PREGNANCY AFTER LOSS MEAL PLAN

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THE MEALS HERE ARE VARIED TO PROVIDE CHOICE & BALANCE.

AIM FOR:

- At least 5-7 portions of fruits and vegetables per day
- Increased intake of plant based protein – plenty of lentils, chickpeas etc
- Increased fibre intake through vegetables, fruits, wholegrains & legumes
- Consumption of good fats such as avocado, nuts, seeds, olive oil, oily fish.
- Minimal processed sugar: 1/2 of the snack recipes are savoury, 1/2 are sweet.
- Only have snacks when you really you feel you need them. The snacks are ideas. Always include some protein when having a snack ie. apple & nut butter, hummus & veg sticks, 2 squares of dark choc & a couple of brazil nuts etc.

THIS PLAN ALSO ENCOURAGES:

Plenty of water and herbal teas

Avoidance of processed foods and artificial sweeteners

GOOD LUCK & ENJOY!

REALLY IMPORTANT:

If you suffer with nausea, don't worry. Eat what you can, when you can.
Ride the waves, don't swim against the current.

CONTENTS

GRANOLA

BREAKFAST

INGREDIENTS (SERVES 10)

120g porridge oats
120g almonds
120g cashews
50g pumpkin seeds
50g sunflower seeds
50g unsweetened coconut flakes
40g coconut oil
40g maple syrup
1 tsp vanilla extract

To serve:
coconut yoghurt,
berries / stewed apple

METHOD

- Preheat the oven to 140C.
- Line your largest baking tray with baking paper.
- Add the porridge oats, almonds, cashews, pumpkin & sunflower seeds & coconut flakes to baking tray.
- Melt the coconut oil on a low heat & add in the maple syrup & vanilla extract.
- Combine the wet ingredients with the dry ingredients, ensuring the nuts, seeds and oats are well coated.
- Bake in the oven for 20-25 mins until golden brown.
- Remove from oven & allow to cool completely, which helps create the crunch, before storing.
- Store in an airtight container for up to 1 month.

Choline-rich eggs: pregnancy superhero

When it comes to a quick & nutritious breakfast (brunch or lunch), eggs are brilliant. They are easy and quick to make, cheap and will keep you feeling fuller for longer.

& if we're talking pregnancy, eggs are one of the richest sources of choline out there - the yolk in particular. Choline is essential for embryonic development - at least as important as folate, but often neglected. 2 eggs will get you close to the recommended intake - assuming you are eating them regularly.

EGGS 5 WAYS

INGREDIENTS (SERVES 1)

2 large eggs

Splash of cold water

Pinch of salt

Twist of black pepper

1 teaspoon coconut oil

FILLINGS CHOICES:

Spinach and Feta – wilt a handful of spinach in a teaspoon of coconut oil & a splash of water. Crumble a tablespoon of feta.

Fresh Herbs – chop up a mix of fresh herbs. Chives & parsley work really well together.

Parmesan and Pesto – grate 2 teaspoons of parmesan & add 1 tablespoon of pesto.

Smoked Salmon, Cream Cheese and Chives – 30g chopped smoked salmon, 30g cream cheese, sprinkle of chopped fresh chives.

Tomatoes and Red Pepper – chop up 4-6 cherry tomatoes or 1 larger tomato, together with a few slices of red pepper & sauté in 1 teaspoon coconut oil for 2—3 minutes.

METHOD

- Mix the eggs, water, salt and pepper & give it a good whisk.
- Melt the oil in a non stick pan & add the eggs.
- Fold the eggs with a wooden spoon, until they are almost set.
- Gently stir in the filling for a few seconds, taking care not to over mix.

BREAKFAST

SHAKSHUKA

INGREDIENTS (SERVES 2)

2 kale leaves, finely chopped
1/2 onion, chopped
1/2 green pepper, chopped
1/2 red pepper, chopped
1/2 small red chilli, finely chopped
1/2 courgette, finely chopped
1 garlic clove, crushed
800ml tomato passata
1 tbsp olive oil
4 organic eggs
Salt and black pepper
Coriander leaves

METHOD

- To make the salsa, put the kale, onion, peppers, chilli, courgette, garlic & passata into a bowl.
- Season with salt & pepper & mix well.
- Heat the oil in a medium lidded frying pan over a medium heat and add the salsa.
- Cook gently for a few minutes, then make two holes in the salsa. Break 2 eggs into each space.
- Put the lid on the pan and cook for 3—4 minutes, until the eggs are cooked into the salsa, and the whites are firm.
- To serve, sprinkle with coriander leaves.

Mixing it up:

Add chickpeas to the salsa, sprinkle feta on top & / or serve with avocado pieces.

Vegan version: substitute eggs for chickpeas or butter beans

BANANA BREAD

INGREDIENTS (SERVES 2)

Serve with your choice of nut butters & fresh berries for a filling breakfast.

150g pecan nuts

100g flaxseed

50g sunflower seeds

1/2tsp cream of tartar

1/2tsp baking soda

1 tsp cinnamon

4 free-range eggs

1 large ripe banana

2 tbsp coconut oil, melted 1 tbsp maple syrup

METHOD

- Preheat the oven to 180C.
- Place the pecans, flaxseed & sunflower seeds into the blender & process to form a fine meal.
- Place in a large bowl with the other dry ingredients & mix.
- Place the eggs, banana, oil & maple syrup in the blender & process until smooth.
- Pour into the dry ingredients & mix.
- Spoon into a lined loaf pan & bake
- for 40—45 mins until springy.
- Allow to cool for 5 mins before turning out.

OVERNIGHT OATS

BREAKFAST

INGREDIENTS (SERVES 2)

100g jumbo porridge oats

250ml nut milk of choice

150ml plain yoghurt

3 tbsp mixed berries (fresh or frozen)

½ tsp vanilla essence

3 tsp chia seeds

2 tsp pumpkin seeds

1tsp maple syrup

a pinch of cinnamon

Grated dark chocolate & fresh berries to garnish

METHOD

- Gently mix all ingredients in a bowl.
- Divide into 2-3 glasses
- Add berries & grated chocolate to garnish
- Leave in fridge overnight

FRITTATA / EGG & VEG BAKE

INGREDIENTS (SERVES 6)

Olive oil

1 pepper (deseeded & diced)

1 courgette, diced

20 cherry tomatoes, halved

150g mushrooms

10 eggs

100ml unsweetened milk (or stock)

1tsp ground turmeric

1tsp ground cumin

1 x 400g tin chickpeas, drained & rinsed

50g spinach / fresh herbs of choice, chopped

salt & pepper

METHOD

- Preheat oven to 160C fan.
- Oil baking tray / dish (30 x 20cm)
- Roast all veg apart from spinach / herbs for 30mins
- Whisk together the eggs, milk, spices & salt & pepper.
- Add chickpeas & spinach to baking tray & pour egg mixture over.
- Bake for 20-30mins, until set.
- Allow to cool & cut into 6 slices- enough also for lunch tomorrow.

Also lovely with feta instead of chickpeas.

BLUEBERRY BREAKFAST MUFFINS

INGREDIENTS (MAKES 18)

3 eggs

150g coconut sugar

1 courgette

1 banana

175g spelt / wholemeal flour

160g ground almonds

2 tsp baking powder

1/2 tsp bicarbonate of soda

1/4 tsp fine sea salt

150g blueberries

50g sunflower / pumpkins seeds / nuts of choice

METHOD

- Preheat oven to 160C fan & line muffin tins with paper cases.
- Whisk together the eggs & sugar until light & creamy (approx 3 mins).
- Add grated courgette & mashed banana. Stir.
- Add flour, almonds, baking powder, bicarbonate of soda & salt. Fold together.
- Fold in blueberries & seeds / nuts.
- Fill muffin cases with mixture.
- Bake for 25 mins or until risen & golden.
- Serve with dollop of yoghurt (plain or coconut).

Vegan:

use 3 tbsp ground flaxseeds mixed with 7.5 tbsp water.

QUINOA LUNCH JAR

INGREDIENTS

100g cooked quinoa (per person)

1roasted cauliflower / broccoli

200g cauliflower/broccoli, chopped into florets

a large handful spinach

1 large cooked beetroot,

sliced 5 walnuts, coarsely chopped

1 tbsp tahini

2 tbsp hummus

½ lemon cut into wedges

pumpkins seeds / nuts of choice

METHOD

- Roast the cauli/broc the night before tossed in oil and salt – takes about 20mins on 180°C.
- Put half quinoa in bowl, layer up with beetroot, spinach, cauli-broc, walnuts, repeat layers.
- Combine tahini, hummus, lemon juice & use as dressing when ready to eat.

Quinoa is a brilliant grain:

it's high in protein & fibre so keeps you full for longer & by keeping your blood sugar levels stable, it's a real hormone hero.

LUNCH

CHICKEN & LENTIL SOUP

INGREDIENTS (SERVES 4)

225g chicken breast

1 tbsp olive or coconut oil

1 medium onion, finely diced

2 peppers, any colour, chopped into 1.5cm chunks

2 tbsp mild or medium curry powder

1 tin chopped tomatoes

1 chicken stock cube

1 litre water

100g dried red split lentils

Sea salt and black pepper

200g spinach

Lemon wedges

- Preheat the oven to 160C & place a chicken breast on a baking tray.
- Bake in the oven for 20-25 minutes.
- Heat the oil in a large saucepan & gently fry the onions & peppers for 5 minutes, until softened.
- Stir in the curry powder & cook for a few seconds more.
- Add the tomatoes & bring to the boil.
- Crumble over the stock cube & add the water.
- Rinse the lentils thoroughly & add them to the pan, bringing it to a simmer.
- Season well with sea salt and lots of black pepper. Cook for 10-15 minutes, stirring regularly.
- Slice the cooked chicken & add it to the pan alongside the spinach for 8-10 minutes, until the lentils are soft & the spinach has wilted.
- Serve with lemon wedges for squeezing over.

PREGNANCY

LUNCH

PUY LENTIL SALAD

SERVES 2

(enough for another lunch)

1 vegetable stock cube / chicken stock

1/2 litre water

100g Puy lentils

100g tenderstem broccoli

75g frozen edamame beans

80g sugar snap peas

1/2 red chilli, deseeded and sliced For the dressing:

1 tbsp sesame oil

1 lemon, juiced

1 garlic clove, chopped finely

20ml tamari

2cm piece ginger, finely grated

1/2 tbsp clear honey

Salt and pepper

- Dissolve the stock cubes in the boiling water in a medium saucepan. Add the lentils to the stock & cook until tender, for about 15 mins.
- Drain, then tip into a large bowl.
- Bring a saucepan of salted water to the boil, add the broccoli for 2 minutes, then add the edamame beans & peas for 1 minute more. Drain, then cool under cold water. Pat dry, then add to the bowl with the lentils.
- Mix the dressing ingredients together.
- Pour over the lentil mixture, then mix in well with the chopped chilli.
- Place all onto a serving platter or divide between 2 plates & serve.

SMOKED MACKEREL PATÉ

INGREDIENTS (SERVES 2)

3 smoked mackerel fillets

3 tbsp coconut yoghurt

1/2 lemon, juiced

2 spring onions, finely sliced

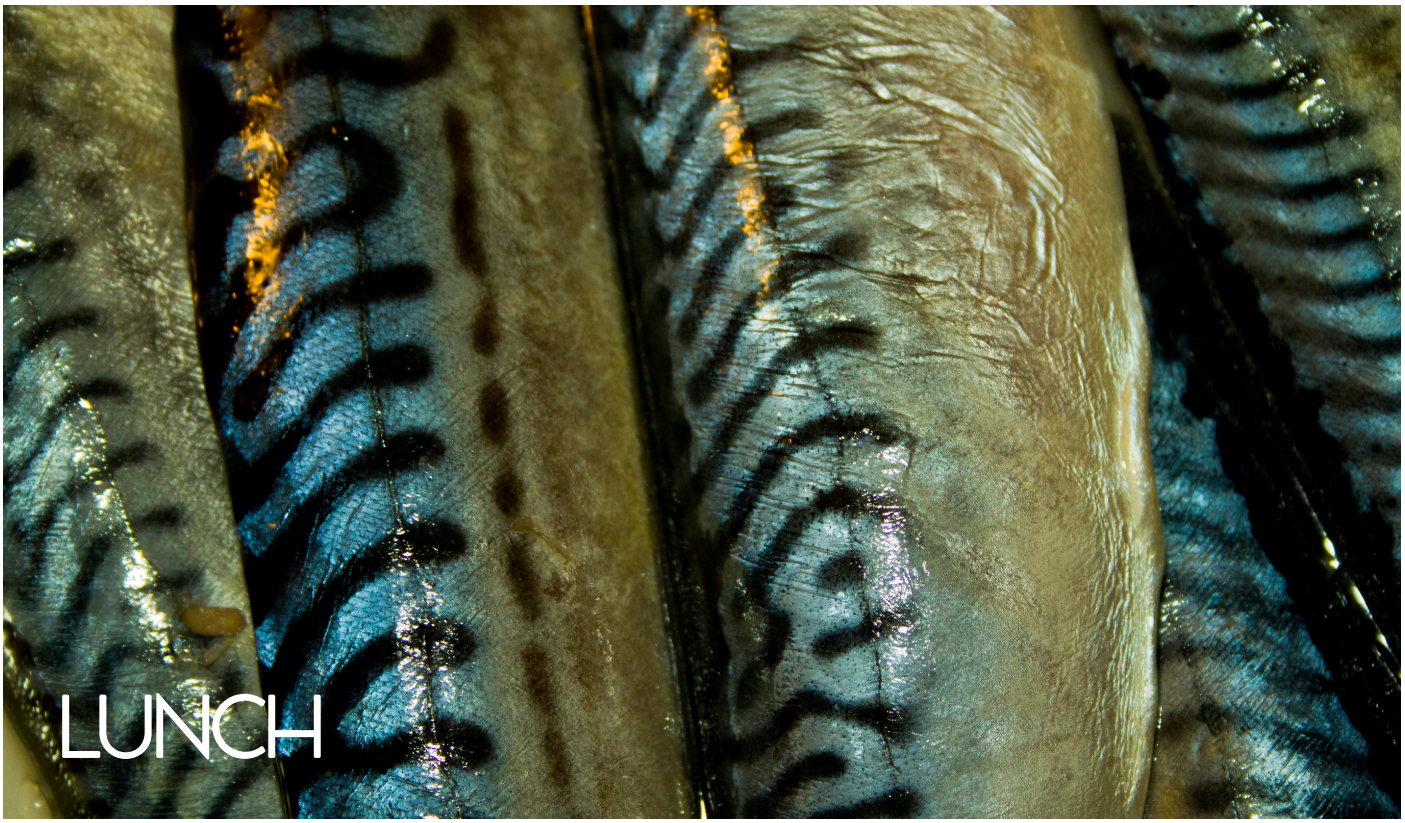
1 tbsp capers, drained & roughly chopped

Sea salt & pepper, to taste

Salad / crudités / oatcakes / sourdough bread / baked potato to serve

METHOD

- Using a fork, flake the mackerel fillets into a bowl, discarding the skin.
- Add the yoghurt and lemon juice.
- Season with salt & a generous helping of black pepper.
- Stir in the spring onions & capers, reserving a few capers to garnish.
- Serve with a large green salad or vegetable crudités & a couple of oat cakes / a slice of sourdough bread / small jacket potato.



ORIENTAL CHICKEN SALAD

INGREDIENTS (SERVES 2)

2 skinless chicken breasts, cooked & shredded

1 medium carrot, grated

1/4 cucumber, grated

1/2 small red onion, grated

2 handfuls bean sprouts

Small handful fresh mint leaves

1 red pepper, sliced

25g unsalted cashew nuts, roughly chopped

Dressing:

1/2 tbsp olive oil 1/2 tsp tamari

1/2 tsp sesame oil 1/2 tsp grated ginger

1 small garlic clove, peeled and crushed 1/2 lime, juiced

replace chicken with tofu or butter beans for vegetarian option

METHOD

- Mix all the vegetables, mint, nuts & chicken in a bowl.
- Whisk up the dressing ingredients in a bowl. Pour over the salad, mix well & serve.

LUNCH

JEWELLED QUINOA WITH SMOKED SALMON

INGREDIENTS (SERVES 2-3)

120g quinoa

300ml water

10 cherry/ plum tomatoes, halved

1/3 cucumber, diced

1/2 avocado, diced

80g pomegranate seeds

50g pistachios or hazelnuts

2 tsp flaxseed

60g spinach

100g smoked salmon

2 lemon wedges

- Rinse the quinoa, add it to a saucepan with the water & bring to the boil. Cover with a lid, reduce to a simmer & cook for 10 minutes.
- Add the tomatoes, cucumber and avocado to a medium-sized bowl along with the pomegranate & pistachios/ hazelnuts. Sprinkle over the flaxseed.
- Once cooked, turn off the heat but leave the lid on & allow the quinoa to sit for a further 5 minutes.
- Remove the lid and fluff with a fork. Allow to cool for 5 minutes.
- Add the quinoa to the bowl & mix through. Add the spinach & mix again.
- Serve with smoked salmon & a wedge of lemon per person.

CHILLI BEAN SOUP

INGREDIENTS (SERVES 2-3)

1 tbsp coconut oil
1 red onion, diced
2 garlic cloves, crushed
2 celery sticks, finely sliced
1 carrot, diced
Pinch chilli flakes
1/2 tsp cumin
1 vegetable stock cube (or homemade stock)
400ml hot water
400g tin chopped tomatoes
400g tin adzuki or kidney beans, rinsed & drained
120g coconut yoghurt
Handful coriander, chopped
Sea salt and black pepper

METHOD

- Heat the coconut oil in a pan & sauté the onion, garlic, celery & carrot for 3-4 minutes until softened.
- Add the chilli flakes and cumin & cook for a minute.
- Make the stock by dissolving the stock cube in the hot water.
- Pour in the tomatoes, stock & beans, then simmer for 15-20 minutes, until the vegetables are tender.
- Mix together the yoghurt & coriander & season with salt & pepper.
- Spoon the soup into bowls & top with the yoghurt to serve.

PREGNANCY

SUPPER
LENTIL BOLOGNESE

SERVES 2

1 tbsp coconut oil

1 large onion, finely diced

4 cloves garlic, crushed

150g mushrooms, sliced and diced

2 peppers, any colour, finely chopped

2 tins cooked green lentils, rinsed and drained

2 tsp mixed dried herbs

2 tins chopped tomatoes

1 heaped tbsp. tomato purée

Salt and pepper

2 large courgettes, spiralised or 200g edamame spaghetti, to serve

- Heat the oil in a large saucepan & cook the onion & garlic for 4-5 mins.
- Add the mushrooms & peppers & continue to cook on a medium heat for a further 5 mins.
- Drain & rinse the lentils.
- Add to the pan alongside the dried herbs, chopped tomatoes & tomato purée.
- Season & simmer for 15-20 minutes to allow the flavours to develop.
- Adjust seasoning to taste.
- Serve with pasta of choice or spiralised courgette spaghetti.

BUTTER CHICKEN

IINGREDIENTS

1 tsp olive oil
4 skinless, boneless chicken breasts, cut into cubes
1 onion finely chopped
3 garlic cloves, minced
1 tbsp fresh ginger, grated
2 tsp garam masala,
1 tsp turmeric
1 tsp paprika,
1 tsp ground coriander
1/4 tsp cinnamon
680ml jar tomato passata
2 tbsp almond butter
pinch salt & pepper
bunch chopped fresh coriander

METHOD

- Heat the oil in a large frying pan & brown the chicken, for 3 to 5 mins. Transfer to a plate.
- Add the onion, garlic, ginger & spices to pan.
- Cook, stirring often, until the onion starts to soften, about 3 mins.
- Return the chicken & juices to pan.
- Stir in the passata. Scrape up & stir in any brown bits from the bottom of the pan.
- Simmer until slightly thickened, about 5 mins.
- Add almond butter, season with salt and pepper & stir well. Sprinkle with coriander.
- Serve with wholegrain rice & some green vegetables, or with cauliflower rice.

Tip: it's always worth making double for the freezer / a meal-in-a-rush.

RED PEPPER PASTA

INGREDIENTS

80g cashews (soaked for 2 hours in plenty of hot water, & drained)

2 roasted red peppers (from a jar or home roasted, skins on)

2 sun-dried tomatoes

juice of ½ a lemon

3 tablespoons olive oil

1 teaspoon sea salt

a good grind of black pepper

Pasta of choice (wholegrain, chickpea pasta)

A handful of frozen spinach

METHOD

- Blend all the ingredients together in a high-speed blender until smooth and creamy.
- Add a dash of water if the sauce needs to be loosened a little.
- Cook your pasta according to the packet instructions.
- Add in frozen spinach towards the end of cooking.
- Warm the sauce through in a saucepan, then stir it through the pasta.
- Top with some torn fresh basil, if using, & some grated Parmesan or vegan alternative.

CHICKEN & VEG TRAY BAKE

INGREDIENTS

2 large peppers

1/2 butternut squash

8 skinned and boned chicken thighs

100g pitted black olives

4 cloves garlic

1 tbsp fresh rosemary

2 tbsp olive oil

2 tbsp balsamic vinegar

Salt & pepper

Tray bakes are a godsend when you're busy: I have one at least once a week.

Replace the chicken with: sausages, chickpeas, butter beans or lentils & feta

- Preheat the oven to 180C.
- Slice the peppers & peel & dice the butternut squash.
- Add the chicken thighs, peppers & butternut squash to a large baking dish.
- Add the olives.
- Crush the garlic & chop up the rosemary. Add both to a small bowl with the olive oil & balsamic vinegar & mix well.
- Add this on top of the chicken & veg mix.
- Using your hands, massage the marinade into the chicken & vegetables.
- Season with salt and pepper & place in the oven for 45-50 mins, stirring once.
- Serve when the chicken is cooked through & the butternut squash is tender.

- Delicious with steamed broccoli, green beans or a green salad.

SUPPER

SLOW COOKER TURKEY CHILLI

INGREDIENTS (SERVES 4)

1 tsp coconut oil
500g minced turkey
1 onion, diced
1 red & 1 green pepper, diced
1 red chilli, finely chopped
3 cloves garlic, crushed
2 x 400g tin tomatoes
2 x 400g tins kidney beans, rinsed & drained
1 tsp chilli powder (optional)
1 tsp ground cumin
Salt & pepper
1 tsp dried oregano
Fresh coriander, to serve
1 avocado, sliced, to serve

METHOD

- In a large frying pan heat the oil and add the minced turkey. Crumble and cook for 4—5 minutes until almost cooked through.
- Add the turkey to the slow cooker along with all the remaining ingredients (except the coriander and avocado). Stir until combined and cook on low for 6 hours, or high for 4 hours.
- Once cooked, taste and adjust seasoning as desired.
- Ladle into individual serving bowls and top with coriander and sliced avocado.
- This can also be served with 3 tbsp of wholegrain rice, quinoa or unlimited cauliflower / broccoli rice.

SPRING SALMON OR TOFU - 5 WAYS

Try to source wild salmon. Avoid farmed salmon for sooooo many reasons!

Use one fillet per person.

For the vegetarian option, use 100g firm tofu (pressed and cubed) per person.

CHOOSE A SAUCE/DRESSING – WHIZZ UP INGREDIENTS (BY HAND OR BLENDER)

Zesty minty: 3 tbsp olive oil, zest & juice of 1 lemon, small pack mint leaves, finely chopped

Teriyaki: 2 tbsp Tamari (wheat-free soy sauce) or soy sauce, 2 tbsp mirin (Japanese sweetened rice wine), 4 tsp grated fresh root ginger, 1 tbsp sesame oil, 1 tsp honey

SHORT CUT: JARS ARE PERFECT FOR BUSY DAYS

Pesto | Harissa | Red Thai curry paste

Coat each salmon fillet with the chosen sauce/dressing & leave to marinade whilst preparing veg. Choose your accompanying veg from the following suggestions, or make up your own.

MINTED PEAS/BEANS COMBO

Using a steamer, combine frozen peas, green beans, frozen edamame beans, together with a handful of mint leaves – lightly steam.

BROCCOLI AND CAULIFLOWER

Break into florets and lightly steam-fry (by adding a dash of water and then covering for around 4 minutes) with butter & finely sliced chilli.

ROASTED VEG

Butternut squash, red/yellow peppers, courgettes, sprinkled with mixed herbs (takes about 35—45 mins, so need to plan ahead).

When the veggies are almost ready — heat 1–2 tbsps coconut oil in a large frying pan & add salmon fillets with skin side up. Be careful not to overcook, should take between 6—9 minutes. Serve with remaining dressing drizzled over, masses of veggies & a slice of lime on the side.

CHICKPEA CURRY

INGREDIENTS (SERVES 2)

1 medium onion diced

2 garlic cloves crushed

2cm piece of ginger, grated

400 g chopped tomatoes

400 g canned chickpeas drained

100 g spinach

10 g fresh coriander

1/2tsp ground coriander

1/2tsp paprika

1/2tsp cumin

1/2tsp turmeric

1 pinch Sea salt and black pepper

juice of 1/2 lemon / lime

2tbsp plain yoghurt

METHOD

- Heat a little oil in a large pan & add the onion, garlic & ginger. Cook for 2 minutes.
- Add the spices & stir well.
- Add the chopped tomatoes, drained chickpeas & salt & pepper. Reduce the heat & simmer for 8 minutes.
- 2 minutes before it has finished cooking, add the spinach, lemon & coriander. Stir well.
- Cook for 2 minutes or until the spinach has wilted.
- Drizzle with plain yoghurt to serve, with wholegrain rice.

KALE CRISPS

INGREDIENTS

200g curly kale

Dressing:

1 tsp miso paste

1 tbsp tamari

1 tbsp olive oil

1 tbsp maple syrup

1 juice of lemon

2 tbsp sesame seeds

METHOD

- Preheat oven to 100C & line 2 baking trays with baking paper.
- Tear the kale off its stalks into crisp sized pieces
- Wash & dry thoroughly (a salad spinner is brilliant here as you need the kale really dry)
- Mix dressing ingredients together
- Drizzle dressing onto the kale, use your hands to make sure all the kale is coated.
- Bake in oven for 30 minutes.
- Take tray(s) out of oven & loosen from baking paper with a spatula.
- Turn oven off, but return kale to the oven for another 30 minutes to crisp up.
- Store in airtight container for up to a week.

AVOCADO SPICED HUMMUS

INGREDIENTS

2 small garlic cloves, crushed

1 ripe avocado, destoned

1 tin chickpeas, drained and rinsed

1 lemon, juiced

1⁄2 tsp ground cumin

2 tbsp tahini

1 tbsp olive oil

2 tsp nutritional yeast flakes (optional)

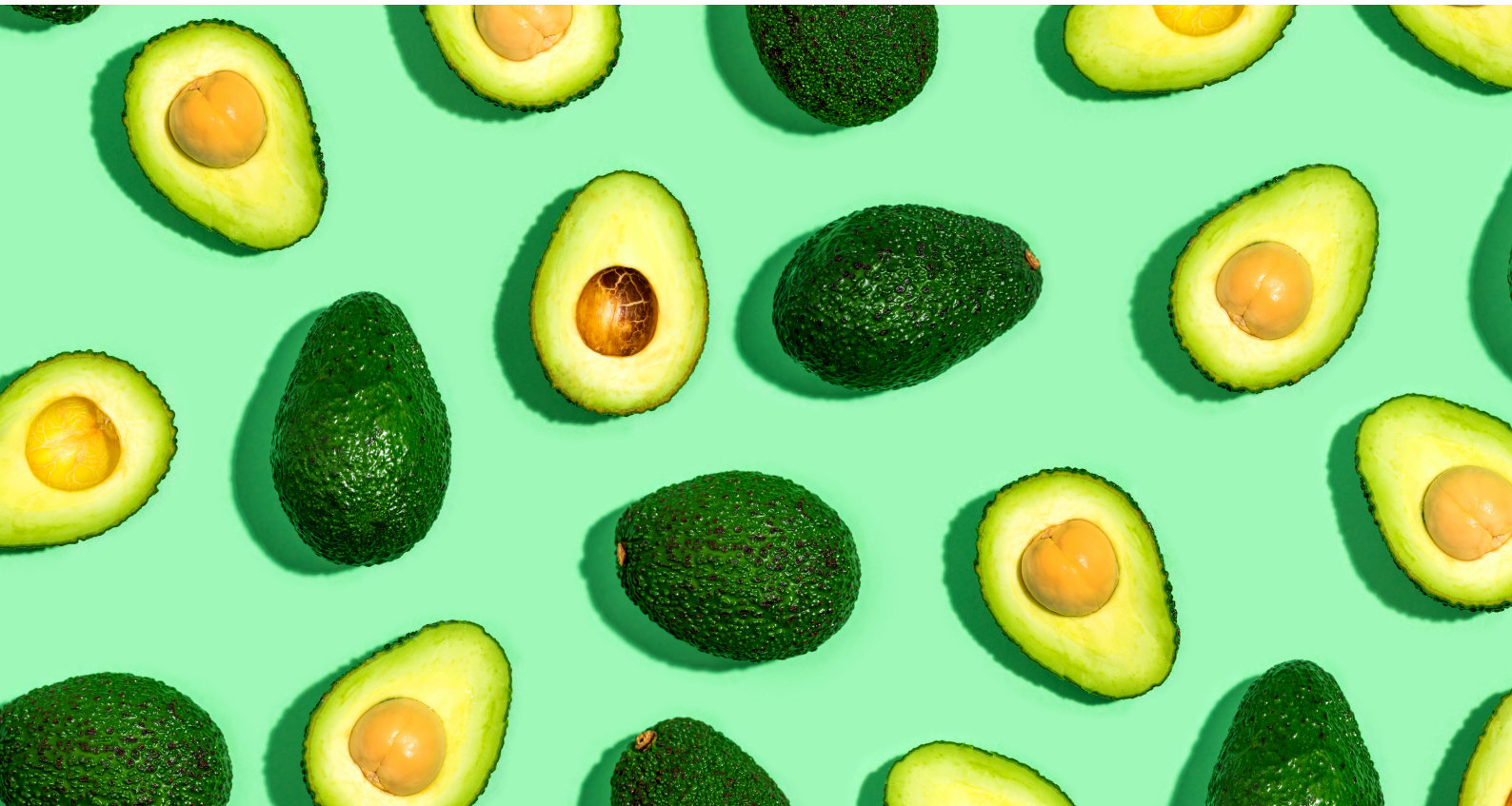
1⁄2 tsp smoked paprika

Sea salt to taste

METHOD

- Add the garlic cloves to the food processor. Blitz for a few seconds until finely chopped.
- Place the flesh of the avocado, the chickpeas, lemon juice, cumin, tahini, olive oil, nutritional yeast & smoked paprika into the food processor.
- Blend until smooth.
- Add salt to taste.
- Serve with a range of vegetable crudités or a couple of seeded crackers.

SNACKS



SEEDED CRACKERS

INGREDIENTS (MAKES 16)

1/2 red pepper, roughly chopped

75g / 3/4 cup sunflower seeds

150g / 1 cup flaxseed

1 garlic clove, crushed

1 tomato, chopped

1 nori sheet, crumbled

60g / 1/2 cup sundried tomatoes

2 tbsp sesame seeds

2 tbsp hemp seeds

1 tsp sea salt

1 tsp ground cumin

1 tsp ground coriander

a pinch of cayenne pepper

Juice of 1/2 lemon

METHOD

- Preheat the oven to 150C.
- Place the pepper, sunflower seeds & flaxseed into the food processor & process to break up.
- Add all of the remaining ingredients & process again to combine.
- Spread the mixture thinly onto non-stick baking parchment. Placing another sheet of baking parchment on top, roll the mixture thinly. Place on a baking tray.
- Shape into a rectangle & mark into 16 squares.
- Bake for 30-45 minutes until golden & crisp.
- Enjoy 2 of these with avocado spiced hummus alongside any salad or with a warming bowl of soup.

SNACKS

BLACK BEAN CHOC BROWNIES

INGREDIENTS

2 tins black beans

6 tbsp cacao powder

80g oats, ground

4 tbsp maple syrup

12 pitted dates

4 tbsp melted coconut oil

4 tsp vanilla extract

3-4 tbsps coconut milk

1 tsp baking powder

METHOD

- Preheat oven to 180C.
- Place the oats into the food processor & blitz to create a coarse flour.
- Add everything else, except the milk, in the food processor & mix until smooth, scraping down the sides if necessary.
- Add the milk & blend again to achieve a loose, but not runny mixture.
- Line a baking tray with baking paper & spoon the mixture onto the tray.
- Bake in the oven for 16-20 minutes until a skewer comes out cleanly.
- Cool, then cut and serve.
- Best eaten in the first few days, but can be kept in the fridge for 5-6 days, or freeze in portions for up to 1 month.

ENERGY BALLS

INGREDIENTS (MAKES 8)

30g porridge oats

2 tbsp (roughly 20g) chocolate protein powder (plant-based)

2 tbsp flaxseed, ground

2 tbsp almond butter/ tahini

1 tbsp raw cacao powder

1 tsp ground cinnamon

1 tsp maca powder

1 tbsp maple syrup

75ml warm coconut milk

Sesame seeds to coat

METHOD

- Place all of the ingredients into a food processor & blitz until the mixture comes together in a large ball.
- Roll into 9 equal sized balls & roll in sesame seeds to coat.
- Chill in the fridge until ready to eat.

These will keep for a week in an airtight container in the fridge or for a month in the freezer.

BANANA ICE CREAM

The starting ingredient for this ice cream is frozen bananas - so try to have a few in the freezer at all times! The best way to freeze bananas is to select fairly ripe bananas, quarter each one & place in small containers.

INGREDIENTS

1 banana per person

Choose any flavour combos from:

handful blueberries

1tbsp nut butter

1 handful strawberries

1tbsp raw cacao powder.

- Whizz in blender until smooth & creamy.
- Serve immediately, sprinkled with coconut flakes / almond flakes / crushed nuts of choice (for the protein pairing!)

SNACKS

BERRY SMOOTHIE ICES

Fruit (& veg) smoothies are a great way to pack an extra nutritional punch, particularly if you are suffering with nausea or indigestion and can't face bigger meals.

The options are endless!

INGREDIENTS

1 cup frozen berries

1/2 cup Greek or coconut yoghurt

2 tsp honey

1/2 tsp cinnamon

- Whizz in blender until smooth & creamy - or blitz the berries & alternate layers of berries with the yoghurt / honey / cinnamon mixture.
- Pour into ice lolly moulds.
- Freeze & enjoy.