

MEAL PLAN #499

12th October 2020

- [1] Creamy Mushroom, Leek & Spinach Soup 30m*
- [2] Cheesy Chicken 30m*
- [3] Mexican Omelette with Smashed Avo 15m*
- [4] Yoghurt & Kofta Curry 30m*
- [5] Rosemary Macadamia Salsa Salmon 30m*
- [6] SWEET TREAT: Creamy Peanut Butter Mousse with Chocolate Chunks 5m*

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

VARIATIONS

Pantry-friendly: [1] Mushroom + Leeks = 4 diced onions. Cream = 3T butter. [2] Zucchini = frozen broccoli or cauliflower or sweet potato. Skip coriander / cilantro. [3] Avocado = [almond hummus](#). Skip coriander / cilantro. Skip lime. [4] Yoghurt = coconut milk. Cauliflower 'rice' = frozen greens or cauli. Skip herbs. [5] Skip rosemary. Serve with steamed frozen greens. Lemon = vinegar. [6] Coconut Yoghurt or [cashew yoghurt](#).

Vegetarian: [2] Chicken = tofu, tempeh or mushrooms. [4] Kofta = tofu or chickpeas. [5] Salmon = eggplant.

More Substantial (Low Carb): [1] More nuts. [Almond bread](#). [2] Avocado or sour cream. [3] Extra avo. More eggs. [4] Cashews. [5] Extra salmon or macadamias.

More Substantial (Carb Lovers): [1] Bread rolls. [2] Cooked Pasta. [3] Warm Tortillas. [4] Rice. [5] Roast potatoes.

Carnivore: [1] Bacon or sausages. [3] Chorizo! [5] Pork Chops or Chicken Breast Fillets.

Paleo (Grain, Legume & Dairy-Free): [1] Cream = almond butter or coconut cream. [2] Skip cheese + serve with [Brazil Nut 'Parmesan'](#) or smashed avocado. [3] Yoghurt = coconut yoghurt or [cashew yoghurt](#). [6] Yogurt / Cream = coconut yoghurt or [cashew yoghurt](#).

Keto / Ultra Low Carb: [1] Skip the leeks. [6] Dark Chocolate.

SHOPPING LIST

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VEGGIES

2 large leeks [1]
500g (1lb) mushrooms [1]
250g (8oz) frozen spinach [1]
3 bunches coriander (cilantro) or parsley [2&3&4]@
4 medium zucchini (800g / 28oz) [2]
1 lime [3]
1 large (2 small) avocados [3]
1/2 small cauliflower [4]
2 onions [4]
1 lemon [5]
1 bag baby spinach or salad [5]
2 stalks rosemary [5]

PROTEIN

4 chicken thigh fillets (450g / 1lb) [2]
4-6 eggs [3]
450g (1lb) lamb or beef mince (ground) [4]
2 salmon fillets [5]

DAIRY

6T double (heavy) cream [1]
150g (5oz) grated cheese [2]
250g (9oz) natural (unsweetened) yoghurt [4]
1/2C Greek yoghurt or whipped cream [6]

PANTRY

extra virgin olive oil
salt & pepper
3C chicken or veg stock [1]
50g (2oz) roast macadamias or other nuts [1]
1/2C tomato passata or puree [2]
1 teaspoon smoked paprika (optional) [2]
hot sauce [3]+
handful roast cashews / almonds [3]
3t garam masala [4]
2 handfuls (100g / 3.5oz) chopped macadamias [5]
pinch stevia or sugar [6]
2T peanut butter [6]
1-2 squares dark chocolate [6]

OTHER

[add your other items here]

NOTES + SUBSTITUTES

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

Vegetarian [2] Chicken = tofu, tempeh or mushrooms. [4] Kofta = tofu or chickpeas. [5] Salmon = eggplant.

Carb Lovers [1] Bread rolls. [2] Cooked Pasta. [3] Warm Tortillas. [4] Rice. [5] Roast potatoes.

't' = teaspoon 'T' = tablespoon

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

+ [3] Like sriracha or tabasco

@ [2&3&4] if you're not into coriander use mint, parsley or basil.

CREAMY MUSHROOM & SPINACH SOUP

Enough for 2
Takes 30 minutes

2 large leeks

500g (1lb) mushrooms, sliced

3 cups chicken or veg stock

250g (8oz) frozen spinach, defrosted

4-6 tablespoons double (heavy) cream

50g (2oz) roast macadamias or other nuts, chopped

1. Wash leeks and slice discarding the dark green tops but using the white and pale green stems.
2. Heat a medium saucepan on a medium heat. Add a good few tablespoons olive oil and the sliced leeks. Cook covered, stirring now and then for about 10 minutes or until leeks are soft but not browned. If they start to brown, add a splash of water and turn the heat down a little.
3. Add sliced mushrooms and stock and bring to the boil. Simmer rapidly with the lid off until the mushrooms are tender. About 15 minutes.
4. Remove soup from the heat and puree using your stick blender.
5. Return the pan to a medium high heat. Squeeze spinach dry and add to the pot with the cream. Stir well and allow to warm back to a simmer. Taste and season with salt and pepper as needed.

6. To serve divide hot soup between two bowls. Drizzle over a little extra virgin olive oil and a little swirl of cream. Finish with the nuts.

CHEESY CHICKEN

Enough for 2
Takes 15 minutes

4 medium zucchini (800g / 28oz)

4 chicken thigh fillets (450g / 1lb)

1/2 cup tomato passata or puree

1 teaspoon smoked paprika (optional)

150g (5oz) grated cheese

1 bunch coriander (cilantro) or parsley

1. Turn your oven on to 250C (480F). Slice zucchini into rounds about 1cm (1/2in) thick and place in a baking tray.
2. Chop chicken thighs into 2 pieces and place on top of the zucchini. Mix tomato and paprika (if using) and pour sauce over the chicken. Sprinkle with a pinch of salt and pop in the oven for 15 minutes.
3. When the timer goes, scatter the cheese over the top of the chicken and return to the oven for another 5-10 minutes or until the cheese is melted.
4. Serve with coriander / parsley leaves sprinkled over.

MEXICAN OMELETTE WITH SMASHED AVO

Enough for 1
Takes 15 minutes

2-3 eggs

1 small avocado (1/2 large)

1/2 lime

hot sauce, to serve

handful roast cashews / almonds

small bunch coriander (cilantro), leaves picked

1. Mix eggs in a small bowl with a pinch of salt. Heat a small frying pan on a medium high heat.
2. When the pan is warm add a splash of olive oil and swirl to coat the bottom of the pan. Add eggs and allow to cook gently until no longer runny. If they start to sizzle rapidly, turn the heat down. You want the eggs to cook gently so they don't over cook.
3. When the eggs are just set, roll the omelette onto a plate. Top with avocado, smash the avo a little with a fork and squeeze over some lime juice. Sprinkle over hot sauce and finish with a flourish of coriander leaves and the roast nuts.

YOGHURT & KOFTA CURRY

Enough for 2
Takes 30 minutes

*2 onions, peeled and sliced
450g (1lb) lamb mince (ground lamb), or beef
3 teaspoons garam masala
250g (9oz) natural (unsweetened) yoghurt
1 bunch coriander (cilantro)
cauliflower 'rice' or steamed rice, to serve*

1. Place onion and a little oil in a medium saucepan. Cover and cook on a medium heat until the onion is soft. Stir every now and then to make sure it doesn't brown too much.
2. While the onion is cooking, season the meat well and roll into little bite sized balls.
3. When the onion is soft, add the garam masala and cook for a minute or so. Add yoghurt. Stir then add the meatballs.
4. Pick a few of the coriander leaves to serve and reserve them. Chop the remaining coriander leaves and stems and add to the pot.
5. Bring the meatballs to a simmer and cook for 10-15 minutes, or until just cooked through.

6. Taste sauce and season with salt and pepper. Serve meatballs and sauce on a bed of cauli 'rice' or steamed rice with the reserved coriander leaves on top.

ROSEMARY MACADAMIA SALSA SALMON

Enough for 2
Takes 15 minutes

*2 salmon fillets
2 stalks rosemary, finely chopped
4 tablespoons extra virgin olive oil
2 handfuls (100g / 3.5oz) chopped macadamias
3 tablespoons lemon juice
baby spinach, salad or green veg, to serve*

1. Heat a medium frying pan on a medium high heat. Season salmon with salt and rub with a little oil. Pan fry for 3-5 minutes on each side or until salmon is cooked to your liking.
2. While the salmon is cooking mix rosemary, olive oil, macadamias and lemon juice in a small bowl with a pinch of salt. Taste and adjust with more salt and lemon if you think you need it.
3. To serve divide cooked salmon between 2 plates. Pop spinach / salad / greens on the side. Spoon over salsa.

CREAMY PEANUT BUTTER MOUSSE WITH CHOCOLATE CHUNKS

Enough for 2
Takes 10 minutes

*1/2 cup Greek yoghurt or whipped cream
pinch stevia or sugar
2 tablespoons peanut butter
1-2 squares dark chocolate, chopped*

1. Sweeten yoghurt / cream with stevia or sugar as needed, remembering the yoghurt will be quite tart.
2. Layer yoghurt / cream and peanut butter into 2 small glasses, top with chocolate and serve immediately.

To access the meal plans & recipes online go to:

www.smp.to

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