

# MEAL PLAN #487

## 31st August 2020

- [1] Tuscan Greens Soup 15m\*
- [2] Minute Chicken with Green Olive Chimmichurri 30m\*
- [3] Hearty Walnut, Kale & Goats Cheese Frittata 30m\*
- [4] Salt & Vinegar Steaks 30m\*
- [5] Baked Fish + Kale Chips 20m\*
- [6] SWEET TREAT: Little Chocolate Hazelnut Cheesecakes 10m\*

\* Approximate time required. m = minutes. h = hours.

### VARIATIONS

**Vegetarian:** [2] Halloumi, tempeh or eggplant. [4] Mushrooms or cooked lentils + roast almonds. [5] Fish = chickpeas.

**More Substantial (Low Carb):** [1] Extra eggs, parmesan or nuts. [2] Avocado! [3] Extra walnuts. [4] Goats cheese. Roast macadamias. [5] More mayo, smashed avocado, or roast nuts.

**Carb Lovers / More Substantial:** [1] Crusty bread or toast. [2] Cooked pasta. [3] Roast sweet potato. [4] Mashed potato. [5] Potato chips.

**Carnivore:** [1] Sausages. [3] Bacon or salami. [5] [Burgers](#).

**Paleo (Grain, Legume & Dairy-Free):** [1] Parmesan = [Dairy-Free Pesto](#). [3] Cream = water. Goats cheese = [Lemon Tahini Sauce](#) drizzled over instead. [5] Yoghurt = extra mayo. [6] Goats cheese = coconut yoghurt or coconut cream.

**Keto / Ultra Low Carb:** [6] Dark chocolate. [7] Baby spinach.

# SHOPPING LIST

## 31st August 2020

### VEGGIES

500g (1lb) frozen spinach or kale [1]+  
1 bunch flat leaf parsley [2]  
1 clove garlic [2]  
1 lemon [2]  
2 large handfuls green beans  
or green salad [2]  
1 bunch kale or spinach [3]  
small bunch chives [3]  
1 bunch broccolini or broccoli [4]  
1 large bunch kale [5]

### PROTEIN #

10-12 eggs [1&3]  
4 chicken thigh fillets [2]\*  
2 steaks [4]  
2 fish fillets [5]

### DAIRY

100g (3.5oz) grated parmesan [1]  
2T cream [3]  
1 pack goats cheese (100g / 3.5oz) [3]  
3T Greek yoghurt [5]  
80g (3oz) goats cheese [6]

### PANTRY

extra virgin olive oil  
salt & pepper  
100g (3.5oz) roast walnuts or almonds [1]  
2C chicken or veg stock [1]  
200g (7oz) green or black olives [2]  
100g (3.5oz) roasted walnuts [3]  
4T balsamic vinegar [4]  
3T mayonnaise [5]  
4T almond meal [5]  
50g (2oz) dark chocolate [6]  
50g (2oz) roast hazelnuts [6]

### OTHER

[add your other items here]

### COOKS NOTES / VARIATIONS

# **Vegetarian** [2] Halloumi, tempeh or eggplant. [4] Mushrooms or cooked lentils + roast almonds.

[5] Fish = chickpeas.

**Carb Lovers** [1] Crusty bread or toast. [2] Cooked pasta. [3] Roast sweet potato. [4] Mashed potato.

[5] Potato chips.

't' = teaspoon 'T' = tablespoon

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

\*[2] Or 2 small breast fillets

+ [1] Or a large bunch fresh greens if you prefer to cook from fresh.

Based on serving 2 people.

Please adjust as required.

[Numbers] refer to the recipe  
each ingredient is required for.

# 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).

# MINUTE CHICKEN WITH GREEN OLIVE CHIMMICHURRI

Enough for 2  
Takes 30 minutes

*1 bunch flat leaf parsley, chopped  
1/3 cup extra virgin olive oil  
1 clove garlic  
3 tablespoon lemon juice  
4 chicken thigh fillets  
2 large handfuls green beans or green salad, to serve*

1. For the chimmichurri, place the olives, parsley, oil, garlic, lemon juice and 5 tablespoons water in a small bowl or jug. Using your stick blender puree to a chunky paste. OR puree in your food processor or regular blender. Taste and season with salt if needed (you might not depending on how salty your olives are). Set aside. If using beans, trim to remove stalks but leave the tails intact.
2. Cut chicken thighs into 2-3 pieces then using your fist, a meat mallet, small saucepan or potato ricer (as I do) bash the chicken until each piece is about 1cm (less than 1/2 inch) thick. Rub chicken with oil and season with salt.

3. Heat a frying pan or BBQ on a high heat. When the pan / BBQ is hot add chicken and cook for 1-2 minutes on each side or until well browned and no longer pink in the middle. Divide between two plates.

4. If using beans, return pan to the heat and add beans with a splash of water. Cover with a lid and cook for a few minutes, stirring every minute or so until the beans are bright green and no longer super crunchy.

5. Divide cooked beans or the salad leaves between plates and drizzle over chimmichurri.

# HEARTY WALNUT, KALE & GOATS CHEESE FRITTATA

Enough for 2  
Takes 30 minutes

*1 bunch kale, sliced*  
*6 eggs*  
*small bunch chives chopped*  
*2 tablespoon cream*  
*100g (3.5oz) roasted walnuts*  
*1 pack goats cheese (about 100g / 3.5oz), sliced*

**1.** Turn your oven on to 200C (400F). Heat a big glug of oil in a medium saucepan on a medium high heat. Add sliced kale and a splash of water. Cook covered, stirring every now and then until kale is wilted down. About 5 minutes.

**2.** Mix eggs, chives, cream and a big pinch of salt in a bowl. Line a small baking dish (about 22cm x 28cm / 8.5in x 11 in dimensions) lined with baking paper. Or a round 28cm (11in) spring form pan will also work.

**3.** When the kale is cooked, spread it over the base of your baking dish. Pour over the egg mixture. Scatter over walnuts and slices of goats cheese.

**4.** Bake frittata for 12-14 minutes or until the egg is set and the cheese has browned a little. Serve hot or at room temp.

# SALT & VINEGAR STEAKS

Enough for 2  
Takes 30 minutes

*1 bunch broccolini or broccoli, chopped*  
*2 steaks*  
*4 tablespoons balsamic vinegar*  
*sea salt flakes*

**1.** Remove steaks from the fridge preferably an hour before you want to cook them, or as long as you've got.

**2.** For the dressing, combine vinegar with 2 tablespoons extra virgin olive oil.

**3.** Heat a frying pan on a medium high heat. Add a little olive oil and the broccoli / broccolini and a splash of water. Cover and cook stirring every few minutes until the veg are no longer crunchy, about 5-10 minutes. Place veg in a clean bowl.

**4.** Increase heat to medium high. Rub steaks with a little oil and sprinkle with salt.

**5.** Cook steaks for 3-5 minutes each side, or until cooked to your liking.

**6.** Place steak on 2 plates. Drizzle over dressing and allow to rest for 5-10 minutes before serving with the broccolini / broccoli on top and extra sea salt flakes.

# BAKED FISH + KALE CHIPS

Enough for 2  
Takes 20 minutes

*1 large bunch kale (300g / 10oz)  
2 fish fillets  
3-4 tablespoons almond meal  
3 tablespoons mayonnaise  
3 tablespoons yoghurt*

- 1.** Turn your oven to 200C (400F). Tear kale into bite sized pieces, discarding the stems if they are thicker than 1/2cm (1/4in). Spread kale over a large flat baking sheet / tray. Drizzle over a little olive oil and toss to coat.
- 2.** Place the fish on top of the kale. Sprinkle over the almond meal, making sure you make a nice crust on the top of the fish. Season with salt and bake for 10 minutes.
- 3.** While the fish is cooking, combine mayo and yoghurt in a small bowl. Season with salt as needed.
- 4.** When the 10 minutes is up, check the fish and kale. If the fish is cooked through, remove it from the oven. If not, keep cooking for a few more minutes.
- 5.** When the fish is cooked and the kale is crispy in some places, divide fish and kale between two plates. Drizzle over sauce and enjoy asap.

# LITTLE CHOCOLATE HAZELNUT CHEESECAKES

Enough for 2  
Takes 10 minutes

*50g (2oz) dark chocolate  
80g (3oz) goats cheese  
50g (2oz) roast hazelnuts  
sea salt flakes (optional)*

- 1.** Boil the kettle and chop dark chocolate into small chunks. Place in a small bowl and top with 2 tablespoons boiling water. Stand for a minute or so to allow the chocolate to melt. Stir until you have a lovely smooth glossy sauce.
- 2.** Chop hazelnuts and divide between two small bowls / ramekins / tea cups / pretty glasses.
- 3.** Slice goats cheese into 4 rounds. Place one round in each of the bowls. Drizzle over half the chocolate. Top with the remaining goats cheese and drizzle over the remaining chocolate. Sprinkle with sea salt flakes (if using) and enjoy immediately.

To access the meal plans & recipes online go to:

**[www.smp.to](http://www.smp.to)**

© Jules Clancy 2020

This meal plan is copyright. Apart from any fair dealing for the purpose of private study, research, criticism or review, as permitted under the Copyright Act, no part of this ebook may be reproduced by any process without written permission. Enquiries should be addressed to the author.

All rights reserved.