

# Charlotte Debeugny

NUTRITIONIST AND AUTHOR



## **MENU PLAN**

**Nourish - Easy, delicious and healthy recipes to celebrate the New Year!**

9 January 2017

# WEEKLY MEAL PLANNER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> <li>Charlotte's healthy pancakes</li> <li>Chopped Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Warm stewed fruit</li> <li>Greek Yoghurt</li> <li>10g chopped nuts</li> </ul>	<ul style="list-style-type: none"> <li>1 large slice of whole wheat or seeded bread</li> <li>1 tsp almond butter</li> <li>1 banana</li> </ul>	<ul style="list-style-type: none"> <li>Omega 3 porridge</li> </ul>	<ul style="list-style-type: none"> <li>Banana and peanut butter muffins</li> </ul>	<ul style="list-style-type: none"> <li>Charlotte's healthy pancakes</li> <li>Chopped fresh fruit</li> </ul>	Brunch <ul style="list-style-type: none"> <li>Avo on toast</li> <li>Fresh fruit salad</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>Gorgeously green soup</li> </ul> <b>Carrot and hazel nut salad:</b> 1 large carrot, grated+20g hazelnuts, chopped+1 tsp lemon juice+1 tsp hazelnut oil	<ul style="list-style-type: none"> <li>Butternut and quinoa warm salad</li> </ul>	<ul style="list-style-type: none"> <li>Grilled chicory and goats cheese salad</li> </ul>	<ul style="list-style-type: none"> <li>Parsnip soup</li> </ul> <b>Grilled pepper and rocket salad:</b> 1 red pepper, cut into slices and grilled with a drizzle of olive oil+30g feta+a handful of rocket	<ul style="list-style-type: none"> <li>Vietnamese salad with prawns</li> </ul> <b>Spicy broth:</b> 150 ml stock+thinly sliced fresh ginger+1 chopped spring onion+1 drizzle of soya sauce+handful of beansprouts+1/4 chopped chili	<ul style="list-style-type: none"> <li>Parsnip Soup</li> <li><b>Green salad with avocado and parmesan</b></li> </ul>	<ul style="list-style-type: none"> <li>Skip</li> </ul>
Snack	<ul style="list-style-type: none"> <li>1 portion of fruit</li> </ul>	<ul style="list-style-type: none"> <li>1 portion of fruit</li> </ul>	<ul style="list-style-type: none"> <li>1 portion of fruit</li> </ul>	<ul style="list-style-type: none"> <li>1 portion of fruit</li> </ul>	<ul style="list-style-type: none"> <li>1 portion of fruit</li> </ul>	<ul style="list-style-type: none"> <li>1 portion of fruit</li> </ul>	<ul style="list-style-type: none"> <li>1 portion of fruit</li> </ul>
Dinner	<ul style="list-style-type: none"> <li>Roast chicken breast with tapenade (or veggie burger)</li> <li>Sweet potato fries</li> <li>Green salad</li> </ul>	<ul style="list-style-type: none"> <li>Lentil dal</li> <li>100g cooked weight basmati rice</li> </ul> <b>Cucumber and radish salad:</b> Finely chop ¼ cucumber+4 radishes. Season and drizzle with lemon juice.	<ul style="list-style-type: none"> <li>Baked Chinese fish</li> </ul>	<ul style="list-style-type: none"> <li>Avo on Toast</li> <li>125 ml natural yoghurt mixed with 3 chopped dried apricots</li> </ul>	<ul style="list-style-type: none"> <li>Lentil dal served with 1 whole grain wrap</li> </ul> <b>Cucumber raita:</b> Finely chop ¼ cucumber+1 springonion+coriander+1 spoon natural yoghurt	<ul style="list-style-type: none"> <li>Cauliflower and bean puree</li> <li>Savoury mushrooms</li> <li>Steamed green beans</li> </ul>	<ul style="list-style-type: none"> <li>Baked Mediterranean salmon</li> <li><b>Dessert of your choice!</b></li> </ul>
Exercise	<ul style="list-style-type: none"> <li>Move!</li> <li>10,000 steps</li> </ul>	<ul style="list-style-type: none"> <li>Move!</li> <li>10,000 steps</li> </ul>	<ul style="list-style-type: none"> <li>Move!</li> <li>10,000 steps</li> </ul>	<ul style="list-style-type: none"> <li>Move!</li> <li>10,000 steps</li> </ul>	<ul style="list-style-type: none"> <li>Move!</li> <li>10,000 steps</li> </ul>	<ul style="list-style-type: none"> <li>Move!</li> <li>10,000 steps</li> </ul>	<ul style="list-style-type: none"> <li>Move!</li> <li>10,000 steps</li> </ul>





## Breakfast



### Charlotte's Healthy Pancakes



#### INGREDIENTS

- 1 apple compote weighing 90g
- 20g flour (I like chestnut flour)
- 20g oat flakes
- 5 g chia seeds
- Large pinch of cinnamon
- 5 g Butter or coconut oil for cooking

#### METHOD

1. Mix all the ingredients together in a small bowl
2. Leave aside for at least 15 minutes to allow the chia seeds to swell and absorb the apple compote
3. Heat the butter or oil in a frying pan
4. Using a large spoon, divide the mixture into 2 and form 2 pancakes in the frying pan.
5. Cook for 2-3 minutes each side over a moderate heat.

Serve with a drizzle of honey and fresh chopped fruit. The mixture can be doubled (or tripled!) and you can cook the pancakes in advance and reheat.

## Lunch



### Gloriously Green Broccoli Soup



#### INGREDIENTS

- 1 large leek or onion, chopped
- 1 medium courgette, roughly chopped
- 1 large head of broccoli, roughly chopped incl. the stalk
- Sprig of fresh thyme
- 1 x 400g tin of white haricot beans, drained and rinsed
- 1 handful of washed spinach leaves
- 100g of cream cheese or Boursin
- 1 large spoon of olive oil
- 750 ml vegetable stock
- Salt and pepper

#### METHOD

1. Heat the olive oil in a large saucepan over a moderate heat.
2. Add the chopped leek or onion and a large pinch of salt, cook for 5 minutes until the leek or onion is softened.
3. Add the broccoli, haricot beans and thyme and cook for a further 5 minutes, stirring occasionally.
4. Add the stock, bring to the boil and reduce the heat and cook for 15 minutes until the vegetables are tender.
5. Remove from the heat, add the spinach and cheese and blend.

## Dinner



### Roast Chicken Breast with Olive Tapenade



#### INGREDIENTS

- 1 chicken breast weighing 120g
- 1-2 tsp tapenade (according to taste)
- Sprig of fresh basil, chopped
- 1 slice of Parma ham (optional)
- 1 small sweet potato weighing 150g
- Pinch of mixed dried herbs
- Pinch of paprika
- Olive oil

#### METHOD

1. Heat oven to 200 degrees.
2. Flatten out the chicken breast and spread with the tapenade. Add the chopped basil, season and then roll up. Wrap the ham around the chicken. Set aside
3. Thoroughly wash the skin of the sweet potato and cut into chunky fingers. No need to remove the skin.
4. Place the sweet potato on a baking tray, drizzle over 1 tsp of olive oil, paprika and mixed herbs.
5. Bake in oven for 20 minutes
6. After 20 minutes, add the chicken breast to the baking tray and bake for a further 20-25 minutes. Serve with a green salad.



## Breakfast



### Fruit Compote a la maison



#### INGREDIENTS

- 250g of fruit (about 2 apples)
- Pinch of cinnamon
- 1 star anise
- 10g butter
- 50 ml fruit juice or water

#### METHOD

1. Wash, core and peel the fruit. Chop into chunks.
2. Place in a saucepan with the spices, fruit juice and butter.
3. Cook over a moderate heat for 15 minutes until the fruit is soft.

Serve with Greek or natural yoghurt and 20g of chopped nuts.

## Lunch



### Butternut and quinoa warm salad



#### INGREDIENTS

- 200g cooked weight of quinoa
- 200g butternut squash, peeled and cut into chunks
- 200g cooked beetroot, chopped into large chunks
- 1 red onion, thickly chopped
- Dressing: juice and zest of 1 clementine, 1 tbsp. olive oil, 1 tsp balsamic vinegar, salt and pepper, chopped tarragon (optional)
- Additional olive oil
- 50g feta cheese, cut into cubes + handful of rocket
- Salt and pepper

#### METHOD

1. Heat the oven to 200 degrees.
2. Place the vegetables on a baking tray, season with salt and pepper and drizzle over some olive oil.
3. Roast the vegetables for 40 minutes until cooked and lightly charred.
4. Add the quinoa and feta cheese to the baking tray and drizzle over the dressing.
5. Return to the oven for 5 minutes.
6. Scatter over the rocket just before serving.

## Dinner



### Lentil Dal



#### INGREDIENTS

- 1 onion, finely chopped
- 1 tsp coconut or olive oil
- 1 clove of garlic and ½ of fresh ginger, finely chopped
- 1 large heaped tsp curry powder (or individual spices to taste)
- 150g red lentils
- 250 ml vegetable stock
- 100 ml coconut milk
- 2 large tomatoes, chopped
- 2 sprigs of coriander, chopped+handful of baby spinach leaves
- Juice and zest of ½ lime

#### METHOD

1. Heat the oil in a steady saucepan
2. Add the onion and fry for 5 minutes with 1 tsp of salt
3. Add the garlic, ginger and spices and cook for a further 3 minutes.
4. Add the lentils, stock and coconut milk. Bring to the boil, cover and simmer for 25 minutes.
5. Add the tomatoes, coriander, lime zest, lime juice and spinach just before serving.



## Breakfast



### Omega 3 porridge



### INGREDIENTS

- 40g oat flakes
- 200 ml milk (of your choice)
- 1 tsp chia seeds
- 1 tsp sunflower seeds
- Large pinch of cinnamon

Fresh fruit of your choice

### METHOD

1. Place all the ingredients in a saucepan
2. Bring to the boil then reduce the heat and cook for a further 5 minutes.

## Lunch



### Grilled Chicory and Goat's Cheese salad



### INGREDIENTS

- 2 heads of chicory
- 1 pear
- Olive oil
- 60g of goat's cheese
- 1 x 400g tin of chickpeas, rinsed and drained
- Dressing: ½ tsp honey+juice of 1 orange+1 tbsp. olive oil+1/2 tsp mustard
- Handful of chopped walnuts or pecans
- Chopped fresh parsley and chives

### METHOD

1. Heat the grill to high.
2. Cut the chicory in quarters and thinly slice the pear (there's no need to remove the skin)
3. Pour the dressing over the chicory and pear.
4. Place on a baking sheet under a grill and grill for 5 minutes until lightly charred.
5. Add the chickpeas, goats cheese and nuts to the baking sheet and grill for a further 5 minutes.
6. Scatter over the fresh herbs just before serving.

## Dinner



### Baked Chinese Fish



### INGREDIENTS

- 1 fillet of fish - 120g
- 1 tsp sesame or sunflower oil
- ½ clove of garlic, finely chopped
- ½ cm fresh ginger, finely chopped
- 1 spring onion, finely chopped
- 1 courgette julienned
- 100g butternut squash, julienned
- Handful of spinach leaves, washed
- Marinade: 2 tsp soya sauce+1 tsp rice vinegar+1 tbsp. coconut water+chopped coriander

### METHOD

1. Heat the oven to 210 degrees
2. Take a large square of foil. Place the vegetables in the middle and then place the fish on top.
3. Scatter the garlic and ginger over the fish, then pour over the marinade.
4. Drizzle over the oil.
5. Fold the foil to make a sealed parcel.
6. Place on a baking sheet and bake in the oven for 10 minutes.



## Breakfast



**Banana and Peanut butter muffins**



### INGREDIENTS

- 200g whole-wheat flour
- 50g oat flakes
- 1 tsp cinnamon
- Large pinch of ground star anise
- 1 tsp baking powder
- 2 very ripe bananas, mashed
- 2 eggs
- 2 tbsp. peanut butter (or almond butter)
- 2 tbsp. honey
- 100g melted butter

### METHOD

1. Preheat the oven to 180 degrees
2. Prepare a muffin tin with 12 muffin cases
3. Place all the dry ingredients in a large bowl (flour, oats, baking powder, cinnamon and star anise)
4. Mix all the 'wet' ingredients in a second bowl (bananas, eggs, peanut butter, honey and butter)
5. Pour the wet ingredients over the dry ingredients and mix lightly to combine.
6. Spoon into the muffin tin and bake for 25 minutes.

## Lunch



**Parsnip Soup**



### INGREDIENTS

- 1 onion, chopped
- 2 branches of celery, roughly chopped
- 4 large parsnips, roughly chopped
- 100g blanched hazelnuts
- Zest and juice of ½ an orange
- 1 large spoon of olive oil
- 750 ml vegetable stock
- Salt and pepper
- Fresh parsley and hazelnut oil for garnishing

### METHOD

1. Heat the olive oil in a large saucepan over a moderate heat.
2. Add the chopped onion and a large pinch of salt, cook for 5 minutes until the onion is softened.
3. Add celery, parsnips, hazelnuts and the orange zest and juice. Cook for a further 5 minutes, stirring occasionally.
4. Add the stock, bring to the boil and reduce the heat and cook for 20 minutes until the vegetables are tender.
5. Remove from the heat, blend the soup and serve scattered with fresh parsley and a drizzle of hazelnut oil.

## Dinner



**Baked Mediterranean Fish**



### INGREDIENTS

- 1 fillet of salmon – 120g
- 1 tbsp. pesto sauce
- Handful of cherry tomatoes, chopped
- Handful of green beans (you need the 'extra fin' ones)
- Sprig of fresh basil, chopped
- 4 black olives, sliced
- Drizzle of olive oil
- Drizzle of lemon juice

### METHOD

1. Heat the oven to 210 degrees
2. Take a large square of foil. Place the vegetables and olives in the middle and then place the fish on top.
3. Spread the pesto over the fish, add the basil and then drizzle over the oil and lemon juice.
4. Fold the foil to make a sealed parcel.
5. Place on a baking sheet and bake in the oven for 15 minutes.



## Breakfast



### Avo on Toast



High in healthy fats!

Great start to the day

#### INGREDIENTS

- 1 slice sour dough bread (pain poliane)
- ½ ripe avocado
- 1 spring onion, finely chopped
- Pinch of paprika
- Squeeze of lime juice
- Salt and pepper

#### Toppings:

- 1 slice smoked salmon with cucumber and capers
- 2 tinned sardines with chopped cherry tomatoes
- 1 poached egg

#### METHOD

1. Heat the grill and toast the bread on both sides
2. Mash the avocado with the onion, paprika, lime juice and seasoning
3. Spread over the toasted bread and enjoy with the topping of your choice!

## Lunch



### Vietnamese salad



Light and tasty

A great lunch

#### INGREDIENTS

- 1 spring onion, chopped
- 1 carrot, julienned
- 1 courgette, julienned
- 4 Chinese cabbage leaves, thinly sliced
- Bunch of fresh coriander, chopped
- 200g prawns
- ½ mango, diced
- Handful of chopped and roasted peanuts
- Dressing: Juice of 2 limes+1/2 chopped red chilli+1 tbsp. fish sauce+1 tsp brown sugar

#### METHOD

1. Place all the ingredients in a salad bowl
2. Pour over the dressing

## Dinner



### Cauliflower and bean mash with mushrooms



Gluten free

Easy

#### INGREDIENTS

- 1 small cauliflower, cut into florets
- 1 clove of garlic, keep it whole
- 1 x 400g tin of white haricot beans, rinsed and drained
- 1 spring of thyme, chopped
- 1-2 tbsp. crème fraiche
- 1 tbsp. olive oil
- 500g mixed mushrooms, washed and chopped
- Drizzle of soya sauce
- Drizzle of red wine
- Chopped fresh parsley

#### METHOD

1. For the Mash: Steam the cauliflower and garlic for 15 minutes until soft. Add the beans to the steamer 5 minutes before the end of the cooking time.
2. Mash the vegetables with the crème fraiche, thyme and season to taste. Keep warm.
3. For the mushrooms: Heat the oil over a moderate heat and add the mushrooms, cook stirring occasionally until all the water has evaporated. Drizzle over the soya sauce and a dash of red wine. Serve with the mash.