



EAT WELL

WITH LEMON SQUEEZY

FREE 7 Day Trial Plan



EAT WELL WITH LEMON SQUEEZY

7 Days of Feel Good Food Meals

In this pdf you'll find extra information about the plan to ensure that you will make the most of it as well as recipe cards for all the recipe featured in videos plus extra information on batch cooking for the week and ideas for extra meals you can make with leftovers.

Quantities in recipes are given for two or 4 servings and ingredients can be easily halved or doubled to suit specific needs.



HOW TO GET THE MOST OUT OF THIS PLAN

The plan is designed to be flexible, so you can mix and match dishes to suit different tastes, outside commitments and budgets.

I recommend that you make a big batch of quinoa and keep refrigerated. It is quick prepare and will happily sit in the fridge in an airtight container for days. That way all you have to do is add a few fresh salad leaves and a grilled fillet of salmon, a couple of boiled eggs or some tasty leftovers to turn it into a quick weekday meal.

Make a batch of roasted vegetables at the weekend too and use them as delicious and filling sides or pair with whole grains, then add some toasted seeds or nuts to make a wholesome vegetarian lunch or light supper.



WEEK ONE: RECIPES + SHOPPING LIST

Recipes – Week 1

- Simply roast chicken
- Trio of roasted vegetables
- Gnocchi with exotic mushrooms and pancetta
- Grilled salmon with roasted beets , quinoa and mixed leaves salad
- Salad of rice, roasted vegetables and roast chicken

Batch cooking

- Roast beetroots
- Quinoa
- Balsamic dressing

Meals made using leftovers

- Salad of rice, roasted vegetables and roast chicken
- Quinoa, mixed leaves and tomato salad

Idea for breakfast

- Power breakfast smoothie



BATCH COOKING



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ROAST BEETROOTS

INGREDIENTS

1 bunch of beetroots
2 tablespoons olive oil
1 tsp wine vinegar
1 tsp fennel seeds
sea salt

INSTRUCTIONS

- 1 Preheat the oven to 180 C. Trim the tops and wrap the beetroots in foil individually. Bake at for 40-50 minutes, depending on their size. When the beetroots are cool enough to handle peel and dice them.
- 2 Crush the fennel seeds with a good pinch of sea salt. Add olive oil and wine vinegar to the crushed fennel seeds and drizzle the dressing over the diced beetroot.
- 3 Transfer to an airtight container and refrigerate. They'll keep in the fridge for several days.

QUINOA

INGREDIENTS

180g of quinoa
makes 4 servings

INSTRUCTIONS

- 1 Cook the quinoa according to packet instructions. Leave to cool for a few minutes then refrigerate in an airtight container until ready to serve.

BALSAMIC DRESSING

INSTRUCTIONS

- 1 Mix together 1 tablespoon of balsamic dressing with 3 tablespoons of olive oil, a good pinch of sea salt and a generous grinding of black peppers. Beat all the ingredients together with a fork then pour into a screw top jar and refrigerate. This dressing will keep in the fridge for up to a week.

GNOCCHI

WITH EXOTIC MUSHROOMS & PANCETTA

Total Time: 30 min.

Serves: 2



Notes from Anna

- Drain the gnocchi in a colander and transfer to the pan with the mushrooms. Stir well to combine, sprinkle with the grated Parmesan and a good grinding of black pepper, and serve.

INGREDIENTS

350 g fresh gnocchi
250 g mixed exotic mushrooms
50 g diced pancetta
1 tablespoon fresh chopped parsley
1 clove garlic

2 tablespoons olive oil
2 tablespoons Grated parmesan
Sea salt
black pepper

INSTRUCTIONS

- 1 Bring a large pan of salted water to the boil.
- 2 Wipe the mushrooms clean and cut the larger ones into 5mm thick slices. Wash and chop the parsley. Peel and bash the garlic clove.
- 3 Warm the oil in a shallow pan. Add the garlic and cook for a few minutes until it turns golden brown. Add the diced pancetta and cook for 3-4 minutes stirring frequently.
- 4 Add the mushrooms and parsley to the pan and season with a little sea salt. Cover the pan with a lid and cook over a low heat for 10 minutes.
- 5 Add the gnocchi to the boiling water and cook according to packet instructions.
- 6 Drain the gnocchi in a colander and transfer to the pan with the mushrooms. Stir well to combine, sprinkle with the grated parmesan and a good grinding of black pepper, and serve.

GRILLED SALMON

WITH ROASTED BEETS, QUINOA AND MIXED LEAVES SALAD

Total Time: 15 min.

Serves: 2



INGREDIENTS

2 salmon fillets
1 teaspoon fennel seeds
½ lemon
½ lime

2 portion cooked quinoa
2 portion roasted beetroots
balsamic dressing

INSTRUCTIONS

- 1** Drizzle the salmon fillets with the juice of 1 lemon and 1 lime, sprinkle with some crushed fennel seeds.
- 2** Grill for 12 minutes.
- 3** Serve with roasted beets and quinoa and mixed leaves salad dressed with balsamic dressing.
- 4** If the food tastes a little dull, add a little extra sea salt.

MEALS MADE USING LEFTOVERS



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Salad of rice, roasted vegetables and roast chicken

Flake the chicken into small pieces. Put all the ingredients in a serving bowl, drizzle with some balsamic dressing and a small pinch of extra sea salt. Mix well together and serve.

Quinoa, mixed leaves and tomato salad

Add some chopped tomatoes to the quinoa and mixed leaves salad and 2 boiled eggs or any left over salmon, drizzle with some balsamic dressing and have it for lunch.

SIMPLY ROAST CHICKEN

Total Time: 90 min.

Serves: 4



Notes from Anna

- This simple roast is more than the sum of its parts. The combination of butter and rosemary works very well and gives the almost caramelised pan juices a great depth of flavour. Add some plain wholegrain basmati for a wholesome meal.
- Any leftovers are delicious eaten cold with a simple rocket and tomato salad for lunch the following day.

INGREDIENTS

1.5 kg free range chicken preferably organic
3 sprigs fresh rosemary
50 g butter
Sea salt
black pepper

INSTRUCTIONS

- 1 PRE-HEAT OVEN TO 180 °C/160 °C FAN/GAS 4
- 2 Rinse the chicken thoroughly and pat dry with kitchen paper. Put it in a roasting tin.
- 3 Wash the rosemary sprigs and stuff one into the body cavity of the bird. Sprinkle the rest of the rosemary leaves over the outside.
- 4 Cube the butter and dot it over the breast and thighs of the chicken. Season the bird with a little sea salt and a generous grinding of black pepper.
- 5 Put the chicken in the oven and roast for 35 minutes. After this time, turn the bird over and continue cooking for another 35 minutes.
- 6 Put the chicken on a plate, cover it with foil and leave it to rest for a good 15 minutes. Keep the pan juices warm.
- 7 Serve the chicken doused with the cooking juices and some plain wholegrain basmati rice.

ROASTED TRIO OF ROOT VEGETABLES

Total Time: 45 min.

Serves: 6



Notes from Anna

- An easy, all-in-one way to cook your vegetables. Roasting is one of the best ways to bring out the flavour of veg and this simple dressing turns even the most ordinary vegetable into a delight.

INGREDIENTS

450 g carrots
450 g parsnips
3 sweet potatoes
3 tablespoons olive oil

2 tablespoons wholegrain mustard
1 tablespoon wine vinegar
Sea salt

INSTRUCTIONS

- PRE-HEAT OVEN TO 190 °C/170 °C FAN/GAS 5
- Peel the carrots and parsnips and quarter lengthways. Depending on size, halve each quarter if necessary. Peel the sweet potatoes and cut into 5mm round slices. Rinse the vegetables under running water.
- In a small bowl mix the olive oil, mustard and vinegar with a little salt. Put the vegetables into a bowl, pour over the dressing and toss together to coat.
- Arrange the vegetables in a large roasting tin in one layer and roast for 45 minutes or until the vegetable are soft but still retain their shape. Stir half way through cooking to prevent them sticking to the pan.
- Serve with your favourite roast meat.

Shopping List

Fresh produce

450g parsnips
450g carrots
3 sweet potatoes
sprig fresh rosemary
1 large bunch beetroot
1 bag mixed salad leaves
1 onion
1 head of garlic
350g fresh gnocchi
250g mixed exotic mushrooms
small bunch fresh flat parsley
bag unwaxed lemons
bag unwaxed limes
selection of fresh fruit

Meat, fish, eggs and dairy

1.5kg free range organic chicken
butter
2 salmon fillets
50g diced pancetta
1 wedge parmesan cheese or grated parmesan
6 large free range eggs
1 pot full fat greek style yogurt

Storecupboard staples

1 litre extra virgin olive oil
wine vinegar
balsamic vinegar
Sea salt
Black pepper
Chilli flakes
Fennel seeds
Dried Oregano
Wholegrain mustard
500g packet quinoa
500g wholegrain basmati rice
500g rolled oats
1 bag dried apricots
1 bag frozen berries
1 small bag chia seeds
1 small pot good quality honey

