



Owning Your Menopause SEPTEMBER RESET + REFOCUS Monday 4th September – Sunday 17th 2023

What is it?

September is a great month to reset and reboot your nutrition, health and wellbeing.

Many of us will have been on holiday or taken time out to enjoy the summer. With this, many good intentions and habits get impacted and by the end of the summer we are left feeling over indulged and out of sorts.

This reset is all about putting back into place simple but important nutrition, self-care and exercise.

Over the next 2 weeks we will work with you to help you feel healthier, nourished, energised and feeling like you have some balance back in your life.

As a community of like-minded women, we will support each other to get back on track and stay there as we head into the autumn months.

We believe it is the simple tweaks that can have the biggest impact so let's get going to feel our very best and manage our bodies.

Who is it for?

Anyone who is looking to get back into a healthy and more balance way of life post summer, focusing on specifically:

- Banish bad habits
- Reduce sugar cravings and mindless eating
- Boost energy levels
- Help you to Poor sleep
- Improve your gut health – reducing bloating + poor gut motility
- Aid weight loss

We will give you day to day support through the OYM app 'Nutrition' chat group and help motivate you to make these changes. The benefit of working as a group is that we can inspire each other and share ideas.

What's included:

- Guidance on what foods to eat, limit and eliminate
- OYM Non-negotiables
- Shopping lists
- Meal plans
- Recipes
- Daily support – via the group chat
- Weekly live Q&A sessions Katie Skrine

Disclaimer:

This Reset is not intended to prevent, diagnose or treat any medical conditions. It is not a substitute for professional medical advice and/or treatment. Please do not conduct the Reset if you:

- Are under 18 years
- Are pregnant/breastfeeding
- Have type 1 diabetes
- Have active cancer
- Have liver disease or hepatitis
- Have an eating disorder

Note: if you have a known allergy or intolerance to any of the ingredients in the reset, then eliminate or substitute.

If you have a medical condition, please consult your healthcare professional before starting the programme. If you have any questions or queries whatsoever, please contact Katie Skrine hello@katieskrine.com

Start Guide:

To ensure this Reset is a success the best thing you can do is get prepared and stay organised.

Here are some useful tips:

1. Read all the information in this document, especially food principles/non negotiables
2. Look at all the recipes and commit to the ones you will make each week.
3. Create a shopping list & shop ahead – ideally the weekend before
4. Meal plan - this is such a simple thing to do and helps focus on the right foods for you and your body
5. Look at the workout schedule on OYM platform and decide which workouts you will do - put them in the diary so you prioritise you!
6. If you know you are going to be 'on-the-go' then make sure you are prepared with some healthy snacks in your bag for an emergency – you'll be amazed how few options there are that don't contain sugar or that are not highly processed.
7. Start focussing on YOU
8. Set your goals for September and the autumn ahead.

The Reset & Refocus Principles + Non-Negotiables:

1. 12 hour fast over night – 7pm-7am

Give your body the chance to rest, digest and repair. Your gut will be so happy with the this overnight fast helping to reduce bloating and any digestive discomfort. Remember to maintain a fast no milk in your tea or coffee and make sure you are having water, herbal teas or black tea & coffee.

RESET TIP: We love Davinia Taylors [MCT](#) powder which can be added to your morning brew – this will NOT break your fast whilst giving your drink a creamy taste and supporting energy levels.

In addition, we would recommend a scoop of Ancient + Brave [collagen](#) powder to kick start your day – collagen is a good source of protein but also supports our internal organs, joints, ligaments, bones and of course out skin, nails and hair. Use code **katiesnutrition** for 20%

2. Start your day with hydration

Drink a cup of warm water with lemon/ginger – a slice of lemon + the juice of half, a few slices of fresh root ginger. A glass of water would be great too – anything that will help you to hydrate first thing.

RESET TIP: If you suffer with bloating add half a tsp of [Willy's](#) apple cider vinegar to your morning hydration drink. We love [Pukka](#) teabags and they are great mid afternoon or before you go to bed.

In addition, aim to drink 2 litres of filtered water - keep sipping it consistently – throughout the day.

3. ALWAYS add protein to your breakfast

To help stabilise your blood sugar levels and keep you balanced and fuller for longer, we recommend adding protein to your breakfast as a non-negotiable. See ideas under Breakfast section below.

4. Prioritise 3 nourishing, enjoyable and satisfying meals per day

As well as a good balanced breakfast, plan ALL of your meals you prepare and eat, making sure you follow the OYM key food principles – see below. It is so simple yet so often we get ourselves into bad habits and mindless snacking/meal swapping kicks in.

Mindless snacking not only can lead to weight gain (often more calories consumed as well as the wrong calories) but having 3 balanced meals gives our gut the chance to rest and digest in between the foods you eat. This will help reduce bloating and improve gut motility.

5. Eat wholefoods

Focus on eating real foods and removed ALL refined sugar/processed foods – packeted foods are high in calories, saturated fat and offer no nutrients. Cook with real, fresh ingredients and feel the difference.

6. Eat a portion of protein with each meal

Aim for a palm size amount of protein or ¼ of your plate – this helps keeps you full from meal to meal but will prevent cravings and dips in blood sugar levels. The more balanced we are the more energised and healthier we will feel.

7. Increase the amount, variety and colour of plant sources

The more colour the more nutrients, the more health benefits and the happier your gut, skin and energy will be.

RESET TIP: Aim for 8 variety of plants per day – this includes vegetables, herbs, spices, fruits, nuts and seeds.

8. Focus on the right carbs

Carbs often get a bad rap but this doesn't apply to all carbs....it is the heavily processed refined starchy carbs that we want you to remove – white bread, pastas, biscuits, crackers which send blood sugar high and then very low and offer very little nutrients. We would like you to swap these for wholegrains such as brown rice, quinoa, wholemeal bread and grains.

RESET TIP: Whilst this is NOT a diet, you may naturally lose a few pounds by reducing bad habits. If you are looking to lose some weight over the 2 weeks, we would recommend significantly reducing ALL carbs and focussing more on your proteins and veggies.

9. Limit dairy/gluten

Whilst this isn't a dairy free reset, we would recommend reducing your dairy and gluten intake – it does make such a big difference to our gut, energy levels and how we feel. if you do have yogurt, milk, butter go for full fat and organic. Low fat options are often FULL of inflammatory ingredients as well as sugar. Full fat options are much healthier and also help keep us fuller for longer.

10. Move your body every day – walking/running & OYM

Movement is always a good idea which is why there is so much variety on OYM app. Find classes you love and prioritise movement each day. In addition to the classes remember walking, gardening, swimming, running, golf all count.

11. Sleep and relaxation

Prioritise good quality sleep and time out for yourself – join Anna Gough for her amazing sessions which help focus on you and relieve symptoms of anxiety and stress.

RESET TIP: If you do struggle with sleep, make sure you prepare yourself for the night ahead. A cool room, clean cotton sheets and avoid stimulants such as caffeine and mindless scrolling.
We recommend a relaxing bath with plenty of [Epsom](#) salts, followed by applying the amazing [LivyvB](#) Magnesium night cream as part of your evening winddown.

12. Set yourself 3 goals for the reset ahead and most importantly stick to them like never before!

Goals will be different for each of us but some ideas for you include:

- No carbs
- No snacks/sugar
- Weight loss
- Additional exercise
- More water
- Earlier bedtime

What you can/can't eat:

WHAT TO EAT

Lean meat, poultry & fish
Nuts & seeds
Eggs
Fruits & vegetables (LIMIT nightshade family)
Pulses (beans, chickpeas, lentils)
Gluten-free grains (amaranth, buckwheat, rice (brown, white basmati, wild), millet, quinoa, sorghum & teff)
Plant oils
Herbs & spices
Dairy-free alternatives
Herbal & fruit teas
Fresh filtered water

ELIMINATE

Refined sugar
Processed foods
Alcohol
Caffeine
Artificial sweeteners
Vegetable/seeds oils

LIMIT

Dairy
Gluten
Carbs – starchy ones such as white breads, biscuits, crackers, pastas
Nightshade vegetables* (white potatoes, aubergine, tomatoes, peppers (bell peppers, paprika, pimentos, cayenne)
*sweet potato, black pepper & chilli peppers are ok

What to eat:

WHOLEFOODS - No processed foods.

Everything must be fresh as close to its original state as possible. Processed foods are almost always proinflammatory to your body and can impact metabolism, energy & mood.

PLANT-RICH FOODS - 8 portions per day

Focusing mostly on vegetables and small amounts of fruit. Vegetables and fruit are full of antioxidants and phytonutrients that help reduce inflammation, support your liver and boost immune function.

FIBRE - minimum 2 portions per day

Fibre helps waste to move through the colon quickly so that toxins are not reabsorbed and you are eliminating waste effectively. This prevents bloating, sluggish energy, mood and skin health.

PROTEIN - Include 1 portion at every meal

Protein can increase satiety and help stabilise blood sugar. 1.0kg of protein per 1kg of body weight = daily target. Examples of protein are: Chicken breast / Salmon fillet / Quinoa / Lentils / Turkey breast / Oats / Almonds

ORGANIC

Organic produce will increase the nutrient content and may help reduce the amount of chemicals and toxins. This is not always possible due to cost and availability so just consume it where you can.

HYDRATE - 1.5 - 2 litres filtered water per day

Drink plenty of filtered water to help flush out waste through the kidneys and your gut. Herbal teas are a great alternative to caffeine drinks too.

What to avoid:

ELIMINATE PRO-INFLAMMATORY FOODS

Help reduce inflammation (aching bones & joints) & help restore balance in your body so that you improve your overall health and wellbeing.

SUGAR

Sugar can be pro-inflammatory, it spikes blood sugar, causes cravings, increases fatigue and can cause mood changes. Sugar increases the risk of diabetes & cardiovascular disease and promotes ageing. It is full of empty calories too!

ARTIFICIAL SWEETENER

Artificial sweetener can have the same effect on the body as sugar and contains more chemicals.

ALCOHOL

Reduces our ability to detoxify and can damage the liver. It is pro-inflammatory, ageing and is linked to many diseases. It is full of empty calories and can lead to poor mood and anxiety.

CAFFEINE

Caffeine can cause anxiety, palpitations and may disturb sleep. Do not reach for the de-caffeinated options though as they contain more chemicals!

What to limit (as much as possible):

GLUTEN

Gluten is a protein found in grains which can be hard to break down and digest. It can irritate the gut, causing inflammation, bloating, overall digestion and can affect mood.

DIARY

Lactose (within milk) can be hard to digest and can lead to inflammation, gut sensitivities and poor skin health.

SOYA/SOY

Limit the amount of soy you eat as often highly processed and can irritate the gut.

NIGHTSHADE VEGETABLES - [see food list](#)

Although they contain many beneficial nutrients, these vegetables contain a chemical called solanine which can be pro-inflammatory and can irritate the gut. They also contain Lectins which are plant proteins that can disrupt the integrity of the gut wall.

TIMING GUIDELINES - WHEN TO EAT

- AFTER 7AM - aim to have at least 12 hours after your last meal day before
- BEFORE 7PM - aim to have your last food of the day before 7pm
- 4-5 HOURS - aim to have at least 4/5 hours between each meal – this is key to any weight loss goals you may have

BREAKFAST

Breakfast is such an important meal of the day and can have a direct link to energy levels, gut health, the food choices you make and your overall mood throughout the day.

Eating a protein rich and nutritious balanced breakfast will provide you with a consistent amount of slow-release energy to power you physically and mentally and will help you maintain a steady blood sugar for the day - preventing your blood sugar level crashing later resulting in snacking on sugary foods or making unhelpful food choices.

Good protein sources for breakfast include:

- Plant-based live yogurt i.e. coconut yogurt with live cultures (printed on packaging) or Soya yogurt
- Full Fat Greek yoghurt
- Kefir – avoid sweetened!
- Scrambled tofu
- Eggs

Breakfast Ideas:

- Yogurt with no-sugar seedy / nutty granola (I recommend Goody Granola – or make your own see in recipes) swirl some almond or peanut butter, berries, mixed seeds such as flax, chia, hemp.
- Gluten-free porridge with almond milk, nut butter, seeds, handful of berries, ground cinnamon
- Overnight oats with chia seeds, berries, nut butter, grated apple or pear & ground cinnamon
- Chia pudding - with berries, nut milk, nut butter, seeds to taste
- Gluten-free bread with avocado & eggs
- Eggs/tofu, spinach & roasted tomatoes
- Protein pot- boiled egg, avo slices, spinach & tomato

LUNCH & DINNER

One of your goals is to have protein with each meal and we recommend building your plate using this portion guidelines (on the next page).

Here is a quick & easy way to know how to measure portion sizes:

- 1 palm sized portion of protein (approx. 100g)
- 1 cupped handful of complex carbs (approx. 40g)
- 1-2 fists of non-starchy veg (green leafy vegetables)
- Thumb size of healthy fats (approx. 1 tbsp)

Example:

1 x salmon fillet

1 x cup of basmati brown rice

1 fist full of tenderstem broccoli

1 fist full of bok choy

Drizzle of olive oil

Portion Guide:

Try to create balance on your plate by allocating portions with the right foods.

Portion Guidelines

Non-Starchy Vegetables

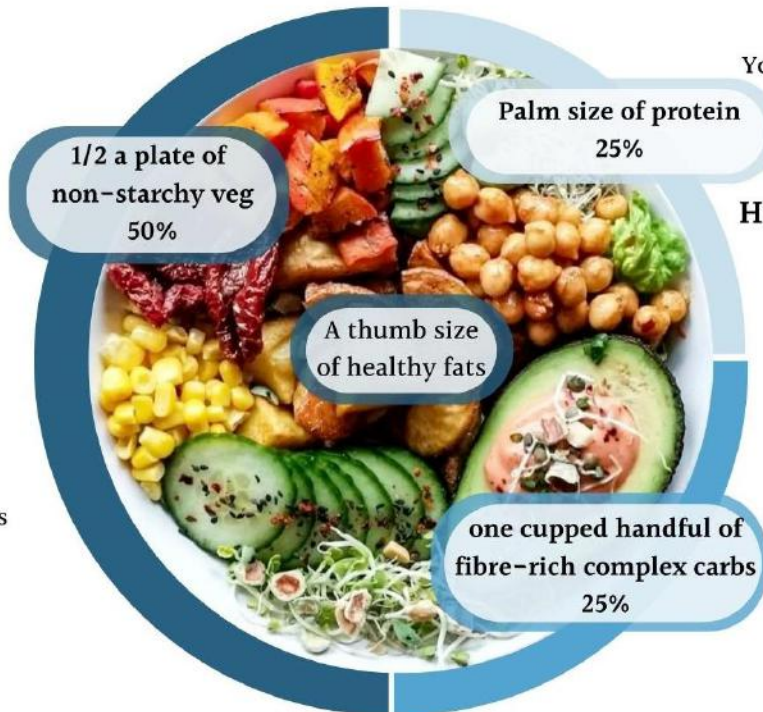
- Artichoke
- Asparagus
- Aubergine
- Bean sprouts
- Broccoli/Broccoli sprouts
- Cabbage
- Carrots
- Cauliflower
- Courgette
- Cucumber
- Fennel
- Green beans
- Greens
- Kale
- Lettuce
- Mange tout
- Mushrooms
- Onions
- Pumpkin
- Radishes
- Rocket
- Sugar snap peas
- Shallots
- Spinach
- Squash
- Swiss chard
- Tomatoes
- Watercress
- Peppers (red, yellow, orange, green)

High-quality protein

- Beef
- Chicken
- Eggs
- Fish
- Lentils (also a complex carb)
- Tempeh
- Tofu
- Turkey
- Yoghurt (Greek or soya)
- Oysters

High-quality fats

- Almonds
- Avocado
- Avocado oil
- Butter
- Chia seeds
- Coconut oil
- Extra virgin olive oil
- Ground flaxseeds
- Hazelnuts
- Hemp seeds
- Macadamia nuts
- Nut butter
- Pecans
- Pumpkin seeds
- Walnuts
- Complex carbs



Complex Carbs

Starchy vegetables

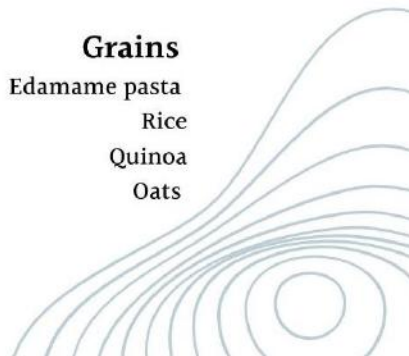
- Beetroot
- Potatoes
- Parsnips
- Sweet potatoes
- Squash

Fruit

- Apples
- Blackberries
- Blueberries
- Cherries
- Kiwi
- Nectarines
- Oranges
- Peaches
- Pomegranate seeds
- Raspberries
- Strawberries

Grains

- Edamame pasta
- Rice
- Quinoa
- Oats



Shopping List:

This is a samples guide shopping list to help give you focus and inspiration.

Vegetables

Avocados
 Bag of stirfry
 Butternut squash
 Beetroot
 Broccoli
 Cabbage
 Carrots
 Courgettes
 Celery
 Edamame beans (frozen)
 Garlic
 Ginger
 Kale
 Leaks
 Onions
 Pak choi
 Peas (frozen)
 Peppers
 Sweet potatoes
 Spinach

Pasta Alternatives

Buckwheat noodles
 Rice Noodles
 Gluten Free brown pasta
 Quinoa
 Lentils
 Merchant Gourmet – quinoa/rice pouches

Seeds & Nuts

Chia Seeds
 Almonds
 Flaxseeds
 Sunflower seeds
 Pumpkin seeds

Fruit

Berries – frozen too
 Kiwis
 Lemons
 Grapefruits
 Mango

Rice

Brown basmati
 White basmati
 Wild rice

Salads

All leaves – greener the better
 Fresh herbs

Fresh items

Houmous
 Feta
 Haloumi
 Falafels - GOSH

Protein

Chicken – breast/whole/thighs
 Salmon
 Cod
 Prawns
 Eggs

Milk (non-dairy)

Coconut milk
 Almond milk
 Plant milks
 *Rude Health are great!

Yogurt

Coconut
 Full fat Greek yogurt
 Kefir

Caffeine free drinks

Herbal teas – pukka + Tea Pig
 Miso soup
 Fresh ginger/lemons/mint

Bread

Biona – gf
 Living Seedful
 The Heart of Nature – super seeded vegan loaf
 GF wholemeal tortillas

Crackers

Rude Health – buckwheat + chia
 GF oat cakes

Oils

Extra virgin olive oil
 Sesame oil
 Coconut oil

Other

Soy sauce – gf
 Willy's Apple cider vinegar
 Nut butter/peanut butter
 Chickpeas
 Dijon mustard
 GF stock cubes
 Curry paste
 Harissa paste
 Cajun seasoning
 Tahini
 Chili flakes
 Salt + pepper
 Maple syrup
 Goody Granola
 Miso paste
 Fish sauce

Week 1 - Kickstarter Meal Plan & Inspiration:

Meal ideas to help you to follow or help build into your Reset.

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Breakfast	Greek Yogurt Balance Pot - see recipe	Over night chia seed pot with, nut milk, 2 x handful berries & sprinkle of flaxseeds	Greek Yogurt Balance Pot - see recipe	Smoothie of choice – see recipe	Over night chia seed pot with 2 x handful mixed berries & sprinkle of flaxseeds	Smashed avocado on Biona toast - add herbs/chilli for flavour, drizzle of olive oil – add egg or crumble feta	Smoothie of choice – see recipe
Lunch	Left over chicken - add green leafy salads, sprinkle of seeds & ½ merchant gourmet quinoa pouch - homemade dressing	Baked salmon with greens - add 1 -2 handful of cooked basmati brown rice or a ½ merchant gourmet pouch	Squash Nourish Bowl – see recipe	Mackerel bowl with Merchant Gourmet quinoa, tomatoes, grated carrot, rocket, hummus – drizzle with olive oil sprinkle with seeds	Biona Toast with smashed avo, drizzle of olive oil & handful of rocket – add hoummos/cherry tomatoes or a little feta for flavour	Beetroot & Squash salad - see recipe below	Roast Chicken / BBQ'd - follow key principles - lots of green veggies + sweet potatoes or bright fresh salads
Dinner	Asian Cod / Salmon - see below for recipe	Chicken, leek casserole - see below for recipe <i>This freezes well if you make a batch!</i>	Cajun Cod Traybake	Salmon Salsa	Homemade Sweet Potato curry - add extra spinach + prawns or chicken for protein <i>This freezes well if you make a batch!</i>	Miso Chicken with lots of green veggies + small serving of basmati brown rice	Delicious salad or omelette - depending on hunger levels from Sunday lunch – with lots of colour & small amount of protein

Recipe Ideas:

Smoothies

Strawberry Milkshake

100ml coconut yogurt ([@cocosorganic](#))
Small handful of blueberries & raspberries
A few strawberries (approx.3)
1 banana (the riper it is the sweeter it will taste)
2 tsps baobab powder from [@nealsyard](#) - optional
2 tsp goji berries (rehydrated in a little water for 10 mins before)
1 glass of plant milk

Method

To make just blitz ingredients together (adding the water from the goji berries too) until smooth and creamy

Happy Smoothie

Handful frozen cauliflower florets
Handful of berries (any berries both frozen or fresh work)
1 glass of unsweetened almond milk ([@plenishdrinks](#))
1-2 tbsp peanut butter/smooth nut butter ([@pipandnut](#))
1 tbsp porridge oats
a few cashew nuts
Pinch ground cinnamon (great blood sugar balancer)
1 tbsp chia seeds
1 tbsp flax seeds
*For extra protein I add x2 tbsp [@wildnutritionltd](#) vegan protein powder

Method

To make just blitz ingredients together until smooth and creamy

Cherry Smoothie

1 cup frozen pitted cherries
1 tbsp almond butter
1 tbsp oats
1 tbsp flax seeds
1 tbsp chia seeds
1 glass of unsweetened nut milk (I used plenish almond milk)
Pinch of ground cinnamon optional

Method

To make just blitz ingredients together until smooth and creamy

Protein Smoothie

Protein powder- I used 3 tbsp [@wildnutritionltd](#) vegan protein + super greens
1 tbsp chia seeds
1 tbsp hemp or flax seeds
1-2 tbsp oats
Half a cup of milk
Half a cup of frozen berries
If not using the WN protein then add 1 tbsp nut butter

Breakfast

Greek Yogurt Balance Pot

- 3 tbn Greek yogurt – full fat
- 1 large handful of berries (I use frozen cherries)
- 2 tbspn mixed nuts/seeds or Goody Granola
- 2 tspn flex seeds/chia seeds
- 1 large tspn smooth nut butter ([@pipandnut](#))

Method – defrost berries or use fresh & layer the ingredients

Chia Seed Pot (make over night)

- 2 tbspn chia seeds
- 1 tbspn flaxseed or sunflower seeds (optional)
- 200 ml nut milk/fill the jar
- Optional - add fruit portion - ideally handful of frozen blueberries/cherries/raspberries

Method

Add seeds into a jam jar of choice & fill the jar with nut milk
Shake all together to mix the ingredients (including fruit)
Soak overnight in fridge (or 2-3 hrs) - the consistency should be quite thick

Smashed Avo on GF Biona Toast

- 1 x avocado - smashed
- 2 x biona toasted
- Add chilli flakes/coriander/squeeze of lime
- Salt & Pepper to taste
- **This could work for lunch - add eggs, green leaves & slices of cucumber

Overnight Oats

Ingredients

- 100g Rolled oats (gluten free)
- 250ml coconut milk (unsweetened) or a plant milk of your choice
- Handful of frozen blueberries (you can use fresh or frozen berries of any kind)
- 1 tbspn flaked almonds
- 1/2 tsp of cocoa powder - optional

Method

Simply put all the ingredients in a large mason jar and give it a shake or pour into a bowl, stir and cover.
Pop it in the fridge overnight ready for breakfast.
If you think it needs a bit of sweetening, then add some grated apple or berries

Healthy Granola

Ingredients

- 350g oats - gluten free ideally
- 150g seeds - pumpkin & sunflower
- 150g chopped mixed nuts - hazelnuts, almonds &/or cashews
- 50ml maple syrup - limited amount for sweet purposes
- 50ml water
- 40ml - coconut oil
- 200g roughly chopped dates

Method

Add all ingredients into a bowl & mix - excluding dates
Spread onto parchment paper on a baking tray
Cook for 30 minutes, medium heat, turning once
Leave to cool
Add chopped dates
Serve with plant milk or dairy free /Greek yogurt & berries

Lunch

Squash Nourish Bowl

- 1 large squash (to make x3 portions)
- Big handful leafy greens (I used spinach & rocket)
- Half an avocado
- Quinoa (as much or as little as you fancy- I used 1/3 of a [@merchantgourmet](#) pack)
- A few tomatoes
- A few slices of Romano pepper
- A small handful pecans (chopped)

Method

Chop squash into little chunks, drizzle with extra virgin olive oil, dried rosemary, a few chilli flakes, pinch sea salt & pepper and roast in a pre-heated oven on 200 for approx 30ish mins (or until slightly browned around the edges)
Chop ingredients, in a bowl add your leafy greens & quinoa and assemble your nourish bowl!

ACV DRESSING:

- 2 tbsp apple cider vinegar (I use [@willys](#))
 - 1 tbsp wholegrain mustard
 - 1 tsp honey or maple
- Just mix it all up and jazz up your salads with this delicious gut-friendly dressing

Sweet Potato & Chickpea Wraps

- 3 medium-sized sweet pots
- 1 400g tin chickpeas
- 1 tbsp Za'atar, half tsp cinnamon, pinch (or more) chilli flakes, generous pinch sea salt & pepper & approx 1tbsp extra virgin olive oil to season
- Wraps or flat vreads
- Hummus
- 1 spring onion per wrap
- Coriander or parsley
- Mixed seeds

Method

Chop the sweet pots into small chunks, rinse the chickpeas and then pat dry (the drier they are the more they will crisp up!) place on a lined roasting tray, drizzle with approx 1tbsp extra virgin olive oil, a generous sprinkle of za'atar, pinch of cinnamon, sea salt, pepper and chilli flakes and roast in the oven on 190 until golden (roughly 35ish mins)
Warm your wrap or flat bread up then spread with hummus, top with the roasted sweet pot & chickpea mix, add some chopped spring onion, seeds coriander or parsley fold up and eat!

Beetroot & Squash Salad - serves 2

- 1 large butternut squash, peeled and cut into small chunks
- 4tbsp olive oil plus a little extra
- 3 bulbs of raw beetroot, washed & cut into quarters
- 2tbsp fresh mint, chopped
- 4tbsp fresh coriander, chopped
- 50g (2oz) pine nuts, toasted
- 3 large handfuls of green salad leaves of choice
- oil and lemon juice, to dress

Method

Preheat the oven to 200C, 180C fan, 400F, gas 6
Toss together the squash, half the olive oil, and a pinch of sea salt then place in a roasting tin
In a separate roasting tin, toss the beetroot with the remaining oil & a pinch of salt - bake both for 30 mins, until tender
Mix the squash, beetroot, herbs, leaves & pine nuts, then top the mixture on a serving platter

Quinoa Salad - serves 2

1 cup uncooked quinoa
2 cups water
1 can chickpeas, rinsed and drained
1 medium cucumber, seeded and chopped
3 celery stocks, chopped
1 small red onion, chopped – avoid for first 14 days
1 cup finely chopped flat-leaf parsley (from 1 large bunch)
¼ cup olive oil
¼ cup lemon juice (from 2 to 3 lemons)
1 tablespoon vinegar (I use apple cider vinegar)
1 - 2 cloves garlic, pressed or minced – avoid for first 14 days
½ teaspoon fine sea salt
Freshly ground black pepper, to taste

Method

To cook the quinoa - combine the rinsed quinoa and water in medium saucepan.
Bring mixture to boil over medium-high heat, then decrease the heat to maintain a gentle simmer.
Cook until the quinoa has absorbed all of the water, approx. 15 minutes
Remove from heat, cover & rest for 5 minutes
In large serving bowl, combine chickpeas, cucumber, celery, onion & parsley - set aside
In small bowl, combine olive oil, lemon juice, vinegar, garlic and salt - mix until blended
Once quinoa is cool, add to serving bowl, drizzle dressing over & toss altogether - salt & pepper to taste

Prawn, Avocado & Courgette Salad - serves 2/3

SALAD

1 gem lettuce, leaves separated
3 large handfuls watercress
1 small onion
1 small handful flat leaf parsley, chopped
1 medium handful coriander
1 large courgette finely sliced/ribboned
1 avocado, chopped
300g organic cooked king prawns

DRESSING

5tbsp olive oil
3tbsp apple cider vinegar
1 tbsp Dijon mustard

Method

In large salad bowl combine all salad ingredients
Add dressing & toss the salad
Add prawns on top - serve

Harissa Chickpea Loaded Sweet Potatoes with Tahini - serves 4-6

4 sweet potatoes - baked
2 cans chickpeas
2-3 tsp harissa
1 tsp salt
3 garlic cloves crushed – avoid for first 14 days
100ml stock
150g fresh spinach or use 4-6 disks of frozen
Juice of 1/2 lemon
2-3 tbsp Tahini to finish

Method

Bake sweet potatoes in a hot oven (200 degree) for 45 minutes (until soft)
Add a little olive oil to a pan, add the garlic, chickpeas, harissa & salt
Cook for 2/3 minutes & add stock - simmer until all stock has evaporated, squeeze in lemon & stir in spinach

Serve on top of halved sweet potatoes
Drizzle with the tahini

Asian Slaw - great at the weekend for bbqs served with protein – don't eat alone or after lunch to prevent bloating

400g shredded red cabbage & carrots

3 spring onions finely sliced

1 large handful coriander, chopped

Asian Slaw Dressing:

3 tbspn olive oil

1 tbspn toasted sesame oil

1 tbspn cup apple cider vinegar

1 tbspn organic honey

1 tbspn soy sauce

1 t tbspn ginger, finely chopped

Optional: ½ teaspoon chili flakes, toasted sesame seeds, crushed cashew nuts

Method

Toss shredded/chopped slaw ingredients together in a large bowl - add coriander & spring onions

Whisk dressing ingredients together in small bowl

Pour dressing into slaw & toss well

Garnish with sesame seeds or nuts

Dinner

Salmon & Salsa – serves 2

2 wild salmon fillets

1tsp cajun spice enough to season each fillet

lice + one big squeeze of fresh lemon per fillet

Mango Salsa

1 whole mango chopped into small chunks TIP: buy frozen mango chunks & defrost a few hours before

1/4 chopped red cabbage

1 Merchant Gourmet Puy lentils pouch

1 avocado

1/4 red onion or 2 spring onions

1 romano pepper

small handful of vine tomatoes

juice of whole fresh lime

Pinch of sea salt

1 tbsp extra-virgin olive oil

Fresh coriander

Optional extra: fresh red chilli or small sprinkle chilli flakes

Method

Sprinkle salmon fillets with cajun spice, squeeze fresh lemon over them and pop one slice on each fillet

Wrap in parchment paper & roast in pre-heated oven for 12-15 mins on 190

Chop salsa ingredients, squeeze the lime, drizzle with olive oil + a pinch of salt- mix together and add to your bowl ready for the salmon

Heat up your lentils & serve between two bowls

Place salmon on top and enjoy the nourishment!

Quinoa Crusted Aubergine, Courgette & Chickpea Parmigiana – serves 4

2 large aubergines

1 large courgette

2 400g tins chickpeas

680g jar of passata

2 tbsp red pesto

4 cloves garlic (finely sliced or grated)

Big handful of chopped basil leaves

2 x mozzarella balls

Pinch sea salt + pepper

Sprinkle of chilli flakes optional

Generous glug balsamic vinegar

1 250g pack merchant gourmet pre-cooked quinoa or homemade equivalent to sprinkle on top

Parmesan optional

Method

Pre-heat the oven to 180°

Slice the aubergine + courgette into circles and heat both sides on a griddle pan with a little olive oil until lightly brown. Put to one side

In a pan on medium heat add the chopped garlic with a glug of balsamic, 2 tbsp red pesto & chopped basil

Pour in the passata + rinsed chickpeas plus pinch of sea salt & pepper and simmer away for 10 mins

Remove from the heat and in a large oven-proof dish layer your aubergine + courgette circle slices and between each layer pour in a layer of the tomato sauce mix with a layer of torn mozzarella

For the top layer sprinkle with quinoa and the remaining mozzarella - it crisps up beautifully and creates the nicest texture along with the stringy mozzarella 🍷

Bake in the oven for 30 mins until golden and crispy on top

Enjoy with a big leafy avocado salad

Cajun Cod Traybake – serves 2

2 cod fillets
1 large sweet pot or a couple of small ones
1 red onion
1 Romano pepper
1 courgette
Handful vine tomatoes
Half lemon
3 garlic cloves roughly chopped
1 tbsp Cajun spice

Method

Pre-heat oven on 190° & chop veg
Add chopped veg to roasting tray, drizzle with 1 tbsp olive oil & 1 tbsp Cajun spice (more if you want more intense flavour), pinch sea salt + pepper
Pop in the oven for 35mins
In the meantime season cod with Cajun spice, squeeze of lemon & add a slice on each fillet & add to traybake 20 mins into cooking time. You'll know the cod is cooked when it starts to flake
Serve & enjoy only having to wash up one tray!

Lemongrass Chicken - Serves 4

8 chicken thigh fillets / breasts
Lime wedges
2 spring onions to finish
Marinade
2 tablespoons soy sauce
2 tablespoons fish sauce
2 tablespoons sesame oil
1 tablespoons maple syrup
Juice 1 lime
3 spring onions - finely chopped
2 cloves garlic - finely chopped
1 chilli - sliced
1 - 2 blades lemongrass - tough outer leaves removed and finely chopped

Method

1. Preheat the oven to 210 degrees C (conventional) 190 degrees C (fan)
2. Mix the marinade ingredients together and add the chicken - cover & leave for 30 mins.
 1. Add the chicken along with the marinade to a large roasting pan.
 2. Season and cook in the oven for 25-30 minutes.
 3. Serve with jasmine rice and don't forget to spoon over the juices

Miso Glazed Chicken - Serves 6

Marinade
1/2 tablespoons miso paste
2 tablespoons sesame oil
2 tablespoons mirin
1 tablespoons soy sauce
3/4 teaspoons maple syrup
2 cloves garlic - crushed
1 teaspoon grated ginger
6 chicken breasts
1 Chilli - finely sliced
3 spring onions - finely sliced

Method

1. Preheat the oven to 200 degrees c (conventional)
2. Mix together the marinade and coat the chicken thoroughly.
 1. Leave to marinate for at least 30 minutes.

2. Place in a roasting tin, season and loosely cover with parchment paper or foil.
3. Cook in the oven for 25-30 minutes removing the parchment/foil for the last 20 minutes. Sprinkle with chilli and sesame and serve with lime wedges.

Sweet Potato Curry - serves 4

- 1 tbsp [coconut oil](#)
- 1 [onion](#), chopped – avoid for first 14 days
- 2 [garlic cloves](#), grated – avoid for first 14 days
- thumb-sized piece [ginger](#), grated
- 3 tbsp Thai red curry paste (check label to make sure vegan)
- 1 tbsp [nut](#) butter
- 500g [sweet potato](#), peeled and cut into chunks
- 400ml [coconut milk](#) - from carton
- 200g bag [spinach](#)
- 1 [lime](#), juiced

Optional: brown rice to serve or serve with a portion of chicken or prawns

Method

Melt 1 tbsp coconut oil in [saucepan](#) over medium heat & soften 1 chopped onion for 5 mins
Add 2 grated garlic cloves, grated ginger & cook for 1 min
Stir in 3 tbsp Thai red curry paste, 1 tbsp smooth peanut butter & 500g sweet potato
Add 400ml coconut milk & 200ml water
Bring to the boil, turn down the heat and simmer, uncovered, for 25-30 mins or until the sweet potato is soft
Stir through 200g spinach and the juice of 1 lime & season well
Optional: Serve with cooked rice

Chicken & Leek Casserole - serves 2

- 2 large chicken breasts - diced
- 2 cloves garlic - crushed
- 1 tbsp olive oil
- 1 large onion - finely chopped
- 1 large leek - sliced
- 1 pint stock - ideally homemade
- 1 large handful fresh parsley - chopped - optional to serve
- Salt & pepper to taste
- Brown or white basmati rice

Method

Put the oil in a deep overproof pan, add the garlic & chopped onions - soften
Add the diced chicken and cook until brown
Cover with the stock - stir & cook for 10 mins
Add the leek & mushrooms
Cover with a lid & pop in the oven for a further 45 mins - until the chicken is tender
Add salt & pepper to taste
Serve with rice & parsley

Asian Cod/Salmon Parcel - serves 4

- 4 cod loins/salmon approx. 200g each
- 275g fresh ~~wholemeal~~ rice noodles (if using dried, soak first)
- 200g baby pak choi
- 200g sugar snap peas
- 200g tenderstem broccoli spears
- 2 tsp sesame seeds
- To serve: spring onions & coriander

FOR THE MARINADE - you can make double and keep in the fridge for next time

- 5 tbsp soy sauce
- 2 tsp honey
- 1 tsp sesame oil
- 1 tbsp mirin

1 red chilli, diced
2 garlic cloves, crushed - – avoid for first 14 days
2 tsp ginger, grated

Method

Mix together all marinade ingredients in large bowl & add cod loins
Leave for 20 minutes (if you can or longer if you like)
Layout a large sheet of foil (30cm square) and top with a sheet of baking parchment
Divide the noodles into 4 piles
Top each pile with vegetables & then the cod
Drizzle over the marinade juices, sprinkle over the sesame seeds & seal your parcel
Roast at 200 degrees (180 fan) for 15 minutes
Open up your parcel & serve finishing with spring onions & coriander

Snacks

Beetroot Houmous

1 can of chickpeas - half drained
2 medium cooked beetroot bulbs - optional
1 large garlic clove
1 tbsp lemon juice
3 tbsp tahini
3 tbsp olive oil
Salt & pepper

Method

Combine together in a blender
Serve with oat cakes

Protein Balls

1 handful almonds
1 tbs protein powder
1 tabs cacao nibs
6-7 medjool dates
1 tbsp coconut oil

Method

Blend all ingredients together, roll into balls & refrigerate (keep refrigerated for a slightly chewier texture)

Apple & Nut Butter

1 x apple
1 tbspn nut butter
Spread nut butter onto slices of apple

Edamame Beans

These are a great snack and can be bought frozen in bags
Once defrosted, warm them up and lightly sprinkle with sea salt and/or chilli flakes

Roasted Chickpeas

1 tin cooked chickpeas, drained & rinsed
Extra-virgin olive oil, for drizzling
Sea salt
Optional: paprika, curry powder or other spices

Method

Preheat the oven to 425°F & line a large baking sheet with parchment paper
Spread the chickpeas on a kitchen towel and pat them dry - remove any loose skins
Transfer the dried chickpeas to the baking sheet and toss them with a drizzle of olive oil and generous pinches of salt

Roast the chickpeas for 20 to 30 minutes, or until golden brown and crisp
Remove from the oven and, while the chickpeas are still warm, toss with pinches of your favourite spices
Store roasted chickpeas in a loosely-covered container at room temperature - best eaten within 2 days

Quick Dressings - always make double & store in a jam jar

Tahini Dressing

1 tbsp peanut butter/nut butter
Big squeeze lime or lemon
2 tsp tahini
2 tsp toasted sesame oil
Pinch ground ginger
1 tsp maple syrup
1 tsp soy sauce
1 tbsp water to loosen consistency

Mustard Dressing

3 parts Extra Virgin Olive Oil - 1 part apple cider vinegar
Whisk together & add big dollop of Dijon mustard

Tahini Dressing

3 parts Extra Virgin Olive Oil - 1 part apple cider vinegar
Whisk together & add big dollop of Tahini

Asian Dressing - delicious on fish or chicken

2 parts Sesame Oil - 2 parts soy sauce
Big squeeze lime juice
1 tbsp. honey
1 tspn grated ginger
Chilli flakes optional