DE-STRESS EATING: 7 DAY PLAN

Charlotte Watts Health

BY CHARLOTTE WATTS

RECIPES TO SUPPORT THE DE-STRESS EFFECT: BALANCE YOUR BODY'S SYSTEMS FOR VIBRANT HEALTH & HAPPINESS

"I defy anyone to read this and not relate it to their own lives and see where there is room for improvement and help alleviate that dreaded 'stress' that enters all our lives! Great advice, tips and help on how to really de-stress, and keep healthy and balanced in life."
Emma Forbes, broadcaster and writer

Charlotte Watts Health

"Charlotte's brilliant book is a gift for everyone suffering from all forms of stress. It explains why your body seems to be rebelling or burning out, and then shows you effective practical approaches to get your life and health back on track."

Phil Parker, Expert in the Psychology of Health Happiness & Genius, inventor of The Lightning Process

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DE-STRESS EATING: 7 DAY'S LUNCH & DINNER

INTRODUCTION

The recipes and meal ideas in this e-book follow the guideline in my books in The De-Stress Effect (Hay House, 2015, available on Amazon) and also its predecessor, The De-Stress Diet. This is an eating plan designed to help you to start or reconnect with eating habits that encourage the good blood sugar balance, stress coping, energy levels, brain function, happy digestion and immunity as described in these books.

The plan can be used at times when you feel a little lost around food and need clear direction to get you back on track and modulate systems to give the energy, motivation and want to choose more healthy options.

It can also be played around with as you feel, with your favourite tastes, ingredients and flourishes – whatever you need to enjoy how good healthy food makes you feel!

The aims of this style of eating are to:

• Show you how to treat your body so that it has all the fuel and nutrients it needs to work efficiently and bounce back from stressful events. In this way cravings are reduced, your metabolism is encouraged to sustain energy (and lose weight if you need) and exercise is supported.

• Encourage a love of natural, healthy food; it can be easy to prepare and tastes change quickly to appreciate more subtle tastes and move away from sugary, salty and poor quality fat laden junk foods.

• Incorporate healthy living into everyday life, so you don't feel you are denied enjoyment but do feel the benefits of eating to promote good energy, mood, weight, sleep and appearance.

• Reduce toxins and chemicals that demand increased detoxification and can lead to bloating and feeling sluggish, unmotivated and foggy, even depressed and more pronounced symptoms like acne, eczema, headaches and digestive problems.

• Cut out refined sugar sources like - cakes, biscuits, sweets, pastries and white flour – our most immediate reason for inflammation, digestive upset, skin issues, energy slumps, mood swings and weight gain. A sweet tooth can be changed and although you may find the cravings difficult for a few days they will soon pass.

• Reduce wheat and dairy to give your body a rest from these difficult-to-digest foods that can commonly cause the food intolerances; partly because of over-reliance on them as convenience foods. This can give you a chance to see if your body is happier without wheat and dairy or to try new foods.

• Limit grains and beans as our hunter-gatherer ancestors would have done (see The De-Stress Effect for more info) to relieve strain from our digestion, immunity and the raised insulin response that can play havoc with energy levels, appetite regulation and fat storage.

QUALITY INGREDIENTS

Every meal in this De-Stress Eating Plan provides everything you need to fuel your body's needs by ensuring:

• Complex Carbohydrates found in all plant foods are how human beings are fuelled. The more natural the source the longer the sugars in these take to reach the bloodstream and the more we can regulate weight, energy and appetite. Vegetables are our most important source for their high mineral, fibre and antioxidant content and six portions on average are recommended. Food Sources: all vegetables, fruits, nuts, seeds, optional beans and grains*. We avoid: refined carbohydrates like white sugar, cakes, biscuits, sweets that are quickly converted into fat if we don't use them as energy. *NB: starchy carbohydrates like potatoes, rice, noodles, pasta, and bread can be either avoided or are reserved for breakfast and lunch and the occasional snack; avoiding them in the evening helps weight loss by reserving major fuel sources for when we are active. See more info on how to find which levels suit you in The De-Stress Effect.

• Quality Protein is included in each meal and especially at breakfast to start the day on a metabolic high and sustained energy. This is vital to stop those sugar cravings later in the day – what you do early on affects how you

feel later as it defines how you cope with the day. Protein with each meal ensures the slow release of sugars from carbohydrates and good blood sugar balance. All recovery and detoxification relies on protein and it helps us cope with stress. Food Sources: meat, fish, eggs, dairy (included in yoghurt and goat's cheese), seeds, beans, grains. We avoid: unhealthy protein sources like poor quality processed meats and junk food.

• Healthy Fats like omega 3 and 6 oils and monounsaturated fats are an important part of every meal, allowing your metabolism to burn off fuel rather than store it as fat and needed for healthy immunity, heart, skin and brain health – without them we can be very moody. Like protein, too few healthy fats and we soon crave sugars to make up the energy deficit. Food Sources: oily fish (salmon, mackerel, trout, fresh anchovies, sardines, herring), nuts, seeds, olive oil, avocadoes, free range and organic meats. We avoid: too high levels of saturated fat in meats and dairy – we need some in our diets for brain function and weight control but they are also found in nuts and seeds and need to be in balance with omega oils. Also poor quality meats (non-free range) and processed, damaged fats in convenience foods.

• Potent Antioxidants are natural plant chemicals like vitamins A, C and E and bioflavonoids that

protect all areas of our bodies and ensure good recovery from stress, exercise and illness and help prevent disease. They protect us from the harmful elements in life like pollution, stress, radiation from the electric fields from TVs and PCs and chemicals in the environment. Food Sources: as many different coloured vegetables and fruit as possible for a variety that work together, nuts, seeds – all natural foods contain some forms. We avoid: processed foods with additives and preservatives that both provide few antioxidants and rob us of those we do eat.

• Cleansing Fibre to sweep harmful toxins out of the body, slow down the release of sugars from food, support a healthy gut environment and to regulate the hormones that govern weight management. Food Sources: all vegetables, fruits, nuts, seeds, beans, grains. We avoid: processed food eg white flour is wholemeal flour with the fibrous outer husk removed.

• Great Taste for enjoying and appreciating healthy food, a crucial part of a positive outlook and quality of life.

Food Sources: all recipes.. We avoid: poor quality food!

BREAKFASTS

Breakfasts are separate to give you four options throughout your week, so you can choose depending on time, what you feel you can digest and what works to sustain energy levels with particular days' activities.

Firstly, an optional extra is to start the day with the juice of half a lemon in hot water to wake up your liver and digestion in a clean, healthy way. Drink this about 20 minutes before breakfast – you can also add slices of fresh ginger, to warm up or calm the digestion and/or cinnamon to sweeten and improve blood sugar balance.

All of the breakfasts provide good sources of protein to keep you alert and maintain even energy levels. Protein with breakfast has also shown to help reduce weight and help make better food choices for the rest of the day.

Vary breakfasts as much as possible to eat the full range of nutrients over the course of a week. A larger breakfast encourages us to regulate our appetites, energy and mood throughout the day as we use the calories we intake as energy rather than laying them down as fat. It also stops cravings and bingeing later in the day, especially at 4pm and 9pm when our hormones dictate they can be worst if we haven't given our bodies what they need.

If you are not used to having breakfast you need to learn for the good of your health or your body will live on stress hormones rather than healthy fuel sources (more info in The De-Stress Effect). Even if you manage a small amount or even eat a few nuts, it really is better than nothing at all, which can start your energy levels and blood sugar balance off to a very bad start and lead to cravings later in the day. Then build up slowly to the full amount over several weeks if need be.

BIRCHER MUESLI

METHOD

1. Soak 35g rolled oats in water or half water/half freshly squeezed apple juice over night in the fridge – you can add a dessertspoon of golden linseeds for increased detoxification and digestive health if you want.
2. For protein add a tablespoon of nuts and seeds – choose from almonds, Brazils, walnuts, pecans, sunflower and pumpkin seeds.
3. Sweeten only with ground cinnamon and fruit from the optional extras below.
4. Optional extras - chopped dried apricots, prunes, unsweetened desiccated coconut, grated apple, berries, sliced or stewed plums.
5. You can add a dollop of live Greek or plain yogurt to taste.
6. For variety or a gluten-free option, quinoa or millet flakes can be used in place of oats.

FRUITY, YOGHURTY, NUTTY BREAKFAST

METHOD

1. A small pot or a third large pot of organic live Greek or plain yogurt (cow's, sheep's or goat's milk) – full-fat always for appetite satisfaction and healthy weight loss.
2. Pile fruit on top, slicing where needed – good choices are pineapple, apple, kiwi fruit, strawberries, raspberries, blueberries, plums, peaches, nectarines.
3. For protein add a tablespoon of nuts and seeds – choose from almonds, Brazils, walnuts, pecans, sunflower and pumpkin seeds.
4. Optional starchy carb part: add a sprinkling of half a tablespoon of crunchy oat, granola type cereal or good quality muesli - can be gluten-free.
5. Optional extras – cinnamon, up to half a teaspoon of good quality honey, unsweetened desiccated coconut.

PROTEIN POWER BREAKFAST

METHOD

1. Choose from a protein source:
   - Eggs – 1-2 boiled, poached, or slowly scrambled
   - Fish – smoked mackerel or smoked salmon
   - Goat's cheese – eg feta or soft cheese, approx 30g
   - 2 turkey or chicken slices
2. Optional starchy carb: add to one large slice or two small slices of whole grain or rye bread or 3-4 rye, spelt or gluten-free crackers.
3. Add a portion (palm-size) of at least two of the following (more if no starchy, bread part as above) - avocado, tomatoes, asparagus, spinach, watercress, cucumber, cooked beetroot (not in vinegar), rocket salad.

HEALTHY 'FRY-UP' BREAKFAST

METHOD

1. Treat yourself to good quality free range bacon (two slices) or sausage (1-2 depending on size) and grill.
2. If vegetarian, either grill two portobello or other large mushrooms with olive oil, two good quality veggie sausages or slice of halloumi cheese instead.
3. Either grill two halves of a medium tomato or oven roast 4-6 cherry tomatoes with a little olive oil.
4. Add a third of a tin of baked beans – choose low sugar or a brand sweetened with apple juice from a health food shop.
5. Optional extras or instead of beans – wilted spinach or asparagus.

BUCKWHEAT PANCAKES (SERVES 2)

Making pancakes with buckwheat as opposed to refined white flour is very traditional in Eastern Europe. It is one of the best substitutes for wheat, which many people are intolerant to. Although it sounds similar, buckwheat is actually a grass not a grain. Reducing wheat in the diet can help increase immunity and reduce digestive problems.

INGREDIENTS:

175g/6oz/ 1 cup buckwheat flour
2 eggs
240 ml/1 cup milk, almond milk or soy milk

OPTIONS:

• Storage - pancake mixture can be refrigerated for up to 3 days and the pancakes freeze well to be used as wraps.
• Can be eaten for breakfast with yoghurt and berries or savoury with goat's cheese, smoked salmon and watercress – a usual alternative to bread any time!

METHOD:

1. Whisk eggs, flour and milk together until smooth. Refrigerate the mixture for 30 minutes.
2. Wipe large frying pan with oil and heat. Pour in batter and cook pancake on both sides until lightly browned.

DE-STRESS EATING: 7 DAY'S LUNCH & DINNER

This plan is laid out to vary meat, fish and vegetarian inclusions, but options are provided for each recipe. Depending on your work day and time constraints, you can choose which recipes suit your schedule and which can be prepared in advance for ease and de-stress. Many things freeze well and can be made into batches, recipes can be simplified and many meals will keep well in the fridge for several days. In this way, you can find a stride to cook healthy meals from scratch that feel easy and nourishing.

De-Stress Eating is about exploration, enjoyment of food and connecting into your intuition to feel what's right for your mind-body. Although the recipes below are laid out like a set plan, don't feel constrained by this; chop and change as you like!

MONDAY LUNCH: ONION & GRUYERE FRITTATA WITH ROOT SALAD (SERVES 2)

INGREDIENTS:

½ tbspn olive oil
1 garlic clove, peeled and crushed
1 red onions, peeled and thinly sliced
4 eggs
50g/1.5 half oz Gruyere cheese, grated – optional
2 medium carrots
1 large courgette
1 uncooked whole beetroot
4 large spring onions, finely chopped
1 tbsp olive oil
1 tsp fennel seeds
50g pine nuts
Juice of half a lemon
Bag watercress or salad leaves

OPTIONS:

• Traditionally Gruyere cheese should be from non-pasteurised milk, which can make it digestible for those with lactose intolerance; check or use goat's equivalent or avoid dairy
• Buy cooked beetroot (not in vinegar) if you can't find raw
• The beans, beetroot and carrots provide some starchy carbohydrates here so add more veg if you need
• This can be prepared the night before, even eaten as dinner with extra made for a packed lunch the next day

METHOD:

1. Heat the olive oil in a non-stick frying pan and add the garlic and red onions, fry gently until the onions are very soft and a little caramelised.
2. Beat the eggs with half the cheese and season with the black pepper, pour over the onions and move until the eggs are evenly distributed, cook gently until the eggs are set on the bottom, about 5 mins.
3. Scatter the remaining cheese over the frittata and place under a hot grill until the cheese is melted.
4. Grate the carrot, courgette and beetroot into a large bowl. Add the feta cheese and the spring onions. Stir in the olive oil, fennel seeds, pine nuts and lemon juice until thoroughly mixed.
5. Wash the salad leaves, arrange on a plate and add the bean burger and salad.

MONDAY DINNER: LEMON & FENNEL HADDOCK WITH TOMATO SALSA (SERVES 2)

INGREDIENTS:

2 thick haddock fillets, about 200g each
Olive oil, for brushing
4 slices of lemon
1/2 large or 1 medium fennel bulb, cut into chunks
Freshly ground black pepper

Salsa:
4 tomatoes, seeded and diced
1/2 small red onion, diced
1 tbsp olive oil
1 clove garlic, crushed
1 tbsp chopped fresh parsley
1 tbsp chopped fresh basil
Juice of 1/2 lemon
1/2 tbsp pumpkin seeds
Bag watercress or salad leaves

OPTIONS:

- Use tofu for vegetarian alternative
- No starchy carbohydrates included for the evening, but if needed can be served with a few small new potatoes in their skins.
- Other veg can be used

METHOD:

1. Preheat the oven to 200°C
2. Put a little olive oil into a baking dish, lay in the haddock fillets with the lemon slices on top and season with black pepper. Arrange the fennel chunks around and brush olive oil over the fish and the fennel. Put on a lid or cover with foil and cook in the oven for about 20 minutes or until the fish is cooked though and flaky.
3. Put the tomatoes, onions, olive oil, garlic, parsley and basil into a bowl and mix thoroughly.
4. Place the fish and fennel on a plate, cover with the salsa, serve with the salad and sprinkle with pumpkin seeds.

TUESDAY LUNCH: FRESH SALMON NICOISE (SERVES 2)

INGREDIENTS:

6-8 small new potatoes with skins on - optional
2 medium free range eggs
100 g green beans
1 small red onion, finely sliced
4 medium tomatoes, cut into small segments
250g leaf salad eg. watercress, spinach, herb leaf and rocket
50 g black olives
4 salmon fillets or steaks, about 100-120g each
1/2 lemon, juiced
Black pepper
Dressing – will make more than you need but store the rest in a bottle in the fridge:
1 tbsp extra virgin olive oil
1 tsp white wine vinegar
1 teaspoon wholegrain mustard
1/2 teaspoon honey
1 small clove garlic, crushed

OPTIONS:

• can omit the potatoes if completely avoiding starchy carbohydrates, but add more green beans, veg or other salad
• a grilled slice of round goat's cheese can replace the salmon for a vegetarian option or just have the egg as protein

METHOD:

1. Boil the potatoes in their skin, drain and leave to cool, then cut into large chunks.
2. Boil the eggs for up to 12 minutes until hard-boiled (depending on how large). Remove from the water and immediately run under cold water, then peel off the shell and slice lengthways into wedges.
3. Trim and halve the green beans and steam until tender – about 8-10 minutes. Run under cold running water and leave to cool.
4. Wash the salad leaves and place in a large serving bowl. Add the tomatoes, potatoes, green beans and olives on top.
5. Add together the ingredients for the dressing into a jug, whisk with a fork and spoon and pour over the salad. Season and toss the salad with your hands until all the ingredients are coated and divide into large bowls.
6. Grill the salmon for 4–5 minutes on each side until the fish is cooked through to flaky. Place on top of the salad and arrange the egg slices and olives around.
7. Squeeze the juice from the lemon over the salmon to taste, season with black pepper and serve.

TUESDAY DINNER: SPICED CHICKEN AND VEGETABLE SOUP (SERVES 2)

INGREDIENTS:

1 small onion, finely sliced
2 medium carrots, roughly chopped
1 large leek, roughly chopped
1/4 savoy cabbage, roughly chopped
2 skinless chicken legs, preferably free range
1-2 cloves garlic, crushed
1/2 tbsp olive oil
1/4 tsp ground turmeric
1/4 tsp ground coriander
1/4 tsp ground cumin
1/4 tsp ground ginger
1/2 low salt chicken or vegetable stock cube
Chopped parsley to garnish

OPTIONS:

• can add a portion beans for extra starchy carbohydrates
• no bread included to reduce starchy carbohydrates in the evening for weight loss but can be eaten with wholegrain or rye or gluten-free crackers if lots of exercise been done in the day and eating around 7pm
• can be made without the spices if they are not to your taste

METHOD:

1. Heat the olive oil in a pan, add the onions and gently soften, stirring continually. Add the turmeric, coriander, cumin, ginger and stir into the onions. Cook for 3 minutes.
2. Add 750ml of water and the stock cube, bring to the boil, add the chicken legs and simmer for 15 minutes. Add the chopped vegetables and simmer for another 10 minutes, adding more water if needed.
3. Remove the chicken bones, separate out the meat into fine shreds and thoroughly stir the soup.
4. Pour into bowels, garnish with parsley and serve immediately.

WEDNESDAY LUNCH: FALAFEL POCKETS (SERVES 1)

INGREDIENTS:

3-4 fresh falafel – from supermarkets or health food shops
¼ small white cabbage, thinly sliced
1 medium carrot, grated
½ tablespoon olive oil
Splash lemon juice
1 teaspoon sesame seeds
1 –2 wholemeal pittas, buckwheat pancakes (recipe above) or robust lettuce leaves
1 tbsp houmous
1 medium tomato, sliced
Fresh parsley, chopped

OPTIONS:

- coleslaw may make more than you need but will keep for a few days as a good snack where needed
- use good quality shop bought coleslaw if need to make more convenient
- easy to prepare ingredients in the evening and assemble in the morning
- if avoiding beans, replace falafel and houmous with smoked mackerel, smoked salmon or a nut burger

METHOD:

1. Put the falafel in the oven to heat as instructions or have cold.
2. Mix the cabbage, carrot, olive oil, lemon juice and sesame seeds in a bowl to make a coleslaw.
3. Either toast the pittas and slice open or have untoasted – spread the houmous inside and lay the tomato slice on top. Or open out pancakes or leaves.
4. Halve the falafel and lay on the tomatoes, spoon as much coleslaw as you can eat on top and put the lid on the pitta.

WEDNESDAY DINNER: SALMON WITH ROSEMARY ROASTED VEGETABLES (SERVES 2)

INGREDIENTS:

2 salmon fillets or steaks
1 medium red pepper, cut into 1 inch square pieces
1 medium sweet potato, cut into cubes, roughly 1 inch still with skin
1 courgette, thickly sliced
1 medium red onion, cut into large cubes
1 large carrot, cut into medium strips
6-8 whole garlic cloves in their skins, optional
1 tablespoon olive oil
Sprig of rosemary

OPTIONS:

• use turkey breasts, smoked mackerel or a good quality bean burger if you don't like fish
• roasted veg are always a quick healthy way to eat veg and can be eaten cold as a salad
• any veg that holds it shape when cooked can be added or substituted for starchy sweet potato and added in eg raw beetroot, fennel, leeks
• flavourings can be varied eg fennel seeds, lemon juice, balsamic vinegar, cumin seeds, curry powder
• no starchy carbohydrates included in the evening for weight loss but can be eaten with a small portion of brown Basmati or brown rice if lots of exercise been done in the day and eating no later than 8pm

METHOD:

1. Preheat the oven to 200°C.
2. Place all of the vegetables and the garlic cloves into a mixing bowl, pour in the olive oil and stir through to coat them thoroughly. Pour into a large baking or roasting tin and spread out so they are one piece thick. Rub the rosemary sprig over the top to distribute the leaves all over the vegetables. Put into the oven.
3. Put a little olive oil into a baking dish, lay in the salmon fillets and put on a lid or cover with foil. Place into the oven 15 minutes after the vegetables. Stir the vegetables to cook evenly and place back in the oven.
4. Remove the fish and vegetables about 20 minutes later or when cooked.

THURSDAY LUNCH: HEARTY WRAPS (SERVES 1)

INGREDIENTS:

2 turkey or chicken slices preferably free range, organic
Handful lettuce leaves, chopped
1 avocado, sliced
1 tomato, cubed
Small handful cashew nuts, chopped
Several basil leaves, chopped (optional)
1/2 tsp olive oil
Splash lemon juice
1 large tortilla wraps – corn or wheat – or buckwheat pancakes (recipe above)

OPTIONS:

- use flavoured tofu slices or egg slices for vegetarian alternative
- can serve with any of the salad recipe combinations

METHOD:

1. Put the avocado, tomato nuts and basil leaves in a mixing bowl, add a little olive oil and a splash of lemon juice to taste.
2. Spread the tortillas on the side. Place a turkey or chicken slices in the middle, add on the lettuce and pile half the mixture into the centre of each tortilla, then roll them together to make a wrap. Slice in two to serve.

THURSDAY DINNER: PESTO CHICKEN & ALMOND GREENS (SERVES 2)

INGREDIENTS:

2 chicken breasts, preferably free range, sliced lengthways
1 tablespoon olive oil
2 teaspoons basil pesto
8 medium asparagus stalks
1/2 head broccoli, cut into florets
1 courgette
2 large handfuls spinach
Handful raw, unsalted almonds, chopped or flaked almonds
Splash lemon juice

OPTIONS:

- use salmon fillets or tofu as an alternative to chicken
- you can add more veg
- you can use red pesto instead which has sundried tomatoes added

METHOD:

1. Preheat the oven to 220oC.
2. Coat a baking dish with a little olive oil and place the chicken on top, mix the olive oil and pesto and pour over the chicken. Cover with a lid or foil and place in the oven for 20 minutes.
3. Steam the asparagus, broccoli and courgette for 5-6 minutes and the spinach for the last 2 minutes – use a steamer or place the veg in a saucepan with lid with about half an inch of boiling water at the bottom on a medium heat.
4. Test the chicken is cooked through with a knife, transfer to a plate and serve with the veg, almonds and a splash of lemon.

FRIDAY LUNCH: SMOKED SALMON & GOAT'S CHEESE STACKS (SERVES 1)

INGREDIENTS:

2 slices pumpernickel bread, 4 rye crackers or similar
2 slices smoked salmon
30g soft goat's cheese
1/4 small cucumber, sliced
1/2 small avocado or 1/4 large avocado, sliced
a few slices red onion (optional)
a few capers (optional)

OPTIONS:

• can make a wrap (see Friday lunch) if taking as packed lunch and even use hearty lettuce leaves to wrap if avoiding grains; have extra side of nuts then for energy
• can use houmous instead of goat's cheese for dairy-free option
• can add more salad veg eg sliced beetroot, lettuce, mixed salad leaves, rocket, watercress, radicchio, spinach, radish, red peppers, alfalfa

METHOD:

1. Divide the soft cheese and spread onto the bread or crackers.
2. Cut up the salmon slices into strips and lay on top of the salmon.
3. Carefully layer the cucumber, then avocado, then onion and capers onto the salmon.
4. Eat carefully!

FRIDAY DINNER: GREEN LEAFY GINGER & CASHEW STIR FRY (SERVES 2)

INGREDIENTS:

1/2 tbsp light olive oil
2 tsp chopped ginger
1-2 chopped garlic cloves
6 spring onions, sliced
150g kale or savoy cabbage
1/2 head broccoli, cut into florets
2 medium carrots, thinly sliced
4 baby sweetcorn, thinly sliced
1 pak choi, roughly sliced
3 tsp soy sauce or tamari
2 tbsp raw cashew nuts
1 teaspoon sesame oil
1 tbsp coriander, chopped

OPTIONS:

• no starchy carbohydrates included in the evening for weight loss but can be eaten with a small portion of egg or soba noodles if lots of exercise been done in the day and eating no later than 8pm
• you can vary veg
• tofu or cooked prawns can be added at the end of cooking for a heartier meal
radish, red peppers, alfalfa

METHOD:

1. Heat the olive oil in a wok or frying pan and before it smokes add all of the vegetables except the pak choi and stir for about 4 minutes.
2. Add the garlic, ginger, soy sauce and keep stir frying until the vegetables are almost cooked but still crisp. Add a little water if they become dry. Add the pak choi and keep cooking until all the vegetables are cooked lightly.
3. Remove from the heat, stir in the cashews, sesame oil and coriander and serve in a large bowl.

SATURDAY LUNCH: ROSEMARY & LEMON CHOPS (SERVES 2)

INGREDIENTS:

2-3 lamb chops per person
2 medium cloves garlic, pressed
1 tablespoon freshly squeezed lemon juice
1 tablespoon fresh rosemary, chopped
2 large pinches freshly ground black pepper
I medium onion, chopped
1/4 savoy cabbage
1 large leek, sliced
3 sticks celery
2 cupfuls fresh or frozen peas
Small knob of butter

OPTIONS:

- buy or make a nut roast for a vegetarian alternative
- can use the rosemary and lemon mix on fish instead
- can add a starchy carb like sweet potato, quinoa or brown rice if needed

METHOD:

1. Mix the garlic, lemon juice, rosemary and pepper. Pour over the lamb chops and let stand for an hour.
2. Preheat the oven to 220oC.
3. Put the lamb chops into a baking dish, surround with the onion and place into the oven.
4. After 25 minutes, steam the cabbage, celery and leeks in a steamer or by placing the veg in a saucepan with lid with about half an inch of boiling water at the bottom on a medium heat. Steam for 5-6 minutes or until cooked, adding the peas for the last minute if fresh or the last 3 if frozen.
5. Take the lamb chops out when they are cooked through but not dry. Place both on a plate and serve with the vegetables, adding a little butter – or olive oil – to the vegetables.

SATURDAY DINNER: ADUKI BEAN STEW (SERVES 2)

INGREDIENTS:

350g tinned aduki beans, washed thoroughly
2 tsp olive oil
1 onion, chopped
2 garlic cloves, crushed
1 leek, sliced
1 carrot, sliced
1 tbsp paprika, sweet
1 pinch cayenne pepper, to taste
1/2 low salt vegetable stock cube
2 tsp soy sauce or tamari
1/2 tbsp tomato paste
4 medium chopped tomatoes
Pepper, to taste
Parsley, chopped, to garnish

OPTIONS:

• no bread included to reduce starchy carbohydrates in the evening for weight loss but can be eaten with wholegrain or rye or gluten-free crackers if lots of exercise been done in the day and eating around 7pm. Bear in mind that there are plenty of starchy carbohydrates in the beans though and adding more vegetables, especially green leaves is a better option.
• you can put all of the ingredients into a slow cooker and simply leave 6-8 hours through the day, to be ready for dinner
• if avoiding beans or starches entirely, you can substitute with any other protein source; chicken works well here
• for a really light, cleansing supper, replace the beans with heaps of cabbage or other robust greensT

METHOD:

1. Simmer the adzuki beans in enough boiling water to keep them covered, until tender - about 35 minutes, add more water when needed.
2. Heat the olive oil in a large pot, add the onion and cook until transparent. Add the garlic, leeks and carrot and cook gently for 4-5 minutes. Add to the beans, stir in the paprika and pepper. Add the stock cube, soy sauce, tomato paste, tomatoes and pepper to taste.
3. Bring to the boil, cover and simmer for 20-25 minutes - very gently to prevent burning - adding more water if needed but keep a stew rather than soup-like consistency.
4. Sprinkle generously with parsley before serving.

lid with about half an inch of boiling water at the bottom on a medium heat. Steam for 5-6 minutes or until cooked, adding the peas for the last minute if fresh or the last 3 if frozen.

5. Take the lamb chops out when they are cooked through but not dry. Place both on a plate and serve with the vegetables, adding a little butter – or olive oil – to the vegetables.

SUNDAY LUNCH: SWEET TURKEY KEBABS (SERVES 2)

INGREDIENTS:

2 skinless turkey breasts, cut into large cubes
1/2 tbsp tomato purée
1/2 tbsp apple juice
1 tbsp soy sauce or tamari
1 tsp balsamic vinegar
1/2 tbsp olive oil
1 large onion, chopped into large pieces
1 large red pepper, chopped into large pieces
1 courgette, cut into thick slices
4 mushrooms, cut into thick slices
4 wooden skewers, soaked in cold water for 30 minutes or 4 metal skewers
2 medium sweet potatoes
2 large handfuls green salad leaves
½ tablespoon sunflower seeds

OPTIONS:

- Tcan have with vegetables like green beans, asparagus and/or broccoli rather than salad
- can omit the sweet potato if avoiding starchy carbs or just have half
- can add or change any vegetables on the kebabs to suit eg cherry tomatoes
- can barbecue on a sunny day
- if you don't have skewers, you can just grill the ingredients instead

METHOD:

1. Preheat the oven to 220oC.
2. Mix the tomato puree, apple juice, soy sauce, vinegar and olive oil in a bowl, add in the turkey cubes, cover and leave to marinade in the fridge for at least 30 minutes, mixing occasionally.
3. Wash and prick the sweet potatoes and place them on a baking tray in the oven.
4. Thread the turkey pieces, onion, red pepper, courgette and mushroom onto the skewers, making sure they are well distributed with one vegetable at least in between the turkey pieces. Brush a little marinade onto the vegetables.
5. Place under a grill for 12-15 minutes, turning often and removing when the turkey is cooked through.
6. Check the sweet potatoes are cooked through by putting a knife into them and feeling they are soft to the centre. Cut them in half and add a little butter – or olive oil – to fluff up.
7. Place the kebabs onto a plate with the sweet potato and salad, sprinkle over the sunflower seeds and remove the turkey and vegetables by sliding a fork along the skewer to eat.
5. Take the lamb chops out when they are cooked through but not dry. Place both on a plate and serve with the vegetables, adding a little butter – or olive oil – to the vegetables.

SUNDAY DINNER: CARROT, LENTIL AND ORANGE SOUP

(SERVES 2)

INGREDIENTS:

3 large carrots, finely chopped
1 small onion, finely chopped
1 stick celery, finely chopped
1/2 tbsp olive oil
1 low salt vegetable stock cube
150g red lentils
1bay leaf
1 dessertspoon freshly squeezed orange juice
1 tablespoon pumpkin seeds
1/2 bunch fresh coriander, roughly choppedRT

OPTIONS:

• can be served with a dollop of live Greek or plain yogurt
• adzuki or mung beans can be used instead for a heartier soup or beans omitted entirely and handful of cashew nuts added at the end with the pumpkin seeds instead
• Tno bread included to reduce starchy carbohydrates in the evening for weight loss but can be eaten with wholegrain or rye or gluten-free crackers if lots of exercise been done in the day and eating around 7pm

METHOD:

1. Heat the olive oil in a large pan, add the onions and soften, then add the carrots and celery and cook for a further 3 minutes, stirring occasionally. Add 750ml to the pan and bring to the boil. Add the lentils, bay leaf, orange juice and stock cube.
2. Bring the heat down to a low simmer and keep on the boil for around half an hour, when the lentils should have completely softened, adding more water if needed. Cook for longer if necessary.
3. Take out the bay leaf, pour the soup into a blender, add the fresh coriander and blend until just rough. Garnish with pumpkin seeds and coriander.

There are more ideas, meal guidelines, snack, drink and sweet alternatives for desserts in The De-Stress Effect and also plenty of guidelines and practices for mindfulness, yoga and exercise to create a healthy lifestyle, from which you can enjoy life to the full!

DE-STRESS EATING:
7 DAY PLAN

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