

The background of the entire page is a soft, light pink color, decorated with clusters of delicate, watercolor-style pink cherry blossoms. The blossoms are scattered across the page, with larger, denser clusters in the top right and bottom right corners, and smaller, more sparse clusters in the middle left and bottom center. The overall aesthetic is gentle and feminine.

MANAGING THE

MENOPAUSE

WITH
YOGA & DIET

4 Week Meal Plan

This Four Week meal plan contains recipes for five days of each week for Breakfast, Lunch and Evening Meals. The recipes combines a low fat & carb diet with food containing nutrients that will help with the symptoms of the menopause, for example foods that are high in soya such as edamame beans, tofu and green leafy vegetables.

By each recipe you will see a serving size. Whilst many of the recipes make one portion, some of the recipes, for example, for pasta dishes make 2-4 portions. This will allow you to freeze some of the dishes for the times that you don't want or don't have the time to cook from fresh. It will also enable you to cook healthy meals when you have family or friends around for supper

Fluids:

Drink usual amount of fluids, however I would recommend switching to skimmed/semi skimmed milk in tea/coffee. If possible try to drink 2 glasses of skimmed milk or semi skimmed milk daily

Snacks:

Eat two snacks a day, these should be fruit of choice, Skyr or other fat-free yoghurt and 30 g of almonds at least every other day - *Almonds are rich in vitamins, minerals, and other nutrients necessary to relieve stress during menopause*

Week 1

Day 1

Breakfast (212 calories, 29.1 g carbohydrates) – Serves 1

Porridge with Blueberries

Ingredients: Prep 5 minutes

89g rolled oats

200 ml skimmed/semi skimmed milk

50g Blueberries

Methods

Combine the oats with the milk and cook either in microwave or in a saucepan as per packet instructions. Transfer to bowl and add the blueberries.

Nutritional Values – per serving

212 Kcal | Fat 2.6 g | Saturated Fat 1.1 g | Fibre 4.4 g | Carbs 29.1 g | Sugar 18.5 g | Protein 7.2 g

Lunch (226 calories, 20.2 g carbohydrates)

Pea and Edamame Soup - Prep/ Cook 15 minutes - Serves: 4

A simple, thick edamame and pea soup bursting with fresh flavours. It's also packed with fibre, plant protein and folate, as well as being naturally low in saturated fat.

Ingredients

1 tbsp olive oil

200g frozen soya beans (also called edamame beans)

200g frozen peas

500ml hot reduced salt vegetable stock
1 onion, chopped
1 small bunch basil leaves
1 handful (50g) watercress
300ml Alpro Soya No Sugars alternative to milk

Method

Heat the oil in a saucepan. Add the onion and fry for 3 minutes. Add the frozen soya beans, frozen peas, vegetable stock and stir well. Bring to the boil and simmer for five minutes.

Add the basil and watercress and Alpro Soya No Sugars and warm through for 2-3 minutes. Taking care, blend with a hand blender until smooth and creamy. Season with black pepper.

Nutrition Facts - Per serving:

226 Kcal | protein 11.3g | carbohydrates 20.2g | dietary fibre 12.5g | sugars 4.6g | fat 7.7g
| saturated fat 1.0g | sodium 0.1g | calcium 153mg

Evening Meal (223 calories, 13.7 g carbohydrates)

Lemon chicken Stir fry - Serves 1

Ingredients

Prep: 20 minutes

1 lemon
118ml reduced-salt chicken soup
1 tablespoons reduced-sodium soy sauce
1 teaspoons corn starch
1/2 tablespoon vegetable oil
1 boneless, skinless chicken breast trimmed and cut into 1-inch pieces
70g mushrooms, halved or quartered
118g diagonally sliced carrots, (1/4 inch thick)
170g peas
1/2 tablespoon chopped garlic

Method

Grate lemon zest and set aside. Juice the lemon and whisk 2 tablespoons of the juice with broth, soy sauce and corn starch in a small bowl.

Heat oil in a large frying pan over medium-high heat. Add chicken and cook, stirring occasionally, until just cooked through, 4 to 5 minutes. Transfer to a plate with tongs. Add mushrooms and carrots to the pan and cook until the carrots are just tender, about 5 minutes. Add peas, garlic and the reserved lemon zest. Cook, stirring, until fragrant, 30 seconds. Whisk the broth mixture and add to

the pan; cook, stirring, until thickened, 2 to 3 minutes. Add the chicken and any accumulated juices; cook, stirring, until heated through, 1 to 2 minutes.

Nutrition Facts - Per serving:

223 Kcal | protein 28g | carbohydrates 13.7g | dietary fibre 3.4g | sugars 5.3g | fat 6.6g | saturated fat 1.1g | cholesterol 62.7mg | sodium 554.7

Day 2

Breakfast (272 calories, 25.1 g carbohydrates)

Ricotta & Yoghurt Parfait – Serves 1

Ingredients:

Prep: 5 minutes

210g fat free vanilla Greek yogurt
62.5g part-skim ricotta
½ teaspoon lemon zest
41.5g raspberries
1 tablespoon slivered almonds
1 teaspoon chia seeds

Method

Combine yogurt, ricotta and lemon zest in a bowl. Top with raspberries, almonds and chia seeds.

Nutrition Facts - Per Serving:

272 Kcal | protein 21.7g | carbohydrates 25.1g | dietary fibre 5.1g | sugars 14.2g | fat 9.6g | saturated fat 3.4g | cholesterol 23.9mg | sodium 119.1mg

Lunch (314 calories, 27.8 g carbohydrates)

Lunch- Gluten Free Apple Cheddar Cheese Toast – Serves 1

Ingredients Prep: 10 minutes

1 slice gluten-free bread
½ apple, sliced
28g Cheddar cheese, shredded
470g cups mixed salad greens
1 ½ teaspoons extra-virgin olive oil
1 teaspoon red-wine vinegar
Pinch of salt
Pinch of ground pepper

Method

Line a grill pan with foil. Top bread with apple and cheese. Set the bread on the prepared pan and transfer to the toaster oven. Toast until the cheese is melted, 4 to 6 minutes.

Mound greens on a large plate. Drizzle oil and vinegar over the greens. Sprinkle with salt and pepper. Serve the toast with the greens

Nutritional Values per serving:

314 calories | protein 10g | carbohydrates 27.8g | dietary fibre 5.1g | sugars 11.9g | fat 18.9g | saturated fat 6.4g | sodium 494.7mg

Evening Meal (415 calories, 24.5 g carbohydrates)

Mushroom stroganoff with tofu – serves 2

Ingredients - Prep/Cook 45 minutes

100g tofu, cut in to small cubes

1/2 onions, sliced

100g button mushrooms, sliced

100ml sour cream

2 tbsp olive oil

1 tbsp soy sauce

1 tbsp Worcestershire sauce

1 tbsp paprika

Lemon juice

120g Boiled brown rice

Marinate the tofu in the soy, Worcestershire sauce and half the paprika for 45 minutes. Heat just 1 tbsp of the olive oil in a frying pan and cook the onions with the paprika until the onions are translucent. Add the tofu and brown on both sides. Keep warm. Heat the remaining 1 tbsp of oil in the frying pan and fry the mushrooms for 2 minutes. Put all the ingredients back in to the frying pan, together with the sour cream. Mix well and bring back to a simmer for two minutes. Serve with brown rice.

Nutritional Values per serving

415Kcal | fat 30g | saturated fat 9.2g | Sodium 0.5g | Carbs 24.5 g | Fibre 4.5 g | Protein 14.9 g | Sugar 3.8 g | Calcium 433.32 mg

Day 3

Breakfast (124 calories, 13.8 g carbohydrates)

Banana Pancake – Serves 1

Ingredients - Prep/Cook 10 minutes

1 egg
1 small banana
Puree egg and banana in a blender until smooth

Method

Lightly oil a large non-stick skillet and heat over medium heat. Put batter into the pan. Cook until bubbles appear on the surface and the edges look dry, 2 to 4 minutes. Using a thin spatula, gently flip the pancake and cook until browned on the bottom, 1 to 2 minutes more. Transfer the pancakes to a plate.

Nutritional Values per serving

124 calories | protein 6.9g | carbohydrates 13.8g | dietary fibre 1.5g | sugars 7.4g | fat 4.9g | saturated fat 1.6g | iron 1mg | sodium 71.6mg.

Lunch (345 calories, 26 g carbohydrates)

Lime prawn cocktail pitta salad – Serves 1

Ingredients: Prep:10 mins Cook:15 mins

½ wholemeal pitta
½ tbsp rapeseed oil
1 tsp Tabasco
1 tsp low-sugar, low-salt ketchup
1 tbsp low-fat mayonnaise
1 tbsp fat-free natural yogurt
½ lime, zested and juiced, plus wedges to serve
60g cooked king prawns
1 Little Gem lettuce, leaves separated
¼ small cucumber, peeled into ribbons
4 cherry tomatoes, halved

Method

Heat the oven to 200C/180C fan/gas 6. Slice the pitta into triangles, put on a baking sheet and drizzle over the oil. Bake for 10-15 mins until golden and crisp.

Mix together the Tabasco, ketchup, mayo, yogurt and lime zest and juice. Toss the prawns in the dressing.

Layer the lettuce, cucumber, tomatoes and dressed prawns in a lunchbox or jar. Season, top with the pitta chips and serve with lime wedges.

Nutritional value per serving

345 kcal | fat 16g | saturated fat 1g | carbs 26g | sugars 12g | fibre 7g | protein 19g | salt 1.4g

Evening meal (460 calories, 59 g carbohydrates)

Meal Moroccan chicken with sweet potato mash – low fat and low gmi – serves 4

Ingredients:

Prep:10 mins Cook:25 mins

1kg sweet potatoes , cubed
2 tsp ras-el-hanout , or a mix of ground cinnamon and cumin
4 skinless, boneless chicken breasts
2 tbsp olive oil
1 onion , thinly sliced
1 fat garlic clove , crushed
200ml chicken stock
2 tsp clear honey
juice ½ lemon
handful green olives , pitted or whole
20g pack coriander , leaves chopped

Method

Boil the potatoes in salted water for 15 mins or until tender. Mix the ras el hanout with seasoning, then sprinkle all over the chicken. Heat 1 tbsp oil in large frying pan, then brown the chicken for 3 mins on each side until golden.

Lift the chicken out of the pan. Add the onion and garlic and cook for 5 mins until softened. Add the stock, honey, lemon juice and olives, return the chicken to the pan, then simmer for 10 mins until the sauce is syrupy and the chicken cooked.

Mash the potatoes with 1 tbsp oil and season. Thickly slice each chicken breast and stir the coriander through the sauce. Serve the chicken and sauce over mash.

Nutritional Values per serving

460 kcal | fat 9g | saturated Fat 2g | carbs 59g | sugars 18g | fibre7 | protein 39g | salt 1.11g

Day 4

Breakfast (273 calories, 26.5 g carbohydrates)

Boiled Egg with Wholemeal Toast – Serves 1

Ingredients- Prep/Cook 5 mins

1 medium egg
2 slices of wholemeal toast
½ tablespoon butter (for the toast)

Method

Boil the egg to your own preference. Serve with the toast

Nutritional Information per serving:

273 Kcal | Fat 12.6g | Saturated Fat 5.6g | Salt 405mg | Carbs 26.5g | Fibre 2.2g | Protein 14.8g | Sugar 3.2g

Lunch (101 calories, 14.2 g carbohydrates)

Spinach & Olive Melts - Serves 1

Ingredients Prep/Cook 15 minutes

22.5g fresh spinach, coarsely chopped
3 pitted olives, chopped
1 whole-wheat English muffins, split
1/2 teaspoon Dijon mustard
14g Gouda cheese, shaved or coarsely grated

Method

Preheat grill. Combine spinach and olives in a small bowl; set aside. Arrange muffin halves on a grill, cut sides up. Grill 4 to 5 inches from the heat about 2 minutes or until golden. Spread English muffin halves lightly with mustard. Top with spinach mixture and cheese. Grill about 1 minute more or until cheese is melted and bubbly. Serve immediately.

Nutrition Facts - Serving Size: 1 open-face melt - Per Serving:

101 Kcal | protein 4.9g | carbohydrates 14.2g | dietary fibre 2.6g | sugars 2.9g | fat 3.3g | saturated fat 1.4g | sodium 298.5mg

Evening Meal (288 calories, 30 g carbohydrates)

Smoked haddock with lemon & dill lentils – Serves 2

Ingredients – Prep/Cook 35 minutes

100g/ 4oz lentils
1 small onion, finely chopped
1 carrot, finely chopped
1 celery stick, finely chopped
300ml/ ½ pint vegetable stock
1 rounded tbs half-fat crème fraîche

2 tbsp chopped dill

Zest ½ lemon

2 x 100g/4oz smoked haddock fillets

50g/ 2oz baby spinach leaves

Tip the lentils into a pan with the onion, carrot and celery. Pour in the stock and bring to the boil.

Give it a stir, then reduce the heat, cover and simmer for 20-25 mins, until the lentils are tender.

Mix together the crème fraîche, half the dill and the lemon zest, adding a little seasoning. Put the fish in a shallow dish with a splash of water and cover with cling film. Microwave on Medium for 4-6 mins until the fish flakes easily.

When the lentils are cooked, stir in the spinach until the leaves are barely wilted, then stir in the crème fraîche mixture. Divide between 2 warmed plates and top with the haddock. Scatter over the remaining dill and serve.

Nutritional Values per serving

288 kcal | fat 4g | saturated Fat 1g | carbs 30g | sugars 7g | fibre 7g | protein 33g | salt 2.5g

Day 5

Breakfast (381 calories, 26 g carbohydrates)

Grain Free Muesli & Yoghurt – Serves 1

Ingredients

Prep: 5 minutes

10 g pumpkin seeds

5 raw walnuts

5 almonds

1 green apple (100g)

7 g dark chocolate

1 date

2 tablespoons fat free Greek style yoghurt

Method

Peel and core apple. Chop into cubes

Add all ingredients except yoghurt to a mini blender and pulse for a couple of seconds until crumbly.

Serve with yoghurt.

Nutritional Information - Per Serving:

381 Kcal | Fat 26g | Saturated Fat 3.8g | Carbs 26g | Sodium 3.6mg | Fibre 5.8g | Sugar 21.5g

| Protein 9.6g | Iron 1.56mg

Lunch (388 calories, 26 g carbohydrates)

Carrot, Orange & Avocado Salad –Serves 2

Ingredients**Prep 10 minutes**

1 orange, plus zest and juice of 1
2 carrots, halved lengthways and sliced
35g rocket
1 avocado, stoned, peeled and sliced
1 tbsp olive oil

Method

Cut the segments from 1 of the oranges and put in a bowl with the carrots, rocket and avocado. Whisk together the orange juice, zest and oil. Toss through the salad, and season

Nutritional Information

Kcal 338 | Fat 27g | Sat Fat 5g | Carb 26g | Sugar 13g | Fibre 11g | Protein 4g | Salt 0.1g

Evening Meal (254 calories, 41.4 g carbohydrates)**One Pot Tomato Basil Pasta – Serves 2****Ingredients:** **Prep/Cook: 30 mins**

170g whole-wheat spaghetti
335ml water
335ml vegetable stock
311g canned chopped tomatoes
1.5 tablespoons extra-virgin olive oil
1 teaspoons Italian seasoning
½ teaspoon garlic powder
½ teaspoon salt
¼ teaspoon crushed red pepper
400g baby kale or baby spinach
50g chopped basil
Grated Parmesan cheese for garnish

Method

Combine pasta, water, stock, tomatoes, oil, Italian seasoning, garlic powder, salt and crushed red pepper in a large pot. Cover and bring to the boil over high heat. Uncover, reduce heat to medium-high and cook, stirring frequently, for 5 minutes. Stir in kale and cook, stirring often, until most of the liquid has been absorbed, simmer for 5 to 7 minutes more. (If using spinach, add it after about 10 minutes, so it cooks in the remaining 2 to 3 minutes.) Stir in basil. Garnish with Parmesan, if desired

Nutritional Values Per serving

254 kcal | protein 17.1 g | Carbs 41.4 g | Fibre 5.9 g | Sugar 4.1 g | Fat 7.4 g | Saturated Fat 1.05 g

Week 2

Day 1

Breakfast (273 calories, 26.5 g carbohydrates)

Boiled Egg with Wholemeal Toast – Serves 1

Ingredients- Prep/Cook 5 mins

1 medium egg
2 slices of wholemeal toast
½ tablespoon butter (for the toast)

Method

Boil the egg to your own preference. Serve with the toast

Nutritional Information per serving:

273 Kcal | Fat 12.6g | Saturated Fat 5.6g | Salt 405mg | Carbs 26.5g | Fibre 2.2g | Protein 14.8g | Sugar 3.2g

Lunch (226 calories, 37.1 g carbohydrates)

Baked Aubergine - Prep/ Cook 70 minutes - Serves: 2

Ingredients

2 medium aubergines
1/2 red pepper, deseeded and chopped
1/2 yellow pepper, deseeded and chopped
1/2 green pepper, deseeded and chopped
1/2 large onion, chopped
1 cloves garlic, chopped
3 large ripe tomatoes, chopped
1/5 tbsp water
1 tbsp fresh parsley, chopped
chopped mint and soya yoghurt to serve

Method

Pre-heat the oven to 350C/Gas 4.

Cut the aubergines in half lengthways and remove the flesh, retaining the skins intact. Heat the oil and cook the onion over a low heat until it starts to turn brown. Add the chopped peppers and the garlic and continue to cook for a further 5-7 minutes. Add the aubergine flesh and the tomatoes and simmer gently for 10 minutes. Add sea salt and pepper to taste and stir in the parsley. Brush the aubergine skins with oil and place in a large roasting tin. Divide the filling between them. Drizzle a little more oil over the aubergines, put the water in the bottom of the roasting tin, cover with foil and bake for 40 mins until tender. Serve with the yoghurt mixed with the mint.

Nutrition Facts - Per serving:

226 Kcal | Fat 3g | Saturated Fat 0.5g | Carbs 37.1g | Protein 71.g | Sugar 21.4g | Salt 488.3mg | Calcium 871mg | Iron 0.52mg

Evening Meal (292 calories, 7 g carbohydrates)

Healthy Salmon Burgers - Serves 2

Ingredients

Prep: 20 minutes

4 boneless, skinless salmon fillets, approx. 550g, cut into chunks
2 tbsp Thai red curry paste
thumb-size piece fresh root ginger, grated
1 tsp soy sauce
1 bunch coriander, half chopped, half leaves picked
1 tsp vegetable oil
lemon wedges, to serve

For the salad

2 carrots
half large or 1 small cucumber
2 tbsp white wine vinegar
1 tsp golden caster sugar

Method

Tip the salmon into a food processor with the paste, ginger, soy and chopped coriander. Pulse until roughly minced. Tip out the mix and shape into 4 burgers. Heat the oil in a non-stick frying pan, then fry the burgers for 4-5 mins on each side, turning until crisp and cooked through. Meanwhile, use a peeler to peel strips of carrot and cucumber into a bowl. Toss with the vinegar and sugar until the sugar has dissolved, then toss through the coriander leaves. Divide the salad between 4 plates. Serve with the salmon burgers and rice.

Nutrition Facts - Per serving:

292 Kcal | fat 17g | saturated fat 4g | carbs 7g | sugars 6g | protein 29g | salt 0.83g

Evening Meal (420 calories, 39 g carbohydrates)

Vegetable & Cashew Stir-fry – serves 2

Ingredients - Prep/Cook 15 minutes

2 tbsp. vegetable oil
1 leek, chopped
3 tsp. ginger, minced
4 garlic cloves, finely chopped
1 tbsp. light soy sauce
2 celery stalks, chopped
2 medium carrots, chopped
150g broccoli florets, chopped
75g peas
2 medium tomatoes, sliced
150g greens, finely sliced
50g cashew nuts, unsalted
Salt to taste

Method

Pour the vegetable oil into a wok on high heat and fry the chopped leek for 3 minutes.
Add in the ginger, garlic and soy sauce and stir fry for 2 more minutes.
Then, throw in the celery, carrots, broccoli, peas and tomatoes and cook for another 2 minutes.
Next, add the greens and cashew nuts and cook for a further minute.
Serve straight away.

Nutritional Values per serving

420 Kcal | Total Fat 28g | Saturated Fat 3.2g | Carbohydrates 39g | Fibre 9g | Protein 12g

Day 3

Breakfast (184 calories, 7.4 g carbohydrates)

Mushroom Surprise – Serves 2

Ingredients - Prep/Cook 15 minutes

2 Portobello mushrooms
1 tsp. garlic, finely chopped
1 tbsp. cheddar cheese, finely grated
1 tsp. dried thyme or rosemary
4 tsp. olive oil
2 large eggs
Salt and pepper to taste

Method

Preheat the oven to 200°C/Gas Mark 6.

Place the mushrooms on a baking tray lined with foil.

Sprinkle the mushrooms with the garlic, salt and pepper to taste.

Bake for up to 10 minutes or until tender.

In the meantime, whisk the eggs in a bowl and flavour with salt and pepper to taste.

Heat the olive oil in a frying pan and over a low to medium heat and cook the egg. Stir gently while cooking until the egg has cooked through and set.

When the mushrooms are cooked, spoon half of the egg mixture over each mushroom.

Sprinkle with cheese and the thyme/rosemary.

Serve immediately.

Nutritional Values per serving

Calories 184 | Total fat 15.8g | Saturated Fat 3.4g | Carbohydrates 7.4g | Fibre 0.2g | Protein 8.5g

Lunch (276 calories, 3 g carbohydrates)

Nutty Chicken Satay Strips – Serves 2

Ingredients: Prep/Cook:18 mins

2 tbsp chunky peanut butter
1 garlic clove, finely grated
1 tsp Madras curry powder
few shakes soy sauce
2 tsp lime juice
2 skinless, chicken breast fillets (about 300g) cut into thick strips
about 10cm cucumber, cut into fingers
sweet chilli sauce, to serve

Method

Heat oven to 200C/180C fan/gas 4 and line a baking tray with non-stick paper.

Mix 2 tbsp chunky peanut butter with 1 finely grated garlic clove, 1 tsp Madras curry powder, a few shakes of soy sauce and 2 tsp lime juice in a bowl. Some nut butters are thicker than others, so if necessary, add a dash of boiling water to get a coating consistency.

Add 2 skinless chicken breast fillets, cut into strips, and mix well. Arrange on the baking sheet, spaced apart, and bake in the oven for 8-10 mins until cooked, but still juicy.

Eat warm with roughly 10cm cucumber, cut into fingers, and sweet chilli sauce. Alternatively, leave to cool and keep in the fridge for up to 2 days.

Nutritional value per serving

276 kcal | fat 10g | saturated fat 2g | carbs 3g | sugars 2g | fibre 2g | protein 41g | salt 0.7g

Evening meal (206 calories, 0.3 g carbohydrates)

Italian Style Cod Bake- Serves 4

Ingredients:

Prep/Cook 20 mins

400g cod fillets

2 tbsp. grated Pecorino Romano cheese

2 tbsp. grated Parmesan cheese

2 cloves of garlic, crushed

50g butter, melted

1 tbsp. fresh parsley, finely chopped

Salt and pepper to taste

Method

Preheat the oven to Gas Mark 6 or 200°C.

Lightly grease an ovenproof dish.

Mix the cheeses, garlic and seasoning in a bowl.

Place the fillets in the ovenproof dish and cover with the cheese mixture and parsley.

Season to taste.

Bake for 15 minutes and serve immediately

Nutritional Values per serving

206 Kcal | Total fat 13.5g | Saturated Fat 8g | Carbohydrates 0.3g | Fibre 0g | Protein 21g

Day 4

Breakfast (124 calories, 13.8 g carbohydrates)

Banana Pancake – Serves 1

Ingredients- Prep/Cook 10 mins

1 egg

1 small banana

Puree egg and banana in a blender until smooth

Method

Lightly oil a large non-stick skillet and heat over medium heat. Put batter into the pan. Cook until bubbles appear on the surface and the edges look dry, 2 to 4 minutes. Using a thin spatula, gently flip the pancake and cook until browned on the bottom, 1 to 2 minutes more. Transfer the pancakes to a plate.

Nutritional Information per serving:

124 Kcal | protein 6.9g | carbohydrates 13.8g | dietary fibre 1.5g | sugars 7.4g | fat 4.9g | saturated fat 1.6g | iron 1mg | sodium 71.6mg

Lunch (310 calories, 39 g carbohydrates)

Veggie Wraps - Serves 2

Ingredients

Prep/Cook 10 minutes

100g / ½ cup cherry tomato

1 cucumber

6 black olives

2 large wholemeal tortilla wraps

50g / ¼ cup feta cheese

2 tbsp hummus

Method

Chop the tomatoes, cut the cucumber into sticks, split the olives and remove the stones. Heat the tortillas. Spread the hummus over the wrap. Put the vegetable mix in the middle and roll up.

Nutrition Facts - Per Serving:

310 Kcal | Fat 11g | Sat Fat 5g | Carb 39g | Sugar 6g | Fibre 8g | Protein 22g | Salt 1.6g

Evening Meal (261 calories, 18.1 g carbohydrates)

Chicken with harissa & tomatoes –Serves 4

Ingredients – Prep/Cook 15 minutes

4 skinless chicken breasts
2 tsp harissa
1 tsp olive oil
1 tsp dried oregano
250g pack cherry tomatoes
A handful olives

Method

Heat oven to 200C/fan 180C/gas 6. Put the chicken into a medium roasting tray, then rub with the harissa, oil and oregano.

Cover with foil and roast for 5 mins, then remove the foil and add the cherry tomatoes and olives to the tray. Roast for 10 mins more until the tomato skins start to split and the chicken is cooked through. Serve with boiled new potatoes

Nutritional Values per serving (including 100g new potatoes)

261 kcal | fat 4.3g | saturated fat 1.1g | carbs 18.1g | sugars 2g | fibre 2.3g | protein 35.7g | salt 0.41g

Day 5

Breakfast (212 calories, 29.1 g carbohydrates) – Serves 1

Porridge with Blueberries

Ingredients: **Prep 5 minutes**

89g rolled oats

200 ml skimmed/semi skimmed milk

50g Blueberries

Methods

Combine the oats with the milk and cook either in microwave or in a saucepan as per packet instructions. Transfer to bowl and add the blueberries.

Nutritional Values – per serving

212 Kcal | Fat 2.6 g | Saturated Fat 1.1 g | Fibre 4.4 g | Carbs 29.1 g | Sugar 18.5 g | Protein 7.2 g

Lunch (404 calories, 19.4 g carbohydrates)

Vegetable Omelette –Serves 1

Ingredients

Prep 10 minutes

cherry tomatoes a handful, halved

white wine vinegar ½ tbsp

olive oil 2 tsp

garlic 1 large clove, sliced

courgette 1, grated

kale a handful

frozen peas 30g

dried chilli flakes a pinch

eggs 2, beaten

Method

Tip the cherry tomatoes into a bowl with the white wine vinegar and some seasoning, and mix well.

Heat the olive oil in a small pan and cook the garlic for 1 minute until smelling fragrant. Add the courgette and cook for 5 minutes or until all the moisture has evaporated. Add the kale and peas, and cook for 2 minutes until the kale has wilted. Season and stir in the chilli flakes.

Heat a small non-stick frying pan with a drizzle of oil. Season the beaten eggs then tip into the pan, swirling and lifting the edges so you have a large, flat omelette. Once the bottom has browned and the omelette has almost cooked on top, pile the cooked veg onto one side of the omelette, then carefully fold over the other half. Slide onto a plate and serve with the cherry tomatoes alongside.

Nutritional Information

404 Kcal| Fat 31.6g| Saturated Fat 5.2g| Carbs 19.4g| Protein 23.3g| Fibre 8.2g|Sugar 4.7g| sodium 212.3mg|Calcium 169mg|Iron 3.5 mg

Evening Meal (302 calories, 25 g carbohydrates)

Toasted quinoa, lentil & poached salmon salad –Serves 2

Ingredients: **Prep/Cook: 55 mins**

50g quinoa
1 tsp olive oil
200ml light vegetable stock
125g asparagus , trimmed
50g frozen soya bean
70g broccoli , florets trimmed and halved
zest and juice 1/2 lemon
2 salmon fillets (about 150g each)
½ garlic clove , crushed
125g pack ready-cooked lentils
3 spring onions , sliced on the diagonal
large handful mint and parsley, roughly chopped
42g baby spinach leaves
12g flaked almond , toasted

Method

Rinse the quinoa and tip into a large non-stick frying pan. Turn the heat to medium and dry out the grains, stirring to move them about the pan. Once all the liquid has evaporated, stir in the oil. Continue cooking the quinoa until it has turned a nutty brown and starts to 'pop' – this will take 10-15 mins. Stir every so often to stop the quinoa burning. Pour over the stock and simmer for 15-20 mins until all the liquid has been absorbed. Tip into a bowl and allow to cool.

Meanwhile, bring a large pan of water to the boil. Drop in the soya beans, asparagus and broccoli, and simmer for 2 mins. Remove using a slotted spoon and plunge into a bowl of ice-cold water. Drain the vegetables.

Add 1 tsp of the lemon juice to the pan with the vegetable water, then turn the heat down to a gentle simmer. Season the salmon fillets and submerge fully in the water. Poach for 6-8 mins until just cooked. Remove, allow to cool, then take off the skin and flake into large chunks.

Make a dressing by mixing together the garlic, most of the lemon zest and remaining lemon juice. Mix the quinoa, lentils, drained vegetables, spring onions, herbs, spinach and dressing together in a large bowl, then season. Pile onto a serving plate, top with the salmon, then scatter over the almonds and remaining lemon zest.

Nutritional Values Per serving

302 kcal | fat 12g | saturated fat 2g | carbs 25g | sugars 4g | fibre 7g | protein 24g | salt 0.6g

Week 3

Day 1

Breakfast (381 calories, 26 g carbohydrates)

Grain Free Muesli & Yoghurt – Serves 1

Ingredients Prep: 5 minutes

10 g pumpkin seeds
5 raw walnuts
5 almonds
1 green apple (100g)
7 g dark chocolate
1 date
2 tablespoons fat free Greek style yoghurt

Method

Peel and core apple. Chop into cubes
Add all ingredients except yoghurt to a mini blender and pulse for a couple of seconds until crumbly.
Serve with yoghurt.

Nutritional Information - Per Serving:

381 Kcal | Fat 26g | Saturated Fat 3.8g | Carbs 26g | Sodium 3.6mg | Fibre 5.8g | Sugar 21.5g
| Protein 9.6g | Iron 1.56mg

Lunch (439 calories, 51g g carbohydrates)

Baked beans on toast with pancetta & poached eggs – serves 1

Ingredients Prep/Cook: 30 minutes

1/2 tbsp olive oil
1/2 onion, sliced
1/2 small garlic clove, crushed
1 tsp smoked paprika
200g can cannellini beans, drained and rinsed
200g can chopped tomatoes
½ tbsp soft brown sugar
1/2 tbsp Worcestershire sauce
1 large eggs
1 large slice wholemeal bread
1 thin slices crispy pancetta or bacon

Method

Heat the oil in a small saucepan and fry the onions with a pinch of salt for 10-12 mins over a medium heat until softened and starting to caramelize. Add the garlic and paprika, and cook for 1 min more. Stir through the beans, tomatoes, sugar and Worcestershire sauce. Continue to cook for 10 mins over a medium heat, stirring regularly until thickened and saucy. Season. Bring a large pan of salted water to a simmer. Stir the water with the end of a wooden spoon, then crack an egg into the centre of the swirling water. Poach for 3 mins. Repeat with the second egg.
Toast the bread, then top with the beans, eggs and pancetta

Nutritional values per serving:

439 kcal | fat 13g | saturated 3g | carbs 51g | sugars 20g | fibre 14g | protein 22g | salt | 0.91g

Evening Meal (151 calories, 12.7 g carbohydrates)**Low fat Cauliflower & Broccoli Cheese - Serves 2****Ingredients****Prep/Cook: 35 minutes**

1/2 head broccoli, broken into florets (150g)
1/2 medium cauliflower, broken into florets (250g)
1 tsp rapeseed oil
1/2 onion, finely chopped
1/2 heaped tbsp plain flour
1 heaped tsp Dijon mustard
200ml skimmed milk
12.5g half-fat Cheddar + 25g grated, to top
1/2 tbsp grated Parmesan

Method

Preheat the oven to 180°C/gas 4. Add the cauliflower to a saucepan of boiling water and, after 3 minutes, add the broccoli. Cook a further 6 minutes until almost cooked but still firm. Drain and set aside.

Meanwhile, add the oil to a saucepan and cook the onion, soften for 3-4 minutes but don't brown it. Sprinkle the flour over the onions, add the mustard and gently stir for 1 minute to coat all the onions.

Gradually pour in 50ml of the milk, mixing to ensure there are no lumps. As it starts to thicken, gradually stir in the rest of the milk until it becomes a sauce. Add the 12.5g of Cheddar and all the Parmesan, stirring until the cheeses have melted.

Arrange the broccoli and cauliflower in an ovenproof dish, pour the sauce over and top with the remaining Cheddar. Bake for 20-25 minutes, until the top has browned.

Nutrition Facts - Per serving:

151 Kcal | Carbs 12.7g | Fibre 4.2g | Protein 12.1g | Fat 4.8g | Saturated fat 2.0g | Sugar 7.9g | Salt 0.47g

Day 2**Breakfast (273 calories, 26.5 g carbohydrates)****Boiled Egg with Wholemeal Toast – Serves 1****Ingredients- Prep/Cook 5 mins**

1 medium egg
2 slices of wholemeal toast
½ tablespoon butter (for the toast)

Method

Boil the egg to your own preference. Serve with the toast

Nutritional Information per serving:

273 Kcal | Fat 12.6g | Saturated Fat 5.6g | Salt 405mg | Carbs 26.5g | Fibre 2.2g | Protein 14.8g | Sugar 3.2g

Lunch (292 calories, 7.8 g carbohydrates)**Lunch Mozzarella, Basil & Courgette Frittata****Ingredients Prep/Cook: 20 minutes**

1/2 tablespoons extra-virgin olive oil
118g chopped courgette
2 large eggs, beaten
½ teaspoon salt
¼ teaspoon freshly ground pepper
113g pearl-size or baby fresh mozzarella balls
1 tablespoons chopped soft sun-dried tomatoes
5g thinly sliced fresh basil

Method

Position rack in upper third of oven; preheat grill
Heat oil in a large grill-safe non-stick or cast-iron pan over medium-high heat. Add courgette and cook, stirring frequently, until soft, 3 to 5 minutes.
Meanwhile, whisk eggs, salt and pepper in a bowl. Pour the eggs over the vegetables in the pan.
Cook, lifting the edges to allow uncooked egg from the middle to flow underneath, until nearly set, about 2 minutes. Arrange mozzarella and sun-dried tomatoes on top and place the pan under the grill until the eggs are slightly browned, 1 1/2 to 2 minutes. Let stand for 3 minutes. Top with basil.
To release the frittata from the pan, run a spatula around the edge, then underneath, until you can slide or lift it out onto a cutting board or serving plate. Cut into slices and serve.

Nutrition Values - Per Serving:

292 Kcal | protein 17.6g | carbohydrates 7.8g | dietary fibre 1.6g | sugars 4.2g | fat 20.7g | saturated fat 6.8g | sodium 513mg

Evening Meal (368 calories, 34 g carbohydrates)**Minted Salmon & Pea Fishcakes – Serves 2****Ingredients - Prep/Cook 20 minutes**

250g leftover cooked potato or mash from the chiller cabinet
200g can pink or red salmon, drained
70g frozen pea, defrosted
handful mint leaves, roughly chopped
1/2 tbsp tartar sauce
1.5 tbsp plain flour , for dusting
1.5 tbsp light olive or vegetable oil
lemon halves, to serve, optional

Method

If you're using leftover cooked potatoes, mash them until they are smooth. Flake the salmon into a bowl, removing any skin and large bones. Add the peas, mint, tartare sauce and mashed potato, and season to taste. Mix well, then, using floured hands, shape into 8 flat fishcakes. Dust with flour. Heat the oil in a large frying pan over a medium heat. Fry the fishcakes in 2 batches for 3-4 mins each side, turning carefully with a fish slice or spatula, until golden and crisp. Serve with a squeeze of lemon and a green salad.

Nutritional Values per serving

368 Kcal | fat 15g | saturated fat 2g | carbs 34g | sugars 0g | fibre 4g | protein 25g | salt 1g

Day 3

Breakfast (212 calories, 29.1 g carbohydrates) – Serves 1

Porridge with Blueberries

Ingredients: **Prep 5 minutes**

89g rolled oats

200 ml skimmed/semi skimmed milk

50g Blueberries

Methods

Combine the oats with the milk and cook either in microwave or in a saucepan as per packet instructions. Transfer to bowl and add the blueberries.

Nutritional Values – per serving

212 Kcal | Fat 2.6 g | Saturated Fat 1.1 g | Fibre 4.4 g | Carbs 29.1 g | Sugar 18.5 g | Protein 7.2 g

Lunch (444 calories, 39 g carbohydrates)

Sardines & Tomatoes on Toast – Serves 1

Ingredients: **Prep/Cook:10 mins**

2 slices sourdough bread, toasted

1 large garlic clove , halved

135g can sardines in olive oil

130g cherry tomatoes , halved

handful watercress

1 tbsp parsley , roughly chopped

1/2 lemon , to serve (optional)

Method

Rub each piece of toast with the garlic. In a small bowl, mix the sardines and their oil with the tomatoes and the watercress, then season. Sit half the mixture on each slice of toast, piled high. Scatter over the parsley and squeeze over the lemon

Nutritional value per serving

444 kcal | fat 16g | saturated fat 4g | carbs 39g | sugars 7g | fibre 4g | protein 33g | salt 2.1g

Evening Meal (415 calories, 24.5 g carbohydrates)**Mushroom stroganoff with tofu – serves 2****Ingredients - Prep/Cook 45 minutes**

100g tofu, cut in to small cubes
1/2 onions,
100g sliced button mushrooms
100ml sour cream
2 tbsp olive oil
1 tbsp soy sauce
1 tbsp Worcestershire sauce
1 tbsp paprika
Lemon juice
120g Boiled brown rice

Method

Marinate the tofu in the soy, Worcestershire sauce and half the paprika for 45 minutes. Heat just 1 tbsp of the olive oil in a frying pan and cook the onions with the paprika until the onions are translucent. Add the tofu and brown on both sides. Keep warm. Heat the remaining 1 tbsp of oil in the frying pan and fry the mushrooms for 2 minutes. Put all the ingredients back in to the frying pan, together with the sour cream. Mix well and bring back to a simmer for two minutes. Serve with brown rice.

Nutritional Values per serving

415Kcal | fat 30g | saturated fat 9.2g | Sodium 0.5g | Carbs 24.5 g | Fibre 4.5 g | Protein 14.9 g | Sugar 3.8 g | Calcium 433.32 mg

Day 4**Breakfast (272 calories, 25.1 g carbohydrates)****Ricotta & Yoghurt Parfait – Serves 1****Ingredients:****Prep: 5 minutes**

210g fat free vanilla Greek yogurt
62.5g part-skim ricotta
½ teaspoon lemon zest
41.5g raspberries
1 tablespoon slivered almonds
1 teaspoon chia seeds

Method

Combine yogurt, ricotta and lemon zest in a bowl. Top with raspberries, almonds and chia seeds.

Nutrition Facts - Per Serving:

272 Kcal | protein 21.7g | carbohydrates 25.1g | dietary fibre 5.1g | sugars 14.2g | fat 9.6g | saturated fat 3.4g | cholesterol 23.9mg | sodium 119.1mg

Lunch (314 calories, 27.8 g carbohydrates)**Lunch- Gluten Free Apple Cheddar Cheese Toast – Serves 1****Ingredients Prep: 10 minutes**

1 slice gluten-free bread
½ apple, sliced
28g Cheddar cheese, shredded
470g cups mixed salad greens
1 ½ teaspoons extra-virgin olive oil
1 teaspoon red-wine vinegar
Pinch of salt
Pinch of ground pepper

Method

Line a grill pan with foil. Top bread with apple and cheese. Set the bread on the prepared pan and transfer to the toaster oven. Toast until the cheese is melted, 4 to 6 minutes.
Mound greens on a large plate. Drizzle oil and vinegar over the greens. Sprinkle with salt and pepper.
Serve the toast with the greens

Nutritional Values per serving:

314 calories | protein 10g | carbohydrates 27.8g | dietary fibre 5.1g | sugars 11.9g | fat 18.9g | saturated fat 6.4g | sodium 494.7mg

Evening Meal (435 calories, 63.2 g carbohydrates)**Vegan Chilli - Serves 4****Ingredients – Prep/Cook 45 minutes**

3 tbsp olive oil
2 sweet potatoes, peeled and cut into chunks
2 carrots
1 red pepper, chopped
1 white onion, chopped
2 red chillies, diced
2 celery sticks, chopped
2 garlic cloves crushed
1-2 tsp chilli powder
2 tsp paprika
2 tsp cumin
1 tbsp tomato puree
1 tsp dried oregano
800 g canned tomatoes (2 tins)
400 g black beans, drained

400 g kidney beans, drained
200 ml cold water

Method

Preheat the oven to 200°C/180°C fan/Gas 6. Put the sweet potato in a roasting tin and add 1½tbsp olive oil. Add 1tsp of paprika and 1 tsp of cumin. Mix everything together, season with salt and pepper, and roast for 25/30 minutes

Heat the remaining olive oil in a large pan. Add the onion, carrots and celery. Cook for 8-10 minutes until soft, add the crushed garlic and cook for a further 1 minute. Add the remaining spices and the tomato puree, stir together and cook for 1 minute

Add the chopped tomatoes, red pepper, red chillies and 200 ml of water. Bring to the boil then simmer for 20 minutes. Add the beans and potatoes and cook for another 10 minutes. Season to taste and serve with rice

Nutritional Information - Makes 4 Servings - Per serving

Calories 434 kcal | Fat 10.8g | Saturated Fat 2.1 g | Carbs 63.2 g | Sugars 31.8 g | Fiber 20.9 g | Protein 14.8 g | Sodium 0.6g

Day 5

Breakfast (225 calories, 7 g carbohydrates) – Serves 1

Tofu Scramble

Ingredients: Prep 5 minutes

1/2 tbsp olive oil
1/2 small onion , finely sliced
1/2 large garlic clove , crushed
½ tsp turmeric
1/2 tsp ground cumin
½ tsp sweet smoked paprika
140g extra firm tofu
50g cherry tomatoes , halved
½ small bunch parsley , chopped
rye bread , to serve, (optional)

Methods

Heat the oil in a frying pan over a medium heat and gently fry the onion for 8 -10 mins or until golden brown and sticky. Stir in the garlic, turmeric, cumin and paprika and cook for 1 min. Roughly mash the tofu in a bowl using a fork, keeping some pieces chunky. Add to the pan and fry for 3 mins. Raise the heat, then tip in the tomatoes, cooking for 5 mins more or until they begin to soften. Fold the parsley through the mixture. Serve on its own or with toasted rye bread (not gluten-free), if you like.

Nutritional Values – per serving

225 kcal | fat 14g | saturated 1.3g | carbs 7g | sugars 4g | fibre 3g | protein 15g | salt 0.1g

Lunch (487calories, 27 g carbohydrates)

Prawn & Avocado Wrap –Serves 1

Ingredients **Prep 10 minutes**

1 very ripe baby avocado, stoned, peeled and roughly chopped
juice ½ lime
few shakes Tabasco sauce
1 tomato , deseeded and chopped
1 spring onion , sliced
1 seeded flour tortilla (or gluten-free alternative)
handful mixed salad leaves
85g cooked and peeled prawn

Method

Put the avocado in a bowl with the lime juice, Tabasco and some seasoning. Roughly mash, then add the tomato, coriander (if using) and spring onion.

Warm the wrap in the microwave for a few seconds. Spread the avocado mixture down the middle, scatter on the salad leaves and finish with the prawns. Roll up, then eat.

Nutritional Information

487 kcal | fat 32g | saturated 8g | carbs 27g | sugars 5g | fibre 8g | protein 22g salt 3g

Evening Meal (469 calories, 49.6 g carbohydrates)

Low Fat Macaroni Cheese –Serves 2

Ingredients: **Prep/Cook: 40 mins**

100g macaroni
20g plain white flour
20g butter
250ml semi skimmed milk
50g medium cheddar cheese
9g grated parmesan

Method

Cook the macaroni in a large pan of boiling water as per pack instructions.

Put the flour, butter and milk in a smaller saucepan. Bring slowly to the boil, stirring all the time with a wooden spoon.

When the sauce starts to boil, it should have thickened. Turn the heat right down and simmer for about 2 minutes.

Take the small saucepan off the heat and stir in the cheese.

Drain the pasta and return to the pan.

Pour the sauce into the pasta pan and mix well, and spoon into a shallow ovenproof dish. Scatter with the Parmesan.

Place the dish under a hot grill and wait for the top to turn golden, serve immediately

Nutritional Values Per serving

469 Kcal | Carbs 49.6 | Fat 21.2g | Protein 19.6g | Fibre 1.6g

Week 4

Day 1

Breakfast (212 calories, 29.1 g carbohydrates)

Porridge with Blueberries

Ingredients: Prep 5 minutes

89g rolled oats

200 ml skimmed/semi skimmed milk

50g Blueberries

Methods

Combine the oats with the milk and cook either in microwave or in a saucepan as per packet instructions. Transfer to bowl and add the blueberries.

Nutritional Values – per serving

212 Kcal | Fat 2.6 g | Saturated Fat 1.1 g | Fibre 4.4 g | Carbs 29.1 g | Sugar 18.5 g | Protein 7.2 g

Lunch (310 calories, 39 g carbohydrates)

Veggie Wraps - Serves 2

Ingredients

Prep/Cook 10 minutes

100g / ½ cup cherry tomato

1 cucumber

6 black olives

2 large wholemeal tortilla wraps

50g / ¼ cup feta cheese

2 tbsp hummus

Method

Chop the tomatoes, cut the cucumber into sticks, split the olives and remove the stones. Heat the tortillas. Spread the hummus over the wrap. Put the vegetable mix in the middle and roll up.

Nutrition Facts - Per Serving:

310 Kcal | Fat 11g | Sat Fat 5g | Carb 39g | Sugar 6g | Fibre 8g | Protein 22g | Salt 1.6g

Evening Meal (387 calories, 46 g carbohydrates)

Easy Stuffed Peppers - Serves 2

Ingredients

Prep/Cook: 15 minutes

2 red peppers
1 x pouches cooked tomato rice (we used Tilda Rizazz Mediterranean Tomato)
1 tbsp pesto
small handful pitted black olives, chopped
100g goat's cheese, sliced

Method

Use a small knife to cut the top out of 4 red peppers, then scoop out the seeds. Sit the peppers on a plate, cut-side up, and cook in the microwave on High for 5-6 mins until they have wilted and softened.

While the peppers are cooking, mix two 250g pouches cooked tomato rice together with 2 tbsp pesto and a handful of chopped pitted black olives and 140g of the sliced goat's cheese. Scoop the rice, pesto, olives and goat's cheese mix into the peppers, top with the remaining 60g sliced goat's cheese and continue to cook for 8-10 mins.

Nutrition Facts - Per serving:

387 kcal | fat 17g | saturates 7g | carbs 46g | sugars 14g | fibre 4g | protein 15g | salt 2.14g

Day 2

Breakfast (381 calories, 26 g carbohydrates)

Grain Free Muesli & Yoghurt – Serves 1

Ingredients

Prep: 5 minutes

10 g pumpkin seeds
5 raw walnuts
5 almonds
1 green apple (100g)
7 g dark chocolate
1 date
2 tablespoons fat free Greek style yoghurt

Method

Peel and core apple. Chop into cubes

Add all ingredients except yoghurt to a mini blender and pulse for a couple of seconds until crumbly. Serve with yoghurt.

Nutritional Information - Per Serving:

381 Kcal | Fat 26g | Saturated Fat 3.8g | Carbs 26g | Sodium 3.6mg | Fibre 5.8g | Sugar 21.5g
| Protein 9.6g | Iron 1.56mg

Lunch (401 calories, 31 g carbohydrates)

Turmeric scrambled eggs – Serves 2

Ingredients Prep/Cook: 15 minutes

1 tsp coconut oil
½ garlic clove , finely chopped
100g spinach leaves
4 large eggs
50ml coconut milk
2 tsp grated turmeric (or turmeric powder)
2 slices sourdough bread , toasted

Method

Put the coconut oil in a non-stick pan over a medium heat. Lightly fry the garlic, add the spinach leaves and wilt for a few mins – add a splash of water if they stick.

Whisk the eggs with the coconut milk and turmeric. Season well. Add to the pan with the spinach and stir continuously for 5-8 mins until the scrambled eggs are at the desired consistency. Serve on slices of toasted sourdough.

Nutrition Values - Per Serving:

401 kcal | fat 19g | saturated fat 9g | carbs 31g | sugars 2g | fibre 2g | protein 25g | salt 1.4g

Evening Meal (292 calories, 7 g carbohydrates)**Healthy Salmon Burgers - Serves 2****Ingredients****Prep: 20 minutes**

4 boneless, skinless salmon fillets, approx. 550g, cut into chunks
2 tbsp Thai red curry paste
thumb-size piece fresh root ginger, grated
1 tsp soy sauce
1 bunch coriander, half chopped, half leaves picked
1 tsp vegetable oil
lemon wedges, to serve

For the salad

2 carrots
half large or 1 small cucumber
2 tbsp white wine vinegar
1 tsp golden caster sugar

Method

Tip the salmon into a food processor with the paste, ginger, soy and chopped coriander. Pulse until roughly minced. Tip out the mix and shape into 4 burgers. Heat the oil in a non-stick frying pan, then fry the burgers for 4-5 mins on each side, turning until crisp and cooked through.

Meanwhile, use a peeler to peel strips of carrot and cucumber into a bowl. Toss with the vinegar and sugar until the sugar has dissolved, then toss through the coriander leaves. Divide the salad between 4 plates. Serve with the salmon burgers and rice.

Nutrition Facts - Per serving:

292 Kcal | fat 17g | saturated fat 4g | carbs 7g | sugars 6g | protein 29g | salt 0.83g

Day 3

Breakfast (273 calories, 26.5 g carbohydrates)**Boiled Egg with Wholemeal Toast – Serves 1****Ingredients- Prep/Cook 5 mins**

1 medium egg
2 slices of wholemeal toast
½ tablespoon butter (for the toast)

Method

Boil the egg to your own preference. Serve with the toast

Nutritional Information per serving:

273 Kcal | Fat 12.6g | Saturated Fat 5.6g | Salt 405mg | Carbs 26.5g | Fibre 2.2g | Protein 14.8g | Sugar 3.2g

Lunch (444 calories, 39 g carbohydrates)**Sardines & Tomatoes on Toast – Serves 1****Ingredients: Prep/Cook: 10 mins**

2 slices sourdough bread, toasted
1 large garlic clove , halved
135g can sardines in olive oil
130g cherry tomatoes , halved
handful watercress
1 tbsp parsley , roughly chopped
1/2 lemon , to serve (optional)

Method

Rub each piece of toast with the garlic. In a small bowl, mix the sardines and their oil with the tomatoes and the watercress, then season. Sit half the mixture on each slice of toast, piled high. Scatter over the parsley and squeeze over the lemon

Nutritional value per serving

444 kcal | fat 16g | saturated fat 4g | carbs 39g | sugars 7g | fibre 4g | protein 33g | salt 2.1g

Evening Meal (254 calories, 41.4 g carbohydrates)

One Pot Tomato Basil Pasta – Serves 2

Ingredients: **Prep/Cook: 30 mins**

170g whole-wheat spaghetti
335ml water
335ml vegetable stock
311g canned chopped tomatoes
1.5 tablespoons extra-virgin olive oil
1 teaspoons Italian seasoning
½ teaspoon garlic powder
½ teaspoon salt
¼ teaspoon crushed red pepper
400g baby kale or baby spinach
50g chopped basil
Grated Parmesan cheese for garnish

Method

Combine pasta, water, stock, tomatoes, oil, Italian seasoning, garlic powder, salt and crushed red pepper in a large pot. Cover and bring to the boil over high heat. Uncover, reduce heat to medium-high and cook, stirring frequently, for 5 minutes. Stir in kale and cook, stirring often, until most of the liquid has been absorbed, simmer for 5 to 7 minutes more. (If using spinach, add it after about 10 minutes, so it cooks in the remaining 2 to 3 minutes.) Stir in basil. Garnish with Parmesan, if desired

Nutritional Values Per serving

254 kcal | protein 17.1 g | Carbs 41.4 g | Fibre 5.9 g | Sugar 4.1 g | Fat 7.4 g | Saturated Fat 1.05 g

Day 4

Breakfast (124 calories, 13.8 g carbohydrates)

Banana Pancake – Serves 1

Ingredients - Prep/Cook 10 minutes

1 egg
1 small banana
Puree egg and banana in a blender until smooth

Method

Lightly oil a large non-stick skillet and heat over medium heat. Put batter into the pan. Cook until bubbles appear on the surface and the edges look dry, 2 to 4 minutes. Using a thin spatula, gently flip the pancake and cook until browned on the bottom, 1 to 2 minutes more. Transfer the pancakes to a plate.

Nutritional Values per serving

124 calories | protein 6.9g | carbohydrates 13.8g | dietary fibre 1.5g | sugars 7.4g | fat 4.9g | saturated fat 1.6g | iron 1mg | sodium 71.6mg.

Lunch (101 calories, 14.2 g carbohydrates)

Spinach & Olive Melts - Serves 1

Ingredients **Prep/Cook 15 minutes**

22.5g fresh spinach, coarsely chopped
3 pitted olives, chopped 1 whole-wheat English muffins, split
1/2 teaspoon Dijon mustard
14g Gouda cheese, shaved or coarsely grated

Method

Preheat grill. Combine spinach and olives in a small bowl; set aside. Arrange muffin halves on a grill, cut sides up. Grill 4 to 5 inches from the heat about 2 minutes or until golden. Spread English muffin halves lightly with mustard. Top with spinach mixture and cheese. Grill about 1 minute more or until cheese is melted and bubbly. Serve immediately.

Nutrition Facts - Serving Size: 1 open-face melt - Per Serving:

101 Kcal | protein 4.9g | carbohydrates 14.2g | dietary fibre 2.6g | sugars 2.9g | fat 3.3g | saturated fat 1.4g | sodium 298.5mg

Evening Meal (223 calories, 13.7 g carbohydrates)

Lemon chicken Stir fry - Serves 1

Ingredients **Prep: 20 minutes**

1 lemon
118ml reduced-salt chicken soup
1 tablespoons reduced-sodium soy sauce
1 teaspoons corn starch
1/2 tablespoon vegetable oil
1 boneless, skinless chicken breast trimmed and cut into 1-inch pieces
70g mushrooms, halved or quartered
118g diagonally sliced carrots, (1/4 inch thick)
170g peas
1/2 tablespoon chopped garlic

Method

Grate lemon zest and set aside. Juice the lemon and whisk 2 tablespoons of the juice with broth, soy sauce and corn starch in a small bowl. Heat oil in a large frying pan over medium-high heat. Add chicken and cook, stirring occasionally, until just cooked through, 4 to 5 minutes. Transfer to a plate with tongs. Add mushrooms and carrots to the pan and cook until the carrots are just tender, about 5 minutes. Add peas, garlic and the reserved lemon zest. Cook, stirring, until fragrant, 30 seconds. Whisk the broth mixture and add to the pan; cook, stirring, until thickened, 2 to 3 minutes. Add the chicken and any accumulated juices; cook, stirring, until heated through, 1 to 2 minutes.

Nutrition Facts - Per serving:

223 Kcal | protein 28g | carbohydrates 13.7g | dietary fibre 3.4g | sugars 5.3g | fat 6.6g | saturated fat 1.1g | cholesterol 62.7mg | sodium 554.7

Day 5

Breakfast (359 calories, 48 g carbohydrates) – Serves 1

Oat & Chia Porridge with prunes - Serves 1

Ingredients: Prep 15 minutes

3 prunes
few pinches ground cinnamon
25g traditional oats
1 tbsp chia seeds
½ tsp vanilla extract
150ml bio yogurt
milk, for diluting (optional)
1 small pears, cored and thickly sliced
1 tsp sunflower or pumpkin seeds (optional)

Methods

The night before, put the prunes in a small pan with the cinnamon. Cover scantily with water and bring to the boil, then simmer for 5 mins. Tip into a bowl and set aside to soak overnight. Put a kettle full of water on to boil. Tip the oats and chia seeds into a bowl, pour over 300ml boiling water then stir well. Cover and leave to soak overnight too.

The next morning, stir the vanilla and half the yogurt into the oat mixture then dilute to the consistency you like best with a little milk or water if necessary. Spoon into bowls and top with the remaining yogurt, the prunes, pears and seeds, if using, then dust with a little more cinnamon, if you like.

Nutritional Values – per serving

359 kcal | fat 10g | saturated fat 3g | carbs 48g | sugars 30g | fibre 10g | protein 14g | salt 0.3g

Lunch (314 calories, 27.8 g carbohydrates)

Lunch- Gluten Free Apple Cheddar Cheese Toast – Serves 1

Ingredients Prep: 10 minutes

1 slice gluten-free bread
½ apple, sliced
28g Cheddar cheese, shredded
470g cups mixed salad greens
1 ½ teaspoons extra-virgin olive oil
1 teaspoon red-wine vinegar
Pinch of salt
Pinch of ground pepper

Method

Line a grill pan with foil. Top bread with apple and cheese. Set the bread on the prepared pan and transfer to the toaster oven. Toast until the cheese is melted, 4 to 6 minutes.

Mound greens on a large plate. Drizzle oil and vinegar over the greens. Sprinkle with salt and pepper. Serve the toast with the greens

Nutritional Values per serving:

314 calories | protein 10g | carbohydrates 27.8g | dietary fibre 5.1g | sugars 11.9g | fat 18.9g | saturated fat 6.4g | sodium 494.7mg

Evening Meal (463 calories, 29 g carbohydrates)

Sesame salmon, purple sprouting broccoli & Sweet Potato Mash –Serves 2

Ingredients:

Prep/Cook: 25 mins

1 ½ tbsp sesame oil
1 tbsp low-salt soy sauce
thumb-sized piece ginger, grated
1 garlic clove, crushed
1 tsp honey
2 sweet potatoes, scrubbed and cut into wedges
1 lime, cut into wedges
2 boneless skinless salmon fillets
250g purple sprouting broccoli
1 tbsp sesame seeds
1 red chilli, thinly sliced (optional)

Method

Heat oven to 200C/180 fan/ gas 6 and line a baking tray with parchment. Mix together 1/2 tbsp sesame oil, the soy, ginger, garlic and honey. Put the sweet potato wedges, skin and all, into a glass bowl with the lime wedges. Cover with cling film and microwave on high for 12-14 mins until completely soft.

Meanwhile, spread the broccoli and salmon out on the baking tray. Spoon over the marinade and season. Roast in the oven for 10-12 mins, then sprinkle over the sesame seeds.

Remove the lime wedges and roughly mash the sweet potato using a fork. Mix in the remaining sesame oil, the chilli and some seasoning. Divide between plates, along with the salmon and broccoli.

Nutritional Values Per serving

463 kcal | fat 22g | saturated fat 4g | carbs 29g | sugars 15g | fibre 10g | protein 32g | salt 1.1g

Low Calorie Sweet Treat



Chocolate Chia Pudding – Serves 2

Ingredients

Prep 5 minutes

30g chia seeds
200ml unsweetened almond milk or hazelnut milk
1.5 tbsp cacao powder
1 tbsp maple syrup
½ tsp vanilla extract
cacao nibs , mixed
frozen berries , to serve

Method

Put all the ingredients in a large bowl with a generous pinch of sea salt and whisk to combine. Cover with cling film then leave to thicken in the fridge for at least 4 hours, or overnight. Spoon the pudding into four glasses, then top with the frozen berries and cacao nibs.

Nutritional Information - Per serving

130 kcal | Fat 7g | saturated fat 1g | carbs 9g | sugars 6g | fibre 7g | protein 4g | salt 0.3g

The background of the title card is a soft, light pink color. It is decorated with a cluster of watercolor-style flowers in shades of pink, purple, and light orange, primarily concentrated on the right side and bottom left corner. The text is centered and reads:

MANAGING THE

MENOPAUSE

WITH
YOGA & DIET