



Health & Wellbeing Course Sample Menu Plan

Breakfasts:

Every Day:

1. **Breakfast Museli mix** consisting of: *Oats / Quinoa puffs / Rice puffs / Corn flakes / Golden Linseed / Flax seed / Complete Sesame seed / Pumpkin seeds / (Chia seed) / Almond Flakes / Hazelnut / Giant sultanas / Cranberries. With Dried dates & Apricots.*
Add this to Pro-biotic Yoghurt, Soy Yoghurt or hot Porridge + Agave Syrup.
2. **Whole-wheat Bread/12 Grain Bread from Bakery/Toast** x 1 or 2 with a boiled/poached **Egg & Spinach / Ham / Smoked Fish**
3. **Fresh fruit juice** (with some veggies crammed in using my juicer) or **Fruit & Almond Milk Smoothie + Tea**

1 x new option each day:

Strawberry, Banana & Whey protein Smoothie with Almond or Oat Milk / Quinoa pancakes with Agave Syrup / Porridge with Rhubarb, Apple & root Ginger + Agave syrup / Kedgeree or Fish Cakes / Super baked Beans / Omelets / Buckwheat Galettes

Lunches:

Pollock with wild Rice Salad with toasted **Hazelnuts** and **Green leaves** with a reduced Orange dressing

Beef stir fry & vegetable Salad with Whole **Wheat Noodles**

Grilled Lemon & Rosemary **Chicken** with Penne and a Red Cabbage, Red Onion & Fennel coleslaw

Mushroom Rissotto with **Cottage Cheese, Pea & (Edame) bean salad** with a mint & lemon dressing

Arancini (Rice balls) + Super **Veg Tom Sauce** + **Whole-wheat Spaghetti**

Mussels in a light Broth with **Pasta** and **Salad** – *very light lunch*

Tuna + Linguini + Avocado, Orange & chilli salad

Salmon Pea & Rocket Potato Cakes with Freekeh / Kamut pilaf



Diners:

Soups/Starters:

Moroccan spiced **Carrot, Orange + Chick pea** soup / **Celariac, White Onion, Sage & White Bean** soup with **Chorizo** crisp / **Beef & Barley** soup with **Parmesan** crouton / **Asian Broth** with **Nori, Chicken & Soba Noodles** / **Tuscan Bean Soup** / **Salmon Tartar** with **Beetroot & Dill** /

Mains:

Pan fried **Mackerel + Kale + Broad Bean & Pea** Yoghurt mix, (Jerusalem Artichokes), **Puy Lentils + Brown Rice**

Guinea Fowl + Cassonade + herbed garlic mushroom Polenta squares/balls with **Walnuts + slow roasted Tomato**

Poached Salmon + Tagliatteli + a Broccoli, Asparagus, Bok Choi, Brussel Sprout, Ginger & black Sesame seed side dish

Herbs & lemon stuffed **Turkey + Butternut Squash & Sweet Potato puree** + chili Squash seeds + **Dark green leaf (Rocket/Chard/Spinach/Watercress), Green bean & Barley** salad with reduced Pomegranate syrup dressing

Grilled Chicken Breast + CousCous with Apricots, Chick peas & roast root Veg, Beetroot fat chips

Desserts:

Fruit Crumble top (Whole Wheat flour, & Quinoa flour, natural Cane sugar, Oats) / **Grown-up Exotic Fruit Salads / Pretty Jellies – Vodka, Mint, Ginger & Lychee / Bluberry & Limoncello / Sorbets**