

CLEAN EATING, SIMPLE PLAN FOR BUSY PEOPLE



TAZ FARUQI

CLEAN EATING, SIMPLE 7 DAY PLAN FOR BUSY PEOPLE



Time can be the biggest barrier to healthy eating for many, so by organising and condensing the time you spend cooking, you can eat healthy, balanced and nourishing food, that tastes great. Most of the prep can be done in a few hours, so the hard work is already done. A small amount of cooking each meal allows you to eat well daily for minimal effort. If need be prepared ingredients like salad and vegetable can save you time, whilst still eating real food.



Some basic cooking equipment is required not to mention a basic level of cooking ability.

You will need;

Steamer

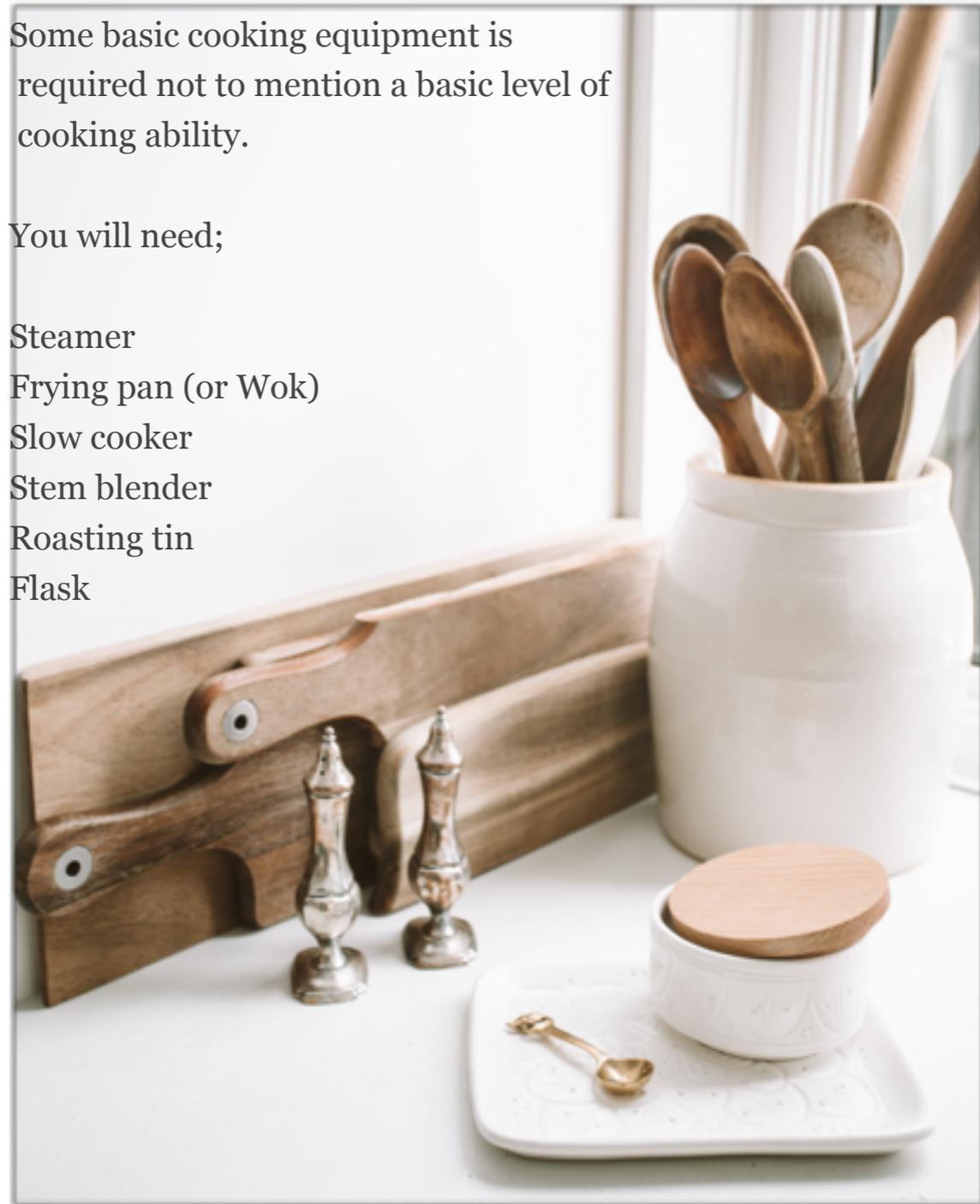
Frying pan (or Wok)

Slow cooker

Stem blender

Roasting tin

Flask



Ingredients

Eggs

A chicken

Stock

Greek yogurt

Sweet potato

Potato

Broccoli

Cauliflower

Carrot

Asparagus

Baby corn

Bean sprouts

Spinach

Seasonal fruit

Berries

Salmon

Salad

Tomatoes

Peppers

Onions

Coriander

Parsley

Chilli

Garlic

Pink Himalayan salt

Celery

Soy sauce

Root vegetables

Bone broth

Root ginger

THE 7 DAY PLAN

MEALS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Vegetable omlette	Green Smothie	Fruit and Yogurt	Green smoothie	Fruit and Yogurt	Vegetable omlette	Grilled Breakfast
LUNCH		Beef Stew	Chicken Salad	Ham and salad wrap	Vegetable soup	Tuna salad	Vegetable Soup
DINNER	Roast Dinner	Grilled Salmon & Stir Fry	Vegetable curry	Beef Stew	Grilled Lamb steak and veg	Vegetable Chilli and rice	Beef stir Fry
SNACKS	Nuts	Fruit	Chopped veg and humus	Nuts	Fruit	Nuts	

Roast Chicken

Ingredients

1 whole chicken (larger than required if you plan to make several other meals)

sweet potato

seasonal vegetables

Bouillon powder

1. Peel and cut into large chunks an onion, a large carrot and 2 celery stalks and place on a roasting tin in the oven. Place the peelings in a large pan and some stock, this will be the liquid for your gravy and your soup or stew stock.

2. season the chicken, place in the oven at 180c for weight by time

3. Prep the rest of the veg (including later meals)

4. Steam veg for 10mins

5 Make gravy from water from the peelings and bouillon

Roast Dinner



There's nothing nicer than a nice roast dinner, back in the day, a roast was the main meal of the week, you bought the as much food as you could afford and make it last as long as you could. We can get several meals out of a roast, as well as prepping most of the vegetable for the coming week, ideally prepping food fresh is the best way to go, but by chopping and storing most vegetable are fine for a few days, you can also buy fruit and vegetables preprepared if you really don't have time. The key with a good roast is timing, work out what take the longest and work back off of that. While your meat is cooking, you can chop up your veg for your smoothie, soup, stew, stir fry and curry, these can be placed in the fridge until required.

Breakfasts

Omelette

1. Roughly chop, a spring onion, a tomato and a 1/4 red pepper. Whisk 2 large eggs and season with salt and pepper
2. Fry veg in a small amount of butter until brown
3. Add the eggs and cook until firm

Green Smoothie

Place, spinach, broccoli, cauliflower, carrot, asparagus, baby corn, red pepper, parsley, berries, an apple and greek yoghurt in a blender and blend, if too thick add some water, cold green tea or coconut water

Fruit and yoghurt

Place some chopped fruit and nuts in a bowl and cover with greek yogurt



A healthy breakfast should contain a good amount of protein to help boost metabolism and keep you fuller for longer, it should contain some fruit or vegetables for the fibre and phytonutrients and also should be relatively quick and easy to prepare, these 3 breakfast can be prepped in advance if required and only require a moderate amount of time to pull the meals together. A simple omelette can be boosted with vegetables and even ham or cheese and is an excellent start to the day. A smoothie made of 60-70% vegetables and 30% fruit with greek yoghurt, gives you that smug satisfaction of having eaten all your portions of fruit and veg for the day done before 8am. Fruit and nuts with greek yoghurt is a simple and filling breakfast that will keep you going until lunch

Lunches

Chicken salad

Using leftover chicken, place in a container and add salad

Soup

Chop vegetables and place in stock and simmer for 25 mins, blend until desired thickness, refrigerate and heat in the morning when required and put in a flask (Chicken or meat can be added if desired), garnish with toasted seeds

Wrap with salad

Use leftover chicken, tinned fish or other meat, place in a wrap with salad



Lunch usually needs to be a simple meal that can be prepared in advance as many places of work don't have cooking facilities. Fortunately, by using ingredients already prepared these can be put together the night before or heated in the morning. Like a good breakfast, protein and fibre are key components. Ensure that you give yourself time to eat at lunch, move away from your desk and focus on your meal, this is not only important for optimal digestion, but also your mental state. No matter how busy you are at work, you deserve 30 mins to have a short walk and eat your nutritious meal, remember it's not what you eat but what you digest that's important. It's also important to note by taking a break, you are likely to be more productive in the afternoon, so by getting away from your desk at lunch time, you'll get more done in the afternoon!

Dinner

Beef stew

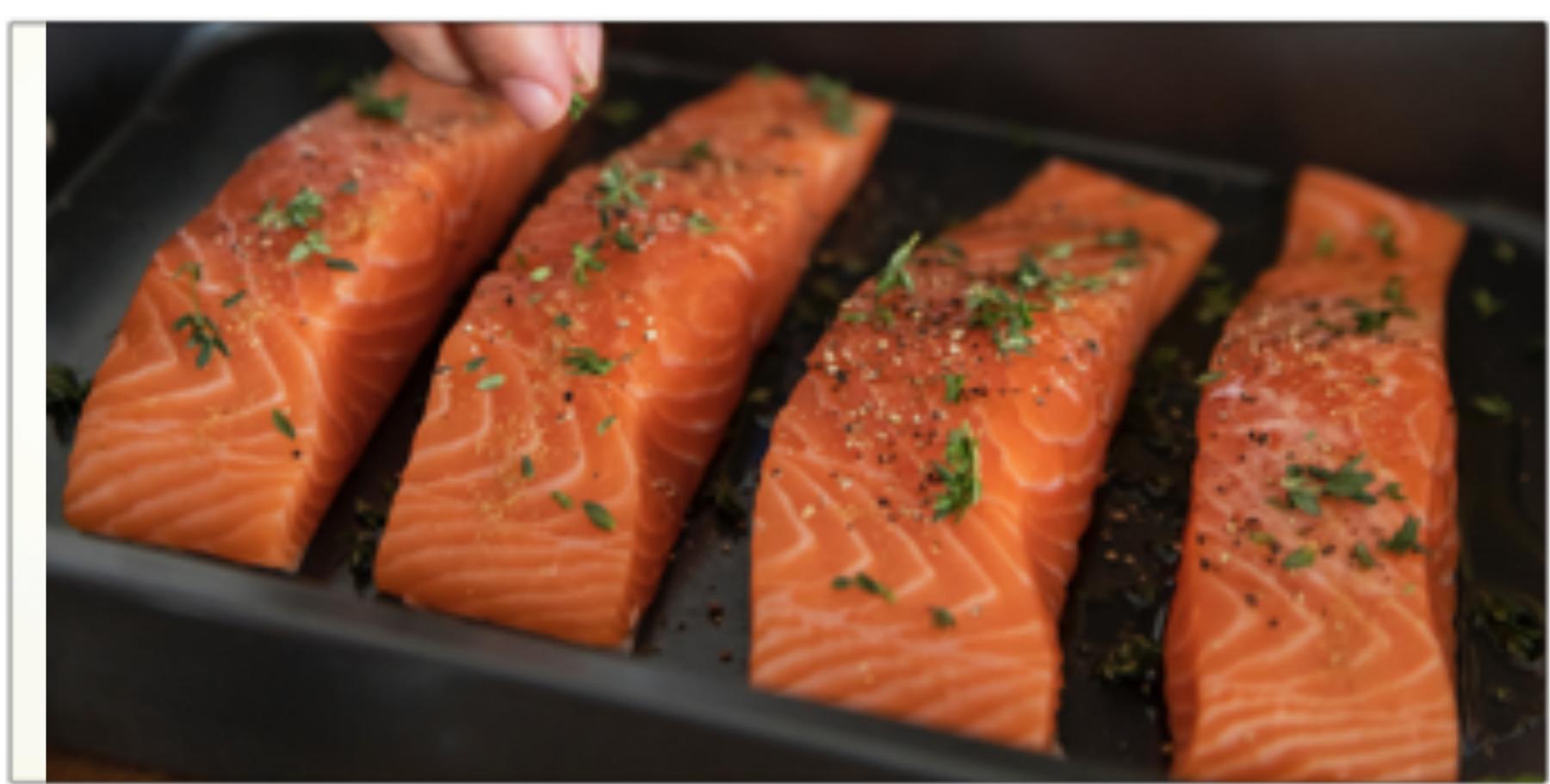
Coat stewing meat with cornflour and season. Chop vegetable and root veg, place in slow cooker and add a glass red wine, cover with bone broth or stock and leave on a low heat.

Grilled Salmon and stir fry

Marinate tuna in lime, chilli, ginger, garlic and coriander. Grill tuna for 3-4 minutes each side. Stir fry vegetables in a small amount of oil, then add soy sauce

Vegetable curry and brown rice

Blend 1 large onion, 2 chillis (more or less depending on how hot you like it), 1 inch ginger, 2 cloves of garlic, 1/2 a red pepper, a handful of coriander stems to a thick paste, add a curry powder mix and gently fry, add vegetable, then add 1 pint of water, cook for 20 mins until veg is soft. Boil brown rice for 25-30 mins



Evening meals can be tricky for busy people, luckily, because we're organised we've already done the heavy lifting. A slow cooker is a great way to let your food cook while you're out at work and is also great if your family is eating at different times due to activities, if you do extra portions it can also serve as extra lunches or can be frozen for another dinner. Stir frying or steaming vegetables are great methods for preserving the nutrients in food and are also fairly quick when cooking in a rush. Again, filling half your plate with vegetables adds nutrition to your meal, while whole grain carbohydrates provide energy and nutrition, potato, sweet potato and root vegetable are also excellent sources of carbohydrate.

Snacks

Nuts and seeds

Separate a pack of mixed nut and mixed seed into half. Heat a frying pan, then remove from heat, place half the nuts in the pan, when they start to brown add half the seeds then stir. Place contents in a container and add the rest of the nuts, seeds and some salt and shake.

Cooked nuts and seeds are delicious but the nutritious oil become damaged, where as the raw ones add the nutrition

Chopped veg with humous

Fruit

Water



Snacks allow you to scratch the hunger itch between meals but still stick to the plan. Its important to organise your portions before you are hungry, as its too easy to overeat. It also important to remember that your body often confuses the feeling of hunger with thirst so always drink some water first, wait 10 minutes and if your still feeling hungry, then eat something.