



WEEK MEAL PLAN #1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Oatmeal	Oatmeal	Oatmeal	Overnight oats	Toast
Snack	Fruit or Yogurt	Fruit or Yogurt	Fruit or Yogurt	Fruit or Yogurt	Fruit or Yogurt
Lunch	Sandwich + soup	Frittata	Sandwich + soup	Lentils with chorizo	Chicken + rice + ratatouille
Snack	Fruit or Yogurt	Fruit or Yogurt	Fruit or Yogurt	Fruit or Yogurt	Fruit or Yogurt
Dinner	Fajitas	Fajitas	Frittata	Chicken + rice + ratatouille	Lentils with chorizo

This is just an idea, of course you can change the order of the meals throughout the different days of the week, or make pasta instead of rice, or fish instead of chicken.

Porridge (servings: 6)



Ingredients

- 3 Cups rolled oats
- 6 Cups milk (or substitute)

Process

- Cook the rolled oats together with the milk in a pot, then add a sweetener of your choice.
- You can also cook it in the microwave.
- Divide this in six and keep them in the fridge.
- When it's time to eat it add some chopped fruits, nuts or seed or seasonings to add more flavour.

How to store it

- It can last for 5 days in the fridge.
- It is not a good idea to freeze it.

Sandwich + pumpkin soup (servings: 4)



Ingredients

- 1 Chopped onion
- 500 gr of Pumpkin
- ¼ Cup of double cream (optional)
- Oil
- Salt, ground nutmeg and pepper to taste

Process

- In a pot stir fry the chopped onion until translucent with a drizzle of either vegetable or olive oil.
- Cut the pumpkin into chunks and then add it to the pot and add water until the pumpkin is covered, stir a little bit and cook it until the pumpkin is soft.
- Once the pumpkin is soft, add the cream, the salt and the ground pepper and nutmeg to taste.
- Serve this with the sandwich of your choice, just keep it simple.

How to store it

- In the fridge it can last for 2-3 days.
- If you make a good batch you can freeze and eat it whenever you want.

Fajitas (servings: 6 fajitas)



Ingredients

- 1 Julienned onion
- 2 Julienned bell pepper (you can use different colors)
- 3 Chicken breast cut into slices.
- Salt, cumin powder, paprika and pepper to taste.
- Add the toppings of your choice to your fajitas.

Process

- In a skillet stir fry the chicken breasts until golden brown using vegetable oil.
- Add the vegetables to the skillet and stir fry until they are soft but still crunchy.
- Add the seasonings and serve together with the toppings of your choice.

How to store it

- In the fridge it can last for 2-3 days.
- If you want to freeze this I suggest you to freeze the peppers, because this is the most tedious step, so you have them ready whenever you are craving some fajitas!

Frittata (servings: 2)



Ingredients

- 3 Eggs
- 1 Small zucchini or courgette
- 150 grams of mushrooms
- Vegetable Oil
- Salt to taste

Process

- In a skillet add some vegetable oil and stir fry the zucchini, once it is just a little bit soft, add the mushrooms.
- Then add 3 scrambled eggs and put the heat to low.
- Put some mozzarella on top and then flip the frittata over, wait 30 seconds and it is done.

How to store it

- In the fridge it can last for 2-3 days.
- Not a good idea to freeze it.

Overnight Oats (servings: 1)



Ingredients

- 1/2 Cup of rolled oats
- Milk to cover the oats
- 2 Tbsp. of yogurt (regular or Greek)
- 1 Tbsp. Chia or flax seed
- Your favourite fruits, nuts, seeds and spices
- Sweetener

Process

- You can make this on a jar or a bowl, that's up to you.
- The night before you eat your overnight oats, put half a cup of rolled oats in a container.
- Then pour some milk over the oats just to cover them.
- Add the yogurt and the chia or flax seed.
- Give it a good mix or a good shake if you are using a jar (of course don't forget the lid).
- Next morning add your favourite fruits, some classic combinations are: pineapple and dry shredded coconut, apple/banana and cinnamon powder. The options are endless :)

Lentils with chorizo (servings: 4)



Ingredients

- 1 Jar of precooked lentils (400 gr)
- 100 gr of spicy chorizo
- 1 onion
- 2 carrot
- 1/2 big red bell pepper (or 1 small)
- Olive Oil
- Salt and pepper to taste
- 1 Big Potato

Process

- Chop the onion in small pieces.
- Chop the carrots and bell peppers in medium size pieces.
- Chop the potato in medium to big size pieces.
- Cut the chorizo into slices.
- In a pot add a drizzle of olive oil, and stir fry the onion.
- Then add the carrots and the bell pepper.
- Once the vegetables are soft add the chorizo and stir fry it until it is fragrant.

- Add the lentils and the potatoes and add water just to cover them up and cook them until they are soft. They are ready to be served.

How to store it

- In the fridge it can last for 4-5 days.
- Freeze it? Hell yeah!

Ratatouille (servings: 4)



Ingredients

- 1 Zucchini (or courgette)
- 1 Eggplant (or aubergine)
- 1 onion
- 2 Bell peppers (different colours if you want)
- 1 Tbsp. tomato puree or paste
- 4 Tomatoes
- Olive Oil
- 1 Garlic minced
- Salt and pepper to taste

Process

- Chop all the veggies in small cubes.
- Stir fry the onion together with the minced garlic, once it's soft add the peppers, stir fry a couple of minutes and then add the zucchini, after a minute add the eggplant.
- Wait until they are soft and then add the tomatoes.
- Once it is all mushy add the tomato paste and salt and pepper to taste.

How to store it

- In the fridge it can last for 3-4 days.
- If you make a good batch you can freeze and eat it whenever you want.