



CAROLINE'S
C I R C U I T S



7 day reset

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A deliciously nutritious week of eating that naturally is free from gluten, dairy and sugar. Certain times of the year we're in need of a healthy week of clean, delicious food that's easy to get ready.

The words 'detox' and 'cleanse' are worn out and mean little, often associated with deprivation and limiting ourselves.

This is not what I'm about ever. Food is a joy and should never be anything but delicious and nutritious and enjoyed by everyone. So I have designed a menu for the week to ease back into the routine of life that will leave you feeling energised, sprightlier and a little lighter perhaps, brighter eyed and ready for your workouts!

The plan is simple, the menu here for you each day details a smoothie in the morning, for your breakfast, light lunch and a soup for supper. The soups are designed to be made in bigger batches so you can have the same one later in the week, repeating a couple of them for less cooking, and they freeze beautifully so pick your favourites and make them count.

Menu Plan

Monday

Plum crumble smoothie

Chickpea pancakes

Red lentil soup

Tuesday

Tropical mango smoothie

Chicken salad, sprouting broccoli, spicy

sesame dressing

Red lentil soup

Wednesday

Blueberry vanilla shake

Roast squash, pumpkin salad with pesto
and seeds

Chicken courgette noodle soup

Thursday

Strawberry banana shake

Roasted asparagus frittata and green salad

Chicken soup

Friday

Almond vanilla shake

Poached cod and fennel salad with capers

Squash coconut soup

Saturday

Blueberry banana buckwheat pancakes

Lamb chops with salsa verde and roast

sweet potato

Spinach miso soup

Sunday

Chia porridge with strawberries

Roast chicken, braised leeks and roasted
parsnips

Squash soup

Day 1

Plum and Blackberry Crumble Smoothie

- 2 cups rice milk
- 1 cup frozen plums and blackberries
- 1 tsp vanilla powder
- 1 tbsp almonds
- 1 scoop vanilla protein optional
- 1 tbsp bee pollen sprinkled over

Red Lentil and Sweet Potato Soup/Stew

- 2 tbsp Olive Oil
- 1 Cup Lentils
- 1 Sweet potato, peeled and diced
- 3 Cups Chicken Stock
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 2 tbsp Tomato Puree
- 1 tsp ground cumin
- 1tsp ground coriander
- Parsley
- Sea Salt and Pepper
- 1 Lime

Method

Heat Oil in large pan. Gently fry onion for 5/10 minutes, add garlic and dry herbs, fry for

another few minutes til fragrant.

Add tomato puree, lentils and chopped sweet potato and increase heat. Add Stock and

bring to the boil. Lower heat, and simmer with lid on for 15-20 minutes, stirring occasionally, and adding boiling water if necessary.

Once lentils and sweet potato are very tender, remove from heat.

Reserve a portion required for kids, and serve over rice as Lentil Stew.

For the soup, Blend the remainder with a pinch of cayenne or chilli flakes to taste, sea salt and pepper. Serve both dishes with fresh parsley snipped and a squeeze of lime.

Chickpea Pancakes

These take a second to create and are a fabulous alternative to a wheaty, sugary base for Mondays.

RECIPE

- 1 Cup Chickpea Flour
- 1 Cup Water
- 1 teaspoon sesame oil (olive oil great too)
- Pinch sea salt

Whisk ingredients together and let sit for a few minutes while you get the filling ready.

- 1 Carrot in thin sticks
- 1 Avocado, sliced
- 1 Red Pepper, sliced

Humous

Cucumber thinly sliced

Fry a ladle of the pancake batter in a little oil for 2 minutes on each side, then smooth the humous on and add crunchy vegetables to top. This is a great light lunch for the whole family.



Day 2

Tropical mango smoothie

- 1 cup coconut milk
- 1 Cup Coconut water
- 1 Cup Frozen Mango/pineapple
- 1 Banana
- 1 handful fresh spinach (frozen also works)
- 1 tbsp dessicated coconut
- 1 tbsp Coconut Oil

BLEND

Chicken Salad with Purple Sprouting Broccoli, spicy sesame dressing

- Portion from 1 Freshly Roasted chicken (or deli bought)
- Handful Purple Sprouting Broccoli lightly steamed
- Rocket
- Little Gem Lettuce

Dressing

- 1 tbsp sweet white miso
- 1 tsp sesame oil
- 1 tbsp olive oil
- 1 tbsp almond butter
- 1 tbsp Tahini
- black sesame seeds for garnish
- Pinch of chilli powder/flakes

Method

Arrange leaves on a plate, place sliced up chicken breast, or leg/thigh over, drizzle with oil, and a squeeze of lemon, sea salt and pepper. Add dressing ingredients to a small pan and heat gently, whisking til mixed together. Place broccoli on plate and smother with dressing and seeds, chilli powder to taste.

Red Lentil and Sweet Potato Soup/Stew

Yesterday's leftover - just a reheat required!



Day 3

Blueberry Vanilla Smoothie

1 Cup Frozen Blueberries
2 Cups Almond/rice Milk
1 tsp Vanilla extract
Or use Vanilla Almond Milk
Blend

Roast Squash and Pumpkin salad with Pumpkin Pesto

1/2 Butternut squash in 2 inch wedges
1/4 Pumpkin in 2 inch wedges
Rocket, watercress and spinach leaves
Parsley & Garlic Pesto to drizzle
1 tbsp toasted Pumpkin seeds

Pesto
2 cloves Garlic.
30g Parsley roughly chopped
30 g basil leaves roughly chopped
1 lemon juiced
1 Cup toasted pumpkin seeds
Sea salt
1/4 cup Olive oil
1/4 cup Grapeseed oil
Blend all but the oils together and drizzle in oils as blending. Adjust to texture required with more oil or some water.

Method

Oven set to 190. Coat pumpkin and squash in olive oil in a bowl, lay on baking sheet with space, sprinkle with sea salt. Roast for 30-40 minutes until caramelising, turning once halfway.

Arrange salad in bowl, place desired amount of squash and pumpkin over. Spoon pesto on top and sprinkle with warm pumpkin seeds.

Chicken Courgette Noodle Soup

500 ml Chicken Stock
2 tbsp Miso
1 Courgette
1 Carrot
Slices cooked Chicken
Tamari Soy Sauce
Rice noodles
Handful fresh coriander

Method

Warm chicken stock in pan. Cook rice noodles alongside. With a potato peeler slice thin strips of courgette and carrot into stock, turning as if peeling to keep strips thin. Add chicken and turn up heat to simmer for 2 minutes. Place miso in mug and stir in a ladleful of hot stock, return to stock, turning off heat. Place cooked noodles in individual bowls, and pour over soup, sharing veg and chicken between bowls. Snip Coriander over and splash of tamari.



Day 4

Strawberry Banana Shake

- 2 Cups Rice/Almond Milk
- 1 cup fresh/frozen strawberries
- 1 Banana
- 1 tbsp Almond butter

Roasted Courgette Frittata with Lemon dressed Green salad

- 3 Courgettes sliced
- 2 spring onions
- 1 red onion
- Fresh Parsley
- 6 Eggs
- Handful Rocket leaves
- Pea Shoots
- 2 tbsp Balsamic Vinegar
- ¼ cup Olive Oil
- ½ Lemon juiced
- 1 tbsp sunflower seeds

Method

Heat Oven to 220

Thickly slice courgettes on the diagonal and toss in some olive oil in a bowl. Transfer to a lined baking tray and roast in the oven for 15-30 minutes until going brown.

Slice red onion and sweat in olive oil in small sized oven-proof frying pan, for 5 minutes.

Whisk eggs in bowl with salt and pepper. Remove courgette from oven and place in pan with sliced spring onions, arrange evenly then pour eggs over. Heat gently for a couple of minutes then place in oven for 5 minutes.

Serve with green salad, dressed with last ingredients shaken in jam jar. Sprinkle with seeds.

Chicken Courgette Noodle Soup

Yesterday's leftover - just a reheat required!



Day 5

Almond Vanilla Shake

Best made with fresh almond milk
2 Cups Almond Milk
1 tsp Vanilla Extract (not essence)
2 tbsp almond butter
¼ tsp cinnamon
1 Medjool date
Handful of ice

Poached Cod and Fennel with crispy capers

400g Cod
200g Wild Salmon
200g Undyed Smoked Haddock
8 black peppercorns
lemon rind
Parsley stalks
1 little gem lettuce
1 fennel bulb
¼ cup cherry tomatoes
¼ cup capers

Method

Heat oven to 200

Place fish in stock/water in a large pan with peppercorns, rind and stalks, heat gently until simmering, cover and leave for 5-10 minutes until fish is firm and not translucent.

Reserve haddock, salmon and ½ cod for fish cakes.

Slice Fennel vertically, and tomatoes in half and place on baking tray drizzled with oil and sea salt for 15 minutes, checking frequently.

Place capers in small, dry frying pan on high heat and sizzle until crisp, stirring.

Chop lettuce and drizzle with olive oil and lemon. Place cod covered in capers and fennel and tomatoes from oven.

Squash and Coconut Curry Soup

1 Butternut Squash, 1 inch cubes
1 onion, sliced
2 cloves garlic, finely chopped
Olive oil
500ml Chicken Stock
Handful fresh spinach
1 can coconut milk
Sprig fresh coriander
(fresh chilli optional)

Method

Saute onion and garlic in oil slowly for 10-15 minutes until browning but not burnt. Add squash and stock, bring to the boil and simmer, lid half on for 15 minutes. Blend to smooth and add coconut milk and spinach, sea salt and pepper to taste, heating gently until just wilted, but not back to the boil.

Serve with coriander and chilli to taste.



Day 6

Blueberry Buckwheat Pancakes

1 cup (sprouted) Buckwheat Flour
½ Plain Flour (GF etc)
1 tsp Baking powder
1 pinch sea salt
2 eggs
1 well mashed ripe banana
1 tbsp maple syrup
¼ cup fresh blueberries
1 cup milk of choice
2 tbsp melted butter/coconut oil

Method

Mix dry ingredients in bowl, make a well in centre, crack both eggs in and slowly incorporate from the inside out with a whisk, add maple syrup and mashed banana, keep whisking slowly. Drizzle in milk until no flour is dry and batter is thick yet pourable. Heat pan and melt butter/oil, add to batter for a glossy finish. Fold in blueberries carefully. Ladle small puddles to hot pan, flip when bubbles start to appear. Stack and drizzle with more syrup and fresh berries.

Spinach Miso Soup

1 Litre Chicken Stock
100g Mushrooms
Handful Spinach
½ courgette
2 tbsp Miso

Heat Stock in large pan, add sliced mushrooms and courgette, simmer for a couple of minutes. Add ladleful to mug with miso and mix thoroughly. Return to pan with spinach til wilted but don't bring back to boil.

Lamb Chops Salsa verde and roast sweet potato

2-4 lamb chops
1 sweet potato
Bunch of Parsley, coriander, mint and basil
Olive oil
Dijon Mustard
2 anchovies
Tamari soy sauce
1 lemon juiced
Pinch chilli flakes

Method

Oven at 200.

In food processor whizz up equal parts parsley, mint and coriander, with a few leaves of basil, and drizzle olive oil. Add other ingredients and pulse til a roughly chopped texture.

Smother over raw lamb chops and leave to marinate for at least half an hour up to overnight.

Place unpeeled, whole sweet potato in oven for 30mins to 1 hour depending on size, til very soft to touch. When ready to eat, heat griddle pan on high and cook chops for approx 3 mins on each side, remaining salsa heat through til simmering in a small pan adding a tbsp of maple syrup and water. Leave for 5-10 mins heating. Pour over chops and sweet potato.



Day 7

Strawberry Chia Pudding

- 1 Cup Rice Milk
- 1 tsp Vanilla extract/1/4 tsp powder
- 1 tbsp maple syrup
- 4 tbsp chia seeds
- 4 Fresh strawberries
- Extra berries to garnish

Blend rice milk with strawberries, vanilla and maple syrup, add chia seeds and leave to soak in fridge for an hour or overnight. When looking jelly like slice strawberries over and eat!

Roast Chicken, Braised Leeks, parsnips

- 1 Organic Chicken
- 2 red onions
- 1 lemon
- olive oil
- Sea Salt, pepper
- 4 Leeks
- 4 parsnips
- 1 tbsp wholegrain mustard
- 1 tbsp honey
- 3 tbsp olive oil

Oven at 200. Leave Chicken at room temperature for at least an hour before cooking.

Slice lemon into thin wedges and place four down in corners of a square on baking tray to make a nest for the chicken.

Place chicken over lemon wedges. Squeeze remaining wedges over chicken. Drizzle with olive oil and sea salt and pepper. Place in oven. After 20 minutes baste well and turn oven down to 150. Continue basting every 20 minutes until cooked – size dependent, but approx 1hr 20. Testing for juices to run clear from the thigh.

In the meantime slice leeks in half lengthways and place in oven drizzled with oil and salt, for approx 30 minutes.

Parsnips, chopped into 1 inch wide sticks, tossed in honey/mustard/oil mixture, roast in oven for 40 minutes approx, turning.

Squash and Coconut Curry Soup

Day 5's leftover - just a reheat required!

