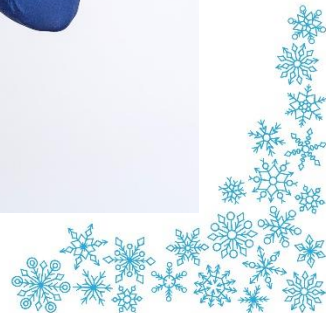


the Train with Jenny



14 Day Detox Plan 'Winter food' edition

Get ready to improve your
meals *and* your energy levels!



Monday

Breakfast 2 poached eggs on one large slice of lightly toasted sourdough	Lunch 1 smoked mackerel fillet with mixed salad	Dinner Slow cooker mustard chicken, bacon and leek	Snack 'Bounce ball'	Drinks 2 – 3 litres of water
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Tuesday

Breakfast Scrambled egg & smoked salmon	Lunch Portion of last night's dinner	Dinner Curried squash	Snack Blackberries and almonds	Drinks 2-3 litres of water
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Wednesday

Breakfast Banana omelette	Lunch Lightly toasted sourdough with avocado and a poached egg (with a pinch of chilli flakes)	Dinner Hoisin chicken lettuce cups	Snack Carrot sticks, cucumber sticks and humous	Drinks 2-3 litres of water
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Thursday

Breakfast Cinnamon porridge	Lunch Extra portion of last night's chicken & lettuce cups	Dinner Salmon fillet with sweet potato chips, broccoli, carrots	Snack Celery sticks with little bit of nut butter	Drinks 2-3- litres of water
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Friday

Breakfast Soft boiled egg with asparagus dippers	Lunch Mixed salad with grated carrot, cherry tomatoes, peppers, grapes and sprinkle of seeds (such as pumpkin/sunflower) and lemon juice drizzled over	Dinner Roasted peppers stuffed with rice, tuna, chopped tomatoes and peas	Snack Bounce ball	Drinks 2-3 litres of water
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Saturday

Breakfast	Lunch	Dinner	Snack	Drink
2 poached eggs on lightly toasted sourdough. For a weekend indulgence, add smashed avocado and a slice of dry-fried prosciutto!	Smoked mackerel fillet with mixed salad leaves and 1 piece of fruit (as a pudding)	Fish pie, plus 3 different green veg (broccoli, green beans and samphire go well)	Bounce ball	2-3 litres of water. 1 small glass (125ml) of white wine with dinner

Sunday

Breakfast	Lunch	Dinner	Snack	Drink
Overnight oats	Soft boiled eggs with asparagus dippers	Fish pie (from prev night) and different veg (carrots, peas and sweetcorn, for example)	Berries and almonds	2-3 litres of water. 1 x coffee or tea

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Monday

Breakfast Banana omelette	Lunch Scrambled egg and smoked salmon on sourdough toast	Dinner Homemade soup	Snack Carrot sticks, cucumber sticks and humous'	Drinks 2 – 3 litres of water
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Tuesday

Breakfast Smoothie	Lunch Mixed salad with grated carrot, cherry tomatoes, peppers, grapes and sprinkle of seeds (such as pumpkin/sunflower) and lemon juice drizzled over. This time, add some walnuts and a tiny amount of crumbled blue cheese (no more than 15g)	Dinner Salmon fillet with basmati rice (45g per person) and plenty of green veg (Samphire, tender stem broccoli, green beans, peas, kale, etc)	Snack Blackberries and almonds	Drinks 2-3 litres of water
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Wednesday

Breakfast Overnight oats	Lunch Lightly toasted sourdough with avocado and a poached egg (with a pinch of chilli flakes)	Dinner Beef stew	Snack Bounce ball	Drinks 2-3 litres of water
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Thursday

Breakfast Smoothie	Lunch Extra portion of last night's stew, with 1 small, brown toasted pitta bread.	Dinner Grilled tuna steak with sweet potato chips, peas, carrots	Snack 2 x Fruit (2 of your '5 a day')	Drinks 2-3- litres of water
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Friday

Breakfast Cinnamon porridge	Lunch Smoked mackerel fillet with homemade coleslaw	Dinner Chicken pizza	Snack Bounce ball	Drinks 2-3 litres of water
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Saturday

Breakfast 2 poached eggs on lightly toasted sourdough. For a weekend indulgence, add smashed avocado and a slice of dry-fried prosciutto!	Lunch Extra portion of last night's dinner	Dinner Chilli crab linguine	Snack 2 x fruit	Drink 2-3 litres of water. 1 small glass (125ml) of white wine with dinner
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Sunday

Breakfast Overnight oats	Lunch Roast chicken or Roast beef 'Sunday lunch'	Dinner 2 egg omelette with spring onion and your choice of chopped veg	Snack Berries and almonds	Drink 2-3 litres of water. 1 x coffee or tea
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Homemade Mayonnaise

Ingredients

- 2 egg yolks
- 3/4 teaspoon salt
- 1/2 teaspoon powdered mustard
- Pinch cayenne pepper
- 4 to 5 teaspoons lemon juice
- 1-1/2 cups olive oil
- 4 teaspoons hot water

Method

1. Beat yolks, salt, mustard, pepper, and 1 teaspoon lemon juice in a small bowl until very thick and pale yellow. (Note: If using electric mixer, beat at medium speed.)
2. Add about 1/4 cup oil, drop by drop, beating vigorously all the while.
3. Beat in 1 teaspoon each lemon juice and hot water.
4. Add another 1/4 cup oil, a few drops at a time, beating vigorously all the while.
5. Beat in another teaspoon of lemon juice and water.
6. Add 1/2 cup oil in a very fine steady stream, beating constantly, then mix in remaining lemon juice and water; slowly beat in remaining oil. If you like thin mayonnaise with a little additional hot water. Cover and refrigerate until needed. Do not keep longer than 1 week. Yields 1-1/2 cups

Homemade Coleslaw

Ingredients

- Small white cabbage
- 2 carrots
- 4 spring onions
- 2 generous tbsp of mayonnaise
- Black pepper
- Pinch of mixed herbs

Method

1. Finely chop the cabbage and spring onions and grate the carrots
2. Bind the raw ingredients together with the mayonnaise. Add the black pepper and a pinch of mixed herbs and mix together.
3. Keep in the fridge until ready to serve

Hoisin Chicken Lettuce cups

Serves 2, so double up for a family meal or making extra for lunch

Ingredients

- 1 ripe mango
- 2 tablespoons of hoisin sauce
- 2 x large skinless chicken breasts
- 1 -2 romaine lettuce
- Handful of very thinly sliced cucumber and spring onion sticks

Method

1. Skin and dice the mango into little cubes (can buy ready done, but it's expensive)
2. Pre-heat a griddle pan (large frying pan if you don't have a griddle)
3. Put the chicken breasts into a freezer bag give them a bit of a pound with your fists to flatten them out slightly.
4. Rub a little oil, salt and pepper into both sides of the breasts with your hands and griddle fry them for around 4 minutes each side
5. Prepare the romaine lettuce leaves, ready to hold the sliced, cooked chicken, mango, cucumber and spring onion.
6. Once cooked, thinly slice the chicken and share out into the lettuce leaves, adding a little drizzle of hoisin sauce.

Optional extra: could add thinly sliced roasted peppers if you wish too?

Banana Omelette

Ingredients

- 1 chopped banana
- 3 whole eggs
- 2 tbsp cinnamon
- 1 tbsp olive oil

Method

1. Heat the oil in pan on a medium heat then add the chopped banana. Heat until they soften
2. While the banana is warming, beat the 3 eggs in a bowl
3. Pour the eggs over the banana
4. When the omelette is almost cooked sprinkle the cinnamon over the top

Fish Pie

This is one of my favourite meals in the world. It's very indulgent and filling, hence why I've suggested it as a weekend meal. Plus, there's enough for two nights at least, which saves you cooking two dinners at the weekend!

Ingredients

- 450g white fish
- 250g salmon and/or smoked fish (eg: Haddock)
- 100g peeled prawns
- 2 hard-boiled eggs, quartered
- 1 tbsp drained capers
- 400ml milk (not skimmed)
- 100g butter
- 80g plain flour
- Handful of chopped, fresh parsley (or heaped teaspoon of dried)
- 1 tbsp lemon juice
- Salt and pepper to taste

- For the mash topping:
- 850-900g boiled potatoes
- 50g butter
- 3 tbsp milk
- 40g grated strong cheddar (30g for mix, 10g for later)

Method

1. Pre-heat oven to 180 degrees. Arrange all the fish in a large baking tin. Season with salt and pepper. Pour half the milk into the baking tin. And half the butter and bake for 12-15 mins.
2. Pour off and keep the liquid from the baking tray and put the cooked fish into a large oven pie dish.
3. In a new, smaller saucepan, melt the rest of the butter, then stir in the flour. Whilst constantly stirring (to avoid lumps), gradually stir in the fish cooking liquid. Once added, stir in the remaining milk, along with a pinch of salt and pepper.
4. Break the fish into chunks in the pie dish, then pour over the sauce. Add the prawns, capers, eggs and parsley.
5. Add the mash topping on top. Spread it out with a fork to give those grooves that burn a little in the oven.
6. Sprinkle an extra 10g cheddar on the top, and bake at 180 degrees for 40-50 minutes (depending on how deep/shallow your pie dish is)

Overnight oats

Serves 1, but just repeat recipe for how many you're feeding

Ingredients

- Large pinch of cinnamon
- 50g large, rolled, organic porridge oats
- 2 tbsp natural yoghurt
- 50g mixed berries
- Drizzle of honey
- Heaped teaspoon of nut butter (I like almond)
- 80ml skimmed or semi-skimmed milk

Method

1. The night before, into a large, wide-topped glass or small bowl, pour in the milk, oats, pinch of cinnamon and a pinch of salt.
2. Stir it, then cover with film and leave in the fridge.
3. The next morning, loosen the mixture with a fork and a drizzle of extra milk.
4. Top it with the yoghurt, berries, honey and nut butter

Cinnamon porridge with banana and berries

This will serve 4, so amend the recipe down if there's less of you

Ingredients

- 100g porridge oats (try to use large, rolled organic oats instead of the more powdery small oats)
- Half teaspoon of cinnamon
- 2 heaped teaspoons of brown sugar
- 400-430ml (depending on how thick/loose you want it) of skimmed or semi-skimmed milk
- 2-3 bananas, sliced (Depending on how big the bananas are)
- 400g of strawberries or raspberries or blueberries (or mix of any of them)
- 150g low-fat natural yoghurt

Method

7. In a medium-large saucepan, mix the oats, cinnamon, sugar, milk and half the sliced bananas. Bring to the boil, stirring occasionally. Turn down the heat and cook for 4-5 mins, stirring all the time.
8. Share out into 4 pre-warmed bowls, then add the rest of the bananas, the berries and the yoghurt (you can add a pinch of extra cinnamon on top too if you like?)

Slow cooked mustard chicken, bacon and leek

Serves 4, but if you have a family and want to make enough for two days of meals, or extra for lunch portions, just double up on ingredients below

Ingredients

- 10g butter
- Dash of olive oil
- 8 x free range chicken thighs and/or drumsticks
- 3 – 4 rashers of smoked back bacon, diced
- 1 x clove of garlic
- 400g of sliced leeks
- 2 tablespoons of plain flour
- 500ml chicken stock
- 4 teaspoons of wholegrain mustard
- Pinch of salt and pepper and mixed herbs
- 2-3 new potatoes each (depending on size) to serve

Method

1. Heat butter and oil in large frying pan, then, over a medium-high heat, brown the chicken pieces on all sides for a few minutes. Then transfer into slow cooker pot (use tongs, so as not to transfer fat from the pan)
2. In the same frying pan, add the leeks, bacon and garlic and fry for just 3-4 mins.
3. Add the flour to the pan and stir well before gradually adding the stock and the mustard, all whilst stirring (if you can't fit all 500ml in this pan, just use as much as you can and add the rest of the stock to the slow cooker pot)
4. Then pour the whole lot, including a good pinch of salt, pepper and mixed herbs, over the chicken in pot.
5. Cook on low in the slow cooker for 6-8 hours.
6. Optional: Add some thickly chopped carrots to the pot with an hour to go.
7. Finally, when you're almost ready to eat, boil the new potatoes according to their size (approx. 20 mins) and serve.

Chicken Pizza

Ingredients

- 4 chicken breasts
- 1 tube tomato puree
- ½ cup chopped peppers
- ½ cup onion
- ¼ cup goat's cheese

Method

1. Butterfly cut the chicken breasts and flatten them out
2. Cover with tomato puree
3. Sprinkle peppers and onions over the top
4. Place on a baking tray in a pre-heated oven at 200°C for 15 minutes
5. Remove from the oven and sprinkle with goats cheese
6. Place them back in the oven for 5 minutes

Curried Squash

Ingredients

- 1 medium onion
- ½ can almond milk
- 3 cloves chopped garlic
- 1 chilli pepper (de-seeded & diced)
- 1 tbsp ginger
- 1 tsp ground cumin
- ½ tsp cinnamon
- 1 tsp sea salt
- ½ tsp turmeric
- ½ tsp coriander
- 1 tbsp olive oil
- 4 cups chopped tomatoes
- 4 cups butternut squash, peeled & diced
- 2 cups lentils, cooked
- 2 cups spinach
- 1 cup green peas
- 3 tbsp mint

Method

1. Blend onion, almond milk, garlic, chilli, ginger, 2 cups of tomatoes, cumin, cinnamon, turmeric and coriander and 3 tbsp water to make a paste
2. Heat the oil in a pan, add the paste and cook for 5-10 minutes
3. Add the remaining tomatoes and butternut squash and cook on a medium heat for 20 minutes until the squash softens
4. Mix in the lentils and spinach and cook for a further 5 minutes

Remove from the heat and add the mint before serving

Prosciutto, kale and butterbean stew

This is about as quick as stews get, and super-healthy! Once again, if you need to feed more mouths or make more for lunch portions, just double up the ingredients.

Ingredients

- 80-100g pack of prosciutto, cut/ripped into pieces
- 2 tablespoons of olive oil
- 1 fennel bulb, sliced
- 1-2 garlic gloves, crushed
- 1-2 pinches of chilli flakes
- 4 thyme sprigs / big pinch of dried thyme
- 50ml white wine
- 100ml chicken stock (to be extra healthy, you can ditch the wine and do 150ml of stock)
- 2 x 400g cans of butter beans
- 400g can of cherry tomatoes
- 200-250g sliced kale (bags of ready-sliced kale can make this easier)

Method

1. In a large saucepan, put the prosciutto in dry and fry over a medium heat for a couple of minutes
2. Remove the prosciutto and set it aside for the moment. Turn the heat down low, add the oil and the fennel and a pinch of salt and cook with the lid on for 5 minutes.
3. Add the garlic and chilli and thyme, stir and cook for further 2-3 minutes
4. Take the lid off and add the wine/stock. Bring it back up to a simmer
5. Then tip the butter beans and tomatoes (including the liquid) in to the saucepan, stir it once, then simmer undisturbed for 7-8 minutes
6. Add the kale and pop the lid on just long enough for the kale to wilt (approximately 4-5 minutes)
9. Serve by adding some of the prosciutto on the top of each plate.

Homemade Bounce Balls

Ingredients

- 1 cup of oats
- 1/2 cup of desiccated coconut
- 1/2 cup or 2 heaped tbl spoons of quality peanut butter (I use meridian. There's no palm oil in it)
- 1/2 cup of sunflower seeds (I chopped mine up a bit too)
- 1/2 a cup of sultanas or 3 large dates (chopped up)
- 2 tbl spoons of quality honey
- 1 heaped tbl spoon of chia seeds
- 1 portion (30g) of chocolate protein powder **OR** an extra tbl spoon of chia seeds & a heaped tspn of spirulina.

Method:

Mix it all together in a big bowl. It will take a good stir to ensure all the ingredients are well mixed, so you get a shoulder workout too!

Then just make some golf ball sized balls with your hands. You can also roll them in desiccated coconut too, but you don't have to.

Keep them in the fridge for up to a week & just wrap one up to take with you as a post workout snack or to prevent snacking on something unhealthy!

Sweet Potato chips

Method

Don't bother peeling the potato, just cut them in to whatever size chips you fancy.

Put all the chips in to a big bowl & add a dessert spoon of olive oil, a pinch of salt & pepper & a good pinch of rosemary. Then give the raw chips a good stir to ensure they get an even coating of oil & seasoning. Using this method of preparation, rather than drizzling oil all over them while they're in the roasting tray, ensures they get an even coating of oil whilst using as little oil as possible.

Tip the chips in to a non-stick roasting tray & roast at 180°C for between 25-45 mins (depending on the size you cut them in to), or until they go golden & start to crisp up.

Easy Beef stew

I've kept this beef stew as simple as possible, with minimum ingredients, for ease and speed, but maximum taste.

Ingredients

- 4 peppers (different colours ideally)
- 1 heaped teaspoon of allspice
- 600g lean stewing beef
- 200g mushrooms
- 5-7 fresh bay leaves
- 5 cloves of garlic
- 3 tbsp red wine vinegar

Method:

1. Pre heat oven to a medium heat of 150-160 degrees.
2. Put a large casserole dish on a high heat hob. Chop the peppers into fingers and add, with 1 tbsp olive oil, to the dish and cook for 2 mins.
3. Add allspice and a pinch of salt and pepper.

4. Chop the beef into small cubes or fingers (same size as peppers) and add to the dish, along with the mushrooms and bay leaves.
5. Add the crushed garlic cloves and stir fry for 2 minutes.
6. Add the red wine vinegar (it'll sizzle!) and stir for 1 more minute.
7. Add 550ml water to the pan.
8. Turn heat right down as low as possible and leave it for 2 hours.
9. To be extra fancy, add some toasted sesame seeds when you serve it. (You may need a drizzle of water to loosen the stew just before you serve)

Breakfast Smoothie

- 200ml almond milk
- Handful of spinach
- 1 x banana
- Half an avocado
- Handful of porridge oats
- 30g scoop of vanilla protein powder
- Large handful of mixed frozen berries

Crab linguine

With this recipe, I believe I've saved the best until last, and it's so simple, and healthy. The only downside is the cost of crab meat, but it's a 'Once a month' treat meal in our house.

Serves 4.

Ingredients

- 1 x dressed crab / 300g crab meat
- 440g linguine
- 4 tbsp extra-virgin olive oil
- 2 x spring onions, sliced thin
- 2 garlic cloves, chopped up
- 100ml white wine
- Large pinch of chilli flakes
- Juice from half a lemon
- Handful of finely chopped fresh parsley
- Heaped teaspoon of cream cheese
- Optional: small amount of fresh dill

Method

1. Bring a large pan of salted water to the boil and cook the linguine for 1 minute less than the recommended time. (Make sure you run a fork through the linguine half way through to ensure it doesn't stick together)
2. While the pasta cooks, heat the olive oil in a large frying pan on a high heat Add the chilli flakes and garlic.

3. When the chilli and garlic start to sizzle, add the white wine and stir it all to combine.
4. Turn off the heat on the frying pan and stir in the crab meat, spring onion and tsp of cream cheese.
5. Keep stirring the frying pan until the pasta is done (it won't take long), then, using tongs, lift the pasta into the frying pan and keep stirring. You want a small amount of residual boiling water from the pasta to go into the pan to create the sauce.
6. Add the lemon juice, then serve immediately.

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TIPS:

I've planned these meals, as well as the combination of the meals over each day, carefully, to ensure you feel full and have the energy to smash your day, whilst ensuring this kick starts your fat-loss and metabolism. Of course, you can mix and match. Just be careful that you don't mix and match to the extent that you have one day with very filling meals for breakfast, lunch and dinner, then have a day with all your meals so light that you end up hungry and be tempted to 'Cheat'.

The 2-3 litres of water is vital to the success, so really try to keep to that. Use water bottles to help you keep on top of that. Being properly hydrated will also help to stifle your appetite enough to stop snacking.

I've kept this plan pretty printer friendly, so you can have the recipe on paper in the kitchen, should you wish?

Lastly, plan. That's the idea of this detox, it's there to help you be organised. No one wants to spend hours and hours in the kitchen. You'll see 'An extra portion of last night's tea for lunch' a few times. That's done to help you get on with life and not constantly think about food.

Finally, enjoy your food. Enjoy your healthy journey, and let me know what you think of my new Winter food detox plan!?

*Train
with Jenny*