

Shopping & Ingredients List:

100g **Rolled Oats***
400ml **Almond Milk**
2 **Apple**, chopped
1 tsp **Coconut Oil**
1 tsp **Cinnamon**
2 tbsp **Clear Honey**

**gluten free if necessary*

**Method**

1. Add all the ingredients to the slow cooker. Cook on LOW for 8 hours/overnight.
2. Stir well before serving.

Macro info per serving

Protein
5g

Carbs
26g

Fat
6g

Energy
178Kcal

Shopping & Ingredients List:

1500g **Watermelon**, cubed
400g **Strawberries**, quartered
½ **Lemon**, juice only
225g **Fat Reduced Halloumi**, thickly sliced
80ml **Olive Oil**
50g **Watercress, Rocket & Spinach Salad**, chopped
2 tbsp **Fresh Mint**, chopped
pinch of **Salt**
1 tsp **Ground Pepper**

**Method**

1. Use 1-2 tsp of the 80ml Olive Oil in a griddle on a medium-high heat. Add the halloumi slices & cook 4-5 minutes on each side. Allow to cool a little then dice the halloumi.
2. Add all the ingredients to a large salad bowl & mix together well. Serve immediately.
3. Will store in the fridge for 1 day. Suitable for packed lunches. You can also half the portion size & serve as a side salad.

Macro info per serving**Protein**
16.5g**Carbs**
37.7g**Fat**
28.7g**Energy**
476Kcal

Shopping & Ingredients List:

4 Lean **Pork Loin**, all fat trimmed
3 **Pears**, peeled & sliced
2 medium **Onions**, thinly sliced
2 tsp **Dijon Mustard**
2 tsp **Dried Thyme**
500ml **Cider**
1 tsp **Cornflour**
Salt & Pepper to season



Method

1. Set the slow cooker to Low. Add the onions, pears & pork. Next add all the seasoning & the cider. Cover & cook for 7 hours.
2. Add a little of the cooking stock to the cornflour & mix well. Add back to the slow cooker. Gently stir, cover & cook on low for a further hour.

Macro info per serving

Protein
22g

Carbs
26.5g

Fat
3.5g

Energy
225Kcal

Shopping & Ingredients List:

140g **Plain Flour**
2 **Eggs**
175ml **Skimmed Milk**
1-2 **tbsp Fresh Parsley**, chopped
1 **tbsp Olive Oil**
8 **Chicken Sausages**
pinch of **Dry Mustard**
pinch of **Salt**



Method

1. Preheat the oven to 220c (200 fan), 425f, gas mark 7.
2. Add the sausages to a deep oven proof dish. Prick the sausages all over. Add the oil & roast in the oven for 15 minutes.
3. Meanwhile add the flour & salt to a bowl. Mix together. Make a well in the centre of the flour & add the eggs. Whisk. Gradually add the milk, whisking continually & keeping whisking until the batter is smooth. Add the basil, mustard & 1 tbsp of cold water. Whisk again.
4. Pour the batter into the dish over the sausages. Cook for 20-25 minutes until risen & cooked through. Serve immediately.

Macro info per serving

Protein

41.5g

Carbs

34g

Fat

15.25g

Energy

439Kcal

Shopping & Ingredients List:

2 x 20g slices of **Tofu**
1 **Bagel**, halved
1 **Vegan Cheese Slice**
Marinade
2 tbsp **Maple Syrup**
2 tbsp **Light Soy Sauce**
2 tbsp **Dark Soy Sauce**
1 tbsp **Light Brown Sugar**
1 tbsp **Garlic Granules**
1 tbsp **Blackbean Sauce**
½ tsp **Liquid Smoke***
**available from Amazon*

**Method**

1. Make the marinade by whisking together all the marinade ingredients.
2. Place the tofu slices on a plate & microwave for 30 seconds. This helps to dry out the tofu. If it still seems too wet, microwave for another 30 seconds. The drier the tofu the more it will absorb the marinade.
3. Put the tofu in a bowl, or container, & pour the marinade over. Leave at room temperature for 30 minutes. Or marinate overnight in the fridge.
4. Use a good quality large non-stick pan on a medium heat & toast the cut sides of the bagel for 5 minutes. At the same time in the same pan, fry the tofu, brushing with the marinade & turning regularly.
5. Build the McBreakfast by layering the tofu & vegan cheese in the bagel. For a soft bagel & melted 'cheese' microwave for 30 seconds.
6. Serve immediately.

Macro info per serving**Protein**
14g**Carbs**
82g**Fat**
5g**Energy**
429Kcal

Shopping & Ingredients List:

50g **Plain Flour**
125g **Rolled Oats**
½ tsp **Baking Powder**
100g **Sugar**
100g **Butter**, softened
1 **Egg Yolk**
36 **Smarties**, or M&Ms



Method

1. Preheat the oven to 180c (160 fan), 350f, gas mark 4. Grease & line 2 baking sheets.
2. In a large bowl mix together all the ingredients except the smarties (or M&Ms) until it forms a sticky dough. Using a tbsp measure make 18 dough balls.
3. Place them on the baking trays, set apart as they spread during cooking, & lightly flatten the balls into mini cookies. Press 2 smarties, or M&Ms, into each cookie. Bake for 15 minutes.
4. Remove from oven. Set aside to cool & harden. Store in an airtight container up to 3-4 days. Can also be wrapped & frozen. Defrost overnight in the fridge.

Macro info per serving

Protein
1.5g

Carbs
14g

Fat
5.7g

Energy
114Kcal

Shopping & Ingredients List:

250g **White Potato**, peeled & cut into small wedges

1 **Egg White**

1 tbsp dried **Smoked Paprika**

1 tsp **Dry Mustard Powder**

1 tbsp **Olive Oil**

Salt



Method

1. Preheat oven to 200c (180 fan), 400f, Gas Mark 6. Generously grease baking tray with the olive oil.
2. Parboil the potato wedges for 5 minutes in small saucepan of salted boiling water. Drain & rinse in cold water.
3. Meanwhile whisk egg white and add smoked paprika & mustard powder.
4. Coat potato wedges with seasoned egg white and spread across the baking tray.
5. Cook for 15 minutes. Turn all the wedges & cook for a further 15 minutes. Season with salt & serve immediately.

Macro info per serving

Protein

4.5g

Carbs

30g

Fat

7g

Energy

201Kcal

Shopping & Ingredients List:

500g **Beetroot**, peeled & cut into 3cm cubes
2 tbsp **Olive Oil**
1 **Onion**, finely chopped
2 **Garlic Cloves**, crushed
300g **Risotto Rice**
800ml **Vegetable Stock**, hot
15g **Dill**, roughly chopped
80g **Soft Goat's Cheese**



Method

1. Heat the oven to 200c (180 fan), 400f, gas mark 6.
2. Put the beetroot in a roasting tray & toss with 1 tbsp of the oil. Roast for 40 minutes or until tender. Cool, then blend to a purée.
3. Heat the remaining oil in a heavy pan over a medium-high heat. Fry the onion for 6-7 minutes until softening. Add the garlic & fry for a minute. Add rice & cook while stirring for one minute.
4. Add vegetable stock one ladle at a time, stirring constantly & waiting until absorbed until adding the next ladle.
5. Add the beetroot purée, the dill, season & stir. Cook for another minute, then add the goat's cheese & stir for 1-2 minutes more before serving

Macro info per serving

Protein

16.1g

Carbs

65.6g

Fat

12.3g

Energy

438Kcal

Shopping & Ingredients List:

40g **Almond Flour**
2 tbsp **Lemon Rind**, finely grated
15g **Parmesan**, finely grated
4 x 200g boneless **Chicken Breasts**
50g **Light Boursin**
2 rashers of **Smoked Bacon**, chopped
2 tsp **Olive Oil**



Method

1. Preheat oven to 220c (200 fan), 450f, gas mark 7.
2. Mix almond flour, lemon rind & parmesan together.
3. Brush non-stick oven dish with olive oil. Add chicken breasts. Spread top of each breast with the soft cheese. Sprinkle over the 'breadcrumbs'. Scatter bacon pieces in the dish. Bake for 25 mins.

Macro info per serving

Protein

46.2g

Carbs

3g

Fat

13g

Energy

314Kcal

Shopping & Ingredients List:

2 **Avocados**, flesh only
690ml **Vegetable Stock***
100g **Green Peppers**, chopped
20g **Frozen Peas**
1 **Onion**, chopped
2 tbsp **Lime Juice**
Salt & Pepper to season
**use gluten-free if required*



Method

1. Blend all the ingredients together until smooth & then heat through. Serve immediately.

Macro info per serving

Protein
3g

Carbs
12.5g

Fat
12g

Energy
155Kcal

Shopping & Ingredients List:

75g **Butter** + 1 tbsp for greasing
75ml **Clear Honey**
100g **Ready-to-Eat Dried Apricots**, chopped
50g **Ready-to-Eat Dried Mango**, chopped
½ tsp **Ground Cinnamon**
50g **Raisins**
4 tbsp **Mixed Seeds**
50g **Pecan Nuts**, chopped
150g **Porridge Oats***
**use gluten-free if required*

**Method**

1. Grease a shallow 20cm (8 inch) square tin. Preheat the oven to 190c (170 fan), 375f, gas mark 5.
2. Place the butter & honey in a large saucepan & bring gently to the boil, stirring continuously until the mixture bubbles. Add the cinnamon, fruit, seeds & nuts. Stir for one minute.
3. Remove from the heat & add in the oats. Stir well. Transfer the mix to the baking tray & press down well.
4. Bake for 15 minutes until it is just beginning to brown. Leave to cool in the tin & then cut into 9 squares. Store in an airtight tin for up to 2 days.
5. Can also wrap each square in foil, freeze & defrost overnight for the following day's breakfast.

Macro info per serving

Protein

4.6g

Carbs

36.2g

Fat

17g

Energy

372Kcal