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NUTRITIONIST AND AUTHOR



Boost – to keep you smiling after the festive season!

- ✓ A five day menu plan with delicious, healthy and easy meals a la Charlotte (!)
- ✓ A daily video or short pod cast to make you smile, laugh and/or feel inspired
- ✓ A daily challenge- a 30 minute walk (even if it is snowing or raining – no excuses!)

BOOST - to keep you smiling after the festive season!

	Day 1	Day 2	Day 3	Day 4	Day 5	Information and comments	Information and comments
Breakfast	<ul style="list-style-type: none"> Charlotte's Banana Bread (2 small slices!) 	<ul style="list-style-type: none"> Tropical Smoothie 	<ul style="list-style-type: none"> Christmas Granola Natural Yoghurt or milk of your choice Fresh fruit 	<ul style="list-style-type: none"> Pear pancakes 	<ul style="list-style-type: none"> Exotic fruit salad Yaourt Grec 	<p>Wake up. Smile at yourself in front of the mirror and think about the amazing day ahead of you!</p>	<p><i>'Quick option'</i> 125 ml Greek yoghurt 1 fruit or 1 compote 15 g amandes</p>
Lunch	<ul style="list-style-type: none"> Parsnip and chestnut soup Green Salad Greek Yoghurt 	<ul style="list-style-type: none"> Charlotte's mini salmon burgers 1 square of dark chocolate 	<ul style="list-style-type: none"> Warm chicken and roasted pear salad 1 square of dark chocolate 	<ul style="list-style-type: none"> Smoked salmon and grapefruit couscous 1 square of dark chocolate 	<ul style="list-style-type: none"> Chinese noodles with vegetables 1 square of dark chocolate 	<p>Try to do a short walk after lunch and get some fresh air.</p>	<p><i>Option « Resto » :</i> <i>Meat/chicken/fish+ vegetables</i></p>
Snack	<ul style="list-style-type: none"> 1 fruit 	<ul style="list-style-type: none"> 1 fruit 	<ul style="list-style-type: none"> 1 fruit 	<ul style="list-style-type: none"> 1 fruit 	<ul style="list-style-type: none"> 1 fruit 	<p>Make sure you keep hydrated during the day. During winter we sometimes forget to drink sufficient water.</p>	<p><i>Really hungry? Have 2 rice cakes with peanut butter or 2 oatcakes with a slice of cheese.</i></p>
Dinner	<ul style="list-style-type: none"> Courgette and ricotta lasagna Fruit Salad 	<ul style="list-style-type: none"> Cauliflower pizza Natural yoghurt and fresh fruit 	<ul style="list-style-type: none"> Tzatziki dip with raw vegetables Roast tomato and pepper soup. 	<ul style="list-style-type: none"> Lentil and mushroom pilaf 1 natural yoghurt + 1 fruit 	<ul style="list-style-type: none"> Beef and vegetable casserole Broccoli Mash 	<p>After supper, try to relax with a good book. Aim to switch off your phone and computer if possible.</p>	<p><i>Can't be bothered to cook?</i> <i>Buy soup and a sachet of green salad for a quick and easy meal.</i></p>
Exercise	<p>Video – LAUGH! http://bit.ly/1gG55YI</p> <ul style="list-style-type: none"> 30 minute walk 	<p>Song – DON'T WORRY, BE HAPPY http://bit.ly/2BBJrmz</p> <ul style="list-style-type: none"> 30 minute walk 	<p>Video – TRY SOMETHING NEW! http://bit.ly/1ffl1kZ</p> <ul style="list-style-type: none"> 30 minute walk 	<p>Video – SELF LOVE! http://bit.ly/2nfXKYI</p> <ul style="list-style-type: none"> 30 minute walk 	<p>Mediation – BOOST! http://bit.ly/2CbMKAv</p> <ul style="list-style-type: none"> 30 minute walk 	<p>Be positive! Think about at least 1 thing which you enjoyed about your day. Smile and go to bed looking forward to the new day.</p>	<p><i>Your aim?</i> <i>Happy, calm and relaxed!</i></p>





Breakfast



Charlotte's Banana Bread



10 slices

Easy

Bon!

INGREDIENTS

- 150g whole wheat flour
- 100g porridge oats
- 1/2 tsp cinnamon
- 2 tsp baking powder
- 100g dark chocolate chips
- 100g chopped walnuts
- 3 mashed bananas
- 2 eggs
- 3 tbsp. honey
- 50g melted coconut oil or melted butter

METHOD

1. Preheat the oven to 180 degrees
2. Grease a loaf tin
3. Beat the eggs with the honey, in a large bowl then add the mashed bananas and the oil or butter.
4. Place the other ingredients in a second bowl - the flour, oats, cinnamon, baking powder, dark chocolate and nuts. Stir together.
5. Pour the liquid ingredients in the first bowl into the second bowl and mix well.
6. Pour the mixture into the loaf tin and bake 35-40 minutes.

Lunch



Parsnip and chestnut soup



3-4 portions

Easy

Lunch box

INGREDIENTS

- 1 diced onion
- 1 stick of celery, thinly sliced
- 2 parsnips, washed and diced
- 200g de cooked chestnuts
- 1 orange (zest and juice)
- 750 ml vegetable soup
- 2 tbsp crème fraiche
- Olive oil
- 50g mixed seeds, toasted

METHOD

1. Heat the oil in a large saucepan over a moderate heat.
2. Add the onion together with a large pinch of salt and cook until the onion is soft - about 5 minutes.
3. Add the celery, parsnips, chestnuts and orange zest and cook for 5 minutes, stirring occasionally.
4. Add the stock and orange juice, bring to the boil and then lower the temperature and cook for another 20-25 minutes until the vegetables are soft.
5. Remove from the heat. Add the creme fraiche and blend the soup until it is smooth. Sprinkle with the toasted seeds just before serving.

Supper



Courgette and ricotta lasagna



2

Easy

Can be prepared in advance

INGREDIENTS

- 2 small courgettes. Cut each one into 4 slices along the length
- 250g ricotta
- 1 sachet of baby spinach leaves
- 2 tsp pesto
- 20g toasted pine nuts (place the nuts in a frying pan and stir over a moderate heat for 5 minutes)
- 200 ml tomato sauce
- 20g grated parmesan
- Rocket

METHOD

1. Preheat the oven to 200 degrees
2. Cook the courgette slices in boiling water for 3-5 minutes depending on the thickness of the slices. Drain and set aside.
3. Place the baby spinach in a sieve and pour over boiling water.
4. Place the spinach in a bowl with the ricotta, pesto and pine nuts. Mix together with a spoon.
5. Place half of this mix in a small baking dish, cover with 4 courgette slices and then half of the tomato sauce. Repeat these layers and cover the tomato sauce with the parmesan. Bake for 35 minutes.



Breakfast



Tropical Smoothie



INGREDIENTS

- 1 large slice of papaya
- ½ small avocado
- 100 ml natural yoghurt
- Squeeze of lime juice
- 2 mint leaves
- 50 ml water or coconut water

METHOD

1. Place all the ingredients in a blender.
2. Blend and go!

Lunch



Charlotte's mini salmon burgers



INGREDIENTS

- 200g salmon fillet, minced
- 2 spring onions, finely chopped
- 20g of whole wheat bread crumbs
- Finely chopped fresh mint and parsley
- Drizzle of olive oil
- Zest of ½ lemon
- ½ tsp of cumin
- Salt and pepper
- Olive oil

METHOD

1. Preheat the oven to 200 degrees
2. Place all the ingredients in a large bowl and mix together using your hands.
3. Shape into 6 mini burgers and place on a greased baking sheet.
4. Drizzle over some olive oil and bake for
5. Cuire pendant 15-20 minutes.

Serve with a tomato and olive salad. For a sauce to go with the burgers: 2 tbsp greek yoghurt + chopped fresh mint + ¼ finely chopped cucumber.

Supper



Cauliflower Pizza



INGREDIENTS

For the base:

- ½ small cauliflower, placed in a blender and blended to produce tiny rice like pieces.
 - 60g powdered almonds
 - 20g sunflower seeds
 - 25g parmesan
 - 2 eggs
 - Salt and pepper
- 100 ml passata+ 1 ball of mozzarella+ mixed grilled vegetables of your choice +1 handful of rocket**

METHOD

1. Preheat the oven to 200 degrees
2. Place all the ingredients for the base in a large bowl and mix together.
3. Cover a baking sheet with baking paper and lightly grease it using a little olive oil.
4. Use your hands to pat the base into 20 cm circle, spreading it evenly. Bake for 20 minutes.
5. Remove the base from the oven, spread it with the passata, the chopped mozzarella and the vegetables. Drizzle over some olive oil and bake for 10-15 minutes.
6. Sprinkle over the rocket just before serving.



Breakfast



Christmas Granola



INGREDIENTS

- 300g oat flakes
- 150g pecan nuts
- 150g mixed seeds of your choice
- 1 tsp cinnamon
- ½ tsp nutmeg
- 80g coconut oil
- 50g maple syrup
- Juice of 4 clementines, zest of 1 clementine
- 150g dried cranberries

METHOD

1. Preheat the oven to 160 degrees
2. Place the oil, syrup, fruit juice and zest in a saucepan and melt over a gentle heat
3. Place the oats, pecan nuts, seeds, cinnamon and nutmeg 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 cool, add the dried cranberries and store in a sealed container

Lunch



Warm chicken, beetroot and roast pear salad



INGREDIENTS

- 200g of cooked chicken or turkey, cut into 2 cm strips
- 1 large cooked beetroot, cut into large cubes
- 1 pear, cut into 12 slices – leave the skin on.
- 2 large handfuls of green salad leaves
- 40g of feta, cut into cubes
- 20g of hazel nuts, toasted and chopped
- Olive oil
- Dressing: 1 soup spoon oil + 2 tsp lemon juice + 1 drizzle of honey+ salt and pepper

METHOD

1. Preheat the oven to 220 degrees
2. Place the beetroot and the pear on a baking sheet and drizzle with olive oil. Roast in the oven for 20 minutes.
3. Place the green salad leaves in a bowl, add the chicken and the feta
4. Arrange the roasted beetroot and pear on top of the salad and scatter over the hazelnuts. Serve with the dressing.

Supper



Roast tomato and pepper soup



INGREDIENTS

- 4 large tomatoes, cut in half,
- 2 red peppers cut into thick slices
- 1 red onion, thickly sliced
- 100g of cooked chick peas (1/2 tin)
- Olive oil
- 750 ml vegetable stock
- Fresh basil

METHOD

1. Preheat the oven to 200 degrees
2. Place the tomatoes, peppers and onion on a baking sheet, drizzle over some olive oil and roast for 30-35 minutes.
3. Place the cooked vegetables in a large bowl, add the stock together with chick peas and fresh basil
4. Blend together until you have a smooth soup. Enjoy!



Petit déjeuner



Pear Pancakes



Easy

2-3 portions

INGREDIENTS

- 35g whole wheat flour
- 35g buckwheat flour
- 20g chopped hazel nuts
- 1 pinch of cinnamon
- ½ tsp baking powder
- 1 small egg+ 50 ml milk, mixed together
- 1 small pear, grated (leave the skin on)
- 5 g butter or coconut oil
- To serve
- Ricotta or Greek Yoghurt
- Honey

METHOD

1. Mix all the ingredients together in a bowl.
2. Heat the butter or oil in a frying pan
3. Drop large tablespoons of batter into the pan, keeping the pancakes thick.
4. Cook 3 for 3 minutes, then turn them over and cook for another 2-3 minutes on the other side.

Serve with Greek yoghurt or ricotta cheese and a drizzle of honey

Déjeuner



Smoked salmon, couscous and grapefruit salad



Easy

Lunch box

INGREDIENTS

- 100g of smoked salmon, cut into 1 cm squares
- 50g of whole wheat couscous
- 1 small avocado, diced
- 1 small pink grapefruit
- A handful of mâche or a similar green salad leaf
- 40g of mixed toasted mixed seeds
- Chopped fresh parsley
- Dressing : 1 tbsp olive oil + ½ tbsp pink grapefruit juice+ ½ tsp brown sugar

METHOD

1. Prepare the grapefruit by removing the skin and membrane from the segments and cutting them into smaller pieces (keep any juice for the dressing)
2. Prepare the couscous using the instructions on the packet.
3. Place all the ingredients in a salad bowl, pour over the dressing and mix together gently.

Note: You can replace the salmon with smoked tofu for a vegan salad.

Diner



Pilaf of lentils and mushrooms



Easy

Tasty

INGREDIENTS

- 250g of cooked lentils
- 200g of finely sliced mushrooms
- 1 clove of garlic, minced
- Huile d'olive
- 4 slices of dried beef (Viande de grison), cut into cubes
- Chopped fresh chives and parsley
- A drizzle of soya sauce
- 1 large handful of rocket
- 20g pumpkin seeds, toasted

Dressing: juice of ½ lemon+ 1 tbsp olive oil + 1 tsp grainy mustard

METHOD

1. Heat 1 tsp of oil in a large frying pan
2. Add the mushrooms and cook for 5 minutes over a high heat
3. Add the garlic, lower the temperature and cook over a moderate heat for 5 minutes.
4. Add the lentils, soya sauce and dried beef and cook for another 3-5 minutes.
5. Remove from the heat. Add the seeds, dressing and fresh herbs.



Breakfast



Mixed Exotic Fruity Salad



INGREDIENTS

- 1 large slice of papaya, cut into cubes
- 1 tbsp. pomegranate seeds
- 1 kaki fruit, peeled and diced
- 1 kiwi, sliced
- 1 box of blueberries
- Zest and juice of ½ lime
- 20g of grilled pistachio nuts
- Pinch of 4 spice powder
- Fresh mint

METHOD

1. Place all the ingredients in a bowl. Sprinkle with chopped fresh mint.

A great breakfast for Christmas day!

Lunch



Chinese noodles with vegetables



INGREDIENTS

- 100g of buckwheat noodles
- 1 courgette, julienned or spiralsed
- 1 carrot, julienned or spiralsed
- 1 handful of soya beans sprouts
- 2 spring onions, chopped
- 100g of smoked tofu or 100g cooked prawns
- 30g of toasted cashew nuts
- Sauce: juice of 1 lime, +1 cm de fresh grated ginger +1 tbsp. Soya sauce + 1 tsp sesame oil
- 1 sprig of chopped fresh mint

METHOD

1. Cook the noodles according to the packet instructions. Add the courgette, carrot and bean sprouts 1 minute before the end of the cooking time.
2. Drain.
3. Place in a serving bowl with the onions, tofu and peanuts.
4. Pour over the sauce and sprinkle with the fresh mint.

Supper



Colourful Beef Casserole



INGREDIENTS

- 250g of stewing beef, cut into large cubes
- 250g of carrots, cut into batons
- 250g de butternut squash, peeled and cut into large chunks ,
- 4 shallots, peeled
- Zest of 1 large orange
- 1 tsp fennel seeds
- 500 ml beef stock+ 50 ml red wine
- 1 handful of baby spinach leaves

Broccoli puree: 1 head of broccoli+20g crème fraiche

METHOD

1. Preheat the oven to 160 degrees
2. Place all the ingredients except the spinach in a casserole.
3. Bring the ingredients up to boiling point by placing the casserole pot on hob.
4. Then cover and cook in the oven for 4 hours Scatter over the spinach just before serving..
For the puree: Steam the broccoli until it is soft and blend with the creme fraiche adding a little milk if necessary.