

FOOD NAME:	QUANTITY:	DESCRIPTION:	CALORIES	CARBS	PROTEIN	FAT	FIBRE
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PH Overnight oats

COOKING INSTRUCTIONS:

1. Add oats to a large mixing bowl, with the flaxseed, chia seed and a pinch of salt, add the oat milk and allow to soak most of the moisture. put into Meal prep containers ready to use
2. Then add chopped fruit together with the frozen berries and chopped dates, store in a suitable jar, will last for 4-5 day
3. Add a little honey if you need an added sweetness.
4. add a little more oat milk if the base is too thick.

Serve when wanted with a good spoon of the raw Jam.

Oat flakes, rolled	25g	2.5 tablespoon	94kcal	16.1g	2.7g	2g	2g
Oranges, flesh only	41g	1 small/medium fruit	15kcal	3.2g	0.3246g	0.0811g	0.4869g
Apples, eating, raw, flesh and skin	27.3g	1 cup, chopped	14.4kcal	3.1g	0.1638g	0.1365g	0.3276g
Waitrose Pitted Medjool Dates 165g	12.5g	0.24x Per pack	36.3kcal	8.5g	0.4132g	0.0626g	0.5009g
Bananas, flesh only	20g	1x Small	17.2kcal	4g	0.2404g	0.02g	0.2805g
Flaxseed, almonds, brazil nuts , walnuts and Q10	3.5g	1 heaped tablespoon (mi	21.9kcal	0.7083g	0.6311g	1.8g	0.6276g
Maldon Sea Salt	0.3g	1g	0kcal	0g	0g	0g	0g
Tesco Frozen Mixed Fruits 1Kg	63g	0.25 Pack	30.1kcal	6g	0.6887g	0.3757g	2.3g
Chia seeds	10g	4 tablespoon	38.3kcal	0.7814g	1.8g	3.1g	3.9g
Tesco Unsalted Mixed Nuts 200G	12.5g	0.25 Pack	79kcal	0.6261g	2.6g	7.4g	1.2g
Oat Milk, with calcium and vitamins	63g	1 cup / serving	26.8kcal	3.9g	0.6396g	0.9392g	0.5416g
<i>Meal Totals:</i>			373kcal	47g	10.2g	15.9g	12.1g



Niçoise salad

COOKING INSTRUCTIONS:Method

- STEP 1
- Add Black beans from the tin (drained) to a bowl, and mix with 1 teaspoon Smoked paprika, lemon juice, balsamic, garlic and fresh basil. salt and pepper.
- STEP 2
- Blanch the beans in boiling water salted water for 4 mins and add the samphire for 1 min if using. Refresh in cold water to stop cooking process.
- Boil the eggs for 7 minutes boiling water then shell and halve, or leave whole.
- Start building the meals, mixed salad, black beans, then the remaining salad ingredients, Arrange the eggs on top and drizzle over the remaining dressing. Finish with a tin of tuna, or fresh tuna, or even meats if you want a change.
- This is a great base for a lot of salads, removing the black beans for potatoes works perfectly.

John West Fridge Pot Tuna Steak with a Little Bri	110g	1x Per pack	138kcal	0g	31.9g	1.1g	
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FOOD NAME:	QUANTITY:	DESCRIPTION:	CALORIES	CARBS	PROTEIN	FAT	FIBRE
Eggs, chicken, whole, raw	57g	2x Average, Size 3	76kcal	0.6836g	7.1g	5.1g	0g
Mixed Salad Leaves	48g	2x Average serving	8.7kcal	0.96g	0.7032g	0.222g	0.576g
Onions, red, raw	59g	1 small onion	20.6kcal	4.4g	0.5897g	0.0826g	0.5307g
Beans, green, raw	105g	3 NHS Serving (4 tables)	25.2kcal	3.1g	2.2g	0.4198g	3.6g
Tomatoes, cherry, raw	70g	1 cup	16.3kcal	2.5g	0.7695g	0.3498g	0.9095g
Kalamata Olives, pitted and cut in 1/4	20g	8 average piece	43kcal	0.9594g	0.3598g	4.2g	0.5397g
Oil, olive	12.6g	2 tablespoon	113kcal	0g	0.0001g	12.6g	0g
Lemon juice, fresh	20g	2x Juice from 1/2 lemon	1.5kcal	0.3198g	0.06g	0.0002g	0.02g
Balsamic Vinegar	1.9g	1 teaspoon	1.3kcal	0.319g	0.0095g	0g	0g
Garlic, raw	1.5g	1x Average Portion	1.5kcal	0.2444g	0.1184g	0.009g	trace
Basil, fresh	1.2g	5 leaves	0.4997kcal	0.0637g	0.0387g	0.01g	trace
<i>Meal Totals:</i>			445kcal	13.6g	44g	24.1g	6.1g

Snack

Apples, eating, raw, flesh and skin	174g	1x Medium	92kcal	20g	1g	0.87g	2.1g
Popcorn, air popped	15g	3 average handful	56kcal	10.6g	1.9g	0.681g	2.2g
<i>Meal Totals:</i>			148kcal	30.6g	3g	1.6g	4.3g



Chimichurri

COOKING INSTRUCTIONS:

Method

INSTRUCTIONS

- Mix all ingredients together in a bowl. Allow to sit for 5-10 minutes to release all of the flavours into the oil before using. Ideally, let it sit for more than 2 hours, if time allows.
- Chimichurri can be prepared earlier than needed, and refrigerated for 24 hours, if needed.
- Use to baste meats (chicken or steaks) while grilling or barbecuing. We don't use it as a marinade, but choose to baste our meats with chimichurri instead. However, you can use it as a marinade if you wish.
- Also, add a couple of tablespoons over your steak or chicken or Salmon to serve.

Oil, olive	14.5g	0.5 cup	130kcal	0g	0.0001g	14.5g	0g
Asda Red Wine Vinegar 350ml	4.4ml	0.1x Per pack	0.0874kcal	0.0219g	0g	0g	0g
Parsley, fresh	3.7g	30 sprigs	1.3kcal	0.1011g	0.1124g	0.0487g	0.1873g
Coriander, fresh, raw	1.2g	10 sprigs	0.216kcal	0.015g	0.025g	0.0062g	0.035g
Sainsbury's Red Chillies	0.2g	More if desired	0.0712kcal	0.0105g	0.0045g	0.0012g	0.0037g
Oregano, fresh	0.5g	1 tbsp	0.0878kcal	0.0038g	0.0085g	0.0043g	0.0408g
Maldon Sea Salt	0.6g	1 level teaspoon	0kcal	0g	0g	0g	0g

FOOD NAME:	QUANTITY:	DESCRIPTION:	CALORIES	CARBS	PROTEIN	FAT	FIBRE
<i>Meal Totals:</i>			132kcal	0.1523g	0.1505g	14.5g	0.2668g

Minute steak and roasted veg

Avocado, average, flesh only	35g	1/4 avocado	67kcal	0.665g	0.665g	6.8g	1.8g
Mixed Salad Leaves	24g	1x Average serving	4.3kcal	0.48g	0.3516g	0.111g	0.288g
Spring onions, bulbs and tops, raw	10g	1 average	2.5kcal	0.3g	0.2g	0.05g	0.25g
Carrots, old, raw	33.5g	0.5 NHS serving (1 medi	11.4kcal	2.6g	0.1675g	0.134g	1.3g
Cucumber, raw, flesh and skin	23g	1x Average Portion	3.3kcal	0.276g	0.23g	0.138g	0.161g
Cheese, Feta	30g	5 1cm cubes	75kcal	0.42g	4.7g	6.1g	0g
Oil, olive	12.6g	1 tablespoon	113kcal	0g	0.0001g	12.6g	0g
Onions, red, raw	59g	0.5 small onion	20.6kcal	4.4g	0.59g	0.0826g	0.531g
Peppers, capsicum, red, raw	40g	2x Average Portion	7.8kcal	1.7g	0.28g	0.08g	0.84g
Sweet potato, baked	87g	0.5 medium 6	102kcal	23.2g	1.4g	0.348g	2.7g
Sainsbury's 2 British Beef Thin Cut Sirloin Steaks	155g	0.5x Per pack	333kcal	0.775g	43g	17.7g	0.775g

<i>Meal Totals:</i>	739kcal	34.8g	51g	44g	8.6g
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<i>Plan Total:</i>	1838kcal	126g	109g	100g	31.4g
<i>Target:</i>					

Macronutrient Analysis

	CARBOHYDRATE	SUGARS	PROTEIN	FAT	SATFAT	ALCOHOL
Intake	126.2g	77.2g	108.5g	100.2g	24g	0g
g/kg body-weight	1.8	1.1	1.6	1.4	0.3	0
Kilocal	501	309	434	902	216	0
Kilocal %	27.3%	16.8%	23.6%	49.1%	11.7%	0%



27.3% Carbs
23.6% Protein
49.1% Fat