

# Charlotte Debeugny

NUTRITIONIST AND AUTHOR



## **MENU PLAN**

**Mood Food – Delicious and balanced meals to keep you feeling on form!**

10 June 2017

# WEEKLY MEAL PLANNER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> <li>Oat and banana cookies</li> <li>Chopped Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Granola</li> <li>Greek Yoghurt</li> <li>Fresh berries</li> </ul>	<ul style="list-style-type: none"> <li>Watermelon pizza</li> </ul>	<ul style="list-style-type: none"> <li>Charlotte's Chia Pot</li> </ul>	<ul style="list-style-type: none"> <li>Bircher Muesli</li> </ul>	<ul style="list-style-type: none"> <li>Oat and Banana cookies</li> <li>Chopped fresh fruit</li> </ul>	Brunch <ul style="list-style-type: none"> <li>Poached egg with asparagus spears</li> <li>Bread of your choice</li> <li>Water melon pizza</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>Gazpacho Soup</li> <li><b>Viande de grison rolls:</b> 2 slices of viande de grison or ham, spread with 20g cream cheese, scatter over some rocket. Roll and go!</li> </ul>	<ul style="list-style-type: none"> <li>Charlotte's baked spinach and ricotta</li> <li>Tomato salad ( 2 medium tomatoes,chopped+ 5 olives+fresh basil)</li> </ul>	<ul style="list-style-type: none"> <li>Roasted tomatoes, lentil and green bean salad</li> </ul>	<ul style="list-style-type: none"> <li>Watermelon, hazel nut and feta cheese salad</li> </ul>	<ul style="list-style-type: none"> <li>Chicken and pomegranate couscous</li> </ul>	<ul style="list-style-type: none"> <li>Left over falafel with a salad of your choice</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>Salmon chirashi bowl</li> </ul>	<ul style="list-style-type: none"> <li>Courgette, mango and prawn salad</li> </ul>	<ul style="list-style-type: none"> <li>Green smoothie</li> <li>Omelet (use 2 eggs and vegetables and cheese of your choice)</li> </ul>	<ul style="list-style-type: none"> <li>Chickpea Falafel with watercress and orange salad.</li> </ul>	<ul style="list-style-type: none"> <li>Baked mushrooms (spread 2 large mushrooms with olive tapenade, top each with a slice of goats cheese and bake for 30 mins)</li> <li>Green salad</li> </ul>	<ul style="list-style-type: none"> <li>Grilled fish of your choice with roasted vegetables (Chop veggies of your choice. Place on baking tray, drizzle with oil and bake in hot oven for 40 mins.</li> </ul>	<ul style="list-style-type: none"> <li>Veggie Vegan bowl</li> <li>Natural yoghurt with fruit compote</li> </ul>
Exercise	<ul style="list-style-type: none"> <li>Move! 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



Oat and Banana Cookies



### INGREDIENTS

- 3 ripe bananas
- 2 tsps. honey
- 150g oats
- 1 tsp chia seeds
- 50g pumpkin seeds

### METHOD

1. Preheat the oven to 190 degrees
2. Mash the bananas in a large bowl and add all the other ingredients
3. Use a tablespoon to form 10-12 cookies on a greased baking sheet
4. Bake in the oven for 15-20 minutes.
5. Leave them to cool on the baking sheet

This is a great recipe for children to make. You can replace the pumpkin seeds with dark chocolate chips.

## Lunch



Gazpacho Soup



### INGREDIENTS

- 8 tomatoes
- 1 spring onion
- 1 clove of garlic, crushed
- Juice of 1 large orange
- 4 sundried tomatoes
- 1 handful of fresh basil
- 1 tbsp. olive oil
- 2 tbsp. cider vinegar
- Salt and pepper

### METHOD

1. Place all ingredients in a blender and blend until smooth.
2. Season to taste, adding more vinegar/oil as desired.
3. Chill before serving.

This is also good as a dinner party starter and you can jazz it up by serving it with cubes of feta cheese and toasted pinenuts.

## Dinner



Salmon Chirashi Bowl



### INGREDIENTS

- 150 g of ultra fresh salmon
- ½ head of broccoli, chopped into florets
- 2 sprigs of fresh coriander
- 1 avocado
- 10 radishes
- 1 sheet of nori seaweed
- Handful of sesame seeds
- Dressing: ½ cm of grated fresh ginger+juice of ½ lime+1 tsp sesame oil+1 tbsp. soya sauce+1 tsp rice vinegar

### METHOD

1. Blend the broccoli and coriander together until you have small grains which look like rice. Place in two bowls.
2. Thinly slice the salmon, avocado and radishes and arrange on top of the broccoli.
3. Cut the seaweed into small strips with scissors and scatter over the bowls together with the sesame seeds.
4. Serve with the dressing.



## Breakfast



Granola



10 Portions

Easy

Good for  
dessert

### INGREDIENTS

- 300g oat flakes
- 150g mixed nuts
- 150g mixed seeds
- 80g coconut oil
- 50g maple syrup
- 2 tsp cinnamon
- 100 ml apple juice

### METHOD

1. Preheat the oven to 160 degrees
2. Place the oil, syrup and fruit juice in a saucepan and melt over a gentle heat
3. Place the oats, nuts, seeds and cinnamon in a large bowl.
4. Pour over the melted mix and mix together thoroughly ensuring the dry mix is evenly coated
5. Spoon onto a baking sheet and bake in the oven for 45 minutes, stirring occasionally.
6. Allow to cook and store in a sealed container

## Lunch



Charlotte's Baked Spinach and Ricotta



6 servings

Vegetarian

Good for a  
packed  
lunch

### INGREDIENTS

- 1.5 kg of fresh spinach
- 2 onions, finely chopped
- Handful of chopped fresh thyme
- 1 tsp butter+extra for the dish
- 1 box of ricotta cheese (about 250 g)
- 100 ml whole milk
- 6 eggs
- 75 g parmesan cheese
- Salt and Pepper

### METHOD

1. Heat the oven to 200 degrees.
2. Grease a large round deep baking dish with a little butter.
3. Melt the butter in a frying pan and gently fry the onion for 5 minutes until softened.
4. Wash the spinach and cook in a large saucepan until wilted, about 5-10 minutes.
5. Place the spinach, onion, ricotta cheese, parmesan cheese, milk and eggs into a large blender and blend until mixed. You will have a bright green sludge!
6. Pour into the baking dish and bake until firm, about 40 minutes.

## Dinner



Courgette, Mango and Prawn Salad



2 servings

Gluten free

Light and  
tasty!

### INGREDIENTS

- 200g cooked prawns
- 1 large courgette
- 1 small kohlrabi
- 1 small mango
- Handful of chopped roasted peanuts
- 1 spring onion
- Dressing: juice of 1 lime+2 tbsp. oil+salt and pepper+1/4 fresh red chili pepper
- Large handful of fresh mint

### METHOD

1. Use a julienne peeler to cut the courgette and kohlrabi into fine strips. Place in a salad bowl and pour over the dressing.
2. Roughly chop the mint and spring onion and scatter over the vegetables with the peanuts.
3. Scatter over the prawns.

If you need a more substantial salad, add cooked rice noodles or wild rice.



## Breakfast



Watermelon Pizza



No added sugar

Colourful and fun!

### INGREDIENTS

- 1 large thick slice of watermelon
- 100g ricotta cheese
- 2 tsp honey
- 2 finely chopped mint leaves
- Fresh fruit of your choice
- Handful of chopped, toasted almonds

### METHOD

1. Mix the ricotta, mint and honey together and spread over the watermelon.
2. Arrange fresh fruit of your choice on top of the 'pizza'
3. Scatter over the almonds

Note: Another way to serve this is simply to chop up a variety of fresh fruit and serve with the ricotta on the side as a dip.

## Lunch



Roasted tomato, lentil and bean salad



Vegetarian

A great lunch

### INGREDIENTS

- 100g of puy lentils
- 5 medium tomatoes
- 1 red onion
- 200g green beans
- Olive oil
- Dressing: 2 tsps. grainy mustard+ 2 tbsp. olive oil+ 2 tbsp. red wine vinegar
- Salt and pepper
- Handful of chopped fresh basil +handful of toasted pine nuts

### METHOD

1. Heat oven to 170 degrees
2. Cut tomatoes in half and thinly slice the red onion. Place on a baking sheet. Drizzle over olive oil and a pinch of salt. Roast for 45 minutes.
3. Meanwhile, cook the lentils according to the instructions (I always cook them for 5 minutes less than indicated) drain them and pour over the dressing while the lentils are warm.
4. Steam the green beans until just tender
5. Place the lentils, roasted vegetables and beans in a large salad bowl. Scatter over the basil and pine nuts

## Dinner



Green Smoothie



Refreshing

Easy

### INGREDIENTS

- ¼ cucumber
- ½ small avocado
- Juice of ½ grapefruit
- Drizzle of lime juice
- 2 mint leaves
- Handful of rocket
- 50 ml coconut water
- 5 ice cubes

### METHOD

1. Blend and go!



## Breakfast



Charlotte's chia pot



Vegetarian

Great start to the day

### INGREDIENTS

- 125 ml milk of your choice
- 20g chia seeds
- Pinch of cinnamon
- 1 chopped date or 2 dried apricots, chopped
- Small handful of almonds, chopped

### METHOD

1. Place all the ingredients in a jam jar
2. Put the lid on and shake vigorously
3. Leave in fridge for at least 1 hour or overnight for the chia seeds to absorb the liquid.
4. Eat with relish!

Feel free to vary the types of fruit and nut you add. You can also add some honey or maple syrup if you prefer it slightly sweeter.

## Lunch



Watermelon and feta cheese salad



Vegetarian

A great lunch

### INGREDIENTS

- 1 medium slice of water melon, chopped into cubes
- 60g of feta cheese, cut into cubes
- Handful of toasted hazelnuts, chopped
- 2 medium tomatoes, slices
- 1 sprig of fresh mint, chopped
- 1 handful of black olives, chopped
- Handful of rocket
- Generous drizzle of hazelnut oil
- Drizzle of lemon juice

### METHOD

1. Place all the ingredients in a large salad bowl and enjoy!

## Dinner



Chickpea Falafel



Veggie

Easy

### INGREDIENTS

- 1 tin of chickpeas @400g drained and rinsed
- 1 carrot, finely grated
- 1 spring onion, chopped
- 2 tbsp. flour
- ½ tsp harissa
- ½ tsp ground cumin
- 1 tsp baking powder
- Handful of chopped mint
- 2 sprigs of chopped fresh oregano
- Salt and pepper

### METHOD

1. Heat the oven to 200 degrees
2. Blend all the ingredients together until you have a smooth paste
3. Form into small balls (about 12) and place on a baking sheet
4. Drizzle over olive oil and bake for about 20 minutes until puffy and golden

Perfect with a watercress and orange salad. I also like to serve with a sauce of Greek yoghurt mixed with a swirl of harissa!



## Breakfast



Bircher Muesli



### INGREDIENTS

- 40g of oats
- 125 ml milk of your choice or apple juice
- 1 tsp sunflower seeds
- 1 tsp pumpkin seeds
- Pinch of cinnamon
- Handful of raisins

To serve: Fresh fruit and yoghurt

### METHOD

1. Place the ingredients in a cereal bowl and leave to soak in the fridge overnight
2. In the morning add fruit of your choice and a dollop of yoghurt.

## Lunch



Chicken and pomegranate couscous



### INGREDIENTS

- 100g couscous
- 100g cauliflower florets, blended into fine grains
- 1 medium beetroot, cooked, cut into cubes
- 1 large chicken breast
- 2 spring onions, finely chopped
- Large handful of chopped fresh parsley, finely chopped
- Handful of pomegranate seeds
- Handful of chopped pistachios
- Dressing: Juice of 1 lemon+1 tbsp. olive oil+1 tbsp. argan oil (or a second spoon of olive oil Salt and pepper
- Sauce: 1 tbsp. tahini+juice of ½ lemon+1 tbsp. Greek yoghurt+1/2 clove of crushed garlic

### METHOD

1. Cook the chicken by poaching it in water over a gentle heat for 10-15 minutes.
2. Use the cooking water to cook the couscous: Place couscous in a bowl and pour over 100 ml of hot chicken water/stock, followed by the dressing. Set aside for 10 minutes.
3. Shred the chicken and place in a bowl with all the other ingredients. Prepare the sauce by mixing all the ingredients together and drizzle over the salad.

## Dinner



Veggie Vegan Bowl



### INGREDIENTS

- 100g of cooked quinoa
- 200g of cooked red kidney beans
- 200g of smoked tofu, cut into cubes
- 20 cherry tomatoes, cut in half
- 1 small courgette, diced
- 100g of fresh kale, central stalk removed and thinly sliced
- ½ avocado, diced
- Dressing: juice of 1 lime+2 tbsp. olive oil+1/2 tsp smoked paprika+1 pinch of cumin
- Handful of toasted pumpkin seeds
- Handful of chopped coriander
- Salt and pepper

### METHOD

1. Place the kale in a salad bowl and pour over the dressing. Massage it into the kale. This stops the kale from being too tough.
2. Add all the other ingredients to the bowl and season to taste.