

M E A L S & I N G R E D I E N T S

Meal ideas and ingredients to order below. All ingredients can be substituted to your liking or dietary requirements. You can either add the ingredients into your shopping or they can be picked up by myself. I am happy to make suggestions too.

I will provide smoothies, energy balls and snacks as part of my service -

please advise if you have any dietary requirements in your initial agreement.

B R E A K F A S T

PORRIDGE (serves 1)

60g Rolled oats

160ml milk (your choice)

With seeds, nuts and dried fruits

Turmeric and honey added

OVERNIGHT OATS (serves 1)

1/2 cup rolled oats

1/2 cup milk

1/4 cup greek yoghurt

1 tbsp chia seeds

1 tbsp honey/maple syrup

1/4 tsp vanilla extract

Optional toppings: fruit, seeds, choc chips, jam, chocolate spread, peanut butter, coconut

L U N C H E S

VEGETABLE BROTH SOUP (serves 3/4)

1 onion

4 carrots

1 potato

1/2 turnip/swede

600 ml/1pt of stock (vegetable or chicken)

SWEET POTATO & PARSNIP SOUP (serves 2/3)

Oil

1 large leek

2 celery sticks

450g sweet potatoes

225g parsnips

900ml veg stock

Dash of milk

SCRAMBLED EGGS ON TOAST (serves 2/3)

4 eggs

Milk

Butter

Bread

Optional add-on: smoked salmon/beans/cherry tomatoes

OMELETTE (serves 2)

Oil

4 eggs

Your choice of filling (cheese, ham, mushrooms)

COUS COUS/QUINOA SALAD (serves 2/3)

1 pack of your choice of grain (either dry or ready cooked)

Vegetable stock if using dried grain

Handful of black olives

Handful of cherry tomatoes

Handful of cooked beetroot

Feta/Goats cheese

BAKED POTATO (serves 2)

2 baking potatoes

Choice of filling: cheddar cheese, tuna mayonnaise, prawn Marie rose

D I N N E R S

HOMEMADE TOMATO PASTA SAUCE (SERVES 4)

1 Onion

Garlic

1 pack of Bacon lardons (optional)

1 pack Mushrooms

1 Red pepper

Tomato puree

400/500g Tomato passata

1 Veg stock cube

2 Bay leaves

Pasta (your choice)

LASAGNE (veggie or meat) serves 4-6

1 Onion

Garlic

500g mince (your choice of meat/quorn)

OR 2 courgettes (for vegetarian)

1 pack Mushrooms

1 (2 for veggie) Red pepper

Tomato puree

400/500g Tomato passata

1 Veg or meat stock cube

2 Bay leaves

1 pack Lasagne sheets

1 jar of white sauce

Cheese of choice - recommended gruyère

BOLOGNESE (your choice of mince) serves 4-6

1 Onion

Garlic

500g mince (your choice of meat/quorn)

1 pack Mushrooms

1 Red pepper

Tomato puree

400/500g Tomato passata

1 meat stock cube

2 Bay leaves

Oregano

KORMA CURRY (your choice of meat) serves 4

1 Onion

Garlic

Ginger

1 red pepper

Korma curry paste

Coconut milk

Chicken (breast, mini fillet or thigh fillet)

OR Meat of choice

OR Cauliflower & peas for vegetarian

Basmati rice

STIR FRY (your choice of meat) serves 2-3

6 tablespoons dark soy sauce

2 tablespoons sesame oil

Juice of half a lime

2 teaspoons of ginger & garlic paste

Spring onions

Pack of mange tout & baby corn

Noodles (your choice)

Meat or fish (your choice)

BAKED RISOTTO (serves 2-3)

Arborio rice (1 cup)

2 onions or 1 leek

1 pack of Salami

1 heaped tablespoon of mascarpone

Parmesan cheese

Green veg to serve

LAMB STEW (serves 2-3)

1 onion or leek

2 carrots

1 parsnip

2 handfuls of baby potatoes

500g lamb neck or shoulder

1 heaped tablespoon of flour

Lamb stock

Green veg to serve

CHICKEN PIE

2 knobs of butter

1 large leek

200g mushrooms

500g chicken

250ml chicken stock

1 tablespoon cornflour

100ml double cream

2 large handfuls of baby spinach

Puff pastry or filo pastry

Green veg to serve

BEEF CASSEROLE (serves 2-3)

2 celery sticks

1 onion

2 large carrots

5 bay leaves

Thyme

1 tablespoon veg oil

1 tablespoon butter

2 tablespoons flour

2 tablespoons tomato purée

2 tablespoons Worcestershire sauce

Beef stock

500g Stewing beef (brisket for example)

Green veg to serve

T E A S & S N A C K S

NUTTY ENERGY BALLS

2 cups [rolled oats](https://amzn.to/346Vw1u) (256g)

2 tablespoons “power mix-ins” (chia and flaxseed)

1 cup nut butter of choice (128g)

⅓ cup honey or maple syrup (43g)

1/3 cup chopped nuts (43g)

1 tsp vanilla extract

1 tbsp cocoa

Your choice of add-ins:

Chocolate chips

Cinnamon

Raisins

Any other dried fruit

Chopped nuts

Coconut flakes

DATE ENERGY BALLS

1 1/4 cup pitted dates

3/4 cup rolled oats

1/4 cup nut butter of choice

3 tbsp choc chips

2 tablespoons “power mix-ins” (chia and flaxseed)

1 tsp vanilla extract

3 tbsp cocoa

LACTATION COOKIES

2 tbsp flaxseeds

220g unsalted butter

310g golden caster sugar

2 eggs

1 tsp vanilla

1tsp cinnamon

3 tbsp brewer’s yeast powder

1 tsp salt

280g self raising flour

130g rolled oats

150g raisins

100g dark choc chips

FENNEL TEA (for trapped wind)

1 to 2 tsp powdered fennel seeds

2 cups filtered water

½ tsp sugar or honey or jaggery

GARLIC MILK (galactagogue)

2 to 3 garlic cloves finely grated

1 cup filtered water

1 glass boiled milk

½ tsp sugar, honey or jaggery

LACTATION TEA

2 parts whole fennel seeds

1 part fenugreek seeds

1/2 teaspoon of tea to 1 litre of boiled water

NEWBORN MOTHERS CHAI

3 cardamom pods peeled

Chunk of fresh ginger

1/4 teaspoon of fennel seeds

1/2 cup water

1 teaspoon of rooibos or 1/2 teaspoon dandelion root

1/2 cup milk

Jaggery to taste