

M O N D A Y

Roast Veg Couscous

1 1/2 cup couscous
1 cup cherry tomatoes
1 courgette (zucchini) - diced
1/2 aubergine (eggplant) - diced
2 bell peppers - diced
1 red onion - small; diced
1 tablespoon olive oil

1 pinch salt and black pepper
1/2 cup feta - crumbled
olives - halved
sun-dried tomatoes - chopped
Dressing
4 tablespoon sun-dried tomato oil - (or olive oil)
1/2 lemon - (juice only)
1 tablespoon honey
1 tablespoon dijon mustard
1 pinch salt and black pepper

- Preheat your oven to 180 C.
- Spread the cherry tomatoes, courgette (zucchini), aubergine (eggplant), bell peppers and red onion onto a baking tray and add 1 tablespoon olive oil and 1 pinch salt and black pepper and stir well. Put into the oven for 35 minutes.
- Add couscous to a pan of boiling water and simmer for 8-10 minutes and then drain.
- In a separate bowl, mix together sun-dried tomato oil juice of lemon, honey, dijon mustard and salt and black pepper.
- Combine all the ingredients



T U E S D A Y

Avocado Tuna Wrap

- 2 cans tuna, drained
- 1 large avocado, diced
- 1 cup carrot, grated
- 2 ribs celery, finely chopped
- ¼ cup red onion, finely chopped
- ¼ cup dijon mustard
- 1 tablespoon lemon juice
- ½ teaspoon garlic powder
- salt, to taste
- pepper, to taste
- 4 whole wheat tortillas OR lettuce leaves
- 4 leaves green leaf lettuce
- 1 cup cherry tomatoes, halved



- In a large bowl, add the tuna and avocado. Use a fork to smash the avocado and tuna together.
- Add the carrots, celery, red onion, Dijon mustard, lemon juice, garlic powder, salt, and pepper. Stir to combine.
- Lay a tortilla flat on a plate. Lay a lettuce leaf on the tortilla. Scoop ¼ of the tuna mixture into the center of the lettuce and spread down the middle. Top with cherry tomatoes and carefully roll the the tortilla to create a wrap. Repeat with the remaining ingredients

W E D N E S D A Y

Beans and Mushrooms with Spicy Sauce

1 tablespoon olive oil
2 cups diced potatoes
2 cloves garlic (minced)
¼ cup dry white wine
1 cup cooked navy beans (drained and rinsed if using canned)
1 teaspoon smoked paprika
1 teaspoon garlic powder

1 teaspoon onion powder
½ to 1 teaspoon crushed red pepper flakes
1 can crushed tomatoes
½ to 1 cup low-sodium vegetable broth
1 tablespoon olive oil
½ cup shredded parmesan
Salt (to taste)
2 cups cooked brown rice (for serving)

- Heat oil in pan over medium-low heat.
- Then add the potatoes and spread into a single layer. Cook until the potatoes easily pull away from the pan, about 4 to 5 minutes. Stir and cook potatoes for another 3 to 4 minutes until the potatoes are golden and almost tender. Add in the garlic.
- Pour in the white wine. Then add in the white beans, smoked paprika, garlic powder, onion powder, and ½ teaspoon crushed red pepper. Stir until the spices coat the potatoes and beans evenly.
- Add the crushed tomatoes, bring to a boil, and reduce heat to low. Cook until the sauce begins to thicken and the potatoes are just tender, 6 to 8 minutes. If you desire a thinner, sauce-like texture, stir in vegetable broth as needed.
- Add 1 tablespoon olive oil, parmesan, and salt to taste. Divide grains into two bowls and spoon the bean mixture on top.

T H U R S D A Y

Tuna Casserole

1 tablespoon butter
¼ cup chopped carrots
¼ cup chopped mushrooms
¼ cup chopped green onions
1 cup heavy whipping cream
1/2 teaspoon corn starch

2 cups Noodles, cooked
¾ cup shredded cheddar cheese
1 can (146 g) tuna
Salt and pepper to taste
Optional: Almond flour or cornflakes.

- Melt your butter in a deep pot on medium.
- Add in the green onions, mushrooms, and carrots.
- Saute the veggies for 3-5 minutes.
- Dissolve the corn starch in a little bit of water then add to pot
- Quickly add in your cream and stir. It should start thickening immediately but keep on the heat until it starts to bubble.

- Place your noodles in a casserole dish.
- Stir the cream mixture into the noodles.
- Mix in your cheddar cheese and flaked tuna.
- Optionally, top your casserole with almond flour or crushed corn flakes.
- Bake at 180 degrees for 35 minutes.



F R I D A Y

Chicken Pie

4 chicken breast
200ml semi-skimmed milk, plus a ½ tbsp
extra to glaze
¼ onion, peeled
1 bay leaf

100g reduced-calorie ready rolled puff
pastry (about a 10x25cm piece)
Olive oil
200g button mushrooms, large ones cut in
half
2 cups frozen peas and carrots
1 tbsp plain flour
steamed broccoli, to serve

- Put the chicken breast in a small pan A and cover with the milk, also adding the onion and bay leaf. Cover with a lid and simmer gently for 15 minutes, or until the chicken is cooked through.
- Preheat the oven to 180C
- Divide the pastry into two equal rectangles and carefully roll them out until large enough to cover the top of two individual pie dishes. Place the upturned pie dishes on the pastry and cut around them to make the pie lids. Cut any excess pastry into strips and press them around the top edge of the pie dishes (this will help the lids stay in place as the pies bake). Cut a cross in the middle of the pastry lids and set aside.

- Fry the mushrooms and a tablespoon of water. Cook for 2-3 minutes then add the frozen peas and carrots. Cook for about 5 minutes.
- Remove the chicken from the poaching milk. Strain and reserve the milk and chop the chicken into bite-sized pieces.
- Stir the chicken into the vegetables. Add the flour and stir well. Cook for 2 minutes, then add the strained poaching milk stirring well. Continue to cook for 2-3 minutes, or until the sauce has thickened just a little. Divide between the pie dishes.
- Brush the pastry edges with a little milk and add the pie lids. Brush all over with more milk. Bake for 25 minutes, or until the pastry lid is golden-brown. Serve immediately with steamed broccoli.



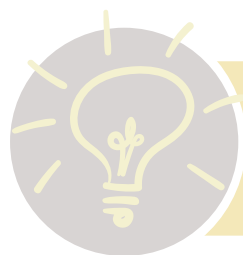
S h o p p i n g l i s t

couscous
brown rice
puff pastry
olive oil
potatoes
garlic
dijon mustard
garlic powder
green onions
cherry tomatoes
mushrooms
zucchini (baby marrow)
eggplant
frozen peas and carrots
bell peppers
broccoli
lettuce
onion
carrot
feta
Parmesan
chicken breast
cheddar cheese
celery
olives
avocado
sun-dried tomatoes

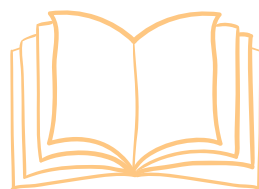
sun-dried tomato oil - (or olive oil)
tuna, canned, brine
navy beans, canned
4 whole wheat tortillas OR lettuce leaves
dry white wine
smoked paprika
garlic powder
onion powder
salt
lemon
honey
pepper
bay leaves
red pepper flakes
crushed tomatoes, canned
low-sodium vegetable broth (stock)
½ cup shredded parmesan
butter
heavy whipping cream
corn starch
noodles
Optional: Almond flour or cornflakes
flour



This week: Stop weighing yourself



Use the mirror or pants size to monitor goals



It's OK to give up the scale, especially if it's not making you feel any healthier or better about yourself. Tried it and all it did was give you anxiety? Ditch it.

Does its presence trigger a spiral of negative thoughts? Dump it! Sometimes the best measurement is progress, including discovering that the scale isn't for you. For people with eating disorders or disordered eating habits, a scale in your home can be completely unnecessary. Weigh-ins can be left to meetings with your healthcare provider so you can focus your energy on other things that make you healthy and happy.



Choose or buy a pair of pants in a realistic size. Try it on once a week to measure your progress.



Donate your scale

Done

