

# This Week's Menu

## Breakfast

### Workout day

Low GI carbs



Fruit salad and plain full cream yogurt  
OR  
Plain yogurt, simple truth muesli, dash of honey  
OR  
Scrambled egg on toast

### Any day

Low carb



Overnight chia and berries  
OR  
**Sunday meal prep:**  
Egg muffin cups

## Lunch

### Workout day

Low GI carbs



**Sunday meal prep:**  
Grilled veg couscous  
OR  
**Fast food:**  
Sandwich shop smoked salmon, avo & feta  
OR  
**Lunchbox (salad jar):**  
Cooked quinoa, black beans, diced cucumbers, cherry tomatoes, avo, corn kernels, feta, lime vinaigrette (lime juice, olive oil, salt, cumin)  
OR  
**Lunchbox:**  
Whole wheat bread with peanut butter and honey, added seasonal fruit and trailmix

### Any day

Low carb



**Sunday meal prep:**  
Low carb soup  
OR  
**Fast food:**  
Sandwich shop cajun chicken salad  
OR  
**Lunchbox (salad jar):**  
Cucumbers, cherry tomatoes, avo, corn kernels, feta, lime vinaigrette (lime juice, olive oil, salt, cumin)  
OR  
**Lunchbox:**  
Egg muffin, biltong, trailmix, plums or berries

## Snacks

### Workout day

Low GI carbs



Any two seasonal fruits  
AND  
a packet of Trigz chips

### Any day

Low carb



Berries, plums, apricots, watermelon, sweet melon, cantloupe or pomegranate  
AND  
1 protein bar

## Sweet treat of the week

### Workout day

Low GI carbs



**Homemade & healthy:**  
Baked cheesecake with a health twist  
**Store bought:**  
Your favorite chocolate OR share a cake or waffle with a friend

## Dinner



### Meat-free Monday



### Chicken Tuesdays



### Wavy Wednesday



### Beefy Thursday



### Funfood Friday

**Low-carb Main**  
Egg in the whole peppers with avocado salsa

**Low-carb Main**  
Creamy chicken and mushroom

**Low-carb Main**  
Tuna bake

**Low-carb Main**  
Low carb lasagne

**Low-carb Main**  
Braai: Chicken flatty  
Waldorf salad



**Workout day**  
Tortilla



**Workout day**  
Brown rice with lentils



**Workout day**  
Whole wheat pasta



**Workout day**  
Bun roll



**Workout day**  
Paptert



# Grilled veg couscous

## Ingredients:

- 2 red bell peppers
- 2 zucchinis
- 2 sweet potatoes
- 4 tablespoons olive oil, plus extra for drizzling
- Salt and pepper, to taste
- 2 cups couscous
- 2 cups vegetable broth (or water)
- Handful of fresh herbs (parsley or mint), chopped
- 2 lemons

## Instructions:

### 1. Prepare the Vegetables:

- Slice the bell peppers, zucchinis, and sweet potatoes into bite-sized pieces.
- Toss the vegetables with 4 tablespoons of olive oil, salt, and pepper.

### 2. Grill the Vegetables:

- Preheat your grill to medium-high heat.
- Grill the vegetables until they are tender and have char marks, about 8–10 minutes.

### 3. Cook the Couscous:

- Prepare the couscous according to the package instructions, using vegetable broth for extra flavor.

### 4. Combine Ingredients:

- Once the couscous is cooked, fluff it with a fork.
- Mix in the grilled vegetables and chopped herbs.

### 5. Finish the Dish:

- Add a squeeze of lemon juice and a drizzle of olive oil to enhance the flavors.

Place in four airtight container and keep refrigerated for freshness.



# B l u e b e r r y o v e r n i g h t c h i a

## Ingredients:

- 1/2 cup of chia seeds
- 2 cups of almond milk (or your preferred milk)
- 1 cup of fresh or frozen blueberries
- 1 tablespoon of maple syrup or honey (optional)
- 1 teaspoon of vanilla extract
- A pinch of salt

## Instructions:

1. In a medium-sized bowl, combine the chia seeds, almond milk, vanilla extract, and a pinch of salt. Stir well to ensure the chia seeds are evenly distributed.
2. Add the blueberries and mix gently. If you prefer a sweeter taste, drizzle in the maple syrup or honey.
3. Cover the bowl and refrigerate overnight or for at least 4 hours until the mixture thickens to a pudding-like consistency.
4. Before serving, give the mixture a good stir. You can top it with additional blueberries, a sprinkle of nuts, or a dash of cinnamon for extra flavor.



# Egg muffin cups

## Ingredients

- 6 large eggs
- 1 cup fresh spinach, chopped
- 1/2 cup bell peppers, diced (you can use a mix of red, yellow, and green for a colorful touch)
- 1/2 cup crumbled feta cheese
- Salt and pepper, to taste
- Optional: a pinch of red pepper flakes for a hint of heat

## Instructions:

1. Preheat your oven to 175°C and lightly grease a muffin tin or line it with silicone muffin cups for easy removal.
2. In a large bowl, whisk the eggs until well beaten. Season with salt, pepper, and red pepper flakes if using.
3. Stir in the chopped spinach, diced bell peppers, and crumbled feta cheese.
4. Pour the egg mixture evenly into the prepared muffin tin, filling each cup about 3/4 full.
5. Bake in the preheated oven for 18-20 minutes, or until the eggs are set and the tops are slightly golden.
6. Let them cool for a few minutes before removing from the tin.

These muffin cups can be stored in the refrigerator for up to 4 days, making them a convenient grab-and-go breakfast option. You can also freeze them for longer storage, just be sure to reheat thoroughly before enjoying.



# Low carb vegetable soup

## Ingredients:

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 cups cauliflower florets
- 1 cup broccoli florets
- 1 zucchini, chopped
- 4 cups vegetable broth OR stock
- Salt and pepper to taste
- Fresh herbs like thyme or basil for garnish

## Instructions:

1. Heat the olive oil in a large pot over medium heat. Add the chopped onion and garlic, sautéing them until they are translucent and fragrant.
2. Add the cauliflower, broccoli, and zucchini to the pot, stirring well to combine. Cook for about 5 minutes until the vegetables begin to soften.
3. Pour in the vegetable broth, bringing the mixture to a simmer. Let it cook for 15-20 minutes, or until the vegetables are tender.
4. Use an immersion blender to smooth the soup to your desired consistency. If you prefer a chunkier texture, blend just a portion of the soup.
5. Season with salt and pepper to taste.
6. Serve hot, garnished with fresh herbs for an extra burst of flavor.

This easy-to-make soup is ideal for meal prep, as it stores well in the refrigerator for several days, allowing you to enjoy a nutritious lunch or dinner throughout the week.

# C h e e s e c a k e   w i t h   a h e a l t h y   t w i s t

## Ingredients:

- 1 cup of blueberries, fresh or frozen
- 230gram of cream cheese, softened
- 1 cup of Greek yogurt
- 1/2 cup of honey or maple syrup
- 2 eggs
- 1 teaspoon of vanilla extract
- 1 cup of crushed digestive biscuits
- 2 tablespoons of melted coconut oil

## Instructions:

1. Preheat your oven to 160°C and prepare a springform pan by lightly greasing it or lining the bottom with parchment paper.
2. In a medium bowl, mix the crushed digestive biscuits with melted coconut oil until well combined. Press the mixture evenly into the bottom of the prepared pan to form the crust.
3. In a large mixing bowl, beat the cream cheese until smooth. Add the Greek yogurt, honey (or maple syrup), eggs, and vanilla extract, continuing to beat until the mixture is creamy and well blended.
4. Gently fold in the blueberries, being careful not to crush them.
5. Pour the cheesecake batter over the crust, spreading it evenly.
6. Bake for 40–45 minutes, or until the edges are set and the center slightly jiggles when shaken.
7. Allow the cheesecake to cool at room temperature before refrigerating for at least 3 hours or overnight.
8. Once chilled, remove the cheesecake from the pan and garnish with additional blueberries if desired.

# Egg in the whole peppers with avocado salsa

## Ingredients:

- Large bell peppers (any color)
- Eggs
- Salt
- Freshly ground black pepper
- Olive oil

## For the Avocado Salsa:

- 1 ripe avocado
- 1 small red onion, finely chopped
- Cherry tomatoes, diced
- Fresh cilantro, chopped
- Lime juice
- Salt and pepper to taste

## Instructions:

1. Preheat your oven to 190°C.
2. Slice the bell peppers in half lengthwise and remove the seeds and membranes.
3. Lightly oil a baking sheet and place the pepper halves on it, cut side up.
4. Crack an egg into each pepper half without spilling the whites.
5. Season with a pinch of salt and freshly ground black pepper.
6. Bake for 15-20 minutes, or until the eggs are done to your liking.
7. Dice the avocado and mix with the red onion, cherry tomatoes, cilantro, and lime juice.

# C r e a m y   c h i c k e n a n d   m u s h r o o m

## Ingredients:

- 2 chicken breasts
- Salt, to taste
- Pepper, to taste
- 1/2 tsp garlic powder
- 2 tbsp olive oil
- 1 cup sliced mushrooms
- 2 cloves garlic, minced
- 1/4 cup chicken broth
- 1 cup heavy cream
- 1/2 tsp dried thyme
- 2 cups grated cauliflower, panfried

## Instructions:

1. Sprinkle chicken breasts with salt, pepper, and garlic powder.
2. Heat olive oil in a hot skillet over medium-high heat.
3. Sear chicken breasts until golden brown on both sides. Remove and set aside.
4. In the same skillet, add sliced mushrooms and minced garlic
5. Sauté until mushrooms release their aroma and soften.
6. Pour in chicken broth, scraping up any bits from the bottom of the pan.
7. Stir in heavy cream and thyme.
8. Allow the sauce to thicken to a luscious consistency.
9. Return chicken to the skillet, ensuring it is well-coated with sauce.
10. Simmer gently until chicken is fully cooked.
11. Serve on bed of panfried cauliflower-rice



# T u n a   b a k e

## Ingredients:

- 2 cans of tuna, drained
- 1 large red pepper, diced
- 1 large yellow pepper, diced
- 2 baby marrows (zucchini), sliced
- 1 onion, chopped
- 2 cloves of garlic, minced
- 1 tablespoon curry powder
- 1 cup of coconut milk
- 1 cup of grated cheese (cheddar or your favorite)
- Salt and pepper to taste
- Olive oil for frying

## Instructions:

1. **\*\*Preheat the oven\*\*** to 180°C.
2. **\*\*Sauté the vegetables:\*\*** In a large pan, heat a splash of olive oil over medium heat. Add the onion and garlic, sautéing until they are translucent. Stir in the peppers and baby marrow, cooking until they begin to soften.
3. **\*\*Add the tuna and curry:\*\*** Mix in the drained tuna and sprinkle the curry powder over the mixture, stirring well to combine.
4. **\*\*Pour in the coconut milk:\*\*** Allow the mixture to simmer gently for a few minutes, letting the flavors meld together.
5. **\*\*Transfer to a baking dish:\*\*** Pour the curry mixture into a greased baking dish. Top with grated cheese, spreading it evenly.
6. **\*\*Bake:\*\*** Place the dish in the preheated oven and bake for about 20-25 minutes, or until the cheese is golden and bubbly.
7. **\*\*Serve and enjoy:\*\*** Allow the bake to cool slightly before serving. Pair it with a fresh salad or some warm naan bread for a complete meal.

This dish is a delightful twist on traditional tuna bakes, offering a comforting meal with a hint of exotic spice.

# L o w   c a r b   l a s a g n e

## Ingredients:

- 2 medium zucchini, sliced thinly lengthwise
- 500gram ground beef
- 1 can lentils, rinsed and drained
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 cup tomato sauce
- 1 cup ricotta cheese
- 1 egg
- 1 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- Salt and pepper, to taste
- 1 teaspoon Italian seasoning
- Fresh basil leaves, for garnish

## Instructions:

1. Preheat your oven to 190°C.
2. In a large skillet, cook the ground beef over medium heat until browned. Add the onion and garlic, cooking until the onion is translucent.
3. Stir in the lentils, marinara sauce, salt, pepper, and Italian seasoning. Simmer for about 5 minutes.
4. In a bowl, mix together the ricotta cheese and egg until well combined.
5. In a baking dish, spread a thin layer of the meat sauce. Layer with zucchini slices, ricotta mixture, and mozzarella cheese. Repeat layers until all ingredients are used, finishing with a layer of meat sauce topped with mozzarella and Parmesan cheese.
6. Cover with foil and bake for 30 minutes. Remove foil and bake an additional 10-15 minutes, or until the cheese is bubbly and golden brown.
7. Let it cool for a few minutes, then garnish with fresh basil leaves before serving.

Enjoy this healthier version of lasagne that's sure to become a family favorite!

# W a l d o r f   s a l a d

## Ingredients

- 2 apples, cored and diced
- 1 cup of celery, thinly sliced
- 1/2 cup of dried cranberries
- 1/4 cup of walnuts, roughly chopped
- 1 tbsp mayonnaise
- 1 tbsp yogurt, plain
- 1 tablespoon of lemon juice
- Salt and pepper to taste

## Instructions:

1. Begin by whisking together the mayonnaise, lemon juice, salt, and pepper in a small bowl to create the dressing.
2. In a larger bowl, combine the apples, celery, cranberries, and walnuts. Pour the dressing over the salad and gently toss to coat everything evenly.
3. Serve chilled, and enjoy this classic combination of textures and flavors that is sure to please everyone's palate!

# P a p e r t

## Ingredients:

- 2 cups maize flour
- 2 cups boiling water
- 1 cup sweet corn
- 1 cup ideal milk (evaporated milk)
- 1 tablespoon butter
- 1 onion, chopped
- 1 can chakalaka
- 1 cup cheese, shredded
- Salt and pepper to taste

## Instructions:

1. Set your oven to 175°C.
2. In a large mixing bowl, combine the maize flour with boiling water. Whisk until smooth.
3. Stir in the sweet corn, ensuring it's evenly distributed.
4. In a separate saucepan, gently heat the ideal milk with butter. Once the butter has melted, pour this into the maize and corn mixture. Add salt and pepper to taste and mix well.
5. Pour half of mixture in greased dish, sprinkle chakalaka and cheese.
6. Pour the rest of the mixture into a greased baking dish and smooth the top with a spatula.
7. Bake in the preheated oven for 30–35 minutes, until the top is golden brown and the center is set.

### Breakfast

- ☐ Seasonal fruits (for salad)
- ☐ Plain yogurt
- ☐ Simple truth muesli
- ☐ Eggs
- ☐ Whole wheat bread

### Lunch

- ☐ Quinoa
- ☐ Black beans, canned
- ☐ Cucumber
- ☐ Tomato, cherry
- ☐ Avocado
- ☐ Corn (frozen)
- ☐ Feta
- ☐ Limes
- ☐ Olive oil
- ☐ Salt
- ☐ Cumin
- ☐ Whole wheat bread
- ☐ Peanut butter
- ☐ Honey
- ☐ Mixed nuts and dried fruits
- ☐ Biltong
- ☐ Plums or berries

### Snacks

- ☐ Any two seasonal fruits
- ☐ Trigz chips
- ☐ Berries, plums, apricots, watermelon, sweet melon, cantloupe or pomegranate
- ☐ Protein bar



### Grilled veg couscous

- ☐ Red bell peppers
- ☐ Zucchini
- ☐ Sweet potatoes
- ☐ Olive oil
- ☐ Salt and pepper
- ☐ Couscous
- ☐ Vegetable broth/stock
- ☐ Optional: Parsley mint
- ☐ Lemons

### Blueberry overnight chia

- ☐ Chia seeds
- ☐ Almon milk (or other)
- ☐ Blueberries, frozen
- ☐ Honey (or maple syrup)
- ☐ Vanilla extract (or essence)
- ☐ Salt

### Egg muffin cup

- ☐ Egg
- ☐ Spinach
- ☐ Bell peppers
- ☐ Feta
- ☐ Salt and pepper
- ☐ Optional: Red pepper flakes

### Vegetable soup

- ☐ Olive oil
- ☐ Onion
- ☐ Garlic
- ☐ Cauliflower
- ☐ Broccoli
- ☐ Zucchini (baby marrow)
- ☐ Vegetable stock/broth
- ☐ Salt and pepper
- ☐ Optional: thyme or basil

### Cheesecake with a healthy twist

- ☐ Blueberries, fresh or frozen
- ☐ Cream cheese
- ☐ Greek or full cream yogurt
- ☐ Honey or maple syrup
- ☐ Vanille extract or essence
- ☐ Digestive biscuits
- ☐ Coconut oil

### Egg in the whole peppers with salsa

- ☐ Large bell peppers (any color)
- ☐ Eggs
- ☐ Salt & black pepper
- ☐ Olive oil
- ☐ Avocado
- ☐ Red onion
- ☐ Tomatoes, cherry
- ☐ Optional: Coriander/cilantro
- ☐ Limes

### Creamy chicken and mushroom

- ☐ Chicken breast
- ☐ Salt & pepper
- ☐ Garlic powder
- ☐ Olive oil
- ☐ Mushrooms
- ☐ Garlic
- ☐ Chicken brith/stock
- ☐ Heavy cream
- ☐ Thyme, dried
- ☐ Cauliflower, crown

### Tunabake

- ☐ Tuna, canned
- ☐ Red pepper
- ☐ Yellow pepper
- ☐ Baby marrow
- ☐ Onion
- ☐ Garlic
- ☐ Curry powder
- ☐ Coconut milk
- ☐ Cheese
- ☐ Salt and pepper
- ☐ Olive oil

### Low carb lasagne

- ☐ Zucchini
- ☐ Ground beef
- ☐ Lentils, canned
- ☐ Onion
- ☐ Garlic
- ☐ Tomato sauce
- ☐ Ricotta cheese
- ☐ Egg
- ☐ Mozzarella
- ☐ Parmesane
- ☐ Italian seasoning
- ☐ Optional basil leaves

### Waldorf salad

- ☐ Apple
- ☐ Celery
- ☐ Cranberries
- ☐ Walnuts
- ☐ Mayonnaise
- ☐ Full cream yogurt
- ☐ Lemon juice
- ☐ Salt and pepper



### Papert

- ☐ Maize meal
- ☐ Sweet corn
- ☐ Ideal milk
- ☐ Butter
- ☐ Onion
- ☐ Chakalaka, canned
- ☐ Cheese
- ☐ Salt and pepper



### Workout day carbs

- ☐ Tortilla
- ☐ Brown rice with lentils
- ☐ Whole wheat pasta
- ☐ Mini-bun roll

By supporting my business,  
you also support



A children's home nestled in George, we provide a loving and supportive environment for children with special needs who are in vulnerable situations. We believe every child deserves a chance to thrive, and our vision is to make a difference in the life of each child entrusted to our care. Want to make a difference? There are many ways you can get involved with Ruby Havens and help us continue our vital work. Contact us on 071 212 8430 or [info@rubyhavens.org](mailto:info@rubyhavens.org)

Ruby Havens Bank info:

FNB

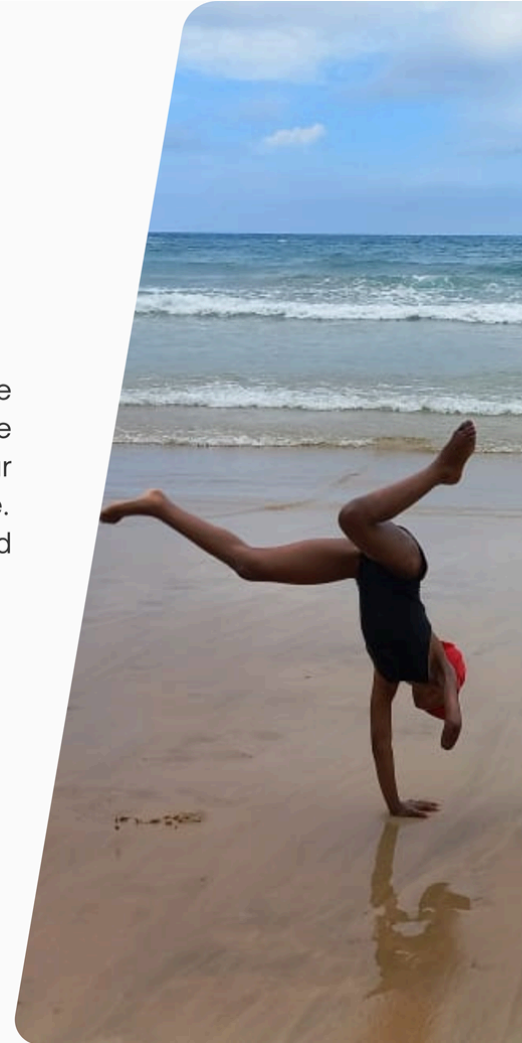
Branch code: 210114

Branch name: George C.P. 229

Account number: 630 456 780 68

Account Type: Gold Business Account

[www.rubyhavens.org](http://www.rubyhavens.org)

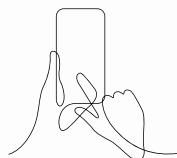




074 345 6409



George & Oudtshoorn



[www.rainbowearth.co.za](http://www.rainbowearth.co.za)

