

# Welcome to the UPDATE 2-week meal plan!

This sample meal plan has been designed by nutritionists and contains 7 breakfast, 7 lunch, 7 dinner and 7 snack options, each repeated twice to save time on preparation and reduce waste.

Batch cooking and freezing additional portions is a great way to help minimise UPF in your diet, particularly when you are busy.

All the recipes can be entirely UPF-free and examples of less processed options are included (e.g. Jason's sourdough if bread is listed). We have included recipes and a shopping list to help too! Sources for recipes are available at the end of the document

The plan has been designed to provide 2000kcal/day (the average requirement for an adult female) and to meet the recommended daily amounts of carbohydrate, protein and fat as listed in the Eatwell Guide. If you are aiming to lose weight, the portion sizes may need to be made smaller to decrease the number of calories you are consuming.

Please speak to a member of the UPDATE team if you have any questions.

If you would like to create your own meal plan, templates are available at <https://findmempf.com/meal-plans/>.

We hope that you find it useful!

# UPDATE meal plan

Day	Breakfast	Snack	Lunch	Supper
1	Breakfast bowl	Banana	Black bean wrap	Goats cheese and pea frittata
2	Breakfast bowl	Houmous and veggie sticks	Spicy lentil and carrot soup	Baked salmon with rice
3	Courgette and sweetcorn fritters	Mixed nuts	Spicy lentil and carrot soup	Creamy kale pasta
4	Courgette and sweetcorn fritters	Popcorn	Creamy kale pasta	Mexican chicken wraps
5	Raspberry oat pots	Banana	Mexican chicken wraps	Roasted cauliflower and naan
6	Raspberry oat pots	Houmous and seed cracker	Butternut squash and lentil soup	Roasted cauliflower and naan
7	Shakshuka	Popcorn	Butternut squash and lentil soup	Baked salmon with rice
8	Herby pea pancake with soft boiled egg	Almond and cacao energy balls	Roasted veg quinoa with tofu	Goats cheese and pea frittata
9	Smashed peas on toast	Mixed nuts	Roasted veg quinoa with tofu	Creamy courgette bean-otto
10	Smashed peas on toast	Cheese and seed cracker	Butternut squash and lentil soup	Creamy courgette bean-otto
11	Scrambled tofu	Almond and cacao energy balls	Miso butter beans	Beetroot, chickpea and coconut curry with naan
12	Scrambled tofu	Houmous and veggie sticks	Miso butter beans	Beetroot, chickpea and coconut curry with naan
13	Herby pea pancake with soft boiled egg	Cheese and seed cracker	Black bean avocado toast	Jewelled pearl barley with squash, pomegranate and feta
14	Shakshuka	Houmous and seed cracker	Black bean avocado toast	Jewelled pearl barley with squash, pomegranate and feta

# Shopping list

## Cupboard/fridge staples

- Dried herbs and spices
  - Paprika
  - Turmeric
  - Ground coriander
  - Ground ginger
  - Garlic powder
- Grains etc
  - Quinoa
  - Pearl barley
- Other ingredients
  - Almond butter
  - Baking powder
  - Balsamic vinegar
  - Brown sugar
  - Cacao powder
  - Caster sugar
  - Chia seeds
  - Chopped tomatoes
- Fridge and freezer
  - Butter
  - Dijon mustard
  - Dried red lentils
  - Fast-acting yeast
  - Frozen blueberries
  - Frozen peas
  - Chilli flakes
  - Cinnamon
  - Dried oregano
  - Cumin seeds
  - Ras el hanout
  - Rice
  - Wholemeal pasta
  - Coconut oil
  - Olive oil
  - Plain flour
  - Popping corn
  - Strong white bread flour
  - Flaked almonds
  - Light coconut milk
  - Oats
  - Frozen raspberries
  - Lemon juice
  - Miso paste
  - Tahini
  - Tomato puree

## Things you may need to buy

- **Fruit and vegetables**
  - Apple
  - Avocado
  - Banana
  - Beetroot
  - Berries, fresh or frozen (use whichever you like, but some of these recipes use mixed berries, raspberries and blueberries)
  - Broccoli
  - Butternut squash
  - Carrot
  - Cauliflower
  - Courgette
  - Cucumber
  - Dates
  - Fresh herbs (use whichever you like, but some of these recipes contain mint, coriander, parsley, and basil)
  - Frozen sweetcorn
  - Garlic
  - Green beans (fresh or frozen)
  - Kale
  - Lemon
  - Lime
  - Onion
  - Orange
  - Parsnip
  - Pomegranate seeds
  - Red onion
  - Red pepper
  - Salad leaves
  - Spinach (fresh or frozen)
  - Spring onion
  - Sweet potato
  - Tomatoes
  - Watercress

- **Proteins and fats**
  - Almonds
  - Black beans (tinned)
  - Butter beans (tinned)
  - Cannellini beans (tinned)
  - Cashews
  - Chicken breast (fresh or frozen)
  - Chickpeas (tinned)
  - Cottage cheese
  - Eggs
  - [Fat free Greek yogurt](#)
  - Feta
  - Goat's cheese
  - Green lentils (tinned)
  - Kefir
  - Low fat cheddar cheese
  - [Natural yogurt](#)
  - Parmesan
  - Salmon (fresh or frozen)
  - Seeds (use whichever you like, but some of these recipes use flax/linseed, pumpkin, sunflower, and sesame. Buying a mixed bag could be a good idea)
  - Semi-skimmed milk
  - Tofu (firm/extra firm)
- **Other**
  - Dark chocolate (e.g. Lindt 70%)
  - [Sourdough bread](#)
  - Wraps

# Recipes

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## Breakfast bowl

### Ingredients (1 serving)

- 40g porridge oats
- 200ml semi-skimmed milk
- ½ tsp cinnamon
- 10 cashew nuts
- 1 tsp pumpkin seeds
- 2 tsp sunflower seeds

### Method

- Combine in a bowl
- Heat if desired

## Black bean wraps

### Ingredients

- 1 Crosta and Mollica Piadina Golden Durum wrap
- 1 tsp olive oil
- 30g onion
- 1 clove garlic
- 1 tin of black beans, drained
- 1 tsp turmeric
- ½ avocado
- 1 tsp lemon juice
- 30g grated low fat cheddar cheese
- 130g tomatoes

### Method

- Fry onion and garlic in olive oil until translucent.
- Add drained black beans and turmeric and cook until just becoming crispy.
- Smash avocado with the lemon juice and spread on wrap.
- Add black bean mix, tomato and grated cheddar.

Note: Add an apple for dessert to keep this meal plan in line with dietary guidelines

## Goats cheese and pea frittata

### Ingredients

- 1 tsp olive oil
- ½ small red onion
- 1 tsp balsamic vinegar
- 1 tsp butter
- 40g courgette, diced
- 60g peas
- 2 large eggs
- 1 tbsp milk
- 25g goats' cheese, sliced
- 100g salad leaves
- 1 medium sweet potato, cut into wedges



### Method

- Heat oil in a small frying pan and add onion. Fry gently for 5 minutes and then add balsamic vinegar.
- Cook for a further 3-4 minutes until onion is soft.
- Tip the onion onto a plate and set to one side.
- Add butter, courgette and peas to the same frying pan and cook for 2-3 minutes until they are starting to soften.
- In a mixing bowl add eggs, milk, basil and seasoning; mix well. Return the onion to the pan and add the egg mix. Stir gently and cook on a low heat for 8-10 minutes until eggs start to set slightly.
- Heat the grill. Take the frying pan off the hob, top with sliced goats' cheese and place under the grill for about 5 minutes (or until the cheese is just browning).
- Let the frittata cool, turn upside onto a plate and slice. Whilst the frittata is cooling, switch the grill to oven (180C and roast sweet potato for approx. 25 minutes).
- Serve frittata with wedges and salad.

Note: To keep this meal plan in line with dietary guidelines, enjoy with the following dessert:

- 30g Fat free Greek yoghurt
- 40g raspberries
- 25g blueberries

## Courgette and sweetcorn fritters

### Ingredients

- 1 small courgette grated (approx. 40g)
- 30g of sweetcorn
- 1 tsp baking powder
- 5 tbsp plain flour (approx. 100g)
- 2 eggs
- 1 tsp olive oil

### Method

- Mix together grated courgette, sweetcorn and 1 egg in a bowl. Sieve in flour and baking powder. Season with salt and pepper.
- Heat olive oil in a frying pan. When hot, use a tablespoon to dollop into the pan. Cook for three minutes, or until they've browned, and then flip over.
- Whilst it is cooking, poach or soft boil the second egg.
- Serve the fritters with the additional egg on top.

## Houmous and veggie sticks

### Ingredients

- 120g chickpeas (1/3 of a can) drained
- 2 tsp lemon juice
- 2 tsp tahini paste
- 1 medium carrot, peeled
- ¼ average cucumber

### Method

- Place chickpeas, tahini and lemon juice in a small food processor or blender, or mash using a fork or potato masher. Alternatively, choose a non-UPF houmous from your local store.
- Serve with carrot and cucumber sticks.



## Spicy lentil and carrot soup

### Ingredients

- 1 tsp chilli flakes
- 1 tsp cumin seeds
- ½ tbsp olive oil
- 40g red lentils
- 5 small carrots (approx. 150g)
- 250ml water
- 30ml semi skimmed milk
- 50g Yeo Valley Natural Yoghurt
- 1 slice sourdough



### Method

- Heat cumin seeds and chilli flakes in a large pan– fry for about a minute.
- Add the olive oil, lentils, carrots, water and milk.
- Bring to the boil and then simmer for approx. 15 minutes until lentils are soft.
- Blend in a food processor or using a stick blender and season with salt and pepper.
- Serve with natural yoghurt and sourdough.

Note: To keep this meal plan in line with dietary guidelines, enjoy an orange.

## Baked salmon with rice

### Ingredients

- 120g salmon fillet
- 2 tsp olive oil
- 1 tsp lemon juice
- Medium portion of broccoli (approx. 85g)
- Medium portion of green beans (approx. 60g)
- 55g brown basmati rice (approx. 160g cooked weight)

### Method

- Heat oven to 180C.
- Place salmon fillet on a baking tray and drizzle with olive oil and lemon juice.
- Bake in oven for approx. 20 minutes until salmon is pink and starting to flake.
- Cook rice according to pack in instructions and steam broccoli and green beans.

Note: To keep this meal plan in line with dietary guidelines, enjoy with the following dessert:

- 30g natural yoghurt
- Handful of blueberries
- 1 tsp sunflower seeds
- 20g 70% dark Lindt chocolate (2 squares)

## Shakshuka

### Ingredients

- ½ tbsp olive oil
- ½ small onion, chopped
- ½ red pepper, chopped
- 2 cups spinach (approx. 40g)
- 1 tsp ground cumin
- 1 tsp paprika
- 1 tsp chilli flakes (optional)
- ½ tin chopped tomatoes
- 1 tbsp tomato puree
- 15g basil
- 1 tsp brown sugar
- 2 eggs
- 35g feta
- 1 slice sourdough (e.g. Jason's)



### Method

- Heat oil in a pan over a medium heat. Fry onion until lightly browned.
- Stir in red pepper, spinach, cumin, paprika and chilli (if using). Season and then cook gently for a few minutes.
- Add the tinned tomatoes and tomato puree and cook for a further 15 minutes, stirring occasionally.
- Add basil and, if using, the sugar.
- Crack eggs into centre of pan and cover with lid. Cook gently until eggs are set. Serve with feta crumbled over the top.

## Roasted Mediterranean vegetable quinoa with tofu

### Ingredients

- ½ courgette, chopped
- ½ red pepper, chopped
- ½ red onion, chopped
- ½ carrot, chopped
- ½ parsnip, chopped
- 1 clove garlic, crushed
- 1 tsp olive oil
- 100g quinoa
- 75g kale
- 100g tofu
- ½ tsp Dijon mustard
- ½ tsp tahini
- ½ tbsp lemon juice
- 1 tbsp parsley
- 1 tbsp oregano



### Method

- Heat oven to 190C.
- Mix courgette, pepper, red onion, carrots, parsnip, garlic and olive oil in a bowl and season.
- Tip mixture onto a baking dish and cook for 30 minutes or until starting to brown.
- Meanwhile, cook quinoa according to pack instructions. Steam kale.
- Drain tofu and pat dry with kitchen towel. Cut into 1.5cm cubes and add to roasting tray for final 5 minutes of cooking.
- When cooked, pour vegetables back into mixing bowl and add the quinoa.
- Mix Dijon mustard, tahini, lemon juice in a small bowl. Add water to reach desired consistency.
- Serve vegetables and quinoa with drizzle of dressing with sprinkle of oregano and parsley.

Note: To keep this meal plan in line with dietary guidelines, enjoy with 140g mixed berries.

# Roasted cauliflower with tahini, yoghurt and pomegranate

## Ingredients

- ½ cauliflower, chopped into small florets
- ½ tbsp olive oil
- 1 tbsp ras el hanout
- ½ tbsp turmeric
- 1 tin green lentils, drained
- 2 tbsp fat free Greek Yoghurt (e.g. Fage 0%)
- 1 tbsp tahini
- 1 tbsp pomegranate seeds
- Naan (serves 8 but dough keeps in fridge)
- 1 tbsp caster sugar
- 7g sachet fast acting yeast
- 220ml warm water
- 400g strong white bread flour
- 5-6 tbsp semi-skimmed milk
- ½ tbsp olive oil

## Method

- Make the naan bread: Combine the water, yeast and sugar in a mixing jug and leave for 15 minutes when the yeast should be frothy. Sieve the flour into a large bowl. Gradually add the activated yeast mix, followed by the milk a tablespoon at a time. Knead the dough for 5-10 minutes until soft and pliable (add more flour if very sticky). Place in a lightly oiled bowl covered with a damp cloth and leave for approx. 1 hour in a warm place (the dough should roughly double in size).
- Heat oven to 200C.
- Rub the chopped cauliflower with the oil, ras el hanout and turmeric. Tip onto a baking tray and roast in the oven for 40 minutes.
- Mix the yoghurt and tahini in a bowl.
- When the dough is risen, knock it back and divide into 8 even sized balls (any dough not being used can be placed in a resealable bag in the fridge – it keeps for a few days).
- On a lightly floured surface, roll the ball of dough until approx. 3mm thick.
- Carefully heat the oil to very hot in a frying pan. Cook the naan for a minute or two each side – it should puff up.
- Serve by making a circle of yoghurt mix on the plate, top with cauliflower, lentils and pomegranate seeds, with naan bread on the side.

Note: To keep this meal plan in line with dietary guidelines, enjoy with a banana

## Raspberry Oat Pots

### Ingredients (2 portions)

- 150g fat free Greek yoghurt (e.g. Fage 0%)
- 50g dates
- 5g chia seeds
- 10g flaked almonds
- 80g porridge oats
- 150g raspberries

### Method

- Combine and refrigerate

## Butternut squash and lentil soup

### Ingredients (1 portion)

- ½ tbsp olive oil
- ½ onion, finely chopped
- 1 clove garlic, crushed
- ½ tsp chilli powder
- 1 tbsp ras el hanout
- ¼ butternut squash, peeled and cut into 2cm pieces
- 25g red lentils
- 250ml water
- Small bunch coriander, leaves chopped
- 2 tbsp natural yoghurt (e.g. Yeo Valley Natural)



### Method

- Heat the oil in a large pan over a medium-high heat. Fry the onions until softened and just caramelised.
- Add the garlic, chilli and ras el hanout and cook for 1 minute.
- Stir in the squash and lentils, season to taste.
- Bring to the boil and then reduce heat to simmer for 25 minutes (or the squash is soft).
- Blitz in a food processor or using a stick blender. Serve with coriander leaves and yoghurt.

## Creamy kale pasta

### Ingredients (1 portion)

- 60g wholewheat pasta
- 50g kale
- 1 garlic clove
- 1 tbsp lemon juice
- 200g tinned cannellini beans (and their liquid)
- 2 tsp sesame seeds
- 2 tsp sunflower seeds
- 2 tsp pumpkin seeds

### Method

- Bring two saucepans of water to the boil. Cook pasta in one pan until al dente. Place garlic and kale in the other pan and blanch for 3 minutes.
- Drain and blend with lemon juice and 2 tbsp water.
- Pour the beans into a sieve and drain, retaining the liquid.
- Add a quarter of the beans, and their liquid, to the blender and blitz until smooth.
- When the pasta is ready, drain and add the remaining cannellini beans and blended sauce.
- Serve sprinkled with sesame, sunflower and pumpkin seeds.

Note: To keep this meal plan in line with dietary guidelines, enjoy with the following dessert:

- 120g Natural Kefir (e.g. Yeo Valley or The Collective) or natural yogurt
- 100g mixed berries (can be defrosted from frozen)
- 20g 70% dark chocolate Lindt (2 squares)

## Smashed peas on toast

### Ingredients (1 portion)

- 1 slice sourdough (e.g. Jason's Sourdough)
- 125g peas
- 2 tbsp mint
- 1 tbsp lemon juice plus zest of the lemon
- 1 tsp olive oil
- ½ tsp chilli flakes (optional)
- 2 eggs

### Method

- Cook peas and drain.
- Tip into a bowl and mash with a fork. Season and add mint, lemon zest and juice and olive oil; mix well.
- Toast the bread and poach the eggs. Pile peas onto the toast, topping with the eggs and chilli flakes (if using).

## Almond and cacao energy ball (makes 12 servings)

### Ingredients

- 200g almonds or almond flour/meal
- 16 pitted dates
- 4 tbsp cacao powder
- 2 ½ tbsp almond butter
- 2 tbsp coconut oil

### Method

- Blend almonds in food processor until nicely crushed (ignore if using almond flour).
- Add dates and coconut oil and pulse until fully mixed.
- Add almond butter and cacao and blitz again.
- Roll a tablespoon of the mixture into a ball and place on a lined baking sheet. Repeat until all the mixture is used up.
- Place baking sheet into the freezer for 1 hour, remove and store balls in an airtight container in the fridge.

## Creamy courgette bean-otto

### Ingredients

- ½ tbsp olive oil
- 1 courgette (½ grated, ½ sliced in 1cm rounds)
- 1 garlic clove
- 1 tbsp lemon juice and zest of ½ lemon
- 200g cannellini beans (and their liquid)
- ½ tbsp crème fraîche or natural yogurt
- 15g parmesan cheese
- Small bunch parsley, chopped
- Small bunch basil, chopped
- 1 slice sourdough (e.g. Jason's), cut into cubes

### Method

- Squeeze out as much liquid as possible from the grated courgette (e.g. using a tea towel, kitchen roll, or muslin cloth).
- Toast the sourdough cubes in a medium frying pan and set aside.
- Heat the olive oil in the same pan, add the sliced courgette and cook for 7-8 minutes until browned. Add the grated courgette and garlic and cook for a further 2-3 minutes.
- Grate in the zest of half the lemon, pour in the beans and their liquid and stir to combine. Reduce the heat to low and add the crème fraîche and parmesan. Stir in the parsley and basil, add the lemon juice and check for seasoning.
- Serve scattered with toasted sourdough.

Note: To keep this meal plan in line with dietary guidelines, enjoy with an apple.

# Chicken wraps

## Ingredients

- 1 wrap (eg. Crosta Mollica Durum wheat)
- 1 tsp ground cumin
- ½ tsp paprika
- ½ tsp chilli powder
- ½ tsp ground oregano
- 1 tsp garlic powder
- 1 chicken breast, cut into strips
- ½ tbsp olive oil
- ½ onion, chopped
- 1 clove garlic, crushed
- 60g tinned sweetcorn, drained
- 1 red pepper, cut into strips
- 1 tomato, sliced
- 1 tbsp natural yoghurt (e.g. Yeo Valley)

## Method

- Mix the spices together and then rub onto the chicken before setting aside.
- Heat olive oil in a casserole dish. Add the onion and cook for 5 minutes until translucent.
- Add the spice coated chicken, sweetcorn and red pepper and cook for 10 minutes (or until chicken juices run clear).
- Spread the yoghurt onto the wrap, add the chicken and tomatoes before serving.

Note: To keep this meal plan in line with dietary guidelines, enjoy with the following dessert:

- 100g mixed berries (can be from frozen)
- 120g Kefir (e.g. Yeo Valley or The Collective) or natural yogurt
- 1 tbsp sunflower seeds



# Scrambled tofu on toast

## Ingredients

- 1 tsp olive oil
- ½ onion, finely sliced
- 1 clove garlic, crushed
- ¼ tsp ground turmeric
- ½ tsp ground cumin
- ½ tsp paprika
- 140g extra firm tofu
- 50g cherry tomatoes
- Small bunch parsley, chopped

## Method

- Heat the oil in a frying pan over a medium heat and cook the onions for 8-10 minutes or until golden brown.
- Stir in the garlic, turmeric, cumin and paprika; cook for 1 minute.
- Roughly mash the tofu in a bowl using a fork, or crumble using your hands, keeping some pieces chunky. Add to the pan and fry for 3 minutes.
- Increase the heat and tip in the tomatoes. Cook for 5 more minutes. Stir in the parsley and serve

# Houmous and seeded cracker

## Ingredients

- Houmous
  - 120g chickpeas (1/2 of a can) drained
  - 2 tsp lemon juice
  - 2 tsp tahini paste
- Cracker (serves 12, can be stored in an airtight container)
  - 65g pumpkin seeds
  - 65g sunflower seeds
  - 50g chia seeds
  - 40g sesame seeds
  - 20g flax seed
  - 1 tsp garlic granules or powder
  - 175ml cold water

## Method

- Place chickpeas, tahini and lemon juice in a small food processor or blender, or mash using a fork or potato masher.
- Preheat the oven to 150C.
- Mix seeds and garlic granules with the water. Leave for 20-30 minutes in order for chia seeds to swell (if you scoop up the seeds with a spoon, they should now stick together).
- Line a shallow baking sheet with greaseproof paper. Spread the mixture in a thin layer over the whole surface, pressing it down with a spatula so it is quite compact.
- Bake in the oven for 55-65 minutes (check after 30 minutes and if browning too quickly, turn oven down).
- Transfer to a wire rack until cool.
- Carefully peel off the paper and break the crackers by hand (a knife may send everything flying!)

## Miso butter beans

### Ingredients

- 1 tsp olive oil
- ½ onion, chopped
- 1 tin butter beans
- 20g miso (e.g. Miso Tasty White Miso Paste)
- 2 tsp tahini
- ½ tsp chilli flakes
- Small bunch parsley, chopped

### Method

- Heat the oil in a small saucepan. Add the onion and cook for 5 minutes or until translucent.
- Add the butter beans to the pan (including their liquid) and simmer for 5 minutes.
- Stir in the miso, tahini and chilli flakes and cook gently until liquid has thickened. Serve sprinkled with parsley.

Note: To keep this meal plan in line with dietary guidelines, enjoy with an apple.

# Beetroot, chickpea and coconut curry with naan

## Ingredients

- ½ onion, chopped
- 300g beetroot (can be 'vac' packed), chopped into small wedges
- ½ tin chickpeas, drained
- 1 clove garlic, crushed
- 2.5cm ginger, grated
- ½ tsp ground cumin
- ½ tsp ground coriander
- ½ tsp ground ginger
- ¼ tsp ground turmeric
- ½ tin light coconut milk (e.g. Biona Coconut Milk Light)
  - Naan (serves 8 but dough keeps in fridge)
- 1 tbsp caster sugar
- 7g sachet fast acting yeast
- 220ml warm water
- 400g strong white bread flour
- 5-6 tbsp semi-skimmed milk
- ½ tbsp olive oil

## Method

- Make the naan bread (or use the leftover dough from a previous day). Combine the water, yeast and sugar in a mixing jug and leave for 15 minutes when the yeast should be frothy. Sieve the flour into a large bowl. Gradually add the activated yeast mix, followed by the milk a tablespoon at a time. Knead the dough for 5-10 minutes until soft and pliable (add more flour if very sticky). Place in a lightly oiled bowl covered with a damp cloth and leave for approx. 1 hour in a warm place (the dough should roughly double in size).
- Preheat the oven to 180C.
- Mix the onion, beetroot and chickpeas in a roasting tin with garlic, ginger, chill, spices and oil. Place in the oven and cook for 40 minutes.
- When the dough is risen, knock it back and divide into 8 even sized balls (any dough not being used can be placed in a resealable bag in the fridge – it keeps for a few days).
- On a lightly floured surface, roll the ball of dough until approx. 3mm thick.
- Carefully heat the oil to very hot in a frying pan. Cook the naan for a minute or two each side – it should puff up.

# Herby pea pancake with soft boiled egg

## Ingredients

- 60g cottage cheese
- 3 eggs
- 100g frozen peas
- 50g plain flour
- 1 lemon, zested
- 30g green herbs (e.g. mint and basil)
- 2 spring onions
- ½ tbsp olive oil
- 1 tbsp natural yoghurt

## Method

- Combine 1 of the eggs with the cottage cheese in the blender. Add most of the peas and pulse until almost smooth. Put the mixture in a bowl and stir in the flour, lemon zest, green herbs, spring onions and the remaining peas. Add a splash of water if the mixture is too thick (it should be spoonable).
- Heat the oil in a frying pan and, when hot, dollop in 2 generous spoonfuls of the mixture. Cook for 2-4 minutes each side.
- Meanwhile, soft boil 2 eggs (boil water in a pan and submerge the eggs for 5-7 minutes depending on size – remove and place immediately into a bowl of cold water before peeling).
- Serve the pancakes with the yoghurt and halved eggs on top.

# Cheese and seeded cracker

## Ingredients

- 20g low fat cheddar
  - Cracker (serves 12, can be stored in an airtight container)
- 65g pumpkin seeds
- 65g sunflower seeds
- 50g chia seeds
- 40g sesame seeds
- 20g flax seed
- 1 tsp garlic granules
- 175ml cold water

## Method

- Preheat the oven to 150C.
- Mix seeds and garlic granules with the water. Leave for 20-30 minutes in order for chia seeds to swell (if you scoop up the seeds with a spoon, they should now stick together).
- Line a shallow baking sheet with greaseproof paper. Spread the mixture in a thin layer over the whole surface, pressing it down with a spatula so it is quite compact.
- Bake in the oven for 55-65 minutes (check after 30 minutes and if browning too quickly, turn oven down).
- Transfer to a wire rack until cool.
- Carefully peel off the paper and break the crackers by hand (a knife may send everything flying!)

## Black bean avocado toast

### Ingredients

- ½ avocado, roughly chopped
- 1 lime zested and juice squeezed
- 1 tin black beans, drained
- 1 tsp pumpkin seeds
- 10g coriander
- ½ tsp chilli flakes
- 1 slice sourdough (eg Jason's)
- ½ tbsp olive oil

### Method

- Combine the avocado and lime zest and juice.
- Mash half of the black beans in a bowl and mix in the unmashed beans, coriander, pumpkin seeds and avocado.
- Toast the sourdough and drizzle with olive oil. Top with avocado mix.

Note: To keep this meal plan in line with dietary guidelines, enjoy with the following dessert:

- 140g mixed berries (can be from frozen)
- 100 Natural Kefir

## Jewelled pearl barley with squash, pomegranate, watercress and feta

### Ingredients

- 250ml water to drink
- 250g butternut squash, peeled and cut into 1cm chunks
- 1 tsp olive oil
- 80g pearl barley
- 175ml hot water
- 1 garlic clove, crushed
- Big handful of watercress, roughly chopped
- 1 tsp lime juice
- 30g feta cheese, crumbled
- 1 tbsp pomegranate seeds
- ½ tin chickpeas, drained

### Method:

- Preheat the oven to 200C.
- Tip the squash chunks into a roasting tin. Mix the pearl barley, water and crushed garlic with the squash. Cover tightly with foil and transfer to the oven to cook for 1 hour.
- Remove from the oven and stir through watercress, lime juice and olive oil.
- Top with feta, pomegranate seeds and chickpeas.

Note: To keep this meal plan in line with dietary guidelines, enjoy an apple



## Recipe sources

Goats cheese and pea frittata

<https://findmempf.com/recipes/goats-cheese-and-pea-frittata/>

Courgette and sweetcorn fritters

<https://www.wholefoodbellies.com/zucchini-and-sweet-corn-fritters-recipe/>

Spicy lentil and carrot soup

<https://findmempf.com/recipes/spicy-lentil-and-carrot-soup/>

Shakshuka

<https://findmempf.com/recipes/shakshuka/>

Roasted Mediterranean vegetable quinoa with tofu

<https://findmempf.com/recipes/roasted-mediterranean-vegetable-quinoa-with-tofu/>

Roasted cauliflower with pomegranate, tahini and naan

[https://www.bbc.co.uk/food/recipes/cauliflower\\_lentils\\_57820](https://www.bbc.co.uk/food/recipes/cauliflower_lentils_57820)

Raspberry oat pot

<https://findmempf.com/recipes/raspberry-oat-pot/>

Spiced lentil and butternut squash soup

<https://www.bbcgoodfood.com/recipes/spiced-lentil-butternut-squash-soup/>

Creamy kale pasta

The Food for Life Cookbook, Tim Spector

Smashed peas on toast

<https://www.bbcgoodfood.com/recipes/smashed-peas-on-toast>

Almond and cacao energy ball

<https://www.deliciouslyella.com/recipes/cacao-almond-energy-ball/>

Creamy courgette bean-otto

<https://boldbeanco.com/blogs/beanspo-recipes/creamy-courgette-bean-otto>

Scrambled tofu

<https://www.bbcgoodfood.com/recipes/tofu-scramble>

Houmous and seed crackers

<https://moorlandseater.com/easy-seed-crackers/>

Beetroot, chickpea and coconut curry with naan bread

The Green Roasting Tin, Rukmini Iyer

Herby pea pancakes with soft boiled egg  
The Food for Life Cookbook, Tim Spector

Cheese and seeded cracker  
<https://moorlandseater.com/easy-seed-crackers/>

Black bean avocado toast  
From: The Food for Life Cookbook, Tim Spector

Jewelled pearl barley with squash, pomegranate, watercress and feta  
The Green Roasting Tin, Rukmini Iyer