



WEEK 10: WINTER HEALTHY EATING PLAN

Winter is such a wonderful time for heart warming, slow cooked delicious food. From an energetic angle use root vegetables to provide your complex carbohydrates instead of leaning on too much stodgy, heavy food. Perfect winter vegetables include carrot, celery, fennel, kale, broccoli, avocado, okra, parsnip, pumpkin, spinach and sweet potato. The best fruits to eat are grapefruit, lemons, kiwi fruit, mandarins, oranges, apple, blood orange, limes and pear.

I love to batch cook in winter and Sundays often find me in the kitchen, music on, making a big nutritious casserole or soup. It couldn't be any easier – chop all the veggies, seal your meat, place it all in a large dish with stock and walk away for an hour. Come back and portion it out, then pop it all in your freezer. And voila! Instant lunch or dinner for the week.

For every soup or casserole suggestion in the menu plan, cook up a big batch and freeze in portions to make your life so much easier!

Monday	
Breakfast	1 cup oat porridge with 2 tsp chia seeds & almond milk
Lunch	Wrap with chicken, hommus & tabouli
Dinner	Broccoli soup with fetta and lemon zest
Snacks	Miso soup
Drinks	Warm fresh ginger tea
Health notes	We all know that oats are a good way to start the day but by adding chia seeds you are fuelling your breaky with Superfoods!

Tuesday	
Breakfast	2 poached eggs with smoked salmon and rocket
Lunch	Pumpkin & red lentil soup
Dinner	Moroccan beef stew – use paprika & cumin in a traditional stew and finish off with a little lemon zest for a Moroccan influence
Snacks	2 rice thins with ABC spread
Drinks	Freshly brewed chai on rice milk but skip the honey!
Health notes	Adding spices to your meals not only add flavour but also a big health boost

Wednesday	
Breakfast	1 cup bircher muesli(use quinoa flakes) served with warm stewed apple and a

	pinch of cinnamon
Lunch	Pea & ham soup
Dinner	Slow cooked beef, spinach and bean casserole
Snacks	Plain popcorn
Drinks	150ml cucumber, celery and mint juice
Health notes	By using quinoa flakes instead of oats you will get more protein into your breaky

Thursday	
Breakfast	2 scrambled eggs with spinach & mushrooms
Lunch	Syrian red lentil soup – use warming spices like cumin, thyme and coriander for a fragrant & healthy soup
Dinner	Chicken poached in ginger & chicken stock with steamed broccoli
Snacks	Mandarin & 5 brazil nuts
Drinks	Rosehip tea
Health notes	Rosehip tea is high in vitamin C which will help to prevent colds and flus

Friday	
Breakfast	Poached fruit with cinnamon & vanilla and 2tbsp natural yoghurt
Lunch	Frittata with cherry tomato, zucchini and fetta (make a large one, cut into portions and freeze)
Dinner	Salmon poached in miso soup with bok choy
Snacks	Kiwifruit & 10 almonds
Drinks	150ml juice of carrot, beetroot and ginger
Health notes	Miso soup helps to support a healthy gut which, in turn, supports your immune system

Saturday	
Breakfast	Buckwheat pancakes with ricotta and honey
Lunch	Spinach & fetta pie (spanakopita – make a big tray and freeze in portions)
Dinner	Lamb & barley soup
Snacks	2 rice thins with avocado & tomato
Drinks	Lemongrass tea
Health notes	Buckwheat is actually gluten free and a perfect option for people either intolerant or allergic to gluten

Sunday	
Breakfast	2 poached eggs with spinach and tomato
Lunch	Wheat free pizza – use rice/corn based pita bread and add lots of finely sliced vegetables, a little tomato paste and small amount of cheese. Top with fresh herbs and a drizzle of extra virgin olive oil
Dinner	Grilled sardines with ratatouille
Snacks	200ml warm almond milk with ½ tsp raw cacao
Drinks	Rosehip tea
Health notes	Raw cacao is my all time favourite Superfood in winter – its antioxidant level is simply ridiculous and what a perfect excuse for a hot chocolate!

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