

Breakfasts

1. Boiled egg and 1 slice wholegrain bread, piece of fruit
2. Porridge with frozen berries, ground linseeds, natural yoghurt & cinnamon
3. Shredded wheat with flaked almonds, milk and grated apple
4. Scrambled egg with spinach and tomato
5. No added sugar muesli with fresh fruit
6. Fresh fruit salad with natural probiotic yoghurt
7. Smoothie with berries, natural yoghurt, ground linseeds

Lunches

1. Quick mixed bean salad (recipe)
2. Leek and pea soup (recipe) & slice wholegrain bread
3. Greek salad - mixed lettuce, cucumber, tomato, spring onions, feta, olives with olive oil and balsamic dressing (mix 1 tbsp. olive oil with ½ tbsp. balsamic vinegar)
4. Quick vegetable soup (recipe)
5. Omelette with green salad
6. Wholegrain pitta bread with hummus and salad
7. Beetroot and lentil salad – 2 handfuls rocket, 3 tablespoons cooked puy lentils, 2 cooked beetroot (try vacuum packed), a little goats cheese with simple dressing

Dinners

1. Easy bean casserole (recipe)
2. Roast salmon and vegetables (recipe)
3. Simple salmon stir fry (recipe)
4. Quick bean chilli (recipe)
5. Baked fish with steamed vegetables (recipe)
6. Quick Thai curry (recipe)
7. Pesto cod – spread red pesto on a fillet of cod, bake for 12 minutes and serve with steamed vegetables or salad

Snacks

1. Hummus with 2 oatcakes / vegetable sticks
2. 1 Ryvita with cottage cheese and cucumber
3. 2 rice cakes with thin scraping peanut butter (e.g. Kelkin / Meridian brand)
4. Natural yoghurt with berries / stewed or fresh apple, plums....
5. Piece of fruit and handful of nuts
6. Mug of soup
7. Apple slices dipped in almond or peanut butter

Mixed bean salad

Serves 2

Preparation time 10 minutes

Ingredients:

Can of mixed beans
2 – 3 ripe tomatoes, chopped
½ cucumber, peeled and chopped
1 red or yellow pepper, chopped
1 small red onion, chopped
3 tbsp. extra virgin olive oil
1 tbsp. lemon juice
large handful fresh coriander /parsley (optional)

Directions:

- Place beans, tomatoes, cucumber, pepper and onion in a bowl
- Mix oil and lemon juice and pour over salad, stir gently and sprinkle with herbs
- Add 1 tin tuna in olive oil and serve in wholegrain pitta bread
- Add green beans, fennel, courgettes, broccoli or other vegetables – whatever is in the fridge

Leek and pea soup

Preparation and cooking time 15 minutes

Ingredients:

1 tbs olive oil
2 leeks, chopped, washed & well drained
1 garlic clove, finely chopped
900ml (1½ pints) vegetable stock
275g shelled or frozen peas
1 round lettuce, washed and chopped
1 -2 tbsp finely chopped mint

Directions:

- Heat the oil in a saucepan and cook the leeks and garlic over a gentle heat, until soft. Add a drop of water if necessary to prevent sticking.
- Add the stock and bring to the boil. Add the peas and the lettuce and continue cooking until the peas are tender.
- Stir in the mint and liquidise with a hand blender. Season and serve

Quick vegetable soup

Preparation and cooking time 15 minutes

Ingredients:

1 tbsp. olive / coconut oil
1 onion, roughly chopped
1 – 2 tsp curry powder / 1 tsp curry paste (optional)
1 bag frozen mixed vegetables
1 litre vegetable stock (use Marigold bouillon powder / Kallo stock cubes)
Tin butter beans / chickpeas

Directions:

- Heat oil and fry onion for 3 – 4 minutes, then add curry powder / paste and fry for a further one minute
- Add frozen vegetables, stock and beans / chickpeas and cook for 8 – 10 minutes
- Liquidise or serve as is

Easy chicken / bean casserole

Serves 4

Preparation & cooking time 20 minutes

Ingredients:

1 tbsp. olive / coconut oil
2 large free range or organic chicken breasts, sliced into 6 pieces / can butter beans + can chickpeas
1 onion, finely sliced
600ml chicken or vegetable stock
Bag frozen mixed vegetables
Small bunch tarragon, chopped (optional)
1 tbsp. crème fraiche, optional

Directions:

- Heat the oil in a large saucepan and gently fry the chicken and onion for 5 minutes.
- Add the stock and mixed vegetables, season, bring to the boil and simmer for 12 - 15 minutes. Add beans here if using
- Stir in the tarragon & crème fraiche and serve

Mediterranean roast chicken and vegetables

Serves 4

Preparation time 5 minutes, cooking time 40 minutes

Ingredients:

8 free range or organic chicken drumsticks / 4 salmon darnes
2 onions, each cut into 8 wedges
3 red peppers, cut into wedges
Punnet cherry tomatoes
2 courgettes, thickly sliced
2 tbsp. olive oil
Handful fresh basil / 2 tbsp. pesto (optional)

Directions:

- Preheat the oven to 200C
 - Place chicken and vegetables in a bowl and toss in oil
 - Season, place on baking tray and roast for 35 – 40 minutes, until chicken is cooked
 - Sprinkle with fresh basil / drizzle with pesto and serve
- Replace chicken with fish fillets and add to vegetables after 20 minutes for non-meat

Really simple salmon stirfry

Serves 2

Preparation and cooking time 10 minutes

Ingredients:

1 tbsp. olive / coconut oil
2 small salmon fillets, sliced
2 handfuls broccoli florets
Handful green beans
1 red / yellow pepper, finely sliced
4 spring onions, finely sliced
2 cloves garlic, finely sliced
3 tbsp. oyster sauce (or replace with soy sauce)
Handful cashew nuts (optional)

Directions

- Heat ½ oil in a wok or large pan and stirfry the salmon pieces for 2 minutes, then remove from heat
- Heat rest of oil and stirfry broccoli for 2 minutes on a high heat, then add beans, pepper, spring onions and garlic and stirfry for a further 3 minutes
- Add back in salmon and toss in oyster sauce. Serve scattered with cashew nuts if using

Replace salmon with prawns / tofu or thinly sliced chicken breast or beef and adjust cooking times accordingly

Use any mix of fresh or frozen vegetables. Larger pieces of veg will require longer cooking time

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Easy bean chilli

Serves 6

Preparation & cooking time 25 minutes

Ingredients:

½ tbsp.. olive / coconut oil
1 onion, thinly sliced
3 cloves garlic, thinly sliced
1 tsp smoked paprika
1 tsp cumin
1 bag frozen roast vegetables
2 tins chopped tomatoes
2 tins mixed beans, drained

Top each portion with ½ tbsp natural yoghurt or mature cheddar. grated if desired

Directions:

- Heat the oil in a large saucepan and cook the onion and garlic on a medium heat for 4 minutes. Add in the paprika and cumin and cook for a further minute
- Then add in vegetables, chopped tomatoes and beans and simmer uncovered for 18 – 20 minutes

Can be served with baked potato / wholegrain rice or in a wrap.

Baked fish with steamed vegetables

Serves 4

Preparation time 5 minutes, cooking time 12 - 15 minutes

Ingredients:

4 fillets of firm white fish e.g. cod, gurnard, hake
4 tbsp. lemon juice / white wine
2 tbsp. crème fraiche (optional)
2 tsp dried mixed herbs / 2 tbsp fresh herbs
Large bag frozen mixed vegetables or selection fresh prepared vegetables

Directions:

- Preheat the oven to 180C
 - Place fish in an oven-proof dish, pour over lemon juice / wine, place ½ tbsp creme fraiche on each fillet and sprinkle with herbs. Cover dish with tinfoil and bake in oven for 12 – 15 minutes until just cooked
 - While fish is cooking, steam vegetables until cooked but still firm
- Or make individual 'parcels' by placing fish fillets in greaseproof paper packs

Easy Thai prawn curry

Serves 4 - 6

Preparation and cooking time 10 minutes

Ingredients:

1 tsp olive / coconut oil
2 – 3 tbsp. Thai curry paste (try Thai Gold)
1 can coconut milk
1 tbsp. fish sauce (optional)
Bag mixed vegetables
Bag frozen cooked prawns, defrosted

Directions

- Heat oil in a large saucepan and gently fry curry paste for 1 minute. Then add in coconut milk and cook for 4 minutes
 - Add fish sauce and vegetables and cook for 4 minutes. Then add in prawns and cook for a further 2 minutes
 - Serve with wholegrain rice
- If vegetables are cut into large chunks then 2 minutes additional cooking time may be required. info@glenvillennutrition.ie

To make into a soup add ½ L vegetable stock

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