

# Charlotte Debeugny

NUTRITIONIST AND AUTHOR



## ***BREATHE – 5 DAY RECHARGE PROGRAMME***

- ✓ 5 days of Mediterranean style nourishing menus
- ✓ 2 x 10-15 minute yoga sessions per day, suitable for all levels, carefully vetted by Charlotte (!)
- ✓ A fun daily challenge – SITTING RISING CHALLENGE

# Breathe – 5 day yoga and menu plan

	Day 1 - UNWIND	Day 2 - SOOTHE	Day 3 - RECOVER	Day 4 - REFLECT	Day 5 - REACTIVATE	Notes/Info	Notes/info
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>YOGA – WAKE UP <a href="http://bit.ly/1AhtYmz">http://bit.ly/1AhtYmz</a></li> <li>Chia Pudding</li> </ul>	<ul style="list-style-type: none"> <li>YOGA – WAKE UP <a href="http://bit.ly/2xoluN2">http://bit.ly/2xoluN2</a></li> <li>Omega 3 porridge</li> </ul>	<ul style="list-style-type: none"> <li>YOGA – WAKE UP <a href="http://bit.ly/2vlcqev">http://bit.ly/2vlcqev</a></li> <li>Berry and buckwheat muffins</li> </ul>	<ul style="list-style-type: none"> <li>YOGA – WAKE UP <a href="http://bit.ly/2vF7LQt">http://bit.ly/2vF7LQt</a></li> <li>Charlotte's chocolate smoothie</li> </ul>	<ul style="list-style-type: none"> <li>YOGA – WAKE UP <a href="http://bit.ly/2wDiPl3">http://bit.ly/2wDiPl3</a></li> <li>Avocado on toast</li> </ul>	<b>The morning yoga sessions are suitable for all levels and last about 10-15 minutes.</b>	<i>Need an easy breakfast option? 125 ml Greek yoghurt 1 portion of fruit or fruit compote 15 g mixed nuts and seeds</i>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>Tuna Salad</li> <li>1 square of 85% chocolate</li> </ul>	<ul style="list-style-type: none"> <li>Chickpea and Goat's cheese salad</li> <li>1 square of 85% chocolate</li> </ul>	<ul style="list-style-type: none"> <li>Chicken, lentil and beetroot salad</li> <li>1 square of 85% chocolate</li> </ul>	<ul style="list-style-type: none"> <li>Prawn and mango salad</li> <li>Berry and buckwheat muffin</li> </ul>	<ul style="list-style-type: none"> <li>Indian chicken with mango salad and lettuce wraps</li> <li>1 square of 85% chocolate</li> </ul>	<b>Try and squeeze in the 30 minute walk after lunch.</b>	<i>If you prefer to eat lunch at work, select grilled or roasted fish/meat/vegetarian option with salad or vegetables.</i>
<b>Snack</b>	<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>	<b>Don't forget to keep drinking water through the day. Tea, coffee and tisanes are also good choices. Try not to add sugar!</b>	<i>If you are really hungry add 30g of nuts or even 1-2 corn cakes with 1 tsp of nut butter.</i>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>YOGA – WIND DOWN <a href="http://bit.ly/2ggshUO">http://bit.ly/2ggshUO</a></li> <li>Roasted vegetables with chickpeas</li> <li>Natural yoghurt and fresh fruit</li> </ul>	<ul style="list-style-type: none"> <li>YOGA - WIND DOWN <a href="http://bit.ly/2urbxR8">http://bit.ly/2urbxR8</a></li> <li>Sardine Dip</li> <li>Roasted vegetable soup</li> <li>Natural yoghurt and fresh fruit</li> </ul>	<ul style="list-style-type: none"> <li>YOGA - WIND DOWN <a href="http://bit.ly/2uj3hif">http://bit.ly/2uj3hif</a></li> <li>Sardine dip</li> <li>Baked egg</li> </ul>	<ul style="list-style-type: none"> <li>YOGA - WIND DOWN <a href="http://bit.ly/2vxAeYw">http://bit.ly/2vxAeYw</a></li> <li>Roast squash and orange soup</li> <li>Natural yoghurt and fresh fruit.</li> </ul>	<ul style="list-style-type: none"> <li>YOGA - WIND DOWN <a href="http://bit.ly/1R4TYrx">http://bit.ly/1R4TYrx</a></li> <li>Roasted squash soup</li> <li>Quinoa salad</li> </ul>	<b>Either do the yoga before supper or just before bed.</b> <i>Make time to do the yoga, it's only 10-15 minutes and it will help you to wind down and relax!</i>	<i>No time/inclination to cook?!  Buy a chilled soup and a large bag of mixed salad leaves for an easy soup and salad supper!</i>
<b>Exercise</b>	SITTING RISING CHALLENGE <ul style="list-style-type: none"> <li>30 minute walk</li> </ul>	SITTING RISING CHALLENGE <ul style="list-style-type: none"> <li>30 minute walk</li> </ul>	SITTING RISING CHALLENGE <ul style="list-style-type: none"> <li>30 minute walk</li> </ul>	SITTING RISING CHALLENGE <ul style="list-style-type: none"> <li>30 minute walk</li> </ul>	SITTING RISING CHALLENGE <ul style="list-style-type: none"> <li>30 minute walk</li> </ul>	<b>The aim is for you to be able to do this challenge without using your hands or knees by the end of the 5 days!</b>	<i>The other aims are for you to feel relaxed and refreshed!  Aim to avoid alcohol during these 5 days. Your liver will thank you for it!</i>





## Breakfast



### Chia pudding



Easy

Soak overnight!

#### INGREDIENTS

- 125 ml milk of your choice
- 20g chia seeds
- 1 tsp sunflower seeds
- Pinch of cinnamon
- ½ grated apple
- Handful of raisins or dried fruit of your choice

#### 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!

## Lunch



### Tuna Salad



Easy

Great packed lunch

#### INGREDIENTS

- 1 small tin of tuna in oil drained (keep some oil for the dressing)
- 1 hard boiled egg
- Handful of green beans, cooked
- Handful of cherry tomatoes, halved
- 2-3 artichoke hearts, drained and chopped
- 5 olives, chopped
- Handful of fresh basil, chopped
- Squeeze of lemon juice

#### METHOD

1. Place all the ingredients in a salad bowl and mix together gently.

You can also add a couple of small cooked new potatoes.

## Dinner



### Roasted Vegetables with chickpeas



Easy

Colourful!

#### INGREDIENTS

- 1 large aubergine cut into batons
- 1 large courgette cut into batons
- 1 red pepper, sliced
- 1 orange pepper, sliced
- 1 red onion, sliced
- Drizzle of olive oil
- Handful of cooked chick peas (use the rest of the tin for tomorrow)
- Handful of rocket

#### METHOD

1. Heat oven to 210 degrees
2. Place the vegetables on a baking tray, drizzle over some oil, season and roast for 40-45 minutes.
3. Set half of the vegetables aside for tomorrow night.
4. Scatter chickpeas and rocket over the rest and enjoy!



## Breakfast



Omega 3 Porridge



Easy

Perfect start!

### INGREDIENTS

- 125 ml milk of your choice
- 40g chia oat flakes
- 1 tsp pumpkin seeds
- 1 tsp flaxseeds
- Pinch of cinnamon
- Fresh fruit of your choice

### METHOD

1. Place all the ingredients in a saucepan
2. Bring to the boil then reduce the heat and cook for a further 5 minutes.

## Lunch



Chickpea and goat's cheese salad



Easy

Great packed lunch

### INGREDIENTS

- Handful of cooked chickpeas
- ½ bulb of fennel, finely sliced
- Handful of cherry tomatoes, halved
- 1 small courgette, diced
- Handful of fresh herbs of your choice
- Drizzle of olive oil
- Squeeze of lemon juice
- Seasoning
- 20g goat's cheese
- 2 slices viande de grison (optional)

### METHOD

1. Place all the ingredients in a salad bowl and mix together gently.

## Dinner



Sardine Dip



Easy

Tasty

### INGREDIENTS

- 1 tin of sardines, drained
- 80g cream cheese
- 1 tsp harissa paste
- Handful of chopped parsley
- Generous drizzle of lemon juice

### METHOD

1. Blend and go! Serve with raw vegetables.

This makes 2 servings, so you'll have some left over for tomorrow!

For the vegetable soup:

Blend left over roasted vegetables with 125 ml veg stock. Serve hot or cold.



## Breakfast



Berry and Buckwheat Muffins



Easy

Perfect start!

### INGREDIENTS

- 100g buckwheat flour
- 100g whole wheat flour
- 50h ground almonds
- 1 tsp cinnamon
- 1 tsp baking powder
- 1 x 125 ml natural yoghurt
- 1 egg
- 3 tbsp. honey
- 100g melted butter
- 2 handfuls of frozen berries

### METHOD

1. Preheat the oven to 180 degrees
2. Prepare a muffin tin with 8 muffin cases
3. Place all the dry ingredients in a large bowl
4. Mix all the 'wet' ingredients in a second bowl (egg, honey, butter and yoghurt)
5. Pour the wet ingredients over the dry ingredients and mix lightly to combine.. Gently stir in the berries.
6. Spoon into the muffin tin and bake for 25 minutes

## Lunch



Chicken, lentil and beetroot salad



Easy

Great packed lunch

### INGREDIENTS

- 1 chicken breast
- 50g green or puy lentils
- 1 small beetroot, cooked and diced
- Handful of fresh herbs of your choice
- Dressing: Generous drizzle of olive oil+ squeeze of lemon juice+ ½ tsp mustard+drizzle of honey
- Seasoning
- 1 soup spoon Greek Yoghurt mixed with fresh chopped mint to serve.

### METHOD

1. Poach or steam the chicken breast until it is cooked
2. Cook the lentils according to the packet instructions
3. Once cooked, drain the lentils and pour over the dressing
4. Slice the cooked chicken breast
5. Mix together the lentils, herbs and beetroot
6. Arrange the chicken slices on top.

The chicken can be replaced with smoked tofu.

## Dinner



Baked eggs



Easy

Tasty

### INGREDIENTS

- 1 egg
- 100g baby spinach
- 1 tsp pesto or sundried tomato paste
- Butter (for greasing the ramekin)
- 1 tsp cream cheese or cream fraiche
- 1 tsp grated parmesan

### METHOD

1. Preheat the oven to 180 degrees
2. Place the baby spinach in a sieve, pour over boiling water and place in a small bowl. Add the pesto/tomato paste, mix and season.
3. Place the spinach in the ramekin and crack the egg into the spinach
4. Spoon the cream cheese or crème fraiche over the egg and sprinkle with parmesan
5. Bake for 15 minutes until the egg is set.



## Breakfast



Charlotte's chocolate smoothie



### INGREDIENTS

- 125 ml milk of your choice
- 1 tsp tahini or almond butter
- 1 banana, frozen
- 1 large date
- Handful of baby spinach (optional)
- 1 -2 tsp cocoa powder
- ½ avocado

### METHOD

1. Blend and go!

## Lunch



Prawn and Mango Salad



### INGREDIENTS

- 100g cooked prawns
- 1/2 large courgette
- Handful of radishes, sliced
- 1/2 small mango, cut into cubes
- Handful of chopped roasted peanuts
- Dressing: juice of 1/2 lime+1 tsp. 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 into fine strips. Place in a salad bowl and pour over the dressing. Add the radishes.
2. Roughly chop the mint 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.**

## Dinner



Roast Squash and Orange Soup



### INGREDIENTS

- 1 small butternut squash
- 1 orange
- 1 onion, sliced
- 1 tbsp. chopped fresh Rosemary
- Olive oil
- 750 ml warm vegetable stock,
- Toasted pumpkin seeds and crème fraiche to serve

### METHOD

1. Preheat the oven to 200 degrees
2. Wash the butternut squash, cut in half and remove the seeds. Cut into chunks - no need to peel, it makes life a lot easier!
3. Place the butternut squash, onion and rosemary on a baking sheet, drizzle over some olive oil and roast for 40-45 minutes.
4. Place the cooked vegetables in a large bowl, add the stock together with the zest of ½ orange and the juice of 1 orange.
5. Blend together until you have a smooth soup. Enjoy!



## Breakfast



### Avocado on Toast



Easy

Perfect start!

#### INGREDIENTS

- 1 slice sour dough bread (pain poliane)
- ½ ripe avocado
- 1 spring onion, finely chopped
- Pinch of paprika
- Squeeze of lime juice
- Salt and pepper

Toppings:

- 1 slice smoked salmon with cucumber and capers
- 2 tinned sardines with chopped cherry tomatoes
- 1 poached egg

#### METHOD

1. Heat the grill and toast the bread on both sides
2. Mash the avocado with the onion, paprika, lime juice and seasoning
3. Spread over the toasted bread and enjoy with the topping of your choice!

## Lunch



### Indian Chicken with Mango Salad



Easy

Great packed lunch

#### INGREDIENTS

- 1 chicken breast, cut into 4-5 chunks
- 1 tsp curry powder
- Juice of ½ lime
- 2 tsp natural yoghurt
- ½ small mango, diced
- Large handful of fresh mint
- Juice of ½ lime
- 2-3 slices of fresh red chili
- Lettuce leaves

#### METHOD

1. Mix together the curry powder, lime juice and yoghurt and pour over the chicken. Leave to marinate for at least 30 minutes.
2. Place the mango, chopped mint and chili slices in a bowl. Pour over the lime juice.
3. Grill the chicken for 3-4 minutes each side. Serve with the mango salad using the lettuce leaves as wraps

**The chicken can be replaced with prawns or tofu!**

## Dinner



### Quinoa Salad



Easy

Tasty

#### INGREDIENTS

- 200g of cooked quinoa
- 20 cherry tomatoes, cut in half
- 1 small courgette, diced
- 1 spring onion, sliced
- 100g of fresh kale, central stalk removed and thinly sliced
- 50g feta, cut into cubes
- ½ preserved lemon, finely chopped
- Handful of toasted pine nuts
- 1 tbsp. olive oil + extra for drizzling over the kale
- Handful of chopped fresh herbs
- Squeeze of lemon juice

#### METHOD

1. Place the kale in a salad bowl and drizzle over some oil and lemon juice.
2. Massage it into the kale. This stops the kale from being too tough.
3. Add all the other ingredients to the bowl and season to taste.