



# FLEXITARIAN POST-DETOX PLAN

## MEAL PLANS & SHOPPING LISTS

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## How it works

This 3 month diet plan is based on a high take of plants, low carb, no added sugar (but with naturally sweet healthy treats), balanced protein, gluten-free grains with low dairy/dairy alternatives. If you are vegan or vegetarian please swap in alternative ingredients.

## Breakfasts

From Monday to Friday it is kept simple with tummy friendly breakfast smoothies, keeping cooked breakfast for the weekends. Feel free to switch this around as you need to -it's all healthy!

## Lunches and Dinners

Keeping on simple and practical theme, lunch is primarily based on leftovers from dinner the night before. If healthy eating is going to become a habit for life, it helps to keep things easy.

## Snacks

From Monday to Friday, choose one of the healthy snack ideas. Make up a bulk of the homemade nuts and seed mix, homemade energy bars or sweet potato chips.

## 2-DAY Juice Detox

Arrange for a weekend if you want to boost your results.

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## BREAKFAST SMOOTHIES / MONDAY-FRIDAY

TO MAKE ANY OF THE RECIPES SIMPLY ADD THE BANANA BASE - BANANA CONTAINS GUT FRIENDLY PREBIOTIC FIBRE - TO THE OTHER SIMPLE INGREDIENTS. YOU CAN TRY USING FROZEN BANANA FOR EXTRA CHILL. PLACE ALL INGREDIENTS IN A BLENDER WITH YOUR CHOSEN LIQUID - EITHER MILK OR UNSWEETENED NON-DAIRY MILK - AND CHOOSE VOLUME ACCORDING DEPENDING ON THE THICKNESS YOU PREFER. YOU CAN ALSO ADD CRUSHED ICE.

BERRY OAT SMOOTHIE	AVO BANANA	BLUEBERRY, OAT AND BANANA	PLAIN NUTS	PROTEIN PUNCH
2 tablespoons of mixed frozen berries  ½ banana  1 small pot natural yoghurt  Tablespoon of gluten free oats	1 small Avocado, soft and peeled  1 small Banana  ½ Cup Natural yogurt (Greek, dairy-free or otherwise unsweetened)  1 tsp natural (organic) Vanilla extract	1 small banana 35g (handful) of blueberries  1 dollop of natural yoghurt  Tablespoon of gluten free oats	1 small banana  1 tablespoon nut butter  1 tsp cinnamon  ½ cup Greek yoghurt	½ cup strawberries  1 small banana  1 lime, peeled and seeded  ½ cup silken tofu

- ❖ **To boost protein** use low-sugar protein powder, silken tofu, 0 % Total Greek yoghurt, nut butters or almond powder.
- ❖ **To add greens** use kale, spinach, romaine lettuce and/or fresh herbs.
- ❖ **Boost fibre** with wheat germ or ground flaxseed. Leave skin on thin-skinned fruits.
- ❖ **For sweetness** use honey, stevia, ripe bananas, agave syrup, maple syrup but stick to a max of a teaspoon of sweetening stuff



## SNACKS / MONDAY-FRIDAY

CHOOSE ONE OF THE FOLLOWING SNACK PER DAY. YOU CAN MAKE UP SOME OF THEM IN BULK!

Homemade nuts and seed mix
Apple and handful of nuts or nuts and seed mix.
Banana on oatcakes
Small pot of nonfat Greek yogurt or natural yoghurt. Top with some chopped fruit if preferred.
Smashed sardines on gluten free oatcakes
1 banana and 2 tbsp nut butter
Cup of berries of choice
Homemade Sweet potato chips
1 apple and 2 tbsp nut butter
Homemade energy bars

## SNACK RECIPES



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## Apple and handful of nuts or nuts and seed mix.

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
- ❖ 60g 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 halfway 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.

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## Banana on oatcakes

BANANAS ARE A GREAT SOURCE OF MAGNESIUM, LONG CONSIDERED A KEY MINERAL FOR OPTIMAL BRAIN FUNCTION. EASY AND QUICK SNACK FOR BUSY PEOPLE!

Chop up a banana and add it on oatcakes. Alternatively, add the banana in a food processor with some honey/maple syrup/sweet freedom and cinnamon and spread it on the oatcakes.

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## Small pot of nonfat Greek yogurt or natural yoghurt.

GREEK YOGURT IS HIGH IN PROTEIN TO KEEP YOU FULLER FOR LONGER.

Top with some chopped fruit or nuts if preferred.

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## Brain food - Tinned sardines in olive oil



SARDINES ARE A LOW-COST WAY OF GETTING YOUR ESSENTIAL FATTY ACIDS, PARTICULARLY THE OMEGA 3'S, WHICH ARE SUPPORTIVE OF BRAIN FUNCTION.

### Ingredients

- ❖ Tin of sardines in olive oil
- ❖ Oatcakes

### Method

'Smash' a few sardines onto a couple of oatcakes for a healthy snack.

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## Homemade Sweet Potato Chips

Sweet potatoes are a great source for vitamin A, which benefits eye health and a good immune system.

### Ingredients

- ❖ Sweet Potatoes
- ❖ Cooking Spray
- ❖ Sea salt (Optional)
- ❖ Baking paper

### Method

1. Put the oven on 200 degrees.
2. Wash the sweet potatoes, you can leave the skin on or peel them.
3. Slice them into equally thin slices and place them on a baking tray.
4. Spray them with cooking spray and sprinkle over with sea salt if desired. (Tip: You can flavour them with any type of spice you like, tandoori curry, smoked paprika etc.)
5. Insert them into the oven and let them cook for 10-20 min. Keep an eye on them as they can burn quickly! Let them cool before you eat!

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## Homemade Energy Bars



NUTS ARE A GREAT SOURCE OF FIBRE, GOOD FATS AND PROTEIN. DATES CONTAIN HIGH AMOUNTS OF SOLUBLE FIBRE, WHICH IS ESSENTIAL FOR OPTIMAL BOWEL MOVEMENTS.

## Ingredients

- ❖ 1 cup nuts
- ❖ 1 cup dried fruit of choice
- ❖ 1 cup pitted dried dates
- ❖ Optional: Add in nutmeg, cinnamon or shredded coconut.

## Method

1. Toast the nuts for a roasted nutty flavour (but let them cool before you blend them) or simply use them as they are.
2. Mix all the ingredients in a food processor and blend them all together until you get a firm ball. (This might take some time)
3. Place the dough in a baking tin on with baking paper and flatten the dough out.
4. Wrap the baking tin and place in the refrigerator for 1-2 hours or preferably overnight. When chilled, cut the dough into squares or any desired shape.
5. Wrap each bar in plastic wrap and store in the fridge.



# 2-DAY DETOX PLAN

IF YOU WANT TO MAXIMIZE YOUR RESULTS, SWITCH A WEEKEND OF EATING WITH THIS 2-DAY DETOX PLAN. YOU WILL DRINK 4 JUICES AND 1 SMOOTHIE A DAY. THE JUICE RECIPES ARE CREATED TO MAKE 2 SERVINGS FOR EACH JUICE. REMEMBER YOU CAN ADAPT AND SWITCH RECIPES TO SUIT WHAT'S IN SEASON - OR WHAT'S IN YOUR FRIDGE! JUICES ARE USED AS THEY ARE THE BEST WAY TO CONCENTRATE NUTRIENTS - A MASTICATING JUICER IS THE BEST TYPE OF MACHINE BUT AN EVERYDAY CENTRIFUGAL JUICER IS SUITABLE TOO.

## DAY 1

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### MORNING JUICE & AFTERNOON JUICE - 2 SERVINGS KIWI, PEAR, APPLE, LIME, SPINACH, CELERY, CUCUMBER

#### Ingredients

- ❖ ½ cucumber
- ❖ 4 celery sticks
- ❖ 200g spinach leaves
- ❖ ½ lime & skin
- ❖ 2 apple
- ❖ 2 pear
- ❖ ½ kiwi

#### Method

Process through cold extraction juicer and pour.

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### LUNCH SMOOTHIE - 1 SERVING REPLENISH - BANANA, GREEK YOGURT, ALMOND MILK, TURMERIC, VANILLA & CINNAMON

#### Ingredients

- ❖ ½ small banana (not over ripe)
- ❖ 1 vanilla pod (or essence)
- ❖ pinch turmeric
- ❖ 1 tablespoon Greek yoghurt
- ❖ 100ml almond milk





## Method

Split pod and scrape vanilla seeds into blender. Add all other ingredients, blitz to consistency of thick shake. Add ice, blitz again. Pour into shake glass. Decorate with cinnamon stick (or dust with cinnamon using stencil) and serve with a straw if you want to make it look extra special!

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## LATE AFTERNOON & EVENING JUICE - 2 SERVINGS KALE, SPINACH, LIME, LEMON, CELERY, CUCUMBER, APPLE

### Ingredients

- ❖ 2 apple
- ❖ ½ cucumber
- ❖ 2 celery stick
- ❖ ½ lemon
- ❖ ½ lime
- ❖ 160g spinach
- ❖ 2 large handful kale

## Method

Process through cold extraction juicer and pour.

## DAY 2

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## MORNING & AFTERNOON JUICE - 2 SERVINGS KALE, SPINACH, KIWI, APPLE, PINEAPPLE

### Ingredients

- ❖ 500g fresh pineapple -peeled
- ❖ 1 apple
- ❖ 2 kiwi
- ❖ 300g baby spinach leaves
- ❖ 2 large handful kale

## Method

Process through cold extraction juicer and pour.

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## AFTERNOON SMOOTHIE - 1 SERVING

### KIWI, CUCUMBER, AVOCADO, GREEN TEA, WATERCRESS, LIME & WATERMELON

#### Ingredients

- ❖ 110g bunch watercress
- ❖ ½ kiwi
- ❖ ½ cucumber
- ❖ ¼ lime
- ❖ 150ml approx. green tea
- ❖ ¼ Avocado
- ❖ Watermelon- garnish
- ❖ 2 ice cubes

#### Method

Process watercress, kiwi, lime, cucumber through cold extraction juicer. Transfer juice to blender, add green tea and avocado and blend. Serve in a tall glass over ice with thin slice of fresh watermelon balanced on rim of glass

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## LATE AFTERNOON & EVENING JUICE - 2 SERVINGS

### KALE, SPINACH, BASIL CUCUMBER, APPLE

#### Ingredients

- ❖ 1 cucumber
- ❖ 4 apples
- ❖ 8 basil leaves
- ❖ 300g baby spinach leaves
- ❖ 2 large handful kale

#### Method

Process through cold extraction juicer and pour into jugs. Present in small jugs with long handled stirrer on crushed ice tray and replenish as per demand.



## 2-DAY DETOX SHOPPING LIST

CHEESE, DAIRY & MILK	FRESH FRUIT/VEG HERBS	OTHER
Almond milk Greek yoghurt	1 avocado 500g fresh pineapple Kale 1 banana Celery sticks Watercress Spinach Basil 9 apples 3 cucumbers Watermelon (for garnish) 1 lemon 2 limes 4 kiwis 2 pears	Ice cubes Green tea Turmeric Vanilla pod



# WEEK 1

	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	Breakfast smoothie	Butternut Squash Salad	Snack of choice	Kale and Spinach soup
TUESDAY	Breakfast smoothie	Leftover Kale and Spinach soup	Snack of choice	Chicken & Super Veg Stir-fry
WEDNESDAY	Breakfast smoothie	Leftover Chicken & SuperVeg Stir-fry	Snack of choice	Asian spiced prawns topped with Kimchi
THURSDAY	Breakfast smoothie	Chicken and Avocado on gluten free oat cakes	Snack of choice	Chilli
FRIDAY	Breakfast smoothie	Leftover chill	Snack of choice	Low-Carb Cauli-Pizza

	BREAKFAST	LUNCH	DINNER	TREATS
SATURDAY	Gluten free Porridge with Cinnamon Caramelized Apples and Walnuts	Simple and Tasty Tomato and Bean Soup	<b>POSH NOSH DINNER:</b> Grilled lamb with Olive and Rocket Salad	Glass of wine or treat of choice!
SUNDAY	Smoked Salmon Omelette	Sunday Roast Dinner	Thai Soup	Banana vanilla pancakes



# WEEK 1 SHOPPING LIST FOR LUNCHES & DINNERS

DESIGNED TO SHOP TWICE A WEEK. DON'T FORGET TO ADD INGREDIENTS FROM YOUR CHOSEN SMOOTHIES & SNACKS!

## MONDAY - THURSDAY

CHEESE, DAIRY & MILK	MEATS	FRESH FRUIT/VEG HERBS	SPICES	OTHER
Butter Coconut milk Creme Fraiche Sour Cream (or low-fat natural yoghurt)	2 chicken breast 100g cooked king prawns 250g good quality minced steak	1 apple Butternut squash 1 bag Spinach Cherry tomatoes 2 lemon 1 Onion 1 Red pepper 1 carrot 1 bag Kale Garlic cloves Ginger Broccoli Mushrooms Coriander 1 Lime Beansprouts 1 cucumber 2 bundles of Spring onions Red chilli 1 Avocado Tarragon	Sea Salt Ground Pepper Nutmeg Mild chilli powder Paprika Cumin	Sesame seeds Olive oil Chicken stock Honey Rice noodles Small in pineapple (or fresh) Cashews Tamari sauce Beef stock 1 tin chopped tomatoes Tomato puree Brown rice Oatcakes



FRIDAY - SATURDAY

NB! DOUBLE CHECK IF YOU HAVE EXTRA LEFTOVERS FROM FIRST SHOP!

CHEESE, DAIRY & MILK	MEATS	FRESH FRUIT/VEG HERBS	SPICES	OTHER
Eggs Parmesan 2 mozzarella balls Coconut milk (or milk of choice) 200g feta (optional)	600g lamb loin Smoked salmon 1 Chicken breast Tofu or 1 chicken breast	1 Cauliflower head X2 Cherry tomatoes Basil 1 Apple 1 onion 1 courgette 1 red pepper 1 yellow pepper Rocket Spinach Chives 1 carrot 70g new potatoes Rosemary Thyme Garlic Ginger 1 lime 1 red onion 1 banana 1 lemon Coriander	Ground cardamom (optional) Cinnamon Bay leaf Chilli flakes Vanilla extract Baking powder	Fresh Tomato sauce or passata Gluten free oats Almond/Coconut oil Walnuts Honey/Pure maple syrup Ready cooked cannellini beans Vegetable stock - low salt Chopped tomatoes tin Cornflour Chicken stock Coconut milk - tin low fat Rice noodles Cold pressed rapeseed Oilza'atar Black Kalamata olives Red wine vinegar



## WEEK 2

	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	Breakfast smoothie	Simple Salmon, New Potato & Spinach Salad	Snack of choice	Mushroom & Butternut Squash Frittata
TUESDAY	Breakfast smoothie	Leftover Mushroom & Butternut Squash Frittata	Snack of choice	Turkey burgers
WEDNESDAY	Breakfast smoothie	Leftover Turkey burgers	Snack of choice	Cajun Chicken and Crispy Slaw
THURSDAY	Breakfast smoothie	Crab and Avocado Cream Salad	Snack of choice	Chicken and kale stir fry
FRIDAY	Breakfast smoothie	Leftover Chicken and Kale stir fry	Snack of choice	Capers on Cod with veggies

	BREAKFAST	LUNCH	DINNER	TREATS
SATURDAY	Earthy Breakfast Eggs	Shaved Asparagus Salad	<b>POSH NOSH DINNER:</b> Grilled Paprika Chicken with Smashed Beans, Roasted Squash and Slow roasted Tomatoes	Glass of wine or treat of choice!
SUNDAY	Very Berry Porridge	Sunday Roast Dinner	Crispy duck breast with Beetroot and Sweet potato Mash	Coconut Hot chocolate



# WEEK 2 SHOPPING LIST FOR LUNCHES AND DINNERS

DON'T FORGET TO ADD INGREDIENTS FROM YOUR CHOSEN SMOOTHIES & SNACKS!

## MONDAY - THURSDAY

CHEESE, DAIRY & MILK	MEATS	FRESH FRUIT/VEG/HERBS	SPICES	OTHER
Low Fat Creme fraiche 80 g feta - low fat Eggs Low fat natural yoghurt	80g poached salmon 500 g turkey thigh mince 3 chicken breast 1 tin crab meat	100g new potatoes 1 handful of fresh spinach 10 sprigs of chive 1 pepper 1 butternut squash Garlic Mushrooms Cherry tomatoes Salad leaves 2 Parsley 1 red onion 1 lemon 1 carrot Red cabbage 2 tomatoes 1 cucumber 1 avocado Red chilli 1 Lime Kale	Chilli Flakes Smoked paprika Turmeric Cajun spice Paprika Tandoori powder Garlic powder	Reduced salt soy sauce Whole grain mustard White wine vinegar Chilli oil





## FRIDAY - SATURDAY

NB! DOUBLE CHECK IF YOU HAVE EXTRA LEFTOVERS FROM FIRST SHOP!

CHEESE, DAIRY & MILK	MEATS	FRESH FRUIT/VEG/ HERBS	SPICES	OTHER
Eggs Mozzarella/Parmesan Milk of choice Coconut milk	1 cod fillet 1 chicken breast 1 duck breast 8 - 10 chicken thighs with skin on, or chicken Supremes with skin on	1 lemon Kale 2 bundles Asparagus Red onion Sundried tomatoes Garlic Spring onions Ginger Parsley Blueberries Raspberries Courgette 1 yellow pepper 1 carrot 70g new potatoes Rosemary Thyme 1 sweet potato Beetroot 1 Butternut squash Basil Cherry Tomatoes Rocket	Capers Cayenne pepper Chilli Cinnamon	Wholegrain mustard Sunflower seeds Oats Chicken stock Dark chocolate Pure Maple syrup 1 x 400g tin of cooked butter beans / or other white beans



## WEEK 3

	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	Breakfast smoothie	Aromatic Spinach & Garlic Lentils	Snack of choice	Salmon burgers
TUESDAY	Breakfast smoothie	Leftover Salmon burgers	Snack of choice	What's in the Fridge Surprise Curry
WEDNESDAY	Breakfast smoothie	Leftover curry	Snack of choice	Garlic Prawns Salad
THURSDAY	Breakfast smoothie	Pan-fried Tuna Salad with Green Beans and Lemony Yoghurt	Snack of choice	Thai Chicken Soup
FRIDAY	Breakfast smoothie	Leftover Thai Chicken Soup	Snack of choice	Vitamin Packed Roasted Butternut Squash with Goat's Cheese

	BREAKFAST	LUNCH	DINNER	TREATS
SATURDAY	Scrambled Eggs with Mushrooms and Spinach	Italian inspired Aubergine melts	<b>'POSH NOSH' DINNER:</b> Ricotta, Thyme and Sweet Potato Bake	Glass of wine or treat of choice!
SUNDAY	Gluten free porridge with cinnamon caramelized apples and walnuts	Sunday Roast Dinner	Shaved Asparagus Salad	Banana Ice cream



# WEEK 3 SHOPPING LIST FOR LUNCHESES & DINNERS

DON'T FORGET TO ADD INGREDIENTS FROM YOUR CHOSEN SMOOTHIES & SNACKS!

## MONDAY - THURSDAY

CHEESE, DAIRY & MILK	MEATS	FRESH FRUIT/VEG HERBS	SPICES	OTHER
Butter Low fat natural yoghurt	1 salmon fillets 120 g king prawns 120 g fresh tuna 1 chicken breast	Garlic 1 Onion 1 Red onion 1 tomato 2 Lemon ( + zest) 1 lime Coriander Ginger Parsley Green beans Salad leaves Cherry tomatoes 1 red pepper 1 carrot Chinese Cabbage Leaf	Cumin Thai red curry paste Indian curry paste	Red lentils (uncooked) Reduced salt soy sauce Brown rice Low fat coconut milk - tin Vegetable stock - low salt Chicken stock - low salt Rice noodles



FRIDAY - SATURDAY

NB! DOUBLE CHECK IF YOU HAVE EXTRA LEFTOVERS FROM FIRST SHOP!

CHEESE, DAIRY & MILK	MEATS	FRESH FRUIT/VEG HERBS	SPICES	OTHER
Goats Cheese Eggs 2 mozzarella reduced fat Coconut milk 200g ricotta cheese 100g pecorino	Pancetta 1 chicken breast	2 courgettes 1 red pepper 1 yellow pepper 1 butternut squash Garlic Cherry tomatoes Salad Leaves 3 red onion Spring onions Mushrooms 3 Spinach 1 aubergine Basil Cherry tomatoes Kale 1 apple 1 carrot 70g new potatoes Rosemary Thyme 1 bundle asparagus 2 lemon 1 banana Raspberries 4 sweet potatoes	Garlic powder	Walnuts Chicken stock - low salt 2 x 400g tins of chopped tomatoes 400g tin of butter beans



## WEEK 4

	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	Breakfast smoothie	Crab & Avocado Cream Salad	Snack of Choice	Chicken & Superveg Stir-fry
TUESDAY	Breakfast smoothie	Leftover Chicken & Superveg Stir-fry	Snack of Choice	Marinated Salmon with Stuffed Peppers
WEDNESDAY	Breakfast smoothie	Protein Boost Five Bean Salad (batch cook)	Snack of choice	Turkey Burgers
THURSDAY	Breakfast smoothie	Leftover Protein Boost Five Bean Salad (batch cook)	Snack of choice	Garlic Chicken and Sweet potato fries
FRIDAY	Breakfast smoothie	Leftover Chicken and Sweet potato Fries	Snack of choice	Low-carb cauli-Pizza

	BREAKFAST	LUNCH	DINNER	TREATS
SATURDAY	Fig, Nutmeg & Walnut Porridge	Feta and Spinach Pancakes	<b>'POSH NOSH DINNER'</b> Marinated Mackerel with Chermoula and a Carrot and Olive Spiced Couscous:	Glass of wine or treat of choice!
SUNDAY	Banana pancakes	Sunday Roast Dinner	Simple Salmon New Potato and Spinach Salad	Banana Berry Parfait



# WEEK 4 SHOPPING LIST FOR LUNCHES & DINNERS

DON'T FORGET TO ADD INGREDIENTS FROM YOUR CHOSEN SMOOTHIES & SNACKS!

## MONDAY - THURSDAY

CHEESE, DAIRY & MILK	MEATS	FRESH FRUIT/VEG/HERBS	SPICES	OTHER
Creme fraiche Low fat feta cheese eggs	1 tin crab meat 3 chicken breast 1 salmon fillet 500g turkey thigh mince	1 avocado 1 chilli Garlic Parsley 1 lime Ginger Broccoli Mushrooms Coriander 1 courgette 1 pepper 1 tomato Basil Spinach 3 lemon 1 red onion 2 sweet potatoes, medium	You should have them all.	Tamari soy sauce Rice noodles Harissa chilli paste Brown rice 400g ready cooked mixed beans



FRIDAY - SATURDAY

NB! DOUBLE CHECK IF YOU HAVE EXTRA LEFTOVERS FROM FIRST SHOP!

CHEESE, DAIRY & MILK	MEATS	FRESH FRUIT/VEG/HERBS	SPICES	OTHER
Egg Parmesan 2 mozzarella balls Low fat feta Low fat cream cheese Milk of choice Coconut milk/almond milk	1 chicken breast 1 salmon fillet 8 mackerel fillets	1 cauliflower head Cherry tomatoes Basil Rocket 2 tomatoes Frozen spinach 2 lemon 1 cucumber Parsley 2 banana 2 courgette 1 yellow pepper 1 red pepper 2 carrots New potatoes Rosemary Thyme Frozen berries 1 red chilli Coriander	Nutmeg Ground ginger	Fresh tomato sauce or passata Walnuts Dried fig Wholemeal flour/oatmeal Chicken stock Buckwheat 60g Green olives Sumac 60g Chickpeas



## WEEK 5

	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	Breakfast smoothie	Baked potato with Tuna & Salad	Snack of choice	Sesame Crusted Salmon with Preserved Lemon & Courgette Salad
TUESDAY	Breakfast smoothie	Leftover Sesame Crusted Salmon with Preserved Lemon & Courgette Salad	Snack of choice	Turkey breast with toasted brazil nuts & sauteed kale
WEDNESDAY	Breakfast smoothie	Roasted Tomato & Chickpea soup	Snack of choice	Cajun Chicken & Crispy Slaw
THURSDAY	Breakfast smoothie	Leftover Cajun Chicken & Crispy Slaw	Snack of choice	Pan Fried Tuna with Green Beans & Lemony Yoghurt
FRIDAY	Breakfast smoothie	Leftover Roasted Tomato & Chickpea Soup	Snack of choice	Thai inspired oven Baked Salmon

	BREAKFAST	LUNCH	DINNER	TREATS
SATURDAY	Smoked Salmon Omelette	Feta, Mint & Watermelon Salad	<b>'POSH NOSH' DINNER:</b> Carrot, Dill, Almond and Feta baked Filo	Glass of wine or treat of choice!
SUNDAY	Crunchy Honey Granola	Healthy Sunday Roast	Vitamin Packed Roasted Butternut Squash with Goat's Cheese	Baked Banana Fritters





# WEEK 5 SHOPPING LIST FOR LUNCHES & DINNERS

DON'T FORGET TO ADD INGREDIENTS FROM YOUR CHOSEN SMOOTHIES & SNACKS!

## MONDAY - THURSDAY

CHEESE, DAIRY & MILK	MEATS	FRESH FRUIT/VEG/HERBS	SPICES	OTHER
Low Fat Creme Fraiche Low fat natural yoghurt	50g - Canned Tuna 2 Salmon fillets 1 turkey breast 1 chicken breast 1 fresh tuna	1 Medium Pepper 3 Medium Tomato 1 kg tomatoes Salad Leaves 1 Medium Cucumber 2 courgettes 1 Baking Potato Mint 3 Lemon Kale Fresh oregano Garlic 1 carrot 1 red cabbage Parsley Green beans Cherry tomatoes 1 red onion	You should have them all.	Wasabi paste Sesame seeds Reduced salt soy sauce 450g cooked chickpeas Whole grain mustard Brazil nuts



FRIDAY - SATURDAY

NB! DOUBLE CHECK IF YOU HAVE EXTRA LEFTOVERS FROM FIRST SHOP!

CHEESE, DAIRY & MILK	MEATS	FRESH FRUIT/VEG/HERBS	SPICES	OTHER
Eggs Butter 250g feta cheese Low fat natural yoghurt	1 salmon fillet Smoked Salmon 1 chicken breast	Ginger Chilli Garlic Parsley Spinach Chives 1 onion 1 kg carrots Dill 1 Lemon 1 apple Strawberries 1 courgette 1 yellow pepper 1 carrot Rosemary Thyme 1 banana 1 orange		Oat cakes 1 packet filo 130g ground almonds Honey Almonds Porridge Oats Pumpkin seeds Sesame seeds Walnuts Cornflour Chicken stock - low salt



## WEEK 6

	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	Breakfast smoothie	Salmon & Spinach Wraps	Snack of choice	Thai Chicken Soup
TUESDAY	Breakfast smoothie	Leftover Thai Chicken Soup	Snack of choice	Baked fish with Tomato, Onion & Garlic
WEDNESDAY	Breakfast smoothie	Chicken & avocado on oatcakes	Snack of choice	Chilli
THURSDAY	Breakfast smoothie	Leftover chilli	Snack of choice	Garlic Chicken & Sweet potato fries
FRIDAY	Breakfast smoothie	Leftover Chicken & Sweet potato fries	Snack of choice	Low-carb Cauli-Pizza

	BREAKFAST	LUNCH	DINNER	TREATS
SATURDAY	Healthy eggs on toast	Simple Salmon & New potato Salad	<b>'POSH NOSH' DINNER:</b> Sicilian Caponata	Glass of wine or treat of choice!
SUNDAY	Very Berry Porridge	Healthy Sunday Roast	Shaved Asparagus Salad	Raw Chocolate Brownies



# WEEK 6 SHOPPING LIST FOR LUNCHES & DINNERS

DON'T FORGET TO ADD INGREDIENTS FROM YOUR CHOSEN SMOOTHIES & SNACKS!

## MONDAY - THURSDAY

CHEESE, DAIRY & MILK	MEATS	FRESH FRUIT/VEG/HERBS	SPICES	OTHER
Low Fat creme fraiche Sour cream	Tinned Salmon 1 haddock fillet or other white fish 3 chicken breast 250g good quality mince steak	Spinach 1 cucumber 2 lemons Garlic 2 onion 3 tomatoes 1 bundle asparagus 1 avocado Spring onions Tarragon Coriander 2 Sweet potatoes, medium	You should have them all, but double check recipes if you've ran out.	Whole Wheat Tortilla Oat cakes Brown rice Beef stock 1 tin chopped tomatoes Tomato puree



## FRIDAY - SATURDAY

NB! DOUBLE CHECK IF YOU HAVE EXTRA LEFTOVERS FROM FIRST SHOP!

CHEESE, DAIRY & MILK	MEATS	FRESH FRUIT/VEG/HERBS	SPICES	OTHER
Eggs Parmesan 2 mozzarella balls + 1 or parmesan Creme Fraiche Milk of choice	Poached salmon 1 chicken breast	1 cauliflower head Basil Rocket Cherry tomatoes Spinach New potatoes (170g) Chives 1 aubergine 1 red pepper Fresh oregano Garlic 1 red onion Parsley 4 red tomatoes Raspberries Blueberries 1 courgette 1 yellow pepper Rosemary Thyme 1 lemon 1 bundle asparagus Spring onions	You should have them all, but double check recipes if you've ran out.	150ml fresh tomato sauce or shop bought passata Rye bread White wine vinegar Rapeseed oil Green olives Capers Balsamic vinegar Honey Porridge oats Cornflour Chicken stock Wholegrain mustard Sunflower seeds 100g almond 250g medjool dates Cocoa powder 50g pecans

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## WEEK 7

	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	Breakfast smoothie	Feta & Spinach pancakes	Snack of choice	Salmon burgers
TUESDAY	Breakfast smoothie	Leftover Salmon Burgers	Snack of choice	What's in the Fridge Surprise Curry
WEDNESDAY	Breakfast smoothie	Leftover Curry	Snack of choice	Chicken and Kale stir-fry
THURSDAY	Breakfast smoothie	Protein Boost Five Bean Salad	Snack of choice	Capers on Cod with veggies
FRIDAY	Breakfast smoothie	Leftover Protein Boost Five Bean Salad	Snack of choice	Garlic Prawn Salad

	BREAKFAST	LUNCH	DINNER	TREATS
SATURDAY	Scrambled Eggs with Mushrooms & Spinach	Creamy Kale & Spinach Soup	<b>'POSH NOSH' DINNER:</b> Sweet Potato Gnocchi with rocket and walnut Pesto	Glass of wine or treat of choice!
SUNDAY	Fruity Flavonoid Quinoa Porridge	Healthy Sunday Roast	Leftover Kale & Spinach Soup	Apple & Vanilla protein pancakes



# WEEK 7 SHOPPING LIST FOR LUNCHES & DINNERS

DON'T FORGET TO ADD INGREDIENTS FROM YOUR CHOSEN SMOOTHIES & SNACKS!

## MONDAY - THURSDAY

CHEESE, DAIRY & MILK	MEATS	FRESH FRUIT/VEG/HERBS	SPICES	OTHER
Low Fat Feta Low Fat Cream Cheese Eggs	1 salmon fillets 3 chicken breast 1 cod fillet	1 tomato Spinach - Frozen Spinach - Fresh 1 lime Coriander 1 onion 3 lemon Kale	Tandoori powder	Wholemeal flour or oatmeal Red curry paste Reduce salt soy sauce Brown rice Low fat coconut milk - tin Indian curry paste Low salt Vegetable stock Chilli oil 400g ready cooked mixed beans Capers



## FRIDAY - SATURDAY

NB! DOUBLE CHECK IF YOU HAVE EXTRA LEFTOVERS FROM FIRST SHOP!

CHEESE, DAIRY & MILK	MEATS	FRESH FRUIT/VEG/HERBS	SPICES	OTHER
Butter Coconut milk Eggs Pecorino Low fat natural yoghurt Milk of choice	120g king prawns 1 chicken breast	Garlic Chilli (or chilli flakes) Ginger Parsley Spring onions Mushrooms Spinach 1 onion 1 carrot 450g spinach/kale mix 2 lemon 1 large sweet potato Rocket Basil 1 courgette 1 yellow pepper New potatoes Rosemary Thyme 1 apple strawberries	Nutmeg Cayenne pepper Vanilla essence	Low salt chicken stock Gluten free plain flour/rice flour & tapioca flour Cornflour Extra virgin olive oil 75g walnuts Cold pressed Rapeseed oil Orange juice (small) Quinoa Raisins Baking powder Wholemeal flour Protein powder (optional) honey





## WEEK 8

	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	Breakfast smoothie	Baked potato with Tuna & Salad	Snack of choice	Garlic Chicken with sweet potato fries
TUESDAY	Breakfast smoothie	Leftover garlic chicken & Sweet Potato Fries	Snack of choice	Marinated Salmon with Stuffed Peppers
WEDNESDAY	Breakfast smoothie	Crab & Avocado cream Salad	Snack of choice	Halloumi Kebabs with Coconut Couscous
THURSDAY	Breakfast smoothie	Leftover Halloumi kebabs with coconut couscous	Snack of choice	Cajun Chicken & Crispy Slaw
FRIDAY	Breakfast smoothie	Butternut Squash Salad	Snack of choice	Crispy duck with Beetroot & Sweet Potato mash

	BREAKFAST	LUNCH	DINNER	TREATS
SATURDAY	Gluten free porridge with Cinnamon Caramelized apples and walnuts	Roasted Tomato & Chickpea Soup	<b>'POSH NOSH' DINNER:</b> Smooth Polenta with Roasted Mushrooms & Artichokes	Glass of wine or treat of choice!
SUNDAY	Earthy breakfast eggs	Healthy Sunday Roast	Leftover Roasted Tomato & Chickpea soup	Buckwheat Crepes with a cacao & hazelnut spread



# WEEK 8 SHOPPING LIST FOR LUNCHESES & DINNERS

DON'T FORGET TO ADD INGREDIENTS FROM YOUR CHOSEN SMOOTHIES & SNACKS!

## MONDAY - THURSDAY

CHEESE, DAIRY & MILK	MEATS	FRESH FRUIT/VEG/HERBS	SPICES	OTHER
Low fat creme fraiche Low fat feta Halloumi cheese Natural yoghurt	Canned tuna 3 chicken breasts 1 salmon fillet 1 tin crab meat	2 pepper 4 tomatoes Salad leaves 1 cucumber 1 baking potato 1 medium sweet potatoes 1 courgette Basil 1 avocado Garlic Chilli 1 lime Spring onions Peas coriander 1 red onion Coriander 1 lemon 1 carrot 1 red cabbage Parsley	Garlic powder Harissa chilli paste Jerk spice Cajun spice paprika	White wine vinegar Couscous Low fat coconut milk - tin Wholegrain mustard



## FRIDAY - SATURDAY

NB! DOUBLE CHECK IF YOU HAVE EXTRA LEFTOVERS FROM FIRST SHOP!

CHEESE, DAIRY & MILK	MEATS	FRESH FRUIT/VEG/HERBS	SPICES	OTHER
Coconut milk Pecorino (optional) Eggs oat/almond milk	Duck breast 1 chicken breast	Apple Butternut squash Spinach Cherry tomatoes Lemon 1 sweet potato 1 beetroot 1 apple 1 kg ripe tomatoes Oregano Garlic 9oz Mushrooms: chestnut, Button and portobello Thyme Kale Bundle asparagus 1 red onion Sundried tomatoes 1 courgette 1 yellow pepper New potatoes Rosemary Thyme	Ground cardamom Cinnamon Smoked paprika	Sesame seeds Oats Almond or coconut oil Walnuts honey/maple syrup 450g cooked chickpeas Extra virgin olive oil Coarse ground polenta Cold pressed rapeseeds oil 150g marinated artichokes Stock of choice Chicken stock - low salt Cornflour Buckwheat flour Coconut oil Hazelnuts Dates Raw cacao

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## WEEK 9

	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	Breakfast smoothie	Salmon & Spinach Wraps	Snack of choice	Sesame Crusted Salmon with Preserved Lemon & Courgette Salad
TUESDAY	Breakfast smoothie	Leftover Sesame Crusted Salmon with Preserved Lemon & Courgette Salad	Snack of choice	Chicken & Kale Stir-fry
WEDNESDAY	Breakfast smoothie	Leftover Chicken & Kale Stir-Fry	Snack of choice	Turkey Burgers
THURSDAY	Breakfast smoothie	Leftover Turkey Burgers	Snack of choice	Thai Chicken Soup
FRIDAY	Breakfast smoothie	Leftover Thai Chicken Soup	Snack of choice	Capers on cod with veggies

	BREAKFAST	LUNCH	DINNER	TREATS
SATURDAY	Very Berry Porridge	Feta & Spinach Pancakes	<b>'POSH NOSH' DINNER:</b> Chickpea, feta & Beetroot Fritters	Glass of wine or treat of choice!
SUNDAY	Healthy eggs on toast	Healthy Sunday Roast	Thai Soup	Banana Berry Parfait



# WEEK 9 SHOPPING LIST FOR LUNCHES & DINNERS

DON'T FORGET TO ADD INGREDIENTS FROM YOUR CHOSEN SMOOTHIES & SNACKS!

## MONDAY - THURSDAY

CHEESE, DAIRY & MILK	MEATS	FRESH FRUIT/VEG/HERBS	SPICES	OTHER
Low Fat Creme Fraiche Eggs	2 salmon fillets 3 chicken breasts 500 g turkey thigh mince	Spinach 1 cucumber 2 lemon 2 courgettes Mint leaves Kale Parsley Red onion Pepper 1 carrot Garlic Ginger Chinese Cabbage Leaf Coriander 1 lime	Tandoori powder Garlic powder Turmeric Smoked paprika Chilli flakes	Whole wheat tortilla Tinned salmon Wasabi paste Sesame seeds Cold pressed rapeseed oil Chilli oil Reduced salt soy sauce Low fat coconut milk (tin) Low salt chicken stock Rice noodles

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## FRIDAY - SATURDAY

NB! DOUBLE CHECK IF YOU HAVE EXTRA LEFTOVERS FROM FIRST SHOP!

CHEESE, DAIRY & MILK	MEATS	FRESH FRUIT/VEG/HERBS	SPICES	OTHER
Milk of choice Low Fat Feta Low Fat Cream Cheese Eggs Low Fat Natural or Greek yoghurt	1 cod fillet 1 chicken breast	Blueberries Raspberries 1 tomato 4 beetroots Coriander 1 lemon 1 courgette 1 yellow pepper 1 carrot New potatoes Rosemary Thyme 1 banana		Capers Oats Honey Wholemeal Flour or oatmeal Frozen spinach 2 x 40g chickpeas Gluten free Rice flour Rye bread White wine vinegar Cornflour Low salt chicken stock Frozen berries



# WEEK 10

	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	Breakfast smoothie	Chicken & Avocado on oatcakes	Snack of choice	Salmon burgers
TUESDAY	Breakfast smoothie	Leftover Salmon burgers	Snack of choice	Turkey breast with toasted brazil nuts and sauteed kale
WEDNESDAY	Breakfast smoothie	Leftover turkey breast with toasted brazil nuts & sauteed kale	Snack of choice	Garlic chicken & sweet potato fries
THURSDAY	Breakfast smoothie	Leftover chicken & sweet potato fries	Snack of choice	chilli
FRIDAY	Breakfast smoothie	Leftover chilli	Snack of choice	Baked fish with tomato. Onion & Garlic

	BREAKFAST	LUNCH	DINNER	TREATS
SATURDAY	Seed Muesli with Nectarine & Blueberries	Simple and Tasty Tomato and Bean Soup	<b>'POSH NOSH' DINNER:</b> Sweet Red Onion and Hazelnut Pizzette	Glass of wine or treat of choice!
SUNDAY	Smoked salmon omelette	Healthy Sunday Roast	Low-Carb Cauli-Pizza	Chocolate, Raspberry and Coconut Delight



# WEEK 10 SHOPPING LIST FOR LUNCHESES & DINNERS

DON'T FORGET TO ADD INGREDIENTS FROM YOUR CHOSEN SMOOTHIES & SNACKS!

## MONDAY - THURSDAY

CHEESE, DAIRY & MILK	MEATS	FRESH FRUIT/VEG/HERBS	SPICES	OTHER
Low fat creme fraiche	3 chicken breast 2 salmon fillets 1 turkey breast 250g mince steak	1 avocado Spring onions Tarragon 1 lemon 1 lime Coriander Kale 2 sweet potatoes 1 onion 1 red pepper garlic	cumin	Red curry paste Brazil nuts Beef stock 1 tin chopped tomatoes





FRIDAY - SATURDAY

NB! DOUBLE CHECK IF YOU HAVE EXTRA LEFTOVERS FROM FIRST SHOP!

CHEESE, DAIRY & MILK	MEATS	FRESH FRUIT/VEG/HERBS	SPICES	OTHER
Low fat yoghurt 250g soft goats cheese or ricotta Eggs Parmesan 2 mozzarella	1 haddock fillet or other white fish Smoked salmon 1 chicken breast	Garlic 1 onion 3 tomatoes Bunch of asparagus Blueberries Nectarines 3 red onions 2x spinach Fresh marjoram or oregano Chives 1 courgette Yellow pepper 1 carrot New potatoes Rosemary Thyme 1 cauliflower head Cherry tomatoes Basil Rocket Raspberries	Bay leaf nutmeg	Sunflower seeds Porridge oats 80g cannellini beans Vegetable stock - low salt 1 tin chopped tomatoes Light spelt flour (550g) Dry yeast Hazelnuts Rapeseed oil Gluten free oatcakes Chicken stock - low salt Fresh tomato sauce or passata Dark chocolate Low fat coconut milk - tin



# WEEK 11

	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	Breakfast smoothie	Aromatic Spinach & Garlic Lentils	Snack of choice	Cajun Chicken and Crispy Slaw
TUESDAY	Breakfast smoothie	Leftover Cajun Chicken and Crispy Slaw	Snack of choice	Kale and Spinach soup
WEDNESDAY	Breakfast smoothie	Leftover Kale and Spinach soup	Snack of choice	Asian spiced prawns topped with Kimchi
THURSDAY	Breakfast smoothie	Baked potato with Tuna & Salad	Snack of choice	What's in the Fridge Surprise Curry
FRIDAY	Breakfast smoothie	Leftover What's in the Fridge Surprise Curry	Snack of choice	Marinated Salmon with Stuffed Peppers

	BREAKFAST	LUNCH	DINNER	TREATS
SATURDAY	Fig, Nutmeg & Walnut Porridge	Simple Salmon, New potato & Spinach Salad	<b>'POSH NOSH' DINNER:</b> Roasted Cauliflower with Syrian Lentils	Glass of wine or treat of choice!
SUNDAY	Earthy breakfast eggs	Healthy Sunday Roast	Vitamin Packed Roasted Butternut Squash with Goat's Cheese	Banana Ice cream



# WEEK 11 SHOPPING LIST FOR LUNCHES & DINNERS

DON'T FORGET TO ADD INGREDIENTS FROM YOUR CHOSEN SMOOTHIES & SNACKS!

## MONDAY - THURSDAY

CHEESE, DAIRY & MILK	MEATS	FRESH FRUIT/VEG/HERBS	SPICES	OTHER
Low fat natural yoghurt Butter Coconut milk Low fat creme fraiche	4 chicken breast King prawns (cooked) Canned tuna	Garlic 3 onion Spinach 6 tomatoes 3 lemons 1 red cabbage 2 cucumber Parsley 1 carrot Kale Pineapple (small) Beansprout Spring onions Corander 1 lime Red chilli 1 pepper Salad leaves 1 baking potato	Cumin powder Turmeric Cayenne pepper Cajun spice Paprika Nutmeg Indian curry paste	Uncooked red lentils Wholegrain mustard Chicken stock - low salt Cashews Tamari sauce Honey Brown rice Low fat coconut milk Vegetable stock - low salt



FRIDAY - SATURDAY

NB! DOUBLE CHECK IF YOU HAVE EXTRA LEFTOVERS FROM FIRST SHOP!

CHEESE, DAIRY & MILK	MEATS	FRESH FRUIT/VEG/HERBS	SPICES	OTHER
Low fat feta Milk of choice Low fat creme fraiche Eggs Goats cheese	2 salmon fillet 1 chicken breast	3 courgette 2 red pepper 1 tomato Basil New potatoes Spinach Chives 1 head cauliflower 3 onions 1 orange 1 lemon Mint parsley Kale Bunch asparagus 1 red onion Sundried tomatoes Garlic 1 yellow pepper 1 carrot Rosemary Thyme Butternut squash Cherry tomatoes 1 red onion Salad leaves 1 banana Raspberries	Harissa chilli paste Cumin seeds Cinnamon stick Fennel seeds	Oats Walnuts Dried fig Ghee or coconut oil Quinoa Green lentils Coldpressed olive oil Raw honey Extra virgin olive oil Chicken stock - low salt



## WEEK 12

	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	Breakfast smoothie	Crab & Avocado cream Salad	Snack of choice	Halloumi Kebabs with Coconut Couscous
TUESDAY	Breakfast smoothie	Leftover Halloumi kebabs with coconut couscous	Snack of choice	Thai inspired oven Baked Salmon
WEDNESDAY	Breakfast smoothie	Leftover Thai inspired oven Baked Salmon	Snack of choice	Chicken SuperVeg Stir-fry
THURSDAY	Breakfast smoothie	Leftover Chicken SuperVeg Stir-fry	Snack of choice	Roasted Tomato & Chickpea Soup
FRIDAY	Breakfast smoothie	Leftover Roasted Tomato & Chickpea soup	Snack of choice	Crispy duck with Beetroot & Sweet Potato mash

	BREAKFAST	LUNCH	DINNER	TREATS
SATURDAY	Crunchy honey granola	Shaved Asparagus Salad	<b>'POSH NOSH' DINNER:</b> Grilled Paprika Chicken with Smashed Beans, Roasted Squash and Slow roasted Tomatoes	Glass of wine or treat of choice!
SUNDAY	Scrambled eggs with mushrooms & Spinach	Healthy Sunday Roast	Pan Fried Tuna with Green Beans & Lemony Yoghurt	Apple & Vanilla Protein pancakes



# WEEK 12 SHOPPING LIST FOR LUNCHESES & DINNERS

DON'T FORGET TO ADD INGREDIENTS FROM YOUR CHOSEN SMOOTHIES & SNACKS!

## MONDAY - THURSDAY

CHEESE, DAIRY & MILK	MEATS	FRESH FRUIT/VEG/HERBS	SPICES	OTHER
Low fat creme fraiche Halloumi cheese Natural yoghurt	1 tin crab meat 2 salmon fillet 1 chicken breast	1 avocado 1 chilli Garlic Parsley 1 lime 1 courgette 1 pepper Spring onions Peas Coriander Broccoli head 1 red onion 1 kg tomatoes Ginger Mushrooms oregano	Jerk spice Smoked paprika	White wine vinegar Couscous Low fat coconut milk - tin Tamari soy sauce Rice noodles 450g chickpeas cooked Extra virgin olive oil

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FRIDAY - SATURDAY

NB! DOUBLE CHECK IF YOU HAVE EXTRA LEFTOVERS FROM FIRST SHOP!

CHEESE, DAIRY & MILK	MEATS	FRESH FRUIT/VEG/HERBS	SPICES	OTHER
Low fat natural yoghurt Mozzarella or parmesan Eggs Milk of choice	1 duck breast 8-10 chicken thighs 1 chicken breast 1 fresh tuna steak	1 sweet potato 1 beetroot 1 apple Strawberries 1 bundle asparagus Spring onions 1 lemon Garlic Thyme Butternut squash Cherry vine tomatoes Basil Rocket Mushrooms Spinach 1 courgette 1 yellow pepper 1 carrot New potatoes Rosemary Thyme Green beans Cherry tomatoes Salad leaves Parsley 1 red onion 1 lemon Apple		Sliced almonds Oats Pumpkin seeds Sesame seeds Walnuts Honey Wholegrain mustard Sunflower seeds 400g cooked butter beans Cornflour Chicken stock - low salt Baking powder Vanilla essence Wholemeal flour Protein powder (optional)



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