



# Julie Clark

## Meal Plan

The purpose of this meal plan is to increase your nutrients whilst excluding all refined sugars and minimising carbohydrates. This is to keep you off the sugar roller coaster. It will also enable you to notice how your body feels when you are giving it the type of food it wants and likes.

I haven't written it precisely as you all have different likes, schedules and other constraints. I therefore ask that YOU write your own plan using the suggestions below.

Please mix and match from the following. Use the template to write your meal plan and then do a shopping list. Get organised. Batch cook and/or prepare ahead to make life easy.

## Breakfast Options

[choose at least 3]

1. Scrambled eggs with ½ avocado and sliced tomatoes.
2. Superfood porridge
3. Granola with natural yoghurt & berries
4. Overnight Oats
5. Smoothie
6. Banana Pancake

## Lunch Options

Aim to get as much variety as possible.

1. Lentil and Veg Soup
2. Sweet Potato Soup
3. Mixed Bean Salad
4. Quinoa, feta and mango Salad
5. Mixed Beans & Cauliflower Rice
6. Lentil Salad
7. Spinach Omelette/Frittata



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## **Dinner Options**

Just like lunch, aim for a good variety.

1. Halloumi and Chickpea Bake
2. Ginger Salmon
3. Veggie Stir Fry
4. Chickpea Curry
5. Sausage Casserole
6. Bean Casserole
7. Vegetable Curry
8. Chicken Curry
9. Homemade Cauliflower Pizza
10. Veggie chilli
11. Nut Roast
12. Meat Roast

## **Drinks**

Aim to drink around 1-2L of water a day.

Caffeinated drinks: try to keep these to 2 cups a day. Ideally drink your caffeine before midday.

Other drinks: if you are having fruit juice limit this to 1 small glass and dilute it with water.

Avoid ALL sugar loaded drinks and those sweetened with artificial sweeteners.

No alcohol for 7 days!



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## **Snacks**

Before slipping back in to your snacking habit – STOP – and think first your reason for eating. Use the habit breaking formula if you are craving the foods and drinks that do not serve you. Check in with yourself. Why do you want a snack? It is because you are really hungry, or it is something else? If it is something else, you need to find something else to do to deal with it. Remind yourself that stuffing down emotion is not going to help, it does nothing to alleviate the situation.

If you are truly hungry then be mindful about your choices. It is better to opt for something with protein & fat than it is to eat sugar.

Ideal snacks would be:

- Piece of fruit with a few nuts
- Nuts and seeds
- Raw veg with hummus
- An oatcake with nut butter
- A couple of dates with cream cheese
- A few olives
- A hard-boiled egg
- Kale crisps
- A homemade baked good (low sugar recipes)



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## Breakfast Recipes

### Scrambled Eggs with avocado and tomato

I'm sure I don't need to tell you how to make this, but a little tip is to add a sprinkle of chilli flakes and a squeeze of lemon to make this taste amazing!

Do not store your tomatoes in the fridge as they lose their flavour this way. Buy the big ones on the vine and enjoy them with their full flavour.

### Superfood Porridge – Serves 1

- 4 tbsp. whole porridge oats
  - 50ml of milk (plant based)
  - 1 tbsp. mix seeds
  - ½ apple, grated
  - Pinch of cinnamon, nutmeg, vanilla essence and ginger
  - Honey or maple syrup to sweeten (drizzle only – max ½ tsp)
  - Small handful of blueberries to serve
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1. Mix the oats and milk in a pan and boil, reduce the heat and simmer for 1 minute.
  2. Alternatively, soak the oats the night before, in just enough milk to cover them and heat in the morning.
  3. Stir in the seeds, apple, spice, honey/maple syrup to serve and top with berries.



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## Healthy Granola – Makes a batch (store in an airtight container)

- 400g porridge oats (jumbo oats work well)
  - 150g mixed seeds (sesame, pumpkin, linseeds, sunflower)
  - 50g flaked almonds
  - 50g walnuts, broken up
  - 100g blanched almonds
  - 3 tbsp. toasted coconut or desiccated coconut
  - 1 tsp ground cinnamon
  - 3 tbsp. olive oil (or melted coconut oil)
  - 200ml apple juice
  - 100g dried fruit
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1. Preheat oven to 180C/Gas 6
  2. Mix all the dry ingredients (except dried fruit).
  3. Add the oil and juice and mix well.
  4. Spread the mixture over two large baking trays.
  5. Bake for 20-30 minutes until golden, stir every 10 minutes (very important to avoid burning).
  6. Add the dried fruit to the cooling mixture. Transfer to a glass 'kilner' type jar or plastic container.
  7. Serve with milk or natural yoghurt.



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## Overnight Oats – Serves 2

- 50g oats
  - 100g natural live yoghurt
  - 120ml almond milk
  - 1 tbsp. pumpkin seeds
  - ½ tbsp. honey
  - Splash of vanilla extract
  - 1 apple, grated
  - 100g chopped strawberries or other berries
1. Mix all the ingredients together in a bowl, cover and put in the fridge until the morning.
  2. Serve cold or warm.

## Superfood Smoothie – Serves 1

- Big handful of frozen berries
- 1 handful of spinach
- 1 large tbsp. almond butter
- 1 tbsp. mixed seeds
- ½ banana
- 250ml of either water, coconut water or almond milk

Place all ingredients into a blender, blitz & enjoy!



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## **Banana Pancake – serves 1**

- 1 ripe banana
  - 1 medium organic egg
  - 1 tbsp ground flaxseed
  - Sprinkle of ground cinnamon
  - 1 tbsp. coconut oil
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1. Mashed the banana and add the egg. Mix together and then add the flaxseed and cinnamon. Mix well.
  2. Heat the coconut oil in a large frying pan. Turn down to medium heat.
  3. Add the mixture to pan making three small pancakes.
  4. Once cooked, flip over and serve when golden. (note: if you try to flip these before they are cooked, they will fall to pieces, gently tease around the edges until you can get your utensil underneath and then flip). These take minutes to make.
  5. You can serve these on their own but for an extra treat add a spoonful of natural yoghurt and some fresh berries.



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## Lunch Recipes

### Winter Veg & Lentil Soup – Serves 4

- 85g red lentils, rinsed
  - 1 onion, peeled and chopped
  - 2 carrots, peeled and chopped
  - 2 celery sticks, chopped
  - 1 leek, chopped
  - 2 tbsp. tomato puree
  - 1-3 garlic cloves, crushed
  - 1 litre vegetable stock
  - 1 tablespoon thyme
  - 1 tsp ground coriander
  - Sprinkled sea salt and freshly ground black pepper, to taste
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1. Place all ingredients in a large saucepan. Bring to the boil and then turn down to a simmer.
  2. Place lid on the saucepan and leave to simmer for 30 minutes.
  3. Taste and add more seasoning if need be.
  4. This can be served blended or chunky.





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## Quinoa, Feta & Mango Salad – Serves 2 (or double to make a batch)

- 160g quinoa
  - ½ pack of feta cheese, cubed
  - 4 spring onions, chopped
  - 1 small ripe mango, peeled and chopped
  - 1 tbsp. fresh mint
  - 2 tbsp. olive oil
  - ½ lemon, juiced
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1. To cook your quinoa: boil the kettle, weigh your quinoa in a jug, note the level it comes up to – you will need double this amount of boiling water. Heat a little olive oil in a saucepan. Add the quinoa and stir until popping noise stops. Turn heat down low and add the boiling water. Place lid on your saucepan with heat very low and cook for 20 minutes. Do not stir, do not lift the lid, just leave for exactly 20 minutes. Once cooked, fork through and transfer to a large bowl.
  2. Add all other ingredients and mix well.
  3. Serve warm or cold.



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## **Mixed Beans & Cauliflower Rice – Serves 2**

- 1 tin mixed beans
- 1 head of cauliflower
- 150ml veg stock
- handful flaked almonds
- handful of raisins
- 1/2 tsp turmeric
- Zest & juice from 1/2 a lemon
- ½ pack of rocket leaves

1. Wash and dry your cauliflower
2. Blitz in a food processor.
3. In a large saucepan add the stock, turmeric and cauliflower.
4. Heat and stir to absorb the stock.
5. Add the almonds and raisins. Stir for a couple of minutes.
6. Add the mixed beans and stir through.
7. Squeeze the lemon over and add the zest.
8. Serve warm or cold.



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## **Spinach Omelette – Serves 1**

- 1 tbsp. coconut oil or olive oil for cooking
  - 2-3 eggs
  - Big handful spinach
  - 2 mushrooms
  - 1 tsp ground turmeric
  - Seasoning
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1. Beat the eggs and add the turmeric and seasoning.
  2. Heat oil in a small frying pan.
  3. Add the mushrooms and spinach. Cook until spinach is wilted, and mushrooms heated.
  4. Add the egg mix.
  5. Heat until the egg is cooked through.
  6. If preferred, add pan to the underside of grill and cook until golden.
  7. This can be served hot or cold.



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## **Lentil Salad – Serves 2**

- 100g of green lentils or puy lentils (not red)
  - ½ pack of halloumi cheese
  - ½ red onion, finely chopped
  - 125g cherry tomatoes, halved
  - ½ pack rocket leaves
  - 1 clove of garlic
  - ½ lemon, juiced
  - 1 tbsp. olive oil
  - 2 tbsp. hummus
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1. In a saucepan, add the lentils and the cover with water. Bring to boil and then turn heat down and simmer for 20-30 mins (until tender but still with a bite).
  2. Slice the halloumi cheese and grill until golden.
  3. Combine all other ingredients and mix to ensure all coated in dressing.
  4. Drain the cooked lentils and add to the salad.
  5. Serve your salad topped with halloumi and dollop of hummus.



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## **Sweet Potato Soup – Serves 4**

- 2 tablespoons olive oil
  - 2 onions, peeled and chopped
  - 2 carrots, peeled and chopped
  - 2 celery sticks, chopped
  - 1 large sweet potato, or 2 small, peeled and cut into small chunks
  - 750ml vegetable stock
  - 1 tablespoon cinnamon
  - Sprinkled sea salt and freshly ground black pepper, to taste
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1. Place a saucepan or soup pot over medium heat. Add oil. When it begins to get hot, add the onions, carrots and celery.
  2. Sauté until softened and fully aromatized.
  3. Add the sweet potatoes and enough stock to completely cover all the vegetables.
  4. Season with cinnamon, salt and pepper and bring to a simmer.
  5. Cook until potatoes are very soft and then puree with a hand blender, food processor or jug blender until smooth.
  6. Taste and add more seasoning if need be.



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## **Five Bean Salad – Serves 1**

- ½ tin of mixed beans
  - Handful of washed mixed salad leaves
  - Handful of red cabbage, chopped
  - A few olives
  - ½ avocado, chopped
  - Fresh mint, roughly chopped
  - A sprinkle of pumpkin seeds
  - Dressing: 2 tsp olive oil with 1 tbsp. apple cider vinegar, ½ tsp Dijon mustard, ½ tsp runny honey.
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1. Mix all ingredients together and add dressing.



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## Dinner Recipes

### Haloumi & Chickpea Bake – serves 4

- 1 medium butternut squash, peeled and cut into 2cm cubes
  - 2 small red onions quartered
  - 3 large cloves of garlic, peeled
  - Olive Oil
  - 200g Haloumi cheese cut into 2cm cubes
  - 400g tin of chickpeas drained and rinsed
  - ½ tsp of ground coriander seeds
  - 2 tbsp. flat-leaf parsley
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1. Heat the oven to 200c or Gas 6.
  2. Place the squash, seeds, onion and garlic in a large baking tray and drizzle with olive oil.
  3. Roast in the oven for around 30-50 mins (check the squash is soft).
  4. Add the halloumi and chickpeas 10 mins before the end of roasting until the cheese is golden and the squash cooked soft.
  5. In the meantime, make your mash potato.
  6. To serve sprinkle the ground coriander seeds and mix in and top with the parsley.
  7. Serve with a green salad and dollop of hummus.



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## **Salmon/Tofu Ginger Stir Fry – Serves 2**

- 2 salmon fillet or pack of firm tofu
- 2 tbsp soy sauce (preferable tamari)
- 1 tbsp honey
- Juice of ½ lime
- 1 tbsp oil
- Pack of stir fry vegetables
- 100g Brown Rice or Quinoa to serve

1. Cut the salmon or tofu in to chunks.
2. In a bowl combine the soy sauce, lime juice & honey.
3. Add the salmon or tofu to marinate.
4. Put on the rice/quinoa to cook.
5. Heat oil in a large frying pan or wok.
6. Add the salmon/tofu with all the sauce and cook until the salmon is almost ready and the tofu firm.
7. Add the stir fry vegetables and cook for a couple of minutes.
8. Serve with the rice/quinoa





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## Chickpea Curry – Serves 4

- 1 tsp olive oil
- 2 cloves garlic crushed
- 1 onion diced
- 2 tsp curry powder
- 300ml water
- 2 tsp low sodium bullion powder
- 2tsp tomato puree
- 410g can chickpeas, rinsed & drained
- 2 tbsp. ground almonds
- 1 pack of baby spinach
- 200g brown basmati rice or quinoa

1. Cook rice or quinoa.
2. Meanwhile, heat oil in a large frying pan or wok and fry the garlic and onion for 2 mins.
3. Add curry powder and cook until onions soften.
4. Pour in the water, bullion powder, tomato puree, chickpeas and almonds. Simmer and stir for a minute.
5. Add the spinach until wilted.
6. Serve with quinoa or brown rice.



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## Sausage Casserole – Serves 4

- Pack of good quality sausages, 6 no. (omit for veggie option or use veggie sausages)
- 1 carrot chopped
- 1 onion chopped
- 1 red pepper chopped
- 1 celery stick chopped
- 1x tins of chopped tomatoes
- 1x tins cannellini beans (use 2 if opting for no sausage veggie meal)
- 1 chicken stock cube (use vegetable stock for veggie option)
- 1 tbsp. tomato puree
- 1 bay leaf
- 1 tsp dried oregano
- 1 tbsp. pesto
- Olive oil

1. Preheat oven to 180C, gas mark 6.
2. Brown the sausages in a little olive oil, then cut in to bitesize pieces.
3. Add the vegetables to the pan and cook for a few minutes to soften.
4. Transfer to an oven proof casserole type dish.
5. Dissolve the stock cube in ½ pint of boiling water.
6. Add the stock and all remaining ingredients to the oven dish and stir.
7. Cook in the oven with a lid on for 45 minutes.
8. Serve with sweet mash potato.



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## Vegetable Curry – Serves 4

- 1 tbsp. olive oil or coconut oil
- 1 red onion, chopped
- 1 small head of broccoli
- A handful of cauliflower florets
- 1 large carrot, chopped
- 1 sweet potato, cubed
- 1 tin of chopped tomatoes
- 1 tin of chickpeas, drained
- 2 cloves garlic, crushed
- Big chunk of ginger, grated (around 30g)
- 1 tbsp. coriander seeds
- ½ tsp chilli flakes
- Seasoning
- Rice to serve

1. Heat the oil in a large pan.
2. Add the onion, garlic and spices.
3. Cook until soft.
4. Add the vegetables, ginger, tomatoes and stir well.
5. Add the chickpeas and season.
6. Turn heat down cook with the lid on for around 30 minutes.
7. Check every 10 minutes and add a little water if too dry.
8. Cook rice ready to serve.
9. Curry is ready when the veggies are all soft and cooked through.



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## Chicken Curry – serves 4

- 1 tbsp of olive oil
- 3-4 skinless chicken breasts cut into strips
- 2 tsp ground cumin
- 1 tsp turmeric
- 4 cloves of crushed garlic
- 1-2 red chilli deseeded and finely chopped
- 2 onions chopped
- 2 tsp Marigold Vegetable Bullion Powder dissolved in 350ml of water
- 1 can of coconut milk
- 250g brown basmati rice
- Broccoli

1. Heat the oil in a large frying pan and sear the chicken strips on both sides. Remove from the pan and put to one side
2. Fry the cumin and turmeric in the pan adding the garlic and chilli. Sauté for 30 secs.
3. Add the onion and fry to soften
4. Pour in the bullion liquid plus the coconut milk and add back the chicken
5. Simmer until the chicken is cooked for around 20-30 mins
6. Cook your rice and steam the broccoli.



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## Cauliflower Pizza – Serves 4

### *For the base*

- 200g raw cauliflower
- 50g ground almonds
- 1 tsp mixed herbs
- 1 large organic egg
- Olive oil for brushing

### *For the topping*

You can use any toppings you like such as sliced courgette, sweet corn, tomato, peppers, mushrooms, ham and then add grated cheese or sliced mozzarella.

1. Preheat oven to 200c and line a baking tray or spray a baking sheet with oil.
2. Place the cauliflower in a food processor and process until it looks like rice. Tip out in to a large bowl and add the remaining ingredients (except the oil) and mix well.
3. Tip the mix on to the prepared baking tray and form into a round ball, then press down and shape until it is flat (about 1 cm) and is round in shape.
4. Brush with oil then bake for 15 minutes.
5. Put on your toppings and then grill under a medium preheated grill for 3-5 minutes until the cheese is melted.

Serve this with sweet potato wedges and a side salad.



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## Veggie Chilli – Serves 4

- 1 tbsp. coconut oil or olive oil
  - 1 onion, peeled and finely chopped
  - 1 clove of garlic, crushed
  - 125g mushrooms, finely chopped
  - 1 small aubergine, finely diced
  - 1 tbsp. tomato puree
  - 1 can chopped tomatoes
  - 100ml vegetable stock
  - ½ to 2 tsp chilli powder (depending how hot you like it)
  - ½ tsp ground cumin
  - 1 tsp mixed herbs
  - 1 can (400g) kidney beans, drained and rinsed
  - Brown basmati rice to serve plus side salad and 1 tbsp. hummus
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1. Heat oil in a large saucepan, add the onion and garlic and fry until soft.
  2. Add all remaining ingredients (except rice, salad, hummus) and stir well.
  3. Turn the heat down low, cover with lid and simmer for 30 minutes.
  4. In the meantime, cook the rice and prepare side salad.



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## **Vegan Nut Roast – Serves 4**

- Medium red onion, chopped
  - 2 cloves garlic, crushed
  - 1 tbsp. olive oil
  - 1-2 tsp of marmite or 1tsp Marigold Vegetable Bouillon powder dissolved in 150ml water.
  - 220g mixed nuts
  - 1 slice wholemeal bread
  - 2 tbsp. ground almonds
  - 1 tsp mixed herbs
  - Salt & Pepper
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1. Preheat Oven to 180C.
  2. Heat oil in a frying pan and add the onion and garlic.
  3. Fry until brown and soft.
  4. In a food processor add the nut and process until ground.
  5. Add all remaining ingredients and mix together.
  6. Transfer to a lined loaf tin.
  7. Bake for 30 minutes.
  8. Serve with roast potatoes, steamed vegetables and gravy.



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## Snack Recipes

### Homemade Soft Flapjacks – Makes 10-14 slices

- 300g raisins (you could also have 250g raisins then 50g of other dried fruit)
  - 75ml extra virgin olive oil
  - 250g rolled oats
  - 1 tsp ground cinnamon
  - 50g desiccated coconut (or you could use ground almonds)
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1. Set the oven to 180C/Gas 4/350F.
  2. Place raisins in a small pan and add 150ml water or enough to just cover the raisins. Heat gently to soften raisins.
  3. Place contents of pan in a food processor/liquidiser and blitz. Transfer to a bowl.
  4. Add the olive oil, oats and coconut and mix together, the mixture should be moist.
  5. Place mixture into a shallow cake tin (approx. 27x18cm) and press down. Mixture should be about 2-3cm thick.
  6. Bake for 20-25 mins until lightly browned on top. Allow to cool in the tin.





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## Cereal Bars – Makes about 12

- 200g porridge oats
  - 6 dried apricots chopped
  - 50g mixed seeds
  - 25g ground almonds (if nut free replace with 25g ground flaxseed)
  - 90g melted coconut oil (or use rapeseed oil)
  - 2 ripe bananas, mashed
  - 2 tbsp. runny honey or maple syrup
  - 1 tsp ground cinnamon
1. Preheat oven 180C/Gas 4/350F.
  2. Melt the coconut oil on a low heat.
  3. Mix all dry ingredients in a mixing bowl. Make a well in the middle and add the oil, mashed banana and honey.
  4. Mix together and then transfer to a baking tray. The thickness should be around 2cm. Press mixture down with a fork and bake in the oven for 20-25 minutes until golden on top.
  5. Allow to cool and then cut into individual cereal bars.

## Apricot Energy Ball

- 20 dried apricots
  - 2 tbsp nut butter
  - 2 tbsp melted coconut oil
  - 3 tbsp chia seeds
  - 80g ground almonds
1. Add all ingredients to the food processor and process until combined.
  2. Roll the mixture into small balls and place them in the fridge for 1-2 hours to firm up.