

# This Week's Menu

## Breakfast

### Workout day

Low GI carbs



All bran flakes & milk  
OR  
Futurelife  
OR  
Avocado on toast

### Any day

Low carb



Scrambled egg topped with  
fried onion and mushroom  
OR  
Berries and full fat white  
yogurt

## Lunch

### Workout day

Low GI carbs



**Sunday meal prep:**  
Prepared grilled chicken &  
lettuce, tomato, pesto, onion  
and a tortilla wrap  
OR

#### Fast food:

Chicken wrap  
OR

#### Lunchbox:

Cheese and tomato sandwich  
OR

#### Lunchbox:

Couscous with rocket, cherry  
tomatoes, sliced onion, olives,  
olive oil, balsamic vinegar and  
lemon juice

### Any day

Low carb



### Sunday meal prep:

Prepared grilled chicken &  
lettuce, tomato, pesto, onion  
OR

#### Fast food:

Chicken salad  
OR

#### Lunchbox:

Cheese, tomato & gherkin  
skewers  
OR

#### Lunchbox:

Boiled egg & avo with rocket,  
cherry tomatoes, sliced onion  
olives, olive oil, balsamic  
vinegar and lemon juice

## Snacks

### Workout day

Low GI carbs



Any two seasonal fruits  
AND  
30 gram mixed nuts, dried  
fruits and chocolate bits

### Any day

Low carb



Berries, plums, apricots,  
watermelon, sweet melon,  
cantaloupe or pomegranate  
AND  
30 gram mixed nuts

## Sweet treat of the week

### Workout day

Low GI carbs



### Homemade & healthy:

Black Bean Brownie

#### Store bought:

Your favorite chocolate OR a sweet tartlet at a coffee shop

## Dinner



### Meat-free Monday

**Low-carb Main**  
Broccoli soup



### Chicken Tuesdays

**Low-carb Main**  
Chicken schnitzel  
with  
cucumber salad



### Wavy Wednesday

**Low-carb Main**  
Prawn paella with  
caulirice



### Beefy Thursday

**Low-carb Main**  
Meatballs  
with  
gem squash with  
dash of cinnamon



### Funfood Friday

**Low-carb Main**  
Braai: Chicken  
sosatie with spicy  
coleslaw salad



**Workout day**  
Whole wheat  
bread



**Workout day**  
Sweet potato  
chickpea bake



**Workout day**  
Brown rice  
with lentils



**Workout day**  
Potato mash with  
tomato relish



**Workout day**  
Whole wheat  
bread

# Broccoli Soup

*Recipe for 2*

## Ingredients:

- 1 large head of broccoli, chopped
- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 4 cups vegetable broth
- 1 can coconut cream
- Salt and pepper to taste
- Optional: Fresh herbs like thyme or parsley for garnish

## Instructions:

1. Prepare the Broccoli: Wash and chop the broccoli into small florets, and don't forget to peel and chop the stalks as well—they add extra flavor and nutrients to the soup.
2. Sauté the Aromatics: In a large pot, heat the olive oil over medium heat. Add the diced onion and minced garlic, sautéing them until they become translucent and fragrant.
3. Cook the Broccoli: Add the chopped broccoli to the pot, stirring to coat it with the onion and garlic mixture. Pour in the vegetable broth, bringing the mixture to a gentle boil. Reduce the heat and let it simmer for about 15 minutes, or until the broccoli is tender.
4. Blend the Soup: Remove the pot from heat and carefully use an immersion blender to puree the soup until smooth. Alternatively, you can transfer the soup to a blender in batches, blending until creamy.
5. Add Coconut Cream: Stir in the coconut cream, mixing well until fully incorporated. Return the pot to low heat to gently warm the soup. Season with salt and pepper to taste.
6. Serve and Enjoy: Ladle the soup into bowls, garnishing with fresh herbs if desired. Enjoy this comforting dish with a slice of crusty bread or a light salad on the side.

# C u c u m b e r   s a l a d

*Recipe for 2*

## Ingredients:

- 1 large cucumber, thinly sliced
- 1/2 red onion, finely sliced
- 2 tablespoons fresh dill, chopped
- 2 tablespoons rice vinegar
- 1 1/2 teaspoons olive oil
- 1/2 teaspoon sugar
- Salt and pepper to taste
- Optional: a small pinch of red pepper flakes for a spicy kick

## Instructions:

1. In a medium bowl, combine the cucumber slices, red onion, and dill.
2. In a separate small bowl, whisk together the rice vinegar, olive oil, sugar, salt, and pepper until the sugar dissolves.
3. Pour the dressing over the cucumber mixture and toss gently to combine.
4. Let the salad sit for at least 15 minutes before serving, allowing the flavors to meld beautifully.
5. Serve chilled and enjoy the refreshing crunch with a dash of zest!

# Chickpea sweet potato bake

*Recipe for 2*

## Ingredients:

- 1 large sweet potato, peeled and diced
- ½ can of chickpeas, drained and rinsed OR ¾ cup overnight soaked chickpeas
- ½ red bell pepper, chopped
- ½ red onion, chopped
- 1 clove of garlic, minced
- 1 tablespoon olive oil
- ½ tsp Ina Paarman Cajun spice OR ½ tsp paprika and ½ tsp cumin
- Salt and pepper to taste
- Fresh parsley for garnish

## Instructions:

1. Preheat your oven to 200°C.
2. In a medium mixing bowl, combine the sweet potato, chickpeas, red bell pepper, and red onion.
3. Add the minced garlic, olive oil, spices, salt, and pepper. Toss everything together until the vegetables and chickpeas are well-coated with the spices and oil.
4. Spread the mixture evenly in a baking dish.
5. Bake in the preheated oven for 30-35 minutes, or until the sweet potato is tender and slightly crispy on the edges.
6. Remove from the oven and let it cool for a few minutes. Garnish with fresh parsley before serving.

# Prawn and cauliflower payella

*Recipe for 2*

## Ingredients:

- 250 grams prawns, peeled and deveined
- 1 cup cauliflower rice
- ½ red bell pepper, diced
- ½ cup frozen peas
- ½ onion, finely chopped
- 1 clove garlic, minced
- 1 tablespoon olive oil
- ½ teaspoon smoked paprika
- ¼ teaspoon saffron threads
- ⅛ teaspoon cayenne pepper (optional, for a spicy kick)
- 1 cup chicken or vegetable broth
- Salt and pepper to taste
- Fresh parsley and lemon wedges for garnish

## Instructions:

1. In a medium skillet, heat the olive oil over medium heat. Add the onion and garlic, sautéing until the onion becomes translucent.
2. Stir in the red bell pepper and cook for an additional 2–3 minutes.
3. Add the smoked paprika, saffron threads, and cayenne pepper, stirring to combine and release their aromas.
4. Pour in the cauliflower rice and mix well with the vegetables and spices.
5. Slowly add the broth, stirring gently. Bring the mixture to a simmer.
6. Once simmering, add the prawns and peas, arranging them evenly across the pan. Cook until the prawns turn pink and opaque, approximately 5–7 minutes.
7. Season with salt and pepper to taste, then remove from heat.
8. Let the paella sit for a few minutes to allow the flavors to meld together.
9. Garnish with fresh parsley and serve with lemon wedges on the side.

# M e a t   b a l l s

*Recipe for 2*

## Ingredients

- 250 grams ground beef
- 2 tablespoons grated Parmesan cheese
- 2 tablespoons finely chopped onion
- 1 clove garlic, minced
- 2 tablespoons chopped fresh parsley
- 1/2 teaspoon Italian seasoning
- 1 egg, beaten (or use egg substitute)
- Salt and pepper to taste
- Olive oil for cooking

## Instructions:

1. In a medium bowl, combine the ground meat, Parmesan cheese, onion, garlic, parsley, Italian seasoning, and egg. Mix until all ingredients are well combined. Season with salt and pepper.
2. Shape the mixture into small balls, about 1 to 1 1/2 inches in diameter.
3. Heat olive oil in a medium skillet over medium heat. Add the meatballs in batches, being careful not to overcrowd the pan.
4. Cook the meatballs, turning occasionally, until they are browned on all sides and cooked through, about 10-12 minutes.
5. Remove the meatballs from the skillet and let them drain on a paper towel-lined plate.
6. Serve the meatballs with your favorite sauce or as part of a meal with vegetables or a salad.

# Spicy coleslaw

*Recipe for 2*

## Ingredients:

- 2 cups of shredded cabbage (mix of red and green for a vibrant color)
- 1 medium carrot, grated
- 1/4 cup of finely chopped red onion
- 1 jalapeño pepper, seeded and minced
- 2 tablespoons of mayonnaise
- 1 tablespoon of apple cider vinegar
- 1 teaspoon of Dijon mustard
- 1 teaspoon of honey
- 1/2 teaspoon of smoked paprika
- A pinch of cayenne pepper (optional, for extra heat)
- Salt and freshly ground black pepper to taste

## Instructions:

1. In a large bowl, combine the shredded cabbage, grated carrot, red onion, and minced jalapeño.
  2. In a small bowl, whisk together the mayonnaise, apple cider vinegar, Dijon mustard, honey, smoked paprika, and cayenne pepper until smooth.
  3. Pour the dressing over the cabbage mixture and toss until everything is well coated.
  4. Season with salt and pepper to taste.
  5. Cover and refrigerate for at least 30 minutes to let the flavors meld.
  6. Serve chilled and enjoy the spicy, tangy crunch of this delightful coleslaw!
- This spicy coleslaw not only adds a burst of flavor to your plate but also a pop of color, making it an appealing addition to any meal.

# B l a c k   b e a n   b r o w n i e s

*Makes 4 servings*

## Ingredients

- 1 can black beans, drained and rinsed
- 2 large eggs
- 1/2 cup cocoa powder
- 1/2 cup sugar or a sugar substitute of your choice
- 1/4 cup coconut oil, melted
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup dark chocolate chips

## Instructions:

1. Preheat your oven to 175°C and grease an 8x8-inch baking pan or line it with parchment paper.
2. In a food processor, combine the black beans, eggs, cocoa powder, sugar, coconut oil, vanilla extract, baking powder, and salt. Blend until the mixture is smooth and creamy.
3. Stir in the chocolate chips by hand, reserving a few to sprinkle on top.
4. Pour the batter into the prepared baking pan and smooth the top with a spatula.
5. Sprinkle the remaining chocolate chips over the batter for an extra chocolatey finish.
6. Bake for 20-25 minutes, or until the edges are firm and the center is set.
7. Allow the brownies to cool in the pan before slicing them into squares.

Enjoy these delicious brownies on their own or with a scoop of vanilla ice cream for a decadent treat!



### Breakfast

- ☐ All bran flakes
- ☐ Milk
- ☐ Futurelife
- ☐ Avocado
- ☐ Whole wheat bread
- ☐ Egg
- ☐ Onion
- ☐ Mushroom
- ☐ Blueberries and/or strawberry
- ☐ Full fat white yogurt

### Lunch

- ☐ Chicken breast
- ☐ Lettuce
- ☐ Tomato, cherry
- ☐ Onion
- ☐ Pesto
- ☐ Tortilla
- ☐ Cheese
- ☐ Tomato
- ☐ Whole wheat bread
- ☐ Couscous
- ☐ Onion
- ☐ Olives
- ☐ Olive oil
- ☐ Balsamic vinegar
- ☐ Lemon juice
- ☐ Gherkins
- ☐ Egg
- ☐ Rocket (arugula)

### Snacks

- ☐ Any two seasonal fruits
- ☐ Mixed nuts
- ☐ Dried fruit bits
- ☐ Dark chocolate
- ☐ Any low-carb fruit:
- ☐ Berries (any)
- ☐ Plums
- ☐ Apricot
- ☐ Watermelon
- ☐ Sweet melon
- ☐ Cantaloupe or
- ☐ Pomegranate

### Black bean brownie

- ☐ Canned black beans
- ☐ Eggs
- ☐ Cocoa powder
- ☐ Sugar, or substitute
- ☐ Coconut oil
- ☐ Baking power
- ☐ Salt
- ☐ Dark chocolate chips

### Broccoli soup

- ☐ Broccoli, crown
- ☐ Olive oil
- ☐ Onion
- ☐ Cloves
- ☐ Vegetable broth/ low sodium stock
- ☐ Coconut cream
- ☐ Salt and pepper
- ☐ Optional: thyme or parsley

### Chicken schnitzel & Cucumber salad

- ☐ Crumbed chicken schnitzel (frozen)
- ☐ Cucumber
- ☐ Red onion
- ☐ Fresh dill
- ☐ Rice vinegar (or apple)
- ☐ Olive oil
- ☐ Sugar
- ☐ Salt and pepper
- ☐ Optional: red pepper flakes



### Sweet potato chickpea bake

- ☐ Large sweet potato
- ☐ Chickpea (canned or dried)
- ☐ Red bell pepper
- ☐ Red onion
- ☐ Garlic
- ☐ Olive oil
- ☐ Ina paarman Cajun spice  
OR Paprika and cumin
- ☐ Salt and pepper
- ☐ Optional: Fresh parsley

### Prawn and cauli-rice paella

- ☐ Prawns
- ☐ Cauliflower
- ☐ Red bell pepper
- ☐ Frozen peas
- ☐ Onion
- ☐ Garlic
- ☐ Olive oil
- ☐ Paprika (Optional, smoked)
- ☐ Cayenne pepper
- ☐ Chicken OR vegetable broth/  
low sodium stock
- ☐ Salt and pepper
- ☐ Optional: Parsly and lemon  
wedgsh

### Meatballs and "skorsies"

- ☐ Ground beef, mince
- ☐ Parmesan (small packet)
- ☐ Onion
- ☐ Garlic
- ☐ Fresh parsley
- ☐ Italian herbs
- ☐ Egg
- ☐ Salt and pepper
- ☐ Olive oil
- ☐ Gem squash

### Spicy coleslaw

- ☐ Shredded cabbage (red, green,
- ☐ carrot)
- ☐ Red onion
- ☐ Jalapeno pepper
- ☐ Mayonnaise
- ☐ Apple cider vinegar
- ☐ Dijon mustard
- ☐ Honey
- ☐ Paprika (optional smoked)
- ☐ Cayenne pepper
- ☐ Salt and pepper

### Black bean brownie

- ☐ Black beans, canned
- ☐ Egg
- ☐ Cocoa powder
- ☐ Sugar, or a substitute
- ☐ Coconut oil
- ☐ Vanilla extract (or essence)
- ☐ Baking power
- ☐ Dark chocolate



### Workout day carbs

- ☐ Whole wheat bread
- ☐ Tortilla wraps
- ☐ Brown rice
- ☐ Lentils
- ☐ Potato (mash)

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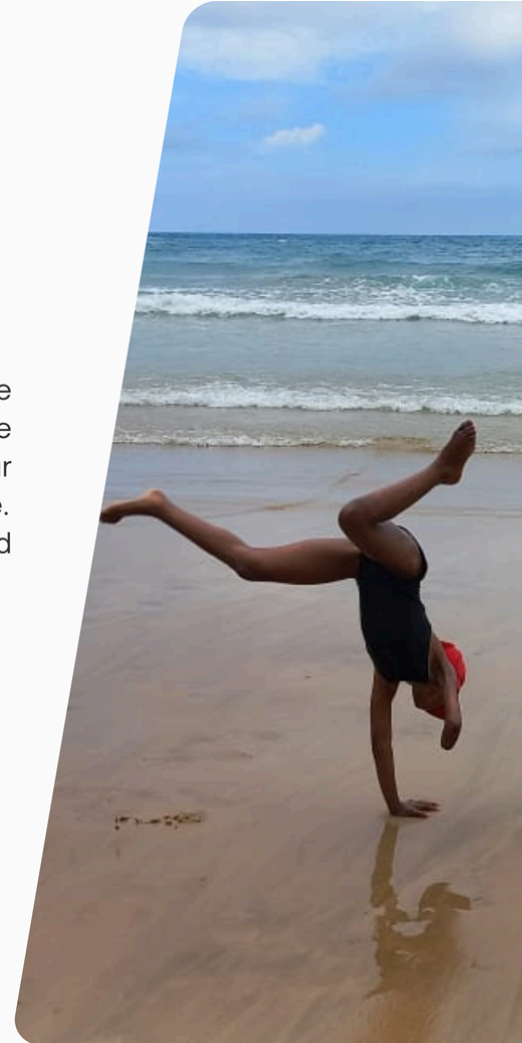
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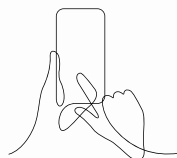




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