

GREEN & LEAN

7 Day Plan



PREP NIGHT

For some, Sunday is a day of rest. For us, Sunday night is Prep Night.

Making the time to get yourself organised for the week ahead is half the battle, and is the difference between success and failure on this plan.

I have created the menu plan around simple Prep Night ingredients that can be turned into many different dishes. Doing it this way helps to reduce your time in the kitchen.

During the week, you will have everything you need to create the recipes, freshly made and tasting great.

Ready, Steady, Prep! All of this work should take you no more than 90 mins from start to finish.

PREP NIGHT GUIDE

PART 1 – ROASTING VEGETABLES!!

Ingredients

- 2 sweet potatoes
- 500g bag of carrots
- 1 courgette
- 2 red peppers
- 1 fennel
- ½ cauliflower
- Coconut or sunflower oil
- Sea Salt



Method

- Take 3 baking trays (line with baking paper - it's easier to clean after!)
- Pre-heat fan-assisted oven to 180 deg
- Chop 1 sweet potato into 2cm chunks and put into TRAY 1
- Chop all the carrots, slice in half and half again and put into TRAY 1
- Drizzle with sunflower or coconut oil and add a pinch of salt and pepper
- Chop 1 courgette in 1cm chunks and put into TRAY 2
- Chop the fennel into 1/8 chunks and put into TRAY 2
- Chop both red peppers into ¼ slices and put into TRAY 2
- Chop HALF the cauliflower (roughly 250g) into florets and put into TRAY 2
- Drizzle sunflower or coconut oil and add a pinch of salt and pepper over the top
- Place 1 WHOLE sweet potato into TRAY 3 drizzle with sunflower or coconut oil and salt
- Put ALL 3 TRAYS into the oven:
 - TRAY 1 – 20-30 minutes
 - TRAY 2 - 40-45 minutes
 - TRAY 3 - 55-65 minutes

Remember to put a timer on!

While everything is in the oven its time to prepare some snacks, noodles and grains!!

PART 2: PREPPING YOUR GRAINS!!

Ingredients

- 150g of Quinoa

Method

- SAUCEPAN 1: Weigh out 150g dried quinoa with 1 tsp Bouillon powder and add 300ml of boiling water. Leave to cook for 20 minutes.
- It is VERY important that you drain the quinoa straightway and run under freezing cold water to cool the grain down fast, as this means it will store in the fridge for about 5 days without going off.

PART 3: VEGGIE NOODLE/RICE PREP

While your quinoa is cooking, prep your courgetti and your cauli rice!!

Ingredients

- 2 courgettes
- ½ cauliflower (roughly 250g)

Method

- Spiralize 2 courgettes and store in tupperware in the fridge. If you don't own a spiralizer, you can use a vegetable peeler to make ribbons instead.
- Grate the remaining 250g of cauliflower into 'cauli rice' and store in the fridge.

PART 4: FRITTATA TIME!

Once your roasted veg is out of the oven, make your frittata. This will keep for 5 days in the fridge.

Ingredients

- 1 clove garlic, sliced
- 1 tbsp coconut oil
- 100g broccoli florets
- ¼ cup water
- Pinch of sea salt
- 180g roasted sweet potato (half of what you have pre-roasted)
- 4 organic eggs

Method

- Pre-heat oven to 180 deg fan.
- In a small frying pan approximately 8inch in diameter, melt the coconut oil with the sliced garlic and ground cumin for 1 minute.
- Add the broccoli and water and leave for a further 2 minutes.
- Beat the eggs in a bowl and add a pinch of salt and the roasted sweet potato.
- Pour the egg and potato mixture over the broccoli in the pan.
- Leave to cook for 1-2 minutes until the sides of the egg starts to harden.
- Put the pan into the pre-heated oven for 15 minutes until cooked.
- Please be careful when taking it out of the oven the pan handle will be extremely hot.



PART 5: MAKE YOUR SNACKS FOR THE WEEK

Boiled Eggs

Ingredients

- 4 eggs

Method

- In SAUCEPAN 2, add water to the pan. When the water reaches a rolling boil, carefully drop in 4 eggs and boil for 6 minutes. Take out and run under cold water, then peel and store in Tupperware in the fridge.



Avocado Hummus

Ingredients

- 1 avocado
- Juice of 1 lemon
- 1 tin of chickpeas (rinsed and drained)
- 2 tbsp of olive oil

Method

- Add all the ingredients together in a blender, and blend until smooth, adding a splash of water if needed
- Store in the fridge

Chocolate Orange Balls

Ingredients

- 175g dates
- Zest of 1 orange (keep some back to garnish)
- 1 tbsp cacao powder
- 60g unsweetened desiccated coconut
- 4 tbsp melted coconut oil
- 3 tbsp ground almonds
- 2 tbsp chia seeds

Method

- In a blender or food processor, pulse together the dates, orange zest, cacao powder, coconut oil
- Next add the ground almonds and chia seeds and pulse again until combined.
- Roll the mixture into balls about the size of a ping pong ball. You can then roll them in the remaining orange zest and desiccated coconut seeds to coat them.
- Place them into the fridge for 1-2 hours to set, keeping them there until you want to eat them.

Right, that's a lot of the leg work done!! Let the Green & Lean Week commence. Good luck!



