

# HOW TO GET THE BEST FROM OUR MENUS

To stay as healthy and as energized as possible, I find that it helps to get organised at the weekend and plan for the week ahead. I try to set aside a couple of hours on a Sunday afternoon to make my snacks and meals for the next few days. However, healthy eating should fit around your lifestyle.

If you can find meal times overwhelming, then please see the Youth Plan as a little kickstarter, something to guide you through those first few days and even weeks.

We're giving you a helping hand with our shopping list, but remember that this is only a guide for lunches and dinners – you'll need to think about what you will want for snacks and, which is where many of us fall down!

However, now that you're ready to begin, read on, enjoy and feel inspired! The menus and recipes on the following pages are packed with our favourite Youth Plan foods to nourish and reveal your most youthful, beautiful you.

## **In the meantime, try to remember these simple tips to help you on your way:**

- When eating protein, a serving should be around the size of your palm. Pile the rest of your plate high with delicious green leaves and veggies.
- In the first week, you'll be investing in some store foods which should last you for the whole month. You can buy meat and fish ready-frozen in large packs for the month ahead, ready to defrost for meals.
- Use fresh herbs wherever possible as these will flavour your foods and make your meals sing. If you find it expensive, then buying a plant should provide you with enough leaves for the whole month and much longer, too. If you're starting the Youth Plan programme in spring or summer, then try planting salad, spinach and beet leaves in a seed tray, ready to harvest in just four weeks' time.

Of course, please try to remember that this plan has been designed to be flexible, and the meals can be changed around to fit in with your likes and lifestyle. We know that everyone is different, especially when it comes to tastebuds!

I find that it also helps to mix up the proteins according to what your local markets have in supply. For salads, vegetables and stir fries, you could also simply use whatever you have in your fridge - these are just guidelines to follow.

*Now, let's get started!*

First up, let's pick your breakfasts and snacks from the suggested lists. And remember, if you're feeling rushed or uninspired, one meal per day can be substituted with Rejuvenated's Protein Smoothie Drink or Protein Soup. Take one Re-set tablet with breakfast and lunch.

## WEEK ONE MENUS:

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
<b>Mon</b>	Protein Smoothie	Super Green Quinoa* and Herb Green Leaf Salad	Thai Prawns and Rejuvenated Salad
<b>Tue</b>	Protein Smoothie	Roast Carrot & Garlic Soup	Fillet of Salmon, Quinoa & Roast Vegetables
<b>Wed</b>	Protein Smoothie	Smoked Salmon, Black Olives, ½ Avocado and Green Salad	Chicken breast & Stir Fry Vegetables of Choice
<b>Thu</b>	Protein Smoothie	Coconut and Butternut Squash Soup	Cod or Haddock with Sweet Potato & Butternut Squash Mash, Green Beans and Grilled Tomato
<b>Fri</b>	Protein Smoothie	Leftovers of either soup made earlier in the week	Two-Egg Omelette with Green Leaves, Olives and Pine Nuts
<b>Sat</b>	Protein Smoothie	Baked Sweet Potato, Beetroot, Salad Leaves, Onion, Tomato & Peas	Roast Chicken with Roast Vegetables and Peas
<b>Sun</b>	Protein Smoothie	Salad Niçoise	Lamb Steak, Baked Sweet Potato and Rejuvenated Salad

And here's that handy shopping list to keep in your purse, or to stick to your fridge:

### *Protein -*

One pack of prawns  
Two chicken portions  
One tuna steak/tin of tuna  
Two salmon fillets  
One cod

### *Fruit & Vegetables -*

One bag of carrots  
One butternut squash  
One small red cabbage  
One bag of red onions  
Two avocados  
Two red peppers  
Two courgettes  
12 tomatoes  
One pack of green beans  
Three bulbs of garlic  
Green leaves of choice (spinach/kale/Swiss chard, pak choi, watercress)  
Small piece of ginger root  
Optional fresh parsley  
Two lemons or limes  
Alfalfa sprouts, if available

### *Pantry -*

Six eggs  
Packet of quinoa  
Bouillon  
Tamari  
Walnuts  
Olives  
Pumpkin seeds  
Tin of coconut milk  
Grape seed oil, for cooking  
Olive oil, for salads  
Turmeric  
Chilli flakes  
Ground coriander  
Pumpkin seeds

### *Freezer -*

Bag of frozen peas