 3 large helpings, 35 mins to make

Ingredients

- 1/2 cauliflower head roughly chopped
- 2 garlic cloves
- salt to taste
- 25g creamed coconut
- 500ml homemade bone broth or other stock
- 500ml water (or to add until desired consistency)
- 1 onions chopped
- A good pinch of the following ground spices:
 - turmeric
 - cinnamon
 - chilli

Instructions

Saute the onion in some fat for 1-3 minutes on low heat .

Then add all the other ingredient and bring to boil.

Simmer with pan lid on for about 15-20 minutes or until cauliflower is soft.

The blend until smooth with hand blender and season to taste.

Notes

This would also be great cooked in a slow cooker overnight .

Add more water if you leave it to simmer for longer as it will have evaporated.



>>>>>BONUS RECIPE <<<<<<

Paleo Italian Meatballs in Marinara Sauce by paleonewbie.com

Serves 4, prep 30 min, cook time 4-6 hrs

Ingredients

Meatballs

- 1 1/2 lbs or 680g, of grass-fed (organic) beef (or another meat of your choice)
- 1 large onion, diced small (set aside one half for the sauce)
- 4 cloves of minced garlic (set aside one half for the sauce)
- 1/3 cup almond flour
- 2 eggs, whisked
- 1/4 cup of fresh, chopped flat-leaf parsley
- Pinch of red pepper flakes

Sauce

- (1) 28-oz can of San Marzano plum tomatoes with sauce
- (1) 15 oz can of tomato sauce
- The other half of the diced onions and minced garlic (see meatball ingredients above)
- 1 tsp of dried oregano
- 1 tsp of dried basil
- 2 tbs of fresh chopped parsley
- 1/2 to 1 tsp of sea salt
- A healthy pinch of red pepper flakes (optional)

Instructions

Sauté onions in 2 tbs of olive oil for 5-7 minutes

Next season with salt, add garlic, and cook for one additional minute

Remove from heat

Add half of the onion/garlic to the crockpot, and set the other half aside

Add remaining ingredients for the sauce into crock pot

Break apart the tomatoes in the crock pot so they are not whole

Set crockpot to low

Add ground beef to the bowl you set aside of the chopped onions and minced garlic

Add the rest of the meatball ingredients to the same bowl

GENTLY combine all the meatball ingredients with your hands – do not over mix or your meatballs will turn out tough



Preheat a medium or large frying pan with few tablespoons of coconut or olive oil over medium heat

Form meatballs by hand -- make each about the size of a golf ball

Place meatballs in the heated frying pan, to get a nice brown on the surface. (they should still be raw in the centre and will be cooked through in the crock pot)

Transfer browned meatballs directly into the crock pot

Cook in crock pot on low 4-6 hours

Garnish with fresh parsley and serve hot -Enjoy!