

MEAL PLAN #472

6th July 2020

- [1] Tuscan Greens Soup 15m*
- [2] Broccoli & Bacon Bowls 15m*
- [3] The Ploughman's 'Pie' 30m*
- [4] Quick Cheese Burgers with Chipotle Mayo 30m*
- [5] Fish Steaks with Olive Tapenade 15m*
- [6] SWEET TREAT: Easy Little Chocolate Puddings 30m*

★ Approximate time required. m = minutes. h = hours.

VARIATIONS

Vegetarian: [2] Bacon = sun dried tomato or grilled peppers. [3] Ham = roast /grilled veg. [4] [Zucchini burgers](#). [5] Fish = eggplant or mushrooms.

More Substantial (Low Carb): [1] More egg more almonds. [2] Avocado. [3] Larger slices. [4] Almonds or walnuts. [5] Walnuts.

More Substantial (Carb Lovers): [1] Crusty bread. [2] Pasta. [3] Sourdough toast. [4] Roast sweet potato. [5] Rice.

Carnivore: [1] Sausage or ground pork (mince). [5] Beef steaks.

Paleo (Grain, Legume & Dairy-Free): [1] Parmesan = almond meal / flour. [2] Parmesan = mayo or pesto. [3] Replace cheese with extra ham or roast or grilled veg or halved cherry tomatoes and serve with [dairy-free pesto](#). [4] Skip the cheese. [6] Milk = almond or coconut milk.

Keto / Ultra Low Carb: [6] Dark chocolate.

SHOPPING LIST

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VEGGIES

500g (1lb) frozen spinach or kale [1]
500g (1lb) frozen broccoli (or 2 fresh) [2]
2 small cloves garlic [2]
2 lemons [2,5]
1 bag salad [3]
1/4 medium cabbage [4]
bunch coriander (cilantro) [4]
1 large bag baby spinach or other greens [5]*

PROTEIN

11-13 eggs [1,3,6]
4 slices bacon [2]
100g (3.5oz) ham [3]
450g (1lb) minced (ground) beef [4]
2 fish steaks or fillets [5]

DAIRY

250g (9oz) grated parmesan [1,2,4]
100g (3.5oz) cheddar or other cheese [3]
3T (45g / 1.5oz) milk [6]

PANTRY

extra virgin olive oil
salt & pepper
2 cups chicken or veg stock [1]
100g (3.5oz) roast walnuts or almonds [1]
mustard [3]
100g (3.5oz) almond meal / flour [3]
100g (3.5oz) chipotle chillies in adobo sauce [4]+
100g (3.5oz) [mayo](#) [4]
6T [olive tapenade](#) [5]@
4T (30g / 1oz) almond meal or flour [6]
2T (12g / 0.5) cocoa powder [6]
Pinch pure stevia powder or sugar [6]
1/2 teaspoon baking powder [6]

OTHER

[add your other items here]

NOTES + SUBSTITUTES

[number] refers to the recipe using that ingredient. Recipes serve 2.

Vegetarian [2] Bacon = sun dried tomato or grilled peppers [3] Ham = roast /grilled veg. [4] [Zucchini burgers](#). [5] Fish = eggplant or mushrooms.

Carb Lovers [1] Crusty bread. [2] Pasta. [3] Sourdough toast. [4] Roast sweet potato. [5] Rice.

't' = teaspoon 'T' = tablespoon

Unless otherwise stated all cans are 400g / 14oz. Standard bag of salad = approx 150g (5oz).

+ [4] no chipotle chillies in adobo sauce – replace with 2 teaspoons tomato paste, 1-2 teaspoons smoked paprika and dried chilli powder to taste (1/2 to 1 teaspoon).

* [5] Frozen spinach or greens are good too!

@ [5] For home made [tapenade](#) you'll need 2 handfuls olives, 1 small clove garlic, 8T extra virgin olive oil, lemon juice.

TUSCAN GREENS SOUP

Enough for 2
Takes 15 minutes

2 cups chicken or veg stock
500g (1lb) frozen spinach or kale
4-6 eggs
100g (3.5oz) grated parmesan
100g (3.5oz) roast walnuts or almonds

1. Bring stock and greens to the boil in a medium saucepan with the lid on.
2. Meanwhile stir eggs in a small bowl with 2 tablespoons of the grated parmesan and a pinch of salt.
3. When the broth is simmering, pour in the eggs. Turn off the heat and jam on the lid.
4. Stand for 1 minute or until egg has just cooked. Taste and season with salt as needed, remembering you're going to be adding more parmesan.
5. Divide soup between two bowls. Top with parmesan, nuts and a nice drizzle of extra virgin olive oil (channelling your inner Italian).

BROCCOLI & BACON BOWLS

Enough for 2 as a light meal
Takes 15 minutes

4 slices bacon, chopped
500g (1lb) frozen broccoli, defrosted
1-2 small cloves garlic, finely chopped
squeeze lemon
2 large handfuls grated parmesan

1. Heat a good glug of olive oil in a medium saucepan. Add bacon and cook, uncovered on a medium high heat stirring often until bacon is starting to brown and crisp.
2. Drain broccoli well and toss in with the bacon. Add garlic and stir well. Cover and cook for 2-3 minutes or until broccoli is hot and tender.
3. Remove from the heat. Add a squeeze of lemon and the parmesan. Taste and season with salt or more lemon / parmesan as needed.

THE PLOUGHMAN'S 'PIE'

Enough for 2
Takes 30 minutes

100g (3.5oz) almond meal or almond flour
6 eggs
100g (3.5oz) cheddar or other cheese, grated
100g (3.5oz) ham
1 bag salad, to serve
mustard, to serve

1. Turn your oven to 200C (400F). Line the base and sides of a 24cm (9in) spring form pan with baking paper. If you can't be bothered you can just grease but the eggs do like to stick!
2. Spread almond meal over the base of your prepared pan. Mix eggs, cheese and a pinch of salt in a bowl. Pour egg mixture over the almond meal.
3. Bake for 12-15 minutes or until the eggs are set and the pie is puffing up and slightly golden.
4. Serve wedges with ham, mustard and salad leaves.

QUICK CHEESE BURGERS WITH CHIPOTLE MAYO

Enough for 2
Takes 30 minutes

100g (3.5oz) chipotle chillies in adobo sauce
100g (3.5oz) mayo + 2-3 tablespoons extra for slaw
450g (1lb) minced (ground) beef
50g (2oz) grated parmesan, plus extra
1/4 medium cabbage
small bunch coriander (cilantro)

1. First make the mayo by chopping chipotle chillies and mixing with the mayo. Taste and season with salt if needed.

2. Combine beef and parmesan and form into 4 burger patties. Heat a large frying pan on a medium high heat. Add a little oil. Reduce heat to medium and then cook the burger patties for 4-5 minutes on each side, or until well browned on the outside and no longer pink in the middle.

3. While the burgers are cooking, shave the cabbage using a mandoline or sharp knife. Finely chop coriander stems and coarsely chop the leaves. Toss shaved cabbage and chopped coriander in a bowl with the 2-3 tablespoons of extra mayo.

4. When the burgers are cooked, divide chipotle mayo between two plates smearing into an off centered circle. Top with cooked burger patties. Add slaw on the side and finish with an extra grating of parmesan.

FISH STEAKS WITH OLIVE TAPENADE

Enough for 2
Takes 15 minutes

2 fish steaks
1 large bag baby spinach or other greens
lemon juice
6 tablespoons *olive tapenade*

1. Preheat a large frying pan on a high heat.

2. Rub fish generously with olive oil. Season.

3. Cook fish for about 1 1/2 minutes each side, or until cooked to your liking.

4. Remove fish from the pan. Add baby spinach. Stir and cook until wilted. Splash with a little lemon juice.

5. Combine tapenade with 2 tablespoons extra virgin olive oil and 1 tablespoon lemon juice.

6. Serve fish on a bed of wilted greens with the tapenade on top.

EASY LITTLE CHOCOLATE PUDDINGS

Enough for 2
Takes 25 minutes

4 tablespoons (30g / 1oz) almond meal
3 tablespoons (45g / 1.5oz) milk
2 tablespoons (12g / 0.5) cocoa powder
1 tiny pinch pure stevia powder*
1 egg
1 teaspoon vanilla extract (optional)
1/2 teaspoon baking powder

1. Preheat your oven to 180C (350F). Grease two 1 cup ramekins or oven-proof tea cups.

2. In a small bowl mix almond meal, milk, cocoa powder, stevia, egg, vanilla (if using) and baking powder until well combined. Taste and add more stevia if needed. Divide mixture between your prepared ramekins / cups.

3. Bake for 10-15 minutes or until the puddings feel springy to touch. I like them slightly under baked so they're squidgy in the middle. Serve warm or at room temp.

To access the meal plans & recipes online go to:

www.stonesoupvirtualcookeryschool.com

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