

PCOS VITALITY

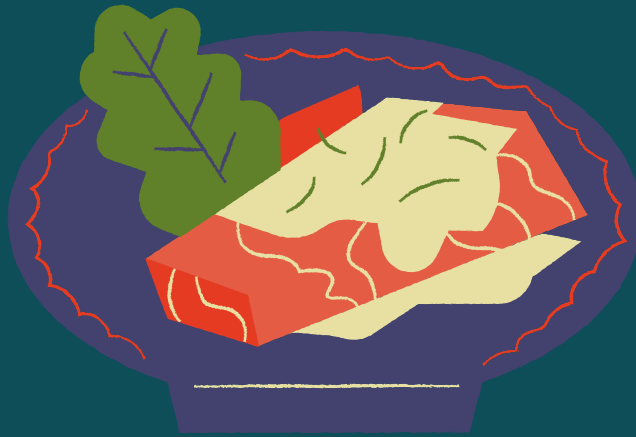


5 day meal ideas

	MON	TUE	WED	THU	FRI
BREAKFAST	Avocado Toast Scoop out avocado flesh, mash with fork and add squeeze of lemon, salt & pepper & chili flakes. Spread on toast.	Boiled Egg Toast (opt for GF or wholemeal bread)	Toast, Nut Butter & Banana	Egg Muffin (see Recipe)	Apple & Cinnamon Porridge Just add grated apple & cinnamon to your favourite oats.

	MON	TUE	WED	THU	FRI
LUNCH	Sweet Chili Chicken, Cheese & Salad Wraps Fruit Greek Yoghurt	Baked Sweet Potato, Tuna & Onion.	Spicy Lentil Soup (see recipe)	Ham, Cheese, Salad leaves, Tomato Wrap	Chia seed Pudding with berries (see recipe)

	MON	TUE	WED	THU	FRI
DINNER	Roast Chicken Breast, Broccoli & Brown Rice	Pesto Salmon, Tomato & baby potatoes (see recipe)	Coconut chicken curry (see recipe).	Chilli con Carne & brown rice (see recipe)	Salmon & Pineapple Kebabs, side salad



Hey Pesto Salmon

Ingredients (serves 2)

2 x Salmon Fillets

2 tsp of green pesto

1 chopped red onion

Grated cheese to taste

2 tablespoons of Olive oil

Method

Warm the oil in frying pan, seal the salmon then reduce heat & let it cook through fully, turn occasionally.

When cooked, break it up into flakes and add red onion and pesto and warm through.

Remove from heat and top with grated cheese.

For extra tastiness - grill the cheese.

Serve with side salad, veggies or brown rice.



BERRY MAPLE CHIA PUDDING

Serves 1

Place 3 Tablespoons of chia seeds into a container/glass jar/jam jar

Add 1 cup of milk

Add a squeeze of skinny food maple syrup or other sweetener

Mix really well - you want to avoid the mixture clumping! stir well & shake it!

Refrigerate for at last 1/2 hours or overnight then add your favourite berries - we like blueberries and strawberries and you could add seeds and nuts if you wish.

Chia seeds are best avoided if you have any problems with your swallow - always prepare according to packet instructions.



SPINACH & RED PEPPER EGG MUFFINS

2 cups of spinach, 3 large eggs, chopped red pepper

Preheat oven to 180 degrees, spray a muffin tin with fry light or brush with olive oil. Place some spinach & red pepper in each muffin cup. Whisk your eggs in a jug with a fork season with pepper & paprika, pour into each muffin cup. Bake for 15 mins or until eggs set.

COCONUT CHICKEN CURRY

Ingredients

2 tablespoons of Olive Oil

1 onion chopped

1 tablespoon of curry powder

1 teaspoon of ground ginger

2 chicken fillets (cubed)

75 grams of green lentils

1 Can of coconut milk (400 ml)

1 x red pepper (deseed & cut into chunks)

A handful of green beans chopped into

three

Method

Boil your chicken and onions in some water briefly and strain.

Heat oil in frying pan, toss in the chicken and onions then curry powder and ginger

- do this briefly before adding the coconut milk. If you wish you could add some lime juice here if the mixture is too thick. Add your green lentils, beans and peppers and bring the mix to the boil very briefly before simmering for 10 mins until the flavours infuse and lentils soften.

Serve with brown rice or cauli rice.



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SPICY LENTIL SOUP

Ingredients

2 tsp ground cumin

Pinch of chilli flakes (adjust to taste)

2 tbsp olive oil

2 carrots

140 g split red lentils

1 pint of vegetable stock (we use
Marigold or Kallo)

1 stick of celery chopped

Method

Gently fry the chopped carrots and
celery in olive oil

Add stock, lentils and spices and stir
well

Bring to the boil then reduce and
simmer for 10-15 minutes until lentils
soften.

You can have it chunky or whizz it with a
stick blender. Season to taste & serve
with warm naan bread.

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CHILLI CON CARNE

Ingredients

Oil

1 onion

1 red pepper

2 cloves of garlic (or more)

1 tsp chilli powder (or more)

1 tsp paprika

1 tsp cumin

500 g mince steak

1 beef stock cube

1 can of chopped tomatoes

half tsp of marjoram

1 tsp sugar

2 tablespoons of tomato puree

1 can of red kidney beans (washed & drained)

Method

Saute onions, garlic & red pepper in olive oil.

Add chilli, paprika & cumin and cook gently for 5 mins

Add your mince steak and cook until brown

Make your sauce by crumbling stock cube into half pint of hot water and pour into saucepan.

Add tinned tomatoes, marjoram, sugar and tomato puree

Bring to boil and simmer gently for 20 minutes.

Wash and drain kidney beans then add to chill, stir through until warm.

Serve with brown rice or cauli rice
or baked potato/sweet potato.



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