



MOTHER  
FIT

MIND BODY SOUL

*Recipes  
to nourish you  
through pregnancy,  
postpartum  
and beyond*

*Hi, I'm Michelle a qualified personal trainer,  
pre & postpartum fitness expert,  
and nutritional advisor.*

Please note I am not a nutritionist or dietician.

*I have put together the following nutrient-rich meals  
and snacks that I loved, which could also help  
nourish you through your pregnancy & beyond.*

*Michelle*  
*xx*





# Trimester 1

*In your first trimester, you need plenty of folate-rich foods.*

*You'll still need to take a folic acid supplement, even if you eat plenty of folate-rich foods.*

*You'll need to have plenty of iron-rich foods. Iron helps you to make red blood cells for your growing baby.*

*Tip: drink orange juice with iron-rich fruit or veg to help your body absorb the iron.*

# Trimester 2

*In your second trimester eat plenty of foods that help your unborn baby grow.*

*Foods rich in omega 3 fatty acids will help your baby's brain development.*

*Calcium and vitamin D help to grow strong bones and teeth.*

*Again you'll need to have plenty of iron-rich foods. Iron helps you to make red blood cells for your growing baby.*

*Tip: don't drink tea or coffee with a meal – it makes it harder for your body to absorb iron.*





# Trimester 3

*You need plenty of energy  
in the third trimester.*

*Vitamin K helps your blood to clot,  
which is important for birth.*

*Tip: Eat little and often to keep  
energy levels up.*



*Always seek advice from your medical physician with regards to nutrition in pregnancy.*

*Keep safe*

*Michelle*  
*xx*



# Breakfast

## Boiled eggs & rye

This meal is high protein, Low GI (slow releasing energy)

### Ingredients:

1 medium egg

1 slices dark rye bread (pumpernickel)

2.5g unsalted butter, for spreading

### Seasoning

### Method :

Half fill a medium saucepan with water and bring to the boil.

Gently add the egg to the water with a slotted spoon and return to the boil.

Cook the egg in the boiling water for 4-5 minutes for a soft-boiled egg.

While the egg is cooking, toast the bread, spread it with a thin layer of butter and cut into thin soldiers.

# Breakfast Orange, oat & sultana cookies

## Ingredients:

100g butter at room temperature / 1 egg / 50g mashed ripe banana  
1 tsp vanilla extract / 100g light soft brown sugar  
½ tsp grated orange zest / 100g wholemeal flour / ¼ tsp salt  
1 tsp baking powder / 100g rolled oats / 25g desiccated coconut  
50g chopped walnut / 75g sultana or dark chocolate chips

## Method:

Heat oven to 180C/160C fan/gas 4.

Cream the butter and sugar together until well blended and smooth.

Gradually beat in the banana, vanilla extract and egg. Add the zest.

Mix well with a wooden spoon until thoroughly blended.

In a large bowl, mix the flour, salt, baking powder, oats, coconut, walnuts and sultanas or chocolate chips. Stir the dry ingredients into the wet and mix thoroughly until a thick dough is formed. Line a baking sheet with parchment. Drop heaped tbsps onto the sheet, leaving a 5cm (2in) space around each one, and press down lightly.

Bake for 15-20 mins until lightly browned. Cool.





# *Breakfast* *Bran flakes*

**40g Bran flakes with milk of your choice  
and sliced banana.**

**This meal is Folate-rich..**

**Why not enjoy with a glass of orange juice.**

# Breakfast Egg cups

## Ingredients:

1 tbsp oil / 150g broccoli, finely chopped  
1 red pepper, finely chopped / 2 spring onions, sliced  
6 large eggs / 1 tbsp milk or alternative  
large pinch of smoked paprika / 50g cheddar or gruyère, grated  
a small handful of chives, chopped (optional)

## Method:

Heat the oven to 200C/180C fan/gas 4.

Brush half the oil in an 8-hole muffin tin.

Heat the remaining oil in a frying pan and add the broccoli, pepper and spring onions. Fry for 5 mins. Set aside to cool.

Whisk the eggs with the milk, smoked paprika, and half the cheese in a bowl. Add the cooked veg.

Pour the egg mixture into the muffin holes and top each with the remaining cheese and a few chives, if you like.

Bake for 15-17 mins or until golden brown and cooked through.

## Mother Fit tip:

This is a great meal if you have guests. It looks very impressive over a bed of spinach or even a side of wholemeal toast





# *Breakfast* **Wholegrain toast & nut butter**

**2 slices of wholegrain bread, toasted with 2 tsp of nut butter.**

**High in Vitamin B6**

**Add a glass of milk for calcium.**

# *Breakfast* *Sunflower seed bagel* *& scrambled eggs*

1 sunflower seed bagel, toasted, filled with scrambled eggs.

Crack 2 eggs in a microwaveable bowl, add a splash of milk and whisk. Cook for approx 1 minute or until cooked. Add to a toasted sunflower bagel.

Sunflower seeds are high in protein and rich in healthy fats, as well as antioxidants that can lower your risk of developing serious conditions.

It's also an excellent source of Vitamin E





# Breakfast

## *Baked egg with ham & spinach*

### Ingredients:

25g slice ham

40g baby spinach

1 medium free-range egg

1 slice wholemeal bread

2g butter (optional)

### Method

Preheat the oven to 180C/160C Fan/Gas 4.

Line a ramekin with the ham.

Heat a small saucepan over a medium heat.

Add the spinach with a splash of water and cook for 2 minutes,  
or until wilted.

Remove from the heat, squeeze out any excess water and place on  
top of the ham.

Break the egg on top of the spinach.

Bake for 10–15 minutes, or until the egg has set.

Meanwhile, toast the bread.

# Breakfast Crunchy banana yoghurt

## Ingredients:

170g fat-free natural Greek-style yoghurt

Half a banana, peeled and sliced

7g mixed seeds (pumpkin, sesame and sunflower)  
or use toasted flaked almonds

## Method:

Put the yoghurt in a small bowl.

Scatter the banana on top.

Sprinkle with seeds or nuts and serve.





# Breakfast

## Lighter baked mushrooms

### Ingredients :

1 tsp olive oil  
2 large, flat Portobello mushrooms (150g total weight)  
mushrooms wiped clean with the stalks finely chopped  
1 spring onion, thinly sliced / 1 stick celery, thinly sliced  
1 bacon medallion (30g), roughly chopped / 20g fresh breadcrumbs  
30g baby spinach / 1 tomato, halved  
salt and freshly ground black pepper

### Method :

Preheat the oven to 220C/200C Fan/Gas 7.  
Heat the oil in a small frying pan over a medium heat.  
Add the mushroom stalks, spring onion, celery and bacon  
and cook for 1–2 minutes, or until softened.  
Stir in the breadcrumbs and spinach and season.  
Place the mushrooms cup-side up on a baking tray.  
Season the tomato and place on the baking tray.  
Spoon the filling into the mushrooms and bake for 10–15 minutes,  
or until they have softened.  
Serve the mushrooms with the tomato.

# Breakfast

## *Lighter creamy mushrooms on toast*

### Ingredients:

1 tsp rapeseed oil  
80g button mushrooms, roughly chopped  
32g reduced-fat smoked bacon medallion, roughly chopped,  
2 spring onions, thinly sliced  
1 garlic clove, finely chopped  
½ small lemon, juice only  
1 level tbsp half-fat crème fraîche  
30g slice wholemeal  
salt and freshly ground black pepper, to taste  
1 tbsp chopped fresh chives (optional)

### Method:

Heat the oil in small frying pan over a medium heat.

Add the mushrooms, bacon, spring onions and garlic and cook for 1–2 minutes.

Add the lemon juice, then cover with a lid and cook over a low heat for 5 minutes, or until the mushrooms are cooked.

Remove from the heat, stir in the crème fraîche and chives, if using, and season.

Toast the bread on both sides, place on a warmed plate and top with the mushrooms.





# Lunch Super spinach pancakes

Serves 6 – use the leftovers for breakfast the following day.

## Ingredients:

1 ripe avocado / 350 g mixed-colour cherry tomatoes  
100 g baby spinach / 3 spring onions / ½ a bunch of fresh coriander (15g)  
1 lime / extra virgin olive oil / 1 large free-range egg  
1 mug of self-raising flour / 1 mug of semi-skimmed milk / olive oil  
300 g cottage cheese / hot chilli sauce (optional)

## Method :

Halve, destone, peel and finely slice the avocado and quarter the tomatoes, then place in a salad bowl with a quarter of the spinach. Trim, finely slice and add the spring onions and pick in the coriander leaves, then squeeze over the lime juice.

Drizzle with 1 tablespoon of extra virgin olive oil, season to perfection with sea salt and black pepper, toss to coat and put aside.

Crack the egg into a blender, add the flour, milk, remaining spinach and a pinch of salt and pepper, then blitz until smooth. Place a large non stick frying pan on a medium heat, rub the pan with a little olive oil, then pour in a thin layer of batter, swirling it up and around the edges. Cook on one side only for 2 minutes, or until lightly golden, then stack up on a serving plate and repeat.

Top each pancake with dollops of cottage cheese, the avocado salad, and a few good shakes of chilli sauce. Really nice served with extra lime wedges for squeezing over, and a fried egg on top, if you fancy.

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# Lunch

## Lentil Tabbouleh

4 servings

Ingredients:

200 g puy lentils  
1 bunch of spring onions  
200 g ripe cherry tomatoes  
1 large bunch of fresh flat-leaf parsley  
1 large bunch of fresh mint  
extra virgin olive oil  
1 lemon

Method :

Rinse the lentils, then cook in plenty of salted water until tender.  
Drain and set aside to cool.

Trim and finely slice the spring onions, halve the tomatoes,  
then pick and finely chop the herb leaves.

Mix the cooled lentils with the spring onions, tomatoes,  
herbs and 4 tablespoons of oil.

Add the lemon juice to taste, season with sea salt  
and black pepper, then serve.





# Lunch *Pitta pockets*

## Ingredients:

2 wholemeal pitta bread

3 tbsp hummus

2 handfuls watercress, spinach, and rocket salad mix

1 handful of baby tomatoes

1 handful of ready-cooked chicken

1 tsp olive oil

## Method:

Halve the pitta bread into 2 pockets and toast until opened.

Slather the inside of each with hummus.

Stuff with salad and chicken, drizzle with olive oil.

# *Lunch*

## *Jacket potato & baked beans*

### **Ingredients:**

Half a tin of Heinz No Added Sugar Baked Beans (150g)  
1 potato

### **Method:**

Cook your potato in the oven or microwave until soft and golden.  
Heat your beans and spoon on top to serve.





# Lunch

## *Stuffed sweet potato (freezable)*

### For the Microwave:

Wash sweet potatoes and make a couple of holes using a knife or fork around the sweet potato. Wrap sweet potato in a paper towel and cook on HIGH for 8 minutes in the microwave.

Heat a large skillet to medium high heat.

Add avocado oil and onion to the pan.

Saute the onion until they are translucent, about 2-3 minutes.

Then immediately add garlic and red pepper.

Saute for an additional 2-3 minutes.

Add corn, black beans, fresh cilantro, cumin, smoked paprika and salt.

Using a spoon mix to combine the ingredients and cook another 3 minutes. Remove from heat and set aside.

Slice each cooked sweet potato in half, deep enough so that you can stuff them. Top each sweet potato with 1/2 cup of the black bean mixture, 1/4 cup fresh salsa and 2 tablespoons of guacamole.

You can freeze stuffed sweet potatoes. Cook the sweet potatoes and stuff them with your desired stuffing. Let cool completely, Wrap with plastic wrap and store in a freezer safe storage bag for up to 3 months. To reheat, place in oven and bake for 15-20 minutes until warmed.

# Lunch

## Lemony tuna pitta pockets

### Ingredients:

1 head Baby Gem lettuce  
cucumber  
fresh mint  
1 tbsp fresh lemon juice  
100g can tuna in brine/spring water  
2 mini pitta breads

### Method:

Shred the lettuce and mix with some chopped cucumber, a pinch chopped fresh mint and the lemon juice.  
Drain and flake the tuna, stir into the salad.  
Season if you want to.

Slit open the pitta-breads and warm briefly in a toaster.  
Stuff pitta pockets with the salad and tuna mix.





# Lunch Pancakes

## Ingredients:

50g self-raising flour  
50g wholemeal or wholegrain flour  
2 small eggs, separated  
150ml skimmed milk

Berries and low-fat yogurt or fromage frais to serve

## Method:

Sift the flours into a bowl or wide jug and tip any bits in the sieve back into the bowl. Add the egg yolks and a splash of milk then stir to a thick paste. Add the remaining milk a little at a time so you don't make lumps in the batter.

Whisk the egg whites until they stand up in stiff peaks, then fold them carefully into the batter – try not to squash out all the air.

Heat a non-stick pan over a medium heat and pour in enough batter to make a pancake about 10 cm across. Cook for just under a minute until bubbles begin to pop on the surface and the edges are looking a little dry. Carefully turn the pancake over. If it is a bit wet on top, it may squirt out a little batter as you do so. In that case, leave it on the other side a little longer. Keep warm while you make the remaining pancakes.

Serve with your favourite healthy toppings.

# Lunch

## Chicken pesto pasta

4 servings

### Ingredients :

350g penne pasta  
200g cooked roast chicken, shredded  
300ml single cream or switch out for quark  
65g basil pesto  
65g drained sundried tomatoes

### Method:

Cook the pasta in a pan of boiling water as per the instructions on the packet.

Drain the pasta and reserve 60ml of the water.

Put the pasta back into the pan and return to the heat. Pour over the reserved liquid, tomatoes, pesto and cream. Stir the ingredients together and cook until completely heated through, and then serve.





# Lunch Super salad

## Ingredients:

1 pink grapefruit  
1 avocado  
Salad leaves, washed  
Splash of lemon juice  
A handful of walnuts  
100g pasteurised feta cheese, cubed  
Pomegranate seeds (optional)

## Method:

With a sharp knife, carefully divide the grapefruit into segments, catching the juice in a bowl.

Slice the avocado into the juice, and stir to prevent it from browning, adding a splash of lemon juice, if you like.

Arrange the salad leaves in a bowl and sprinkle over the grapefruit, avocado and a handful of walnuts. Top with the feta cheese and pomegranate seeds.

Serve at once with crusty bread and a salad dressing of your choice.

# Lunch

## *Spiced lentil & butternut squash soup*

5 servings

### Ingredients:

2 tbsp olive oil / 2 onions, finely chopped / 2 garlic cloves, crushed  
1/4 tsp hot chilli powder / 1 tbsp ras el hanout (seasoning - in spices)  
1 butternut squash, peeled and cut into 2cm pieces / 100g red lentils  
1 Litre hot vegetable stock

1 small bunch coriander, leaves chopped, plus extra to serve  
Top with dukkah and natural yogurt

### Method:

Heat the oil in a large flameproof casserole dish or saucepan over a medium-high heat. Fry the onions with a pinch of salt for 7 mins, or until softened and just caramelised. Add the garlic, chilli and ras el hanout, and cook for 1 min more.

Stir in the squash and lentils. Pour over the stock and season to taste.

Bring to the boil, then reduce the heat to a simmer and cook, covered, for 25 mins or until the squash is soft.

Blitz the soup with a stick blender until smooth, then season to taste.  
(To freeze, leave to cool completely and transfer to large freezerproof bags)

To serve : Stir in the coriander leaves and ladle the soup into bowls.  
Serve topped with the dukkah, yogurt and extra coriander leaves.





# Lunch Roast chicken

## Ingredients:

Waitrose Essential British Medium Whole Chicken

Typical weight 1.5kg

(Other brands can be substituted)

100g serving equates to 205 calories

## Method:

Cook the chicken as per instructions.

Feeds a family of 4 with vegetables

DON'T FORGET TO CALORIE COUNT THE VEGETABLES

COUNT ANY OILS USED (RAPSEED IS MY PREFERRED)

# Lunch

## Chicken noodle soup

Serves 2-3 adults

### Ingredients:

900ml boiling water

Miso soup paste - enough sachets for 900ml of water  
Shread cooked chicken fillets/thighs/drumsticks - 450g

1 tsp chopped fresh ginger

1 garlic clove, finely chopped

Medium Noodles Quick To Cook (100g per serving)

2 tbsp sweetcorn, canned or frozen

2-3 mushrooms, thinly sliced

2 spring onions, shredded

2 tsp soy sauce, plus extra for serving

A little shredded chilli (optional), to serve

### Method

Pour the water into a pan and add the miso paste,  
stir and cook for a few minutes.

Add the cooked chicken, ginger and garlic. Simmer for 5 minutes or so.

Add the noodles, sweetcorn, mushrooms, spring onion and soy sauce.

Simmer for 3-4 mins until the noodles are tender.

Ladle into two/three bowls and scatter over the remaining  
spring onion, and chilli, if using. Serve with extra soy sauce.





# Dinner

## Chilli con carne

(serves 4)

### Ingredients:

1 tbsp olive oil / 2 large onions, finely chopped / 3 garlic cloves, crushed  
500g British beef mince / 1 tbsp ground cumin  
1 tsp smoked paprika (pimentón), hot or sweet,  
depending on how hot you like your chilli con carne  
1/4 tsp ground cinnamon / 400g tin chopped tomatoes  
250ml fresh beef stock / 400g tin red kidney beans, drained and rinsed

### Method:

Heat the oil in a large sauté pan over a medium-high heat and add the onions. Cook for 10 minutes, stirring often, until softened and translucent. Add the garlic and fry, stirring, for 2 minutes more until fragrant, then tip out into a bowl. Turn up the heat to high, add the beef to the pan and season well, pressing it down with a wooden spoon and breaking it up so it browns all over. When it's browned, tip out the juices from the pan and discard, then return the onions to the pan with the cumin, paprika and cinnamon. Cook, stirring, for 2-3 minutes until fragrant, then add the tomatoes with a pinch of sugar and the beef stock.

Bring to a simmer and cook, stirring occasionally, for 20-25 minutes until the beef has taken on the flavours of the spices and the sauce is reduced and thick. Add the kidney beans and cook for 5 minutes more, then taste, season and serve with your choice of accompaniments.

# Dinner

## Quick green pasta

Serves 6

### Ingredients:

500g penne pasta / 200g pot of houmous  
1 avocado, roughly chopped / 1 courgette, roughly chopped  
200ml light coconut milk / 100g defrosted frozen peas  
Finely grated zest and juice of 1/2 lemon

The leaves of 5-6 fresh mint sprigs  
Extra squeeze of lemon, lemon zest, black pepper,  
a few torn mint leaves and sea salt flakes, to serve

### Method :

Cook the pasta according to the pack instructions. Put the houmous, avocado, courgette, coconut milk, peas, the finely grated zest and juice of 1/2 lemon, the leaves of 5-6 fresh mint sprigs and plenty of salt and pepper in a blender. Whizz until completely smooth and bright green.

Once cooked, drain the pasta, return to the pan and toss with the avocado sauce over a medium heat until well coated (but don't heat too much – think of it as a saucy pesto). Taste, then add an extra squeeze of lemon, if needed.

Sprinkle over a little lemon zest, some black pepper, a few torn mint leaves and some sea salt flakes to serve.





# Dinner

## Dukkah lamb cutlets with quinoa salad

(serves 6)

Ingredients: For the quinoa salad

200g/7oz quinoa, cooked according to the packet instructions  
handful fresh parsley, chopped / 1 tbsp chopped fresh mint  
1 red pepper, finely diced / 1 cucumber, finely diced / 1 red onion, finely diced  
2 tbsp extra virgin olive oil / 1 lemon, juice only / salt and freshly ground black pepper

For the dukkah

½ tsp cloves / 1 tsp fennel seeds / 1 tsp coriander seeds / 1 tsp cumin seeds  
1 tsp paprika / pinch turmeric / ½ tsp chilli flakes / 50g/2oz hazelnuts, chopped  
30g/1oz pistachios, chopped / 1 tbsp sesame seeds / 4 tbsp honey / 1 orange, juice only  
salt and freshly ground black pepper / 4 tbsp olive oil / 12 lamb cutlets

Method:

For the quinoa salad, mix together the quinoa, herbs and vegetables in a bowl and dress with olive oil and lemon juice. Season, to taste, with salt and freshly ground black pepper.

For the dukkah, heat a frying pan and dry fry the cloves, fennel, coriander and cumin until fragrant. Place in a pestle and mortar and grind until smooth.

Combine the spices with the rest of the dukkah ingredients in a bowl and mix until well combined. Rub each lamb cutlet with the dukkah and orange juice mixture and grill on a hot griddle, on a barbecue, or under a pre-heated grill, for 2-3 minutes on each side, or until cooked to your liking.

To serve place some of the quinoa salad onto four plates and place three lamb cutlets on top of each.

# Dinner

## Tuna bean salad

Serves 2

### Ingredients:

100g/3½oz green beans, halved / 2 free-range eggs

400g tin mixed beans in water, drained and rinsed

100g/3½oz cherry tomatoes, halved / 4 spring onions, thinly sliced

160g tinned tuna steak in water, drained

### For the dressing:

1 tbsp extra virgin olive oil / 1 tsp red wine vinegar / 1 tsp Dijon mustard  
freshly ground black pepper

### Method:

Cook the green beans in a pan of boiling water for 4 minutes.

Plunge them into a bowl of very cold water.

Cook the eggs in a pan of boiling water for 8 minutes. Drain in a sieve under cold running water until cold. Peel and cut the eggs into quarters.

For the dressing, whisk the oil, vinegar and mustard in a large bowl until thick.

Season with black pepper. Add the green beans, mixed beans, cherry tomatoes and spring onions to the dressing and mix.

Flake the tuna on top and add the hard-boiled eggs.

Season with black pepper.





# Dinner Edamame falafel

(serves 4-6)

Ingredients: For the falafels

500g/1lb 2oz frozen soya beans, defrosted / 1 small red onion, finely chopped  
2 garlic cloves, crushed / ½ small bunch coriander, leaves and stalks finely chopped  
1-2 tsp ras-el-hanout, to taste / 1 free-range egg, beaten / 2 tbsp toasted sesame seeds  
2 tbsp dry breadcrumbs / sea salt and freshly ground black pepper, to taste / olive oil cooking spray

For the vegetables

1 red pepper, seeds removed, quartered / 1 yellow pepper, seeds removed, quartered  
2 courgettes, cut into long batons / 1 aubergine, halved lengthways then sliced into half moons  
1 tsp sweet smoked paprika / 1-2 tsp sherry vinegar, to taste / ½ small bunch coriander, torn

For the dip

½ cucumber, roughly peeled, seeds removed, finely chopped / 1 small garlic clove, crushed  
100g/3½oz fat-free Greek yoghurt / 1 lemon, juice of ½, remainder cut into wedges for serving  
small handful mint, leaves shredded

Method:

Preheat the oven to 200C/400F/Gas 6. Pat the soy beans dry with kitchen paper to remove as much excess moisture as possible. Put the beans into a food processor and blend to a rough paste.

Tip into a bowl, combine with the remaining falafel ingredients (except the olive oil) and season, to taste.

Shape the mixture into golf ball-sized balls and place on a baking tray.

Spray with a little oil and then bake for 15-20 minutes, or until golden-brown.

For the vegetables, put the vegetables onto a baking tray. Spray with a little olive oil, and sprinkle over the smoked paprika. Season with salt and pepper and cook alongside the falafel in the preheated oven for 20 mins. Meanwhile make the dip. Combine the cucumber with the garlic, yoghurt, lemon and mint and season to taste. Once the vegetables are tender and the falafel golden-brown and crisp on the outside, remove from the oven.

Season the roasted vegetables with a drizzle of sherry vinegar and mix in the coriander.

Serve with the yoghurt dip and a wedge of lemon on the side.

# Dinner

## Salmon with lentils & leeks

(Serves 4) Ingredients:

2/3 cup (4.5 oz/140 g) French green lentils / 2 tablespoons olive oil, plus more for rubbing

1 and 1/2 cups (7.5 oz/235 g) finely chopped leek, white and pale green parts only

1 clove garlic, minced / 2 and 1/2 cups (20 fl oz/625 ml) chicken stock

2 stalks celery, finely diced / 1 large carrot, peeled and finely diced / 1 tablespoon tomato paste

3 sprigs fresh thyme / 2 sprigs fresh Italian parsley, plus 1 tablespoon minced, plus more for garnish (optional)

1/2 dried bay leaf / 4 wild salmon fillets (about 6 oz/185 g each), skin removed

Salt and freshly ground pepper / 1 tablespoon red wine vinegar

2 teaspoons minced fresh chives, plus more for garnish (optional)

### Method :

Put the lentils in a bowl, cover with boiling water. Let stand for 15 minutes, then drain.

While the lentils are soaking, in a large frying pan over medium-low heat, warm 2 tablespoons olive oil. Add the leek and sauté until tender but not browned, about 10 minutes. Add the garlic and sauté for 2 mins longer. Add the chicken stock, drained lentils, celery, carrot, tomato paste, thyme sprigs, parsley sprigs, and bay leaf and stir to mix well. Cover, reduce the heat to low, and simmer, stirring occasionally, until the lentils are tender, about 20 minutes or according to package directions.

While the lentils are cooking, preheat the oven to 230°C. Heat a wide, ovenproof sauté pan over medium-high heat. Rub olive oil all over both sides of each salmon fillet. Season with salt and pepper.

Place the salmon in the hot sauté pan and cook, without moving, until browned on the first side, about 3 minutes. Carefully turn the fillets in the pan and cook for 2 minutes longer.

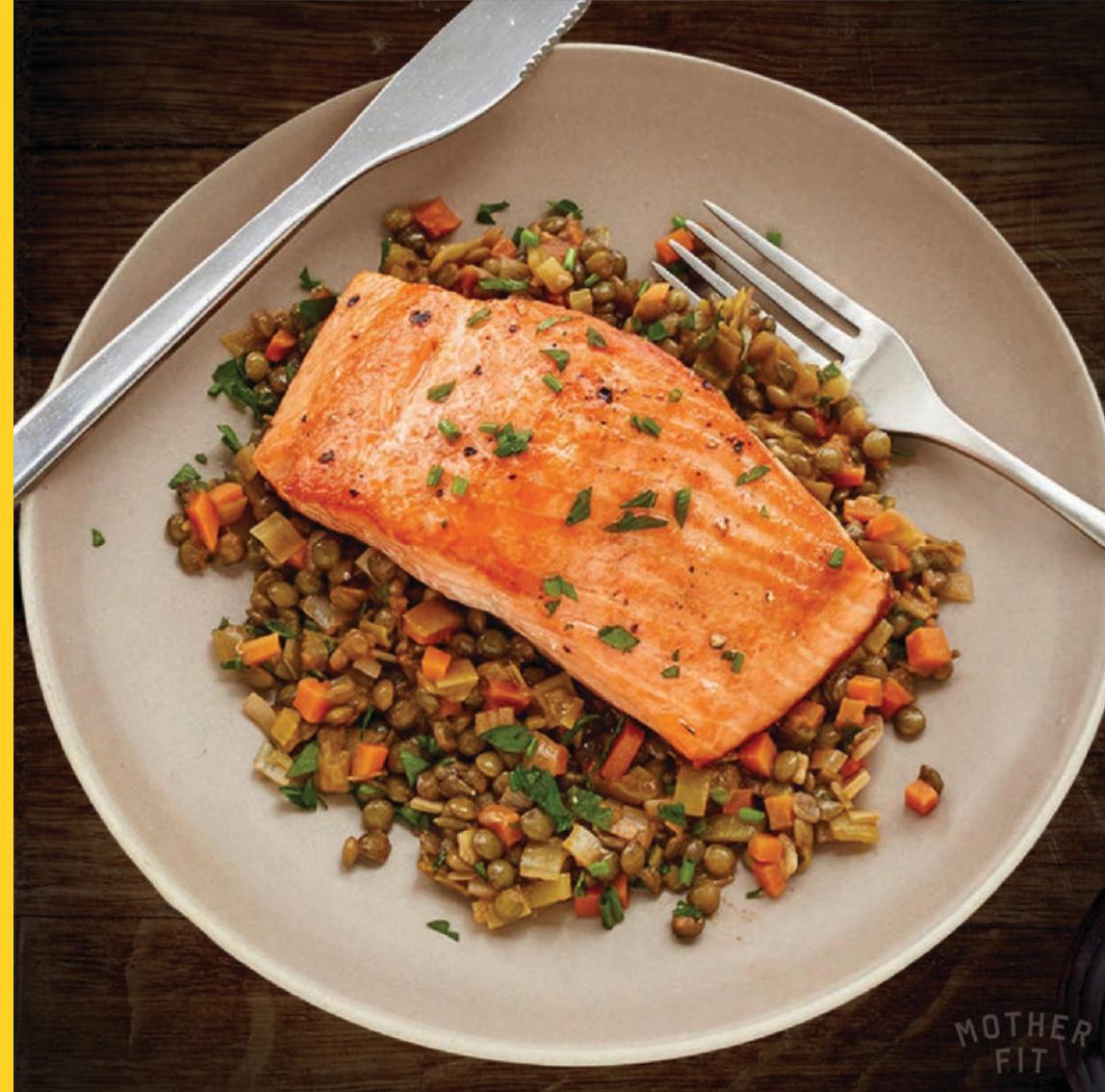
Place the pan in the oven and bake until the salmon is medium-well, 6 to 8 minutes.

When the lentils have finished cooking, remove and discard the herb sprigs and bay leaf. Add the vinegar, minced parsley, and 2 teaspoons chives and stir to combine.

Season with salt and pepper.

Spoon the lentils onto plates and top with the salmon fillets.

Sprinkle with parsley and chives, if you like, and serve warm.





# Dinner

## Grilled chicken with pumpkin-seed pesto

(Serves 4)

Ingredients:

2 tablespoons plus  $\frac{1}{2}$  cup (4 fl oz/125 ml) olive oil /  $\frac{1}{2}$  cup (2 oz/60 g) pepitas (hulled green pumpkin seeds)  
Salt and freshly ground pepper / 1 clove garlic, peeled  
1 and  $\frac{1}{2}$  cups (1.5 oz/45 g) fresh Italian parsley leaves /  $\frac{1}{2}$  cup (0.5 oz/15 g) fresh cilantro leaves  
4 green onions, roughly chopped / 1 tablespoon fresh lemon juice  
1 and  $\frac{1}{2}$  lb (750 g) boneless, skinless chicken breasts

Method :

In a frying pan over medium heat, warm 2 tablespoons olive oil. Add the pepitas, 3/4 teaspoon salt, and 1/8 teaspoon pepper. Cook, stirring often until the seeds puff and begin to pop and turn brown, 3 to 4 minutes. Remove from the heat and let cool.

In a food processor fitted with a metal blade, process the garlic until minced. Add the parsley, cilantro, green onions, and lemon juice. Pulse until coarsely chopped. Measure out 1/4 cup (2 oz/60 g) of the parsley mixture, leaving the remaining mixture in the processor.

Place the 1/4 cup parsley mixture in a zippered plastic bag. Add 1/4 cup (2 fl oz/60 ml) olive oil and 1/8 teaspoon pepper and mix to combine. Add the chicken breasts, seal the bag, and massage to coat the chicken with the marinade. Refrigerate for at least 1 hour or up to 1 day.

Add the cooled pumpkin seeds to the parsley mixture reserved in the food processor. Pulse until coarsely chopped. With the motor running, pour in the remaining 1/4 cup (2 fl oz/60 ml) oil and 1/4 cup water and process to a coarse puree. Transfer to a serving bowl and set aside. You should have a generous 1 cup (8 fl oz/250 ml) pumpkin-seed pesto.

Preheat a charcoal or gas grill to medium-high heat. Remove the chicken from the marinade and discard the marinade. Place the chicken breasts on the hottest part of the grill and cook, turning once, until nicely browned on the outside and opaque throughout, to 8 minutes per side. Transfer the chicken to plates, drizzle with the pesto, and serve warm.

# *Snack*

## *Protein yogurt & juice*

1 portion of Natural yogurt  
(try to avoid flavoured ones)

Top with fresh fruit & enjoy a glass of freshly  
squeezed orange juice for extra vitamin C





# *Snack Breadsticks*

Kallo Grissini Breadsticks  
dipped in smashed avocado or low fat soft cheese.

# *Snack*

## *Banana & nut butter*

Get your potassium fix.  
1 banana & 2 tbsp's of nut butter





# *Snack* **Oatcake & cheese**

**Wholegrain oatcake & hard cheese**

# Snack Fruit

## Fruits that are Slow Burning Carbs: ENERGY FOR LONGER

Cherries, plums, grapefruit, apples, pears, grapes, oranges, prunes, dried apricots, kiwi and peaches are examples of slow burning fruits.

Slow burning fruits have a glycemic index of 55 or less, which is true of all slow burning carbs.

Filling your diet with low-GI foods may help you reach and maintain a healthy weight because these foods tend to suppress hunger and help with blood sugar control.





# Snack Energy balls 3-ways

Preparation time: 20 minutes / Cooking time: 0 minutes / Total time: 20 minutes

Makes 15 Balls. Ingredients:

100g cashew nuts / 100g pitted dates, roughly chopped / 2 tbsp vegetable oil

MOCHA BALLS (1): 1 tsp ground coffee / 1 tsp cocoa powder

GREEN MINT BALLS (2): 1/4 tsp matcha green tea / 2 drops peppermint natural extract  
GOJI AND COCOA BALLS (3): 1 tbsp goji berries, finely chopped / 1 tbsp cocoa nibs, finely chopped

Method:

1. Put the cashews in a food processor and whizz to a breadcrumb-like texture. Add the dates and a pinch of salt and whizz again until the texture is smooth.

2. Add the vegetable oil together with 1 tsp cold water and whizz until the mixture holds together. Divide between 3 bowls.

3. Add the ingredients for the green mint balls to the first bowl.

Mix together by hand until a uniform colour (under a minute); roll into 5 even-sized balls.

4. Next add the ingredients for the mocha balls to the second bowl.

Mix as before until a uniform dark brown, then roll into 5 even-sized balls.

5. Roll the last portion of mixture into 5 balls. Put the goji berries and cocoa nibs into another bowl, add the balls and roll to coat.

These can be stored in an airtight container in the fridge for up to a week.

# Snack Banana bread

Gluten-Dairy-Wheat-Nut Safe  
Wholegrain Banana Bread Mix

Makes as per instructions  
and put into portions as suggested





# *Snack* **Ready Brek & honey**

Super smooth wholegrain oats and no added salt

**Calcium for healthy bones and teeth\***  
**Vitamin D for a healthy immune system\***  
**Vitamin B12 to help reduce tiredness\***  
**Iron for cognitive development in children\***

Just add hot milk or pop it in the microwave as per instructions.  
Drizzle with honey.

# *Snack* *Berry smoothie*

## **Ingredients:**

100g strawberries  
Handful of blueberries  
1 tbsp Ready Brek Original  
150ml/½ pint milk of your choice

## **Method:**

Put the fruit into the blender.  
Sprinkle over the ReadyBrek Original.  
Add milk. Blitz until well blended.  
Makes 300ml/½ pint.

**1 of your 5 a day!**





# Snack Olive & sundried tomato scones

(Makes 10) Ingredients

350g self-raising flour, plus extra for rolling / 1 tsp baking powder  
75g essential Waitrose Olive Spread

6 Cooks' Ingredients Sundried Tomatoes, roughly chopped  
20g black pitted olives, roughly chopped  
2 tsp chopped fresh rosemary (or 1 tsp dried)  
150g Total 0% Fat Yogurt / 6 tbsp semi-skimmed milk  
2 tsp essential Waitrose Grated Parmigiano Reggiano

## Method

1. Preheat the oven to 220°C, gas mark 7.  
Place the flour, baking powder and olive spread in a food processor and whizz until blended.
2. Add the sundried tomatoes, olives and rosemary, and pulse again until well mixed.
3. Tip the mixture into a bowl, make a well in the centre and add the yogurt and 4 tbsp of the milk.  
Using a table knife, bring the mixture together to make a fairly soft dough.
4. On a floured surface, shape the dough into a ball then press out to a thickness of about 2cm.  
Using a 6cm cutter, stamp out rounds, re-using the trimmings to make 10 scones.
5. Place on a non-stick baking sheet, brush the tops with the remaining milk and scatter with the cheese. Bake for 10-12 minutes until risen and golden. Cool on a wire rack before serving.

These scones freeze really well.

Allow to thaw completely, then split and toast to serve.

# Snack

## Rice cakes on the go

Kallo make their organic rice cake thins from 100% natural ingredients including real Belgian chocolate and organic rice.

Organic Dark Chocolate (59%)  
(Organic Cocoa Mass, Organic Cane Sugar, Organic Cocoa Butter)

Organic Wholegrain Brown Rice

Dietary Requirements

- ✓ Dairy free
- ✓ Gluten free
- ✓ Wheat free
- ✓ Organic





# *Snack*

## *Tangy smoothie*

### **Ingredients:**

**80g fresh mango pieces (or frozen)**  
**1 orange (peeled, segmented, pith and pips removed)**  
**1 tbsp Ready Brek Original**  
**100ml milk of your choice**

### **Method:**

**Put the fruit into the blender.**  
**Sprinkle over the ReadyBrek Original.**  
**Add milk.**  
**Blitz until well blended.**  
**Makes 300ml/½ pint.**

**2 of your 5 a day!**

# *Snack* **Apricots**

Dried apricots count as one of your five a day.  
The recommended portion is 30gms (3 or 4 apricots)

Apricots are rich in Iron.





# Snack Green smoothie

## Ingredients:

50g spinach (fresh or frozen)

100-150g pineapple

1 banana

250ml milk of your choice

Squeeze of half a lemon or lime

a few ice cubes

## Method:

Blend until smooth - I like to add ice before I blend!

# MOTHER FIT

MIND BODY SOUL

*Don't forget to join our  
Facebook community and post your  
meals to inspire others*

Love  
Michelle  
xx

