

# Recipes: Green Thickies 7 Day Diet Plan

## Baked potato

### Ingredients

- 1 Medium sized potato

### Instructions

- Bake a potato (either a sweet potato or a white potato) either by baking in the oven at 200 C / 390 F for an hour, or 5 minutes in the microwave. Alternatively you can chop and steam the potato until soft (10-15 minutes) by placing it in a steamer basket over a pan of boiling water.

### To serve

- Serve with the salad, salad dressing and fillings as detailed below.

## The versatile salad

### Ingredients

- 1 cup (or as much as you like) chopped lettuce or dark green salad leaves such as romaine lettuce, spinach,
- 1 cup of other fresh raw chopped vegetables for example peppers, tomatoes, cucumbers, grated carrot whatever you enjoy or can buy.

### Salad Fillings

- 1/4 Cup of one of the following fillings:
- Chopped Avocado
- Chopped or baked tofu (if you can get hold of GM free tofu)
- Beans from a can which have been soaked in water rinsed or beans you have pre-cooked (Any beans e.g. butter beans, haricot, broad)
- Roasted/ Raw Seeds (Pumpkin, Sunflower, Sesame)
- Lentils from a can which have been soaked in water and rinsed or lentils you have pre-cooked
- Hummus
- OR 1/8 Cup of Roasted/ Raw Chopped unsalted nuts (Cashews, pecans, pine nuts, walnuts etc.)

## Asian Salad dressing recipe

### Ingredients

- 2 cloves of minced garlic
- 4 Tablespoons Apple Cider Vinegar
- 3/4 Cup Soy Sauce
- 2 Tablespoon of Date Syrup/ Paste or other sweetener (maple syrup, honey)

### Instructions

- Mix all the ingredients together by either stirring in a bowl or blending in a blender for a smoother dressing.

### To serve

- Add 3 Tablespoons of salad dressing to your greens, vegetables and fillings and mix together for your lunch or dinner

## Oil Free Italian dressing recipe

### Ingredients

- 1 cup cold water or vegetable broth
- 2 teaspoons of whole wheat flour or gluten free flour
- 1/4 cup of vinegar (apple cider, red wine or white wine)
- 1 tablespoon Dijon mustard (Dijon or powder)

- 1/2 tablespoon date paste/ maple syrup or agave
- 1 or 2 cloves of crushed garlic
- 1 teaspoon salt
- 1 teaspoon dried basil
- 1/4 teaspoon paprika
- 1/4 teaspoon pepper

#### Instructions

- Mix the flour with just enough liquid to make a paste. Add to a pan on a low heat and slowly whisk in the remainder of the liquid and all the other ingredients. Bring to a boil then simmer until thickened while continuing to stir.
- Cool down and store in the fridge in an air tight container.

#### To serve

- Add 3 Tablespoons of salad dressing to your greens, vegetables and fillings and mix together for your lunch or dinner.

## Creamy Coconut & Clementine GreenTHICKIE

3 large clementines or tangerines, satsumas or small oranges.

1/4 cup fanned coconut milk

1/4 cup dairy free milk

1 frozen bananas

or you can use fresh but it won't be as thick or cold

1 cup loosely packed spinach

or other mild greens or frozen spinach

#### Juice of 1/4 lemon

1 tablespoon almonds

or almond flour / ground almonds

1 tablespoon of date paste

or 2 large pitted dates

1/2 cup of oats or other filler

## Creamy Pasta with Broccoli and Mushrooms

1 cup of [gluten free pasta](#)

Or whole wheat pasta if you can tolerate it About 75g

1 cup of [broccoli florets](#)

Optional

1-2 cups of [mushrooms chopped](#)

Optional

1/8 cup [unsalted unroasted cashew nuts](#)

1/2 teaspoon of [apple cider vinegar](#)

1/4 teaspoon salt

1/4 teaspoon [garlic powder](#)

Pinch pepper

3/4 cup [dairy free milk](#)

Almond, coconut, soya etc.

3/4 tablespoon [flour](#) (wholemeal or gluten free)

1/4 tablespoon [lemon juice](#)

1/2 teaspoon [mustard](#) (Dijon or powder)

1/4 teaspoon [oregano](#)

Salad

1 Cup of chopped leafy greens

1 Cup of chopped salad vegetables (tomatoes, cucumber, peppers, onions, radish, carrot, fresh herbs etc.)

Up to 3 tablespoons of salad dressing

1. Cook the pasta to the packet instructions.
2. Steam the broccoli and mushrooms on top of the pasta. If you don't have a steamer boil it with the pasta or stir fry in some vegetable stock or small amount of water in a wok.
3. Combine all the rest of the ingredients in a blender.
4. Transfer to a pan and bring to the boil and simmer on the lowest heat for 10 minutes.

5. Mix the pasta, broccoli/ mushrooms and sauce together.

### To Serve

Serve the pasta on top of or next to the same salad (without the fillings) that you made for lunch.

## Sweet Grapefruit and Orange GreenTHICKIE

1/4 Cup Water  
1 cup loosely packed spinach  
or other mild greens  
1/4 Cup Coconut Milk (from a tin)  
1/2 Grapefruit peeled and chopped  
1 Orange peeled and chopped  
1/2 small mango  
or 1/2 cup mango fresh or frozen  
1/4 Cup Chopped pitted dates/ date paste  
1/2 Cup Oats or other filler  
1 Tablespoon Almonds  
Or almond flour/ Ground Almonds

## Satay Noodles with Stir Fry Veg

75g of gluten free noodles or spaghetti  
2 tablespoon water  
2 Cups or 2 handfuls of mixed stir fry veg  
such as (Peppers, Onion, Beansprouts, grated carrot, courgette, baby sweetcorn, broccoli, cauliflower, mange tout, sugar snap peas)

### Satay Sauce ingredients

1/4 Teaspoon Chilli powder or to taste  
2 teaspoons date paste/syrup or other healthy sweetener  
1.5 tablespoons Soy Sauce  
2 teaspoons apple cider vinegar  
1 tablespoon Peanut butter  
1/4 Cup Water  
2 garlic cloves minced

### Salad

1 Cup of chopped leafy greens  
1 Cup of chopped salad vegetables (tomatoes, cucumber, peppers, onions, radish, carrot, fresh herbs etc.  
Up to 3 tablespoons of salad dressing

1. Cook the noodles to the packet instructions
2. Combine all the satay sauce ingredients in a small saucepan and stir while over a low heat.
3. Heat the water in a wok or large frying pan on a medium to high heat and add the stir fry veg. Stir fry for about 5 minutes.

Add the sauce to the vegetables and serve over the noodles.

### To Serve

Serve the noodles & veg on top of or next to the same salad (without the fillings) that you made for lunch.

## Apple Coconut GreenTHICKIE

1/2 Cup Water  
1/2 Cup dairy free milk  
1/4 Cup Coconut milk  
from a tin

1 cup loosely packed spinach  
or other mild greens  
1 Apple chopped  
1/2 large Banana  
or 1 small banana  
1/2 Cup Oats or other filler  
1 Tablespoon Pumpkin Seeds

## Mushroom & White Bean Chili & Rice

1/4 Cup / 80g of whole grain rice  
2 Tablespoon water  
1/4 Onion diced  
100g mushrooms/ 1 Cup sliced  
1 garlic clove minced  
1/4 Tablespoon cumin  
1/4 Tablespoon chilli powder

1/2 teaspoon ground fennel / fennel seeds  
1/4 teaspoon cocoa/carob powder  
1/2 tin of chopped tomatoes (200g)  
or 2 tomatoes blended in the blender  
1/2 tin of butter beans (or other white beans) (200g) or 1/2 Cup of pre-cooked beans  
1/2 teaspoon salt  
Optional, substitute any of the vegetables for other vegetables you already have e.g. a handful of leafy greens (Kale, Spinach) makes a nice addition.

Salad

1 Cup of chopped leafy greens  
1 Cup of chopped salad vegetables (tomatoes, cucumber, peppers, onions, radish, carrot, fresh herbs etc.  
Up to 3 tablespoons of salad dressing

1. Cook the rice to the packet instructions.
2. Sauté the onions, mushrooms and garlic in the water until softened in a large frying pan or wok. (About 5 minutes). Add more water if needed.
3. Add the rest of the ingredients and simmer for 25 minutes.

## Apple Mango GreenTHICKIE

1 Cup Water  
1 cup loosely packed spinach  
or other mild greens  
2 small Apples chopped  
or 1 large apple  
1/2 Small Mango chopped  
or 1/2 Cup mango chunks (fresh or frozen)  
1/4 Cup of dates  
or date paste  
1/2 Cup Oats or other filler  
1 Tablespoon Almonds  
or almond flour/ ground almonds  
1/2 teaspoon vanilla extract or 1/2 vanilla bean or 1/2 teaspoon of ground vanilla

## Speedy Hummus & Mango Salad Wrap

1 gluten free or whole wheat wrap

1/4 Cup of hummus

1 Mango chopped

Or add to your salad if you prefer. Or choose a different fruit.

Salad

1 Cup of chopped leafy greens

1 Cup of chopped salad vegetables (tomatoes, cucumber, peppers, onions, radish, carrot, fresh herbs etc.)

Up to 3 tablespoons of salad dressing

1. Spread the wrap with hummus

2. Add the rest of the ingredients to the wrap and roll.

## Waldorf Salad GreenTHICKIE

1 Cup Water

1/4 Cup Coconut Milk

1 cup loosely packed spinach

or other mild greens

2 small Apples chopped

or 1 large apple

1/2 large Banana

or 1 small banana

2 Sticks Celery

1/4 Cup of Raisins

or dates/ date paste

1/2 Cup Oats or other filler

1 Tablespoon Walnuts

Juice 1/2 Lemon

1/2 Teaspoon Cinnamon

## Pesto & Spinach Pasta with Toasted Pinenuts

1 cup of gluten free pasta or whole wheat pasta (About 75g)

2 cups of fresh spinach

1/2 cups fresh basil tightly packed

2 tablespoons pine nuts

2 garlic cloves minced

1/4 teaspoon salt

1/2 tin butter beans (or other white beans)

Juice 1/2 lemon

3 tablespoons water

Salad

1 Cup of chopped leafy greens

1 Cup of chopped salad vegetables (tomatoes, cucumber, peppers, onions, radish, carrot, fresh herbs etc.)

Up to 3 tablespoons of salad dressing

1. Toast the pine nuts: Heat a small frying pan over a medium heat, add the pine nuts (nothing else) and stir for about 3-5 minutes or until they turn golden.

2. Cook the pasta to the packet instructions adding the spinach right before you drain it just to wilt it.

3. Add the basil, pine nuts, garlic, salt, beans, lemon juice and water to a food processor or blender and process until minced. You may need to stop and scrape down the sides. If there aren't enough ingredients to keep turning the blades of your food processor, try doubling the ingredients and freeze half

### To Serve

Mix the pasta, spinach & pesto and place on top of or next to the same salad (without dressing and fillings) that you made for lunch.

## Lemon Meringue Pie GreenTHICKIE

1 cup Water  
1 cup loosely packed spinach  
or other mild greens  
2 Bananas  
1/4 cup of Dates  
or date paste  
1/2 cup Oats or other filler  
1 tablespoon Pecans  
Juice of 1 1/2 Lemons  
1/2 Teaspoon Cinnamon  
Pinch Nutmeg

# Creamy Coconut Curry

## Ingredients

### Vegetables

1 Medium sized White or Sweet Potato cut into chunks

1 Tomato cut into chunks

1 Zucchini/Courgette cut into chunks

1/4 Cup Sweetcorn (or white beans or chick peas)

1/2 Onion diced

Optional:

Handful of chopped coriander

### Curry Sauce

1/2 teaspoon Garlic Powder

1 tablespoon Curry Powder

1 teaspoon Soy Sauce

1 teaspoon Date Paste or other healthy sweetener

1/4 teaspoon Salt

1/2 can Coconut Milk

### Salad

1 Cup of chopped leafy greens

1 Cup of chopped salad vegetables (tomatoes, cucumber, peppers, onions, radish, carrot, fresh herbs etc.)

Up to 3 tablespoons of salad dressing (see page 52).

## Instructions

1. Mix all the ingredients for the curry sauce together in a pan. Bring to the boil.
2. Turn the pan down to simmer, add in the potatoes. Cover and simmer for 10 minutes.
3. Add the other ingredients to the pan and simmer for 5 minutes or until the potatoes are tender.

## To Serve

Serve your potato curry next to your salad and top with fresh coriander (if using)

## Chocolate Orange GreenTHICKIE

1/2 Cup Water  
Zest of 1/2 Orange  
1/2 Cup Orange Juice  
About 1-2 large oranges  
2 large Oranges peeled and chopped  
About 1.5 Cups

1 cup loosely packed spinach  
or other mild greens  
1/4 Cup of Dates  
or date paste  
1/2 Cup Oats or other filler  
2.5 Tablespoon Cocoa/ Carob Powder

## Orange Balsamic Roasted Vegetables & Potatoes with Bean Hash

### Roasted Vegetables

Medium Sized Potato washed and cut into chunks  
1 teaspoon flour  
1 Carrot peeled and cut into sticks  
1 Courgette cut into thick sticks  
1/2 Pepper cut into wide strips  
1/2 Cup Cherry Tomatoes cut in halves  
1/2 Onion cut into eighths  
Salt & Pepper to taste  
Zest 1/2 Orange

1 1/2 tablespoons Balsamic Vinegar  
1/2 teaspoon Oregano  
1/2 teaspoon Basil

### Bean Hash

1/2 cup of white beans (Pinto, navy, haricot, black eyed etc.)

Pinch Chilli Powder

1/4 teaspoon salt

1 garlic clove minced

1/8 teaspoon cumin

2 tablespoons water or as much as it takes just to blend easily)

Salad

1 Cup of chopped leafy greens

1 Cup of chopped salad vegetables (tomatoes, cucumber, peppers, onions, radish, carrot, fresh herbs etc.

Up to 3 tablespoons of salad dressing

Preheat the oven to 230 C/450 F

2. Add chopped potatoes to a pan of cold water (must start off cold) and bring to the boil. Once boiling, boil for 4 minutes. Drain. Add salt, pepper & flour, take off the heat, add the lid to the pan and shake vigorously. Bake for 30 minutes or until brown.
3. Add the rest of the ingredients to a large mixing bowl. Mix. Spread out on a baking tray. Bake for 30 minutes or until brown.
4. Add all the ingredients for the bean hash to a small pan. Mash the beans and mix. Warm up when ready to serve the meal.

### To Serve

Place the potatoes, veg and bean hash on top of or next to the same salad (without the fillings) that you made for lunch.