



Lunch



Bacon & Cheese Parcel

INGREDIENTS

- 100g asparagus tips
- 1/2 tbsp olive oil
- 1/3 round of goats cheese crumbled
- 2 large eggs
- 1 tbsp chopped chives
- 1 rasher of lean cut bacon

DIRECTIONS

1. Place asparagus in a pan of simmering hot water for a few minutes. Cut into 1cm pieces.
2. Heat oil in pan & add the bacon for a few minutes, turning to cook.
3. Beat the eggs in a bowl, adding the asparagus & chives. Season.
4. Pour egg mixture onto the bacon. Cook regularly spooning the egg mixture onto the bacon. Add cheese after a few minutes.
5. Place under grill for a few minutes to golden.

Spiced Turkey Burger

INGREDIENTS

- 200g turkey minced
- 4 sundried tomatoes
- 1 sweet red pepper, chopped
- Freshly ground black pepper
- 1 garlic clove crushed
- 1/2 tsp salt
- 1 cup fresh basil
- 2 tbsp olive oil, to blend

DIRECTIONS

1. Mix all ingredients except minced turkey into a small bowl.
2. Mix the turkey in with the other ingredients with your hands.
3. Mould burger shapes & place on a baking tray, cook for 20 minutes or until golden brown.
4. Serve on a bed of salad.





Lunch



Broccoli Soup

INGREDIENTS

- 3/4 cup chopped red onion
- 2 tsp extra virgin olive oil
- 1/4 tsp tarragon
- 4 cups broccoli florets
- 1 tbsp coconut flour
- 1 cup water
- 2 cups chicken broth
- 1 tsp white wine vinegar
- 1/2 tsp ground black pepper
- 1 tbsp shredded baby carrot

DIRECTIONS

1. In saucepan, mix onion, oil, tarragon, broccoli & salt to taste.
2. Stir over medium heat about 3 minutes.
3. In small bowl, whisk flour & 2 tbsp water until smooth, set aside.
4. Add broth, vinegar, pepper, and remaining water to pan.
5. Bring almost to a boil. Reduce heat & simmer about 10 minutes.
6. Puree soup in blender & return to pot.
7. Whisk in flour mixture, stir over medium high heat until slightly thickened. Sprinkle with carrot.

Power Veggie Soup

INGREDIENTS

- 1 tbsp extra virgin olive oil
- 2 cups sliced carrots
- 1 cup chopped leeks (not dark green part)
- 1 cup chopped celery
- 1 cup diced onion
- 4 garlic cloves, minced
- 1 tbsp peeled, minced fresh ginger
- 1 cup chopped fresh parsley
- 1/4 cup chopped fresh basil
- 1 tsp salt
- Fresh ground black pepper
- 1/4 cup chopped fresh chives for garnish

DIRECTIONS

1. Heat the oil in a large pan
2. Add the carrots, leeks, celery, onions, garlic & ginger. Saute for 10 mins over a medium heat, stirring frequently.
3. Add the parsley, basil & 8 cups of water. Season with salt & pepper.
4. Bring to the boil, then reduce heat to simmer, covered for 20 mins. Serve & garnish with chives.

serves five





Lunch



Asparacress & Mint Soup

INGREDIENTS

- 900ml of vegetable stock
- 1 small cauliflower – trimmed & chopped
- 350g asparagus spears – trimmed & chopped
- 4 spring onions
- 50g watercress
- 25g fresh mint
- Sea salt & freshly ground black pepper to season

DIRECTIONS

1. Put the cauliflower in a large pan & bring to the boil.
2. Add the asparagus & spring onions, bringing back to the boil & simmer for 3 minutes.
3. Now take off the boil & stir in the watercress and mint until wilted. Blend the soup in blender or use hand blender & then re-heat and season.

Carrot & Celery Soup

INGREDIENTS

- 1 tbsp coconut oil
- 1/2 leek, thinly sliced
- 3 carrots peeled and chopped
- 3 sticks of celery chopped
- 4cm piece of ginger
- 2 cups of water

DIRECTIONS

1. Heat oil in a pan over a medium heat
2. Add leek, carrots, celery & ginger
3. Cook uncovered, stirring occasionally for approximately 10 minutes or until vegetables are soft
4. Add water to saucepan & boil until carrots soft.
5. Remove lid & add to a blender to blend

serves one





Lunch



Cabbott Soup

INGREDIENTS

- 4 carrots
- 1 cup of chopped cabbage
- 1 tbsp olive oil
- 1 tbsp almond flour

DIRECTIONS

1. Boil the veg until soft.
2. Add the oil and almond flour & blitz in a blender.

Butternut Squash Soup

INGREDIENTS

- 1 small butternut squash
- 1 tbsp olive oil
- 1 tbsp almond flour
- 1/2 small sweet potato
- 1 cup of water

DIRECTIONS

1. Peel and chop the butternut squash & sweet potato into small pieces.
2. Boil water in a pan. Cook the butternut squash & sweet potato until soft.
3. Mix the oil & almond flour in a small bowl until a paste-like consistency.
4. Add the contents of the saucepan to a blender & mix.
5. Add a parsley leaf & serve.

serves one





Lunch



Quinoa Pizza Bites

INGREDIENTS

- 2 cups of cooked quinoa
- 2 large eggs
- 1 cup of chopped onion
- 1 cup of low fat cheese
- 2 tsp minced garlic
- 1/2 cup of fresh basil chopped
- 1/2 tsp salt to season
- 1 tsp paprika
- 1 tsp dried, crushed oregano
- Light salsa &/or hummus for dipping (optional)

DIRECTIONS

1. Preheat oven to 200 degrees.
2. Mix all ingredients (except dip) in a bowl.
3. Distribute the mixture into a greased mini muffin tin, filling each cup full & press down to compact.
4. Bake for 15-20 minutes.

makes 30 small bites

Stuffed Pepper

INGREDIENTS

- 1 bell pepper
- 1/4 cup of cooked quinoa
- 1/2 red onion chopped
- Small pinch of sweetcorn
- 1/2 clove of garlic crushed
- 1 tbsp olive oil
- 1 small jalepeno pepper chopped
- Small pinch of black beans already soaked

DIRECTIONS

1. Cut top off pepper.
2. Mix all other ingredient in a bowl & fill pepper with them.
3. Place on a baking tray on a low heat in the oven for 15 minutes.
4. Serve with salad leaves as garnish.

serves one





Lunch

Turkey Lettuce Wraps

INGREDIENTS

- Lean turkey mince
- 1 spring onion chopped finely
- 1 garlic clove, crushed
- 1/2 tbsp chilli flakes
- Large lettuce leaves
- 1 tbsp olive oil

DIRECTIONS

1. Heat oil in a pan. Add the turkey & cook for approximately 10-15 minutes.
2. Add garlic, onions & chilli flakes & continue to cook, stirring to mix.
3. Open big lettuce leaves on a plate & add the mixture.

Spinach & Cottage Cheese Pie

INGREDIENTS

- 6 free range / organic eggs
- 4 egg whites
- 700g fresh spinach
- 2 onions
- 400g low fat cottage cheese
- 1 tbsp olive oil

DIRECTIONS

1. Preheat oven to 180 degrees.
2. Heat oil in large frying pan. Cook spinach on medium heat, stirring occasionally until soft.
3. Let spinach cool slightly.
4. Mix the onions, eggs & cottage cheese together & add the spinach.
5. Place the mixture into a oven proof dish or baking tray.
6. Bake uncovered for 55 minutes.

serves six





Lunch



Nut Roast Salad

INGREDIENTS

- 1/2 cup of mixed almonds & cashew nuts
- Salad of your choice
- 1 tbsp rapeseed oil

DIRECTIONS

1. Heat the oil in a pan & add the nuts, cooking until golden.
2. Serve on a bed of salad.

Honey Salmon Flake Salad

INGREDIENTS

- 1 salmon fillet
- 1 tbsp honey
- Large green leaf salad
- Yellow bell pepper, sliced
- Cucumber, sliced

DIRECTIONS

1. Place salmon in foil & cover with honey. Bake for approximately 20 minutes
2. Serve with salad.





Lunch



Crispy Bacon & Chicken Salad

INGREDIENTS

Super salad: green leaf, shredded carrot, cucumber, tomato chopped in half & 2 small spring onions
2 small chicken breast strips
1 rasher of lean bacon medallion torn into pieces
1 tbsp olive oil
1 tbsp balsamic vinegar

DIRECTIONS

1. Place the salad on a plate.
2. Heat the oil in a small pan.
3. Cook the chicken on a medium heat until cooked through, then add bacon & continue to cook until bacon golden brown.

Olive & Avocado Salad

INGREDIENTS

Mixed leaf salad
Red & green pepper sliced
1 inch cucumber sliced
1/4 cup of green olives
1/2 avocado sliced
1 small chicken breast diced

DIRECTIONS

1. Cook the chicken breast on a baking tray in the oven for approximately 30 minutes.
2. Chop & prepare the salad & place on a plate.
3. Dice the chicken breast & serve on a bed of salad.



Lunch

Sweet Potato & Quinoa Burger

INGREDIENTS

- 1 can of black beans, soaked
- 3 cups of cubed sweet potato
- 1/2 cup of sweetcorn
- 1/2 medium red onion
- 3 cloves of garlic, finely chopped
- 1/2 cup of cooked quinoa
- 1 tbsp olive oil
- Salt & black pepper to season
- 1 tsp cumin
- 1 tsp oregano
- 1 tsp chilli powder
- 1/4 tsp cayenne
- 1 tsp hot sauce
- 2 eggs

DIRECTIONS

1. Beat the eggs in a large bowl, then add all the other ingredients & mix with your hands.
2. Mould into burger shapes & place onto baking tray.
3. Bake until golden brown.

