

Menu 1

All meals can be frozen. The meals are designed to use similar ingredients this helps to save time preparing each day.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast ideas						
Porridge, fruit & peanut butter Cereal & fruit Eggs on toast Eggs & spinach on toast Yogurt, fruit and nuts. Peanut butter on toast, piece of fruit, glass of milk						
Lunch						
*Leek & potato soup with cheese, chopped nuts & bread	Leek & potato soup With cheese, chopped nuts & bread	Leftovers	Leftovers	Salmon, salad with bread or pasta	Leftovers	Poached egg & on toast.
Evening meal						
*Chicken veg & potatoes-extra mash for Tuesday	*Veg and lentil pasta bake.	*fish pie, with veggies. Put potatoes in the oven for Friday	'Pizza' and salad	*Chicken, chickpea, potato & coconut curry	*Fish goujons, potato wedges, broccoli, peas and carrots.	Chilli & rice
Pudding ideas						
Fruit crumble Fruit & yogurt Ice -cream & fruit			Fruit sponge & custard Rice pudding Cake			
Supper ideas						
Cereal, toast with a glass of milk, milkshake, hot cocoa, cheese & crackers.						
Snack ideas						
Flapjacks, crisps, rice krispie cakes, fruit, veg sticks, cheese and crackers, nuts, yogurts, hummus, popcorn.						

*recipes available

Recipes

Leek & Potato Soup

6-8 portions

Ingredients

- 500g leeks-finely sliced and rinsed
- 750g potatoes-cubed-rinse if very starchy
- 1 onion finely chopped
- 2 carrots -grated
- 2 litres veg stock
- 200mls milk
- Salt & pepper
- Bunch chopped parsley-or tsp dried
- ½ tsp of paprika
- 40mls olive or vegetable oil.

Sauté the onions, leeks, potatoes and grated carrots until soft. Add spices and stock, simmer until cooked. Add milk, parsley, season with pepper and add salt if needed. Blend and add more milk or stock if too thick. Serve each bowl topped with a tablespoon of grated cheese and handful of chopped nuts.

Chicken Dinner

Serves 5-remaining chicken will be used in the chicken curry.

- The potatoes for the Cottage pie will be made today and refrigerated until needed.
- 1 large chicken ~2kg
- 1800g potatoes
- Your chosen vegetables. I usually aim to provide 3 portions (80g per portion) of veg per meal. If you do have leftovers you can add to other meals or blend into a soup or sauce.
- I'm using 6 carrots, bunch of sprouting broccoli (in season), bunch of spring greens and a cauliflower.
- 1 heaped tsp of gravy thickener or flour for the gravy.
- Stuffing if using.

Pre- heat oven 170C or Gas5. Season chicken, drizzle with oil if preferred and roast uncovered for 20minutes per kg plus an extra 20 minutes. Chicken is ready when the juices run clear.

Cook stuffing as per pack.

While, chicken is in the oven peel or wash the potatoes, chop and steam until soft. Season with pepper, add a 15g butter or oil, 50mls of milk and mash, taste and season, add extra butter/oil/milk if needed. **(Refrigerate just over ½ for the cottage pie on Tuesday)**

Divide the cauliflower into florets and place in a baking dish, coat with 15mls olive oil and season. Roasting the oven for 15 minutes while the chicken is resting. Steam the carrots for 5 minutes then add the broccoli, you can steam the greens or stir-fry in 1tsp olive oil.

To make the gravy, pour the chicken juices into a pan and add the flour, stir briskly, swop to a whisk and add around 500mls of the vegetable water, keep whisking until mixed then simmer. Season and serve.

Wrap and chill leftovers as soon as possible. If you have time remove all chicken flesh and wrap.

TIP freeze the chicken carcass and when you have a 3-4 you can make a chicken stock.

This document remains the property of Christine Kenny Nutrition & Fitness Ltd. This document is copyright & must not be shared or reproduced in any way without express permission. Please see www.ckennynutrition.co.uk for terms and conditions. It is important to note that weight loss/gain or nutrient optimisation are also dependent on other factors, the information presented in this document alone cannot guarantee results and does not replace medical advice you may have received. Contact 0161 941 6455/0777 217 9587 email: enquiries@ckennynutrition.co.uk

TIP You can make the tomato sauce for veg & lentil pasta, chili and the pizzas while making the chicken dinner or soup.

Veg sauce

- 2X400g tinned tomatoes
- 1 onion chopped
- 2 courgettes chopped
- 2 carrots grated
- 1 red pepper chopped
- 250g mushrooms
- 2 cloves garlic crushed
- 1 chilli-optional
- 1 tsp oregano
- 1 tsp paprika
- 20mls oil

Sauté all ingredients in the oil except tomatoes. Add 1tsp paprika and 1 tsp oregano, pepper, if you have any you can add 1 tablespoon balsamic vinegar. Simmer in the vegetable juices for 5 minutes, then add the tomatoes, fill the tins with water and add to the sauce. Stir well, bring to the boil and bubble for 5 minutes then simmer for around 20 minutes. If you prefer a smooth sauce blitz to desired consistency. Add 1 tsp of sugar if needed.

Set aside 300mls for pizzas the remaining will be used in the pasta bake & chilli.

Peach crumble

Serves 5

- 2 tins peach halves
- 100g crème fraise
- 5 tsp sugar or honey
- 50g nuts
- 150g oats
- ½ tsp cinnamon-optional

Place peaches in a baking tray.

Divide the crème fraise between the peaches.

Mix the remaining ingredients together and sprinkle over.

Grill or cook in a warm oven until oats are browned -15 minutes.

Lentil & pasta bake

- 400g pasta-5 portions and 2 leftovers
- ½ Veg sauce
- 4 cubes frozen spinach
- 200g red lentils-rinsed and cooked as per pack
- 100g creme fraise
- 50g grated cheese

Cook the pasta in boiling water for 10 minutes and drain. Then combine all ingredients together (except cheese) place in a baking dish and top with the grated cheese. Either heat in the oven for 10 minutes or very gently on the hob, if cooking on the hob do not add cheese instead add when warmed through and finish off under the grill to melt. Try serving with extra veg such as frozen broccoli and peas.

Cottage Pie with veggies

- 500g minced beef
- 1 chopped onion
- 2 cloves garlic -chopped
- 2 carrots grated
- 2 courgettes grated
- 200g mushrooms-chopped
- 2 tin cannellini
- 1 heaped tsp of plain flour
- 500mls veg or beef stock
- 1 tsp oregano
- Salt and pepper
- Mash from Sunday
- 40g grated cheddar
- 15mls oil

Preheat the oven Gas7/180C

Rub 4 medium potatoes with oil and place in the middle of the oven for wedges on Friday.

Sauté the onions, carrots and garlic until soft, add the mushrooms and courgette and cook for 3 minutes then add the spices and flour, stir well and add the stock. Bring to a slight boil and allow to bubble for 3 minutes. Pour into a baking dish and season with salt and pepper. Fry the mince in the saucepan, without adding any extra oil, when brown add to the mixture. Stir though and remove 1/2 of the mixture, (cool and refrigerate for the chili on Saturday) mix in the beans and mash lightly then top with the mashed potatoes, top with the cheese and put in the oven for 20 minutes.

Steam your veggies and serve

'Pizzas'

- 1 -2 wraps per person
- 1 courgette-sliced
- 1 small onion-quartered and sliced
- 1 pepper -cubed
- 1 tomato chopped
- 2 eggs per adult
- 1 per child-dependent on appetite
- 30-40g cheese per person
- 300mls veg sauce-any remaining can be added to the chilli on Saturday.
- Olive oil and oregano

Preheat over to 170C or Gas 6.

You can use any toppings you prefer I have chosen eggs and vegetables.

Place wraps on a baking tray. Spread the sauce on the wrap and place veggies around the outside.

Carefully crack the egg or eggs into the middle. Top with cheese, a sprinkle of oregano and drizzle of oil and bake until eggs are set. (around 10 minutes)

Serve with salad veggies- lettuce, cucumber, grated carrots, tomatoes etc...

Chicken curry

- Chicken left from Sunday
- 250g mushrooms-sliced
- 1 onion-chopped
- 2 cloves garlic -chopped
- 1 chilli-chopped
- 1 red pepper-sliced
- 400g tin chickpeas
- 2 large sweet potatoes- peeled and chopped
- 2 tsp curry powder
- 1 tin coconut milk
- Juice of a ½ lemon
- 20mls oil

Sauté, chilli, garlic, potatoes and onions until softened (8-10 minutes), then add the curry powder, red pepper and mushrooms, cook for another 5 minutes before adding remaining ingredients. (except lemon juice).

Simmer until potatoes are soft and chicken is heated through. Finely add the lemon juice, season with pepper, add salt if needed and serve. If particularly hungry serve with rice or naan bread etc..

Fish goujons, potato wedges, broccoli, peas and carrots.

- 3 fish fillets
- 100g plain flour
- Salt & pepper
- Pinch paprika
- Juice ½ lemon
- 1 egg beaten
- Baked potatoes from Tuesday
- Veggies

Cut the potatoes into wedges, drizzle with olive oil and pepper. Bake in a hot oven for 10 minutes or until crisp.

Take 3 small bowls,

Bowls 1 & 3 – place ½ the flour in each bowl and season with paprika, pinch salt & pepper

Bowl 2 – beaten egg-seasoned as above and add lemon juice.

Slice the fish into strips, 1 cm thick.

Heat oil in a shallow frying pan about 2 cm deep.

Add the fish to bowl 1, cover each strip in flour and shake off excess, dip in the egg and then into bowl 3, shake of the excess and add to the frying pan.

Do not overcrowd your pan the strips will take around 3-5 minutes to cook, drain off excess fat on kitchen roll.

Serve with peas and steamed veggies.

Chilli & rice

- Veg sauce
- Mince from cottage pie
- 2 tins kidney beans
- 1 chilli
- 1 chopped pepper
- 10 mls oil
- 300g dry rice

Bring the rice to the boil in 700mls water, simmer with the lid on until cooked or as per pack instructions.

Heat the oil and sauté the chilli and pepper when soft add all ingredients and heat through.

Serve with some grated cheese and spoon of natural yogurt.