

Charlotte Debeugny

NUTRITIONIST AND AUTHOR



Confinement Cuisine to nourish you from head to toe!

- ✓ A six-day menu plan using easy store cupboard ingredients (you can enjoy creating other recipes on the 7th day!
- ✓ A daily challenge- a 30-minute walk (round the garden or your flat) as well as links to music, meditation and yoga practices.

#staysafe #staywell #stayhome

Confinement Cuisine!

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Information and comments
Breakfast	<ul style="list-style-type: none"> Charlotte's Banana Bread 	<ul style="list-style-type: none"> Tropical Smoothie 20-30g nuts of your choice 	<ul style="list-style-type: none"> Gorgeous Granola Natural Yoghurt or milk of your choice Fresh fruit 	<ul style="list-style-type: none"> Pear pancakes 	<ul style="list-style-type: none"> Store cupboard fruit salad Yogurt 	<ul style="list-style-type: none"> Overnight oats 	<p><i>'Quick options'</i></p> <p><i>Egg on toast</i></p> <p><i>Porridge</i></p>
Lunch	<ul style="list-style-type: none"> Carrot and lentil soup Bread and mixed salad Coffee + 1-2 squares dark chocolate 	<ul style="list-style-type: none"> Frittata Facile Coffee + 1-2 squares of dark chocolate 	<ul style="list-style-type: none"> Roasted tomato and pepper soup Bread and mixed salad Coffee + 1-2 squares of dark chocolate 	<ul style="list-style-type: none"> Lentil Salad Coffee + 1-2 squares of dark chocolate 	<ul style="list-style-type: none"> Chinese noodles with vegetables Coffee + 1-2 squares of dark chocolate 	<ul style="list-style-type: none"> Bean Wraps Coffee + 1-2 squares of dark chocolate 	<p><i>SOS quick lunch!</i></p> <p><i>Open sandwich (with protein of your choice and a handful of vegetables) + bowl of soup (tinned/frozen.....)</i></p>
Snack	<p>Choice of:</p> <ul style="list-style-type: none"> 1 fruit + natural yogurt + 20g nuts 2 rice cakes + 2 tsp peanut butter 1 apple + 30g cheese 	<p>Choice of:</p> <ul style="list-style-type: none"> 1 fruit + natural yogurt + 20g nuts 2 rice cakes + 2 tsp peanut butter 1 apple + 30g cheese 	<p>Choice of:</p> <ul style="list-style-type: none"> 1 fruit + natural yogurt + 20g nuts 2 rice cakes + 2 tsp peanut butter 1 apple + 30g cheese 	<p>Choice of:</p> <ul style="list-style-type: none"> 1 fruit + natural yogurt + 20g nuts 2 rice cakes + 2 tsp peanut butter 1 apple + 30g cheese 	<p>Choice of:</p> <ul style="list-style-type: none"> 1 fruit + natural yogurt + 20g nuts 2 rice cakes + 2 tsp peanut butter 1 apple + 30g cheese 	<p>Choice of:</p> <ul style="list-style-type: none"> 1 fruit + natural yogurt + 20g nuts 2 rice cakes + 2 tsp peanut butter 1 apple + 30g cheese 	<p><i>Do have a healthy snack at the end of the afternoon. It's guaranteed to help prevent nibbling before supper!</i></p>
Dinner	<ul style="list-style-type: none"> Store cupboard warm pasta salad 	<ul style="list-style-type: none"> Roasted vegetables and salmon 	<ul style="list-style-type: none"> Rainbow couscous 	<ul style="list-style-type: none"> Marinated chicken skewers + rice + vegetables of your choice 	<ul style="list-style-type: none"> Beef and vegetable casserole 	<p>Apero plate:</p> <ul style="list-style-type: none"> Hummus Sardine dip Baked mushrooms Open puff pastry quiche 'soleil' 	<p><i>Choices for dessert:</i></p> <p><i>Fresh fruit</i></p> <p><i>Yogurt</i></p> <p><i>30 - 40 g cheese</i></p>
Exercise	<p>30-minute walk</p> <p>Why mindfulness is a super power! (3 minutes)</p>	<p>30-minute walk</p> <p>Dance for 3 minutes</p> <p>I will survive</p>	<p>30-minute walk</p> <p>7 minute bedtime yoga</p>	<p>30-minute walk</p> <p>Have a coffee and get some fresh air!</p> <p>What the world needs now!</p>	<p>30-minute walk</p> <p>Gentle 15 min morning yoga</p>	<p>30-minute walk</p> <p>3 minute mindfulness meditation</p>	





Breakfast



Charlotte's Banana Bread



10 slices



Easy



Bon!

INGREDIENTS

- 150g flour
- 100g porridge oats
- 1/2 tsp cinnamon
- 2 tsp baking powder
- 100g dark chocolate chips
- 100g chopped walnuts
- 3 mashed bananas (the browner the better!)
- 2 eggs
- 3 tbsp. honey
- 50g 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



Carrot and Lentil Soup



3-4 portions



Easy



Lunch box

INGREDIENTS

- 1 diced onion
- 1 stick of celery, thinly sliced
- 5 large carrots (or 500g defrosted carrots)
- 100g red lentils
- 1 orange (zest and juice) (or 50 ml orange juice)
- 750 ml vegetable soup
- 2 tbsp crème fraiche
- Olive oil
- 50g mixed seeds, toasted (optional)

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, carrots, lentils 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



Store cupboard warm pasta salad



2



Easy



Can be prepared in advance

INGREDIENTS

- Handful of aubergines in oil, sliced
- Handful of sundried tomatoes, chopped
- Dash of olive oil
- Pinch of dried basil
- 1 tsp capers
- 1 large tin of tuna, drained
- 150g dried pasta
- 40g feta cheese, cubed

METHOD

1. Cook the pasta according to the packet instructions
2. Drain and return to the pan with all the other ingredients.
3. Warm through for 5 minutes over a gentle heat.

Note: You can add a handful of baby spinach or peas if you have them in your fridge/freezer.



Breakfast



Tropical Smoothie (with frozen fruit)



INGREDIENTS

- Handful of frozen berries
- Handful of frozen mango or papaya
- 100 ml natural yoghurt
- Squeeze of lime juice
- 2 mint leaves (optional)
- Handful of oats
- 50 ml water

METHOD

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

Lunch



Frittata - Facile!



INGREDIENTS

- 6 eggs
- 1 tbsp pesto sauce
- 50 ml milk
- 1 large handful of frozen peas, defrosted, or drained tinned peas
- 1 tin asparagus or cooked fresh asparagus if you have this to hand, drained and sliced chopped
- 1 tin potatoes, cut into cubes
- 40g feta cheese, crumbled
- Chopped fresh parsley - optional

METHOD

1. Preheat the oven to 200 degrees
2. Beat the eggs and pesto together in a large bowl.
3. Add the other ingredients
4. Spoon into a round, greased cake tin.
5. Bake for 25-30 minutes until golden and firm.

Note: You can add any cooked vegetable you have to hand !
You can also replace the feta with any other cheese you have in the fridge.

Supper



Roasted vegetables and salmon



INGREDIENTS

- 2 fillets of salmon, defrosted if frozen
- Mix of chopped vegetables - anything you have in your fridge:
- Peppers/courgettes/onions/tomatoes/squash/sweet potato/broccoli/cauliflower
- 200g cooked rice or quinoa (you can use a sachet of cooked grains of your choice if this is easier)
- Dash of olive oil
- Pinch of dried herbs

METHOD

1. Preheat the oven to 200 degrees
2. Place all the vegetables on a baking tray and drizzle with oil. Season with salt and pepper
3. Bake in the oven for 20-25 minutes.
4. Place cooked grains on top of the vegetables,, place the salmon on top of the grains. Sprinkle the dried herbs over the salmon, add another drizzle of olive oil and cooked for a further 15 minutes.

Note: for easy sauce. Blend 1 tbsp sundried tomato paste with 1 tbsp cream cheese (Saint Moret)



Breakfast



Gorgeous Granola



Easy

Low Sugar

INGREDIENTS

- 300g oat flakes
- 150g nuts of your choice
- 150g mixed seeds of your choice
- 1 tsp cinnamon
- ½ tsp nutmeg
- 80g coconut oil or a natural tasting oil of your choice
- 50g maple syrup

METHOD

1. Preheat the oven to 160 degrees
2. Place the oil and syrup in a saucepan and melt over a gentle heat
3. Place the oats, 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 and store in an airtight container

Note: you can add dried fruit of your choice once the granola has cooled.

Lunch



Tomato and pepper soup



Easy

Light

INGREDIENTS

- 1 tin of tomatoes
- 1 tbsp sundried tomato paste
- 2 red peppers cut into thick slices (or use a jar of peppers in oil)
- 1 red onion, thickly sliced
- 200g of cooked chick peas (1 tin)
- Olive oil
- 750 ml vegetable stock
- Fresh basil

METHOD

1. Preheat the oven to 200 degrees
2. Place the peppers and onion on a baking sheet, drizzle over some olive oil and roast for 30-35 minutes. (If using grilled peppers from a jar, just roast the onion!)
3. Place the roasted vegetables in a large bowl, add tomatoes and tomato paste, stock, chickpeas and basil Blend together until you have a smooth soup.
4. Heat the mix in a large saucepan and allow to warm through for 10 minutes before serving.

Supper



Rainbow couscous



Facile

Tasty!

INGREDIENTS

- 250g (1 large mug) of couscous
- 1 large mug of freshly boiled water
- Handful of grilled red peppers from a jar
- Handful of grilled courgettes from a jar
- Chopped cherry tomatoes (optional)
- Handful of golden raisins
- Handful of chopped almonds or pumpkin seeds (optional)
- Handful of : cooked prawns/cooked chicken or feta cheese

METHOD

1. Prepare the couscous by placing the couscous in a large bowl and pouring over the water. Add a pinch of salt and a drizzle of oil. Set aside for 10 minutes.
2. Add the other ingredients and mix through the couscous.
3. Make a simple vinaigrette using lemon juice (which can be from a bottle) and olive oil in equal quantities.. Pour over the couscous.

You can also add chopped fresh herbs if you have some!



Breakfast



Pear Pancakes



Easy

2-3 portions

INGREDIENTS

- 100g flour
- 1 pinch of cinnamon
- ½ tsp baking powder
- 1 small egg+ 50 ml milk, mixed together
- ½ tin of pears, drained and chopped (or 1 fresh pear)
- Butter for cooking
- To serve
- 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 yoghurt and a drizzle of honey

Déjeuner



Lentil Salad



Easy

Lunch box

INGREDIENTS

- 1 tin of lentils @ 250g
- 1 small courgette chopped or handful of chopped grilled courgettes in oil
- Handful of chopped mushrooms (tinned or fresh)
- 2 slices of ham or dried beef (viande de grison) chopped
- Pinch of dried herbs
- Dressing : 1 tbsp olive oil + ½ tbsp vinegar j+ ½ tsp brown sugar + ½ tsp grainy mustard.

METHOD

1. Drain the lentils and rinse them under running water. Place in a salad bowl.
2. Add all the other ingredients and mix gently.
3. Pour the dressing over the lentils and vegetables and season to taste with salt and pepper.

Note: This also works with tinned peas and sweetcorn!

Diner



Marinated chicken skewers



Easy

Tasty

INGREDIENTS

- 2 small chicken breasts (defrosted if frozen)
- Marinade
- 1 tsp grainy mustard
- 1 tsp Dijon mustard (not grainy!)
- 1 tsp tomato ketchup
- 1 tsp sugar
- 1 tsp vinegar
- 1 crushed clove of garlic or a generous pinch of garlic powder

METHOD

1. Cut the chicken into large chunks and place in bowl
2. Mix all the ingredients for marinade together and pour over the chicken. Leave to marinade for 2-3 hours.
3. Thread the marinated chicken on 2 skewers and place under a hot grill for 10 minutes, turning the chicken after 5 minutes. Make sure the chicken is thoroughly cooked through.

Note: Serve with rice and vegetables of your choice.



Breakfast



Store cupboard fruit salad



INGREDIENTS

- 1 tin of apricots in natural juice
- 1 handful dried fruit (any kind – dates/figs/raisins)
- 1 tsp honey
- Pinch of dried ginger (optional)
- 1 cinnamon stick (optional)
- Drizzle of lemon juice

METHOD

1. Place the apricots with their juice in a saucepan. Add the dried fruit, honey and spices. Bring to the boil, then reduce the heat and allow the fruit to simmer for 10 minutes.
2. Remove from the heat and add a drizzle of lemon juice (fresh or from a bottle)

Serve with yoghurt (it's also good with the banana bread!)

You can use any tinned fruit

Lunch



Chinese noodles with vegetables



INGREDIENTS

- 100g of noodles
- 1 courgette, julienned or spiralsed
- 1 carrot, julienned or spiralsed
- 1 tin of bean sprouts, drained
- 2 spring onions, chopped
- 100g of smoked tofu or 100g cooked prawns (optional)
- 30g of toasted cashew nuts (optional)
- Sauce: 1 tbsp lime juice + 1 pinch of ground ginger + 1 tbsp. Soya sauce + 1 tsp sesame oil
- 1 sprig of chopped fresh mint (optional)

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 or prawns and nuts.
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 of butternut squash or turnips, 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 (or use frozen broccoli)

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.



Breakfast



Overnight oats



INGREDIENTS

- 40g oats
- 150 ml milk of your choice
- Handful of dried fruit of your choice
- Pinch of cinnamon (optional)

To serve: handful of chopped nuts/fresh fruit of your choice

METHOD

1. Place all the ingredients in a jam jar and give it a good shake. Leave in the fridge over night.
2. Add fresh fruit and nuts of your choice just before serving.

Lunch



Bean Wraps



INGREDIENTS

- 4 wraps (2 per person)
- 1 tin of red kidney beans, drained
- 1 jar @ 200 ml of tomato sauce
- Pinch of chili powder
- Pinch of dried oregano
- Oil
- Handful of crispy fried onions (from a jar)
- Crème fraiche or sour cream
- Grated cheese

METHOD

1. Heat the oven to 200 degrees
2. In a large bowl mix together the drained beans, tomato sauce, chili powder and oregano.
3. Grease a baking dish with a little oil. Place a large spoonful of the bean and tomato mixture in each wrap. Fold the wrap over the filling and place the wrap in the baking dish.
4. Repeat until all the wraps have been filled. Drizzle over the fried onions, sour cream and grated cheese. Bake in the oven for 20 minutes.

Supper



Apero!!



INGREDIENTS

Hummus: 1 tin chick peas, drained + 1 tbsp yogurt + 2 tbsp tahini + 2 crushed garlic cloves + 2 tbsp olive oil + zest and juice of 1 lemon.

Blend and enjoy!

Sardine Dip: 1 tin sardines in oil, drained + 100g cream cheese + 1 tsp harissa paste + 1 tbsp lemon juice.

Blend and enjoy!

Baked Mushrooms:

6 medium sizes mushrooms, stalks removed + black olive tapenade + soft goats cheese.

Heat oven to 200 degrees. Place a little tapenade in each mushroom cup followed by a little goats cheese. Place on a baking tray and bake for 15 minutes.

Open puff pastry quiche 'soleil'

1 circle of puff pastry + 2 tbsp sundried tomato paste + handful of mixed grilled vegetables + 1 ball of mozzarella

Heat oven to 220 degrees. Place circle of pastry on a baking sheet. Spread with the tomato paste, then scatter over the vegetables, followed by the chopped mozzarella. Bake for 15-20 minutes.