

10 Day Clean up & Lean up Breakfast Recipes

Super berry smoothie

Ingredients:

- 125g strawberries
- 125g raspberries
- 125g blueberries
- 50g brazil nuts
- 400ml coconut milk
- 3 dried prunes
- 1 tbsp flax seeds
- ¼ tsp cinnamon

Method:

1. Add all ingredients to a food processor and blend until smooth. Drink immediately.

Note:

You don't have to use fresh fruit – frozen is fine

Green morning energiser smoothie

Ingredients:

- 1 large handful of kale
- 1 large handful of spinach
- 1 celery stalk
- 1 pear, cored and chopped
- 1 apple, cored and chopped
- 1 banana, small
- 1 tbs fresh lemon juice
- 1 cup of water

Method:

1. Add all ingredients to a food processor and blend until smooth. Drink immediately.

Cashew granola

Ingredients, serves 1:

- 200g rolled oats (preferably gluten free)
- 10g butter, melted
- 120g chopped cashews
- 1 tsp. vanilla
- 2 tsps. minced fresh ginger

Method:

1. Preheat the oven to 300°F/150°C.
2. Thoroughly combine rolled oats and melted butter in a mixing bowl. Transfer to a large baking dish and spread out evenly.
3. Bake for 45-55 minutes, stirring every ten minutes, until oats are lightly coloured. Add cashews, ginger, and vanilla 20 minutes into the baking time and stir in thoroughly.
4. Serve or store in a covered container.

Breakfast muffins

Ingredients:

- 6 eggs
- 1 onion, chopped
- 4 slices bacon, cooked & crumbled (optional)
- ½ cup red pepper
- 2 cups baby spinach leaves, chopped
- ¼ teaspoon sea salt
- black pepper to taste
- olive oil
- muffin cases or muffin tin.

Method:

1. Preheat oven to 200 degrees and add tiny bit of olive oil to muffin tin if using one.
2. In a large bowl, whisk eggs along with salt and pepper. Add the remaining ingredients and stir.
3. Distribute mixture evenly among 6 cups and bake for 20-25 mins or until eggs are set in middle.
4. These can be stored for up to three days in the fridge.

10 Day Clean up & Lean up Lunch Recipes

Mixed greens, avocado and smoked salmon salad

Ingredients, Serves 2:

- 1 large avocado
- 100gs smoked salmon
- 1 Boiled Egg
- 2 tomato
- 4 handfuls of fresh spinach
- 4 handfuls of Watercress
- 2 Green Peppers
- 1 small garlic clove
- 1 small onion
- 2 tbsp extra virgin olive oil
- 1 tbsp of apple cider vinegar
- Freshly squeezed juice of 1 lime

Method:

1. Thoroughly wash & drain watercress & spinach and put into a big bowl.
2. Chop peppers, add to salad bowl, mix all ingredients & put bowl to side.
3. Cut the avocado, onion, garlic and tomato into small pieces. Put all the pieces into a separate wooden bowl and mix all the ingredients together
4. Add 2 tbsp of olive oil, apple cider vinegar & lime juice & mix it together.
5. Put the avocado on top of the spinach, peppers and watercress.
6. Slice boiled egg & smoked salmon into small pieces, add to salad & mix.
7. Season the salad to taste with Himalayan sea salt.

Portobello mushroom and fennel salad

Ingredients, serves 1:

- 1 portobello mushroom
- 1 garlic clove, finely sliced
- 3 sprigs of thyme
- pinch of Himalayan pink salt
- 2 tbsp olive oil
- 85g fennel
- juice of ½ lemon
- ½ tbsp. raw pumpkin seeds
- 5g flat-leaf parsley, roughly chopped

Method:

1. Preheat oven to 180
2. Place mushroom on a baking tray and sprinkle with garlic, thyme and a pinch of salt
3. Drizzle over 1 tbsp of olive oil and bake for 15 minutes or until tender.
4. Finely dice the fennel and toss with remaining olive oil and lemon juice.
5. To serve, place the mushroom on a plate, top with the fennel and sprinkle with the pumpkin seeds and chopped parsley.

Goats cheese and asparagus frittata

Ingredients, serves 3

- 400g asparagus tips
- 1 tbsp. olive oil
- 1 round of goats cheese, crumbled
- 6 large eggs
- 2 tbsp chopped chives

Method:

1. Preheat the grill to medium-high. Place the asparagus in a pan of simmering salted water. Remove after 5 minutes when still tender and bright green. Refresh under a cold tap and cut into 1 cm pieces.
2. Heat oil in frying pan and add the bacon, cook for 3 minutes.
3. Lightly beat the eggs, adding the asparagus, chives and season well.
4. Pour the eggs mixture into the pan. Cook over a gentle heat for 2 minutes and then add cheese, place under the grill for a few minutes or until lightly golden and the top is set.

Homemade vegetable soup with halloumi strips

Ingredients, serves 8 – 10:

- 2 leeks, chopped
- 2 celery sticks, chopped
- 4 carrots, grated
- 1 cauliflower, chopped
- 1 courgette, chopped
- handful of spinach
- 1 tsp bouillon powder
- 1 veg stock cube
- 3 slices halloumi
- coconut oil

Method:

1. Gently fry the leeks and celery sticks in a large pan until soft
2. Add 2 pints of water and bring to the boil
3. Add tsp bouillon powder, veg stock cube, carrots, cauliflower, courgette and spinach
4. Turn down heat and simmer for 10 – 15 mins
5. Blitz with a hand whisk or food processor to desired consistency
6. Fry halloumi slices in coconut oil until crisp both sides

Homemade beetroot soup:

Ingredients:

- 1 onion, chopped
- 2 cloves garlic, crushed and chopped
- 1 stick of celery, chopped
- 1 carrot, grated
- 150g of fresh beetroot, peeled and chopped
- 1 veg stock cube in approx. 3 pints of water

Method:

1. Gently fry the onion, celery and garlic until soft
2. Add carrot and beetroot and cover with veg stock
3. Add salt, pepper and chilli to taste
4. Simmer for 15 mins and blitz to desired consistency
5. Serve with a cheeky dollop of sour cream

Rainbow veg stir fry

Ingredients:

- 1 onion finely chopped
- 1 stick of celery chopped
- 2 cloves of garlic chopped or crushed
- 2 carrots sliced into ¼" matchstick sized pieces
- 1 leek sliced in ¼" round slices
- 1 courgette cut into ¼" matchstick size pieces
- 1 red pepper cut into ½" square chunks
- ½ small red cabbage finely sliced
- 2 table spoons of coconut oil

Method:

1. Add veg into wok or large frying pan in sequence: onion, celery, carrots, garlic, leek
2. Cook for two minutes then add courgette, red pepper, red cabbage
3. Season with light soy sauce, teriyaki sauce, mirin and bouillon powder (all available in Sainsburys or Tesco)
4. Serve with quinoa

10 Day Clean up & Lean up Dinner Recipes

Oven baked sea bass with sweet potato wedges and spinach

Ingredients, serves 2:

- 4 seabass fillets
- 2 medium sweet potatoes
- 2 chopped garlic cloves
- 1 finely chopped red chilli
- Ground Cinnamon
- Coconut Oil

Method:

1. Coat 2 sea bass fillets with garlic and chilli and coconut oil and place in oven for 20-30 mins on gas mark 8.
2. Peel, slice 4 medium sweet potatoes then add chillies and a dash of cinnamon and some oil and bake for 40 minutes.
3. Serve with a bed of fresh raw spinach

Ragu courgetti

Ingredients:

- 1 onion finely chopped
- 1 celery finely chopped
- 3 cloves garlic finely chopped
- 2 tins chopped tomatoes
- 150ml red wine
- 1 red chilli pepper finely chopped
- tblsp basil finely chopped
- 2 large courgettes

Method:

1. Gently fry the onions, celery and garlic until soft. Add tomatoes, basil, wine and chilli and allow to simmer for 20 mins.
2. Ideally use a spiraliser for the courgettes otherwise cut the courgettes into long thin strips. Steam for 2 mins to warm up.
3. Serve with a cheeky sprinkling of parmesan.

Spanish omelette with dill and sweet potato

Ingredients, serves 4:

- 150g sweet potato, quartered lengthways and thinly sliced
- 2tbsp olive oil
- 6 eggs
- 30g red pepper, cut into strips
- 2tbsp dill, finely chopped
- pinch of Himalayan pink salt
- mixed leaf salad to serve

Method:

1. Arrange sweet potato slices on a baking tray, drizzle with olive oil and bake for 20 mins or until tender at in oven temp 170
2. Beat the eggs, add sweet potato slices, red pepper, dill and pinch of salt
3. Coat a non stick ovenproof frying pan with olive oil
4. Heat over a low heat, pour in egg mixture and cook, loosening the edge of the omelette regularly to make sure it doesn't stick
5. When the eggs have set to about 5mm from the edge of the pan transfer frying pan to oven and cook for 15 – 20 minutes
6. Serve warm or cold with mixed leaf salad

Shepherd's pie

Ingredients, Serves 4:

- Turkey Mince 500g
- 4 sweet potatoes
- 2 sliced carrots
- 1 large white onion
- 10 organic mushrooms
- Wheat and Gluten free gravy (goodnessdirect.co.uk)
- 1 portion of goats cheese
- Coconut cooking oil
- Any Dried Mixed Herbs

Method:

1. Pre heat oven at 180c for 20 minutes. Skin sweet potatoes, chop and place in pan of boiling water. Leave potatoes to soften and boil for 20-30 minutes.
2. Chop onion, mushrooms and carrots. Heat a deep pan with 1 teaspoon of coconut oil. Add onions and mushrooms, stir for 2-3 minutes until slightly golden. Add turkey mince to pan and cook until brown, 10 minutes.
3. Add 1 teaspoon of mixed herbs and stir. Add sliced carrots, 250ml of boiling water and 4 heaped tablespoons of gravy mix.
4. Stir and simmer for approx 10 minutes.
5. Mash sweet potatoes together until smooth with no lumps. Place mince mixture into large deep oven dish. Place sweet mash evenly over mince mixture.
6. Sprinkle a handful of grated goat's cheese over sweet mash. Place in oven at 180c for 30 minutes.
7. Serve with Savoy cabbage and enjoy!

Veggie burgers

Ingredients, Serves 4:

- Coconut oil
- 1 finely chopped onion
- 1 carrot, grated
- ½ red pepper
- 3 garlic cloves, smashed, peeled and finely chopped
- 2 tbsp tomato puree
- 2 tsp dried herbs, 1 tsp oregano
- 400g kidney beans or black beans – cooked
- 200g brown rice, cooked
- 50g chopped nuts
- 3 tbsp gluten free flour

Method:

1. Melt 1 tbsp coconut oil in a saucepan. Add onion, garlic, herbs, oregano.
2. Season with salt and pepper to taste. Stir fry for 5 minutes.
3. Chop beans and rice in a blender. Add onion mix and nuts. Blend briefly.
4. Dust work surface with flour. Make 6 – 8 burger shapes. Place on a baking sheet and chill.
5. Melt 1 tbsp coconut oil in frying pan on high heat. Fry burgers until brown approx 10 mins

Chickpea and sweet potato stew

Ingredients, serves 4:

- 2tbsp olive oil
- 1 red onion, finely sliced
- 2 garlic cloves, finely sliced
- 600ml water
- 1 sweet potato cut into cubes
- 5 large vine tomatoes, quartered
- 3 bay leaves
- ½ red chilli
- 1 tsp ground cumin
- pinch of cayenne pepper
- 1 small aubergine cut into cubes
- 800g canned chickpeas, rinsed and drained

Method:

1. Heat the olive oil in a large pan over a medium heat, stir in the onion and garlic and cook for 3 – 4 mins or until softened.
2. Add 50ml of the water and stir in the sweet potato.
3. Crush the chopped tomatoes into the pan and add the bay leaves.
4. Cook for 5 minutes.
5. Add the chilli, cumin, cayenne and 300ml water and simmer for 15 mins or until a thick sauce.
6. Add the aubergine, chickpeas and remaining water and simmer for a further 10 minutes stirring frequently until the aubergine is tender.
7. Serve on its own or with brown rice or quinoa.

Layered vegetable bake

Ingredients, serves 4:

- 80g puy lentils
- 4tbsp olive oil
- 1 beef tomato, roughly chopped
- 1 garlic clove, sliced
- 1 beetroot, diced
- 1tsp chopped chives
- pinch of ground cumin
- 2tbsp water
- 400g butternut squash, thinly sliced lengthways
- 300g courgettes, thinly sliced lengthways

Method:

1. Preheat oven to 170.
2. Place lentil in small pan, cover with water, bring to boil then simmer for 10 – 15 mins, until al dente. Drain and set aside
3. Heat olive oil in a large pan and squash tomato into the oil to make a base for the sauce.
4. Add the garlic, beetroot, chives and pinch of cumin.
5. Add the water and cook over medium heat for 15 mins or until reduced to a thick sauce.
6. Add lentils to the pan with a splash more water and simmer for a further 5 mins
7. Layer half the butternut squash and a third of the courgettes in an ovenproof dish and spread over half the lentil sauce
8. Repeat layers, finishing with the courgettes.
9. Brush top layer of courgettes with olive oil and bake for 45 mins

Chilli con carne with guacamole

Ingredients, serves 4:

- 2 medium onions
- 1 clove of garlic
- 1 tbsp. olive oil
- 2 tsp. of chilli powder
- 1 fresh red chilli, deseeded and finely chopped
- 1 heaped tsp. of ground cumin
- Sea salt and freshly ground black pepper
- 455g/1lb Turkey Mince
- 4 large tomatoes or 2 x 400g tin tomatoes
- ½ a stick of cinnamon
- Red kidney Beans soaked overnight or 2 x 400g tin

Method:

1. Use a metal pan or casserole dish with a lid to be used on hob and oven.
2. Preheat the oven to 150oC/300°F/Gas mark 2.
3. Put the onions and garlic into a food processor until finely chopped, then fry in a little oil until soft.
4. Add the chilli powder, fresh chilli, cumin and a little seasoning.
5. Now add the mince and continue to cook, stirring until all has browned. Now add the tomatoes' cinnamon stick and a wineglass of water.
6. Season a little more according to taste.
7. Bring to the boil, cover with greaseproof paper and the lid, then either turn the heat down to simmer and cook for 1 hour 30 minutes or transfer to the oven for about 1 hour 30 minutes.
8. Add the kidney beans 30 minutes before the end of the cooking time.
9. Always tastes better if you cook it the day before, as flavours will develop. Serve with a Green Salad, guacamole and quinoa.

Guacamole

Ingredients:

- 3 avocados - peeled, pitted, and mashed
- Juice of one lime, fresh squeezed
- 1 tsp. salt
- 75g diced onion
- Handful chopped fresh coriander
- 2 small tomatoes, diced
- 1 garlic clove
- 1 pinch ground cayenne pepper (optional)

Method:

1. In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, coriander, tomatoes, garlic, and cayenne.
2. Refrigerate, covered, for one hour, then serve.