

Isolation week 1: Cheryl at www.your-nutritionist.com

This meal-plan is for two adults (one vegetarian and one pescatarian) and two boys with large appetites!

	Breakfast	Lunch	Tea	Snacks and supplements
Saturday 14th March	<p>Protein-rich pancakes: 300ml almond milk + 80g oats + 30g lupin flour (or protein powder) + 1tsp cinnamon + 1tbsp chia seeds + ½ tsp baking powder + 1tbsp melted coconut oil</p> <p>Kids: served with sugar. Me: served with frozen blueberries</p>	<p>Quinoa tabbouleh with houmous and flatbread: 320g uncooked quinoa, cooked in salted water + 1 cup chopped fresh herbs + ½ cucumber, chopped + 1 tsp ground cumin + dressing: 3tbsp olive oil + juice of 1 lemon</p> <p>Served with flatbreads</p> <p>Houmous: either store bought, or freshly made with 1 can chick peas + 1 tbsp tahini + juice of 1 lemon + ¼ cup olive oil + ground cumin + water to right consistency</p>	<p>Batch cook: 3 cups brown rice</p> <p>For the meat-eaters: Pot au feu made with 500g veal + 5 carrots + can chopped tomatoes + 2 cans water approx (to cover meat and for extra sauce) 1 onion + bay leaves + garlic + thyme. Stewed for 1 hour and served with brown rice.</p> <p>For non-meat-eaters: Vegetarian bean burgers served with brown rice and frozen spinach.</p>	<p>Clementines and apples</p> <p>Whole family: 500 – 1000mg Vitamin C, 1g cod liver oil.</p> <p>Adults: additional reduced L-glutathione + L-cysteine supplement (can alternatively use whey powder) plus liquid zinc.</p>
Sunday 15th March	<p>Biscottes with parmesan cheese and tomatoes: for 4 people: 10 biscottes + 120g parmesan + 4 tomatoes sliced</p>	<p>Red lentil stew: Left over sauce from pot au feu used to cook 1 cup red lentils. Served with left over rice from last night and any meat left over (for non-veggies) + 1 head of broccoli steamed.</p>	<p>Batch cook: 1kg potatoes</p> <p>Potato salad: 500g potatoes + 1 cup finely chopped herbs + 2 tomatoes chopped + ½ cucumber chopped + 2 tbsps sunflower seeds + dressing: 3 tbsp olive oil + 1 tbsp balsamic vinegar</p> <p>Dessert: cheese and bread sticks</p>	<p>Roasted almonds, apple and clementines for kids.</p> <p>Same supplements.</p>
Monday 16th March	<p>Cornflakes, fruits</p> <p>Oat cakes with nut butter</p>	<p>Carrot and watercress stir-fry: Stir-fry: 4 carrots + 1 onion both sliced finely + 2cm ginger + 3 garlic cloves minced + 2 tbsp sunflower seeds + sauce: 1tbsp soy sauce + 3 tbsp water + 1tbsp grape seed oil. Stir fry until carrots are almost cooked, then take off the heat add 120g chopped watercress and 2 tbsp sesame oil and put the lid on until watercress has wilted.</p> <p>Brown rice to serve: use any left over from Saturday plus cook an extra batch.</p>	<p>Beetroot salad, cold potatoes served with mayonnaise and pate: Cook 3 medium sized beetroots. Cool, remove skin and chop into small pieces. Add 1tbsp mixed chopped herbs + 1 garlic clove minced + vinaigrette: 2tbsp olive oil + 1 tbsp balsamic vinegar.</p> <p>Potatoes from yesterday served with mayonnaise and sea salt.</p> <p>Pâté: vegetarian and pâté de campagne</p>	<p>Nuts, dates and fruit for the kids.</p> <p>Same supplements.</p>
Tuesday 17th March	<p>Protein-rich pancakes (as above)</p>	<p>Broccoli, canned fish and brown rice: Leftovers meal of any rice and broccoli from yesterday served with canned tuna or mackerel.</p> <p>For the vegetarian: left over rice and broccoli with sprouted lentils and vinaigrette dressing.</p>	<p>Leeks and mustard vinaigrette with carrot salad: Batch cook 8 large leeks: trim top and bottom and cut each in half, boil until soft. Serve with mustard vinaigrette: 4 tbsp olive oil + 1 tbsp balsamic vinegar + 1 heaped tsp Dijon mustard + pinch salt.</p> <p>Carrot salad: grate roughly 3 large carrots + 1 tbsp sunflower seeds + vinaigrette: 2 tbsp olive oil + 1 tbsp balsamic vinegar.</p> <p>Dessert: cheese and bread sticks</p>	<p>Nuts, dates and bread sticks for the kids.</p> <p>Same supplements.</p>

Wednesday 18th March	Kids: parmesan and saucisson with biscottes and an apple. Me: turmeric chai almond latte with oat cakes and almond butter	Stir-fry with rice: (as Monday's lunch to use up last of watercress which I don't want to eat raw)	Kids: Fish fingers with frozen peas and wholegrain pasta. Adults: Cabbage and fennel salad: ½ savoy cabbage finely chopped + 2 fennel bulbs finely chopped + 2 tbsp sunflower seeds + 1 tbsp chopped herbs + dressing: juice of ½ lemon + 2 tbsp olive oil.	Kids: apples and clementines (almost out) Me: almonds Same supplements.
Thursday 19th March	Boiled eggs with biscottes OR stewed fruit from last night with sprinkled oats	Leftovers meal: Leeks leftover from Tuesday night Stir-fry made with left over cabbage and fennel salad, stir fried with frozen peas and left over rice (with a little soy sauce, oil and water and one minced garlic clove)	Dessert: 3 apples stewed with 1 cup frozen cherries and tbsp sugar. Fish on a bed of fennel (frozen fish fillets and frozen veg): 4 fennel bulbs sliced and laid over a steamer or a baking tray. Place 4 frozen fish fillets on top and either bake in oven (add 3 tbsp water and cover loosely with foil for this method) or steam for around 12 minutes. Served with frozen peas. Note: put 1 cup red beans in a bowl of water to soak for tomorrow's dinner.	Kids: bread sticks and cheese. Me: almonds Same supplements.
Friday 20th March:	Avocado toast: 2 avocados with olive oil and sea salt on 8 biscottes.	Smoked salmon with celeriac remoulade: 1 pack of smoked salmon with lemon juice. 1 head of broccoli steamed. ½ can white beans for vegetarian meal. Celeriac remoulade (quick method): ½ large celeriac (450g approx) peeled and grated roughly. Dressing: 3 tbsp vegan (or non-vegan) mayonnaise + 2 tbsp olive oil + 2 tsp Dijon mustard. Mix dressing, then add to celeriac with 1tbsp chopped parsley.	Vegetarian chili and basmati rice: Chili: 1 carrot and 1 large onion finely chopped + 3 cloves garlic + 1 tsp cumin seeds. Cook in oil and water until soft, add 1 can chopped tomatoes and 1 can water or stock. Cook for 45 minutes until reduced. Cook separately 1 cup kidney beans (I soak these in water the night before. You can also use canned beans, just add at the end). After 45 minutes, add the beans to the tomatoes and cook an extra 15 minutes. Rice: Cook 3 cups basmati rice in salted water with cumin and 2 star anise.	Kids and I: 1 pack olives Same supplements.