

Isolation week 2: 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 21st March	<p>Biscottes with avocado, olive oil and sea salt: for 4 people: 8 biscottes + 1 haas avocado + 1tbsp olive oil + sea salt</p> <p>Prep: put 250g of dried beans/lentils in soak with cold water for tonight's minestrone. Can be a mixture of any of: chick peas, cannelloni beans, borlotti beans, split peas, black beans, red kidney beans, red lentils.</p>	<p>Buffet style lunch: 6 hardboiled eggs + 1 can stuffed vine leaves + 1 pack marinated tofu + 2 cans sweetcorn + left-overs from last week (celeriac remoulade) + cheese + ryvita.</p>	<p>Minestrone and brown rice: Chop into small pieces, ½ celeriac + 1 leek + 3 carrots + 1 red onion + 4 garlic cloves and cook with 3 tbsp olive oil + 2 tbsp water until softened. Add 2 cans chopped tomatoes + 2 cans water + some herbs (bay leaf, thyme, rosemary) + the bean mix which has been soaking for 8 hours. Cook for 45 minutes to 1 hour, stirring from time to time and add extra water if required. <i>Brown Rice:</i> cook 2 cups (360g) brown rice with two parts water and salt.</p> <p>You can either serve as it is, or I served with brown rice to ensure we could have two meals from it. Serve with a drizzle of olive oil and some grated parmesan.</p>	<p>Oatcakes and jam.</p> <p>Whole family: 500 – 1000mg Vitamin C, 1g cod liver oil. Adults: additional reduced L-glutathione + L-cysteine supplement (can alternatively use whey powder) plus liquid zinc.</p>
Sunday 22nd 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 Kids: served with sugar. Me: served with frozen blueberries</p>	<p>Buffet style lunch: 1 head of broccoli, steamed + carrot sticks + cucumber sticks + olives. For kids: 2 burgers (frozen), for adults: vegan pâté (jar).</p>	<p>Minestrone and quinoa: Left over minestrone served with 1.5 cups (240g) dry quinoa, cooked with 2 parts water and salt. Dessert: stewed fruits with oat crumble: Stew any fruit with a little sugar, I had some stewed fruit left over from last week. Toast ½ cup oats + some almonds whizzed in the blender + 1 tsp ground cinnamon in 170°C oven for 10 minutes.</p>	<p>Make gingerbread men with kids: 350g flour + 125g coconut butter + 2 tsp ginger + 1 tsp cinnamon + 100g brown sugar + 1 tbsp honey + chia eggs (1 tbsp chia seeds + 3 tbsp water) Same supplements.</p>
Monday 23rd March	<p>Kids: Protein-rich pancakes made with long-life milk (that's the end of the almond milk ☺). Me: oatcakes with tahini.</p>	<p>Spaghetti with parmesan, served with green beans and peas: 1 packet of spaghetti (500g) cooked in salted water. When cooked add a drizzle olive oil + parmesan and served with steamed (or frozen) green beans and 1 cup frozen peas, cooked in water.</p>	<p>Stir-fry vegetable and tofu with basmati rice: Make stir-fry with any vegetables you have, I used 1 onion + 3 carrots + 150g red cabbage, chopped + frozen peas + 1 pack tofu, diced + 2 cloves garlic, minced + 2cm ginger root, finely chopped + 1 tbsp sunflower seeds + sauce: 1 tbsp soy sauce + 2 tbsp grapeseed oil + 2 tbps water. Stir-fry for 8 to 10 minutes. Batch cook: 3 cups basmati rice in 2 parts water with star anise and a pinch of salt. Prep: Soak 1.5 cups red lentils in water.</p>	<p>Gingerbread men. Same supplements.</p>

Tuesday 24th March	Kids: parmesan, saussison, biscottes and hard-boiled eggs. Me: walnuts and dates.	Red lentil stew: Fry 1 small onion + 2 cloves garlic, both finely chopped, in 1tbsp olive oil + 1 tbsp water until softened. Add 1 can chopped tomatoes and 1.5 cans water + bay leaf + dried oregano. Drain the red lentils soaked last night and add these to the mixture. Cook for approximately 20 to 30 minutes checking regularly that it hasn't stuck to the bottom. You can add more water if necessary. Serve with basmati rice from yesterday.	Palm hearts with mustard vinaigrette and carrot salad: Mustard vinaigrette: 4 tbsp olive oil + 1 tbsp balsamic vinegar + 1 heaped tsp Dijon mustard + pinch salt. Carrot salad: grate roughly 3 large carrots + 1 tbsp sunflower seeds + vinaigrette: 2 tbsp olive oil + 1 tbsp balsamic vinegar. Palm hearts: 2 cans, 220g each can, drained weight. Prep: rinse and then soak 500g dried chickpeas in plenty of water. This will give 1kg cooked chickpeas.	Oatcakes and jam. Same supplements.
Wednesday 25th March	Basmati rice with parmesan and 1tbsp olive oil.	Chickpeas with celeriac, cabbage and potatoes: Cook all chickpeas soaked yesterday in plenty of salted water, around 30-40minutes. Once cooked, keep aside 400g, put the rest in 2 storage containers in the fridge covered with water and ½ tsp salt. Finely chop 100g celeriac and cook in 1tbsp olive oil + 1tbsp water until softened. Finely chop 6 large leaves of savoy cabbage and any herbs you have: I used thyme and oregano which we are lucky to have growing in the garden. Add to the celeriac and cook until cabbage has wilted. Add 400g of the cooked chickpeas. Cook for 5 minutes extra. Serve with 250g boiled potatoes.	Frozen vegetables served with canned fish: Canned fish: mackerel, sardines or tuna. Tofu for the vegetarian. Serve with a mixture of frozen vegetables: I used peas, broad beans and spinach; when cooked drizzle with olive oil and a little sea salt. Served with biscottes.	Kids: oatcakes and jam. Me: almonds. Same supplements.
Thursday 26th March	Oatcakes with jam and some almonds.	Chickpeas with fennel: 1 fennel bulb, finely chopped + 1 clove garlic + fennel seeds + handful parsley stalks, finely chopped. All cooked with 1tbsp olive oil + 1tbsp water until softened. Add 400g cooked chickpeas. Serve with any left-over rice or potatoes, or with biscottes.	Carrot and red cabbage salad with yeast-free foccacia: Foccacia: 2 cups flour + 1tsp salt + 1tbsp baking powder + ¼ cup water + 6tbsp olive oil. Mix all ingredients and work it until it is a sticky dough. With olive oil on your hands spread the mixture into an oiled pan, sprinkle a little seasalt and fresh or dry rosemary, cook in 200°C oven for 15 minutes. Carrot & red cabbage salad: 400g red cabbage, cut finely + 2 grated carrots + 1tbsp sunflower seeds + dressing: 3tbsp olive oil + 1 tbsp apple cider vinegar.	Oatcakes, olive oil and parmesan. Same supplements.
Friday 27th March:	Protein rich pancakes.	Rice and savoy cabbage stir-fry: If you have no rice left over, cook 1 cup basmati rice in 2 parts salted water. Finely chop ½ savoy cabbage and stir-fry with 2tbsp grapeseed oil + 2 tbsp water + 1 tsp cumin seeds. When softened, add 2 cups cooked rice and stir-fry for a few minutes longer. For the meat eaters: I served this with a frozen burger, the last ones.	English night: double baked potatoes, broccoli + baked beans. 4 large potatoes, baked for 20 minutes in 170°C oven until cooked. Scoop out some of the inside, mix with butter and some cheese and put back inside the potatoes. Then bake again for 10 minutes or so. Served with 1 head broccoli, steamed + 1 can baked beans.	1 pack of olives with oatcakes and some olive oil. Same supplements.