



Glenville

NUTRITION

CLINICS **COURSES** CENTRES



SLIMPLICITY

PROGRAMME

CHANGE YOUR SHAPE - TRANSFORM YOUR HEALTH

SLIMPLICITY **7 Day Bonus** Menu Planner and Recipe Sheets

To learn more about Dr Marilyn Glenville's SLIMPLICITY Programmes, visit: <http://glenvillenutrition.com/slimplicity/>



7 Day - menu planner

Please note that all eggs/fish used in these menus should be cooked thoroughly

Menu Planner	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Quinoa porridge with rice milk and ground almonds	Bircher Muesli with oat milk	Quinoa porridge with Oat milk and seeds	Wholegrain rice cereal with mixed seeds and Oat milk	Poached eggs and sautéed mushrooms on rye toast	Buckwheat pancakes with fresh berries, seeds and organic bio yogurt	2 egg tomato and mushroom omelette
Mid-morning snack	Oatcakes with tahini	Rice cakes with nut butter	1 apple and a few almonds	Celery with hummus	Crispbread with tahini	Sardines on Rye toast	Banana with almonds
Lunch	Brown rice and watercress / rocket salad with chickpeas	Small jacket potato with sardines or hummus and salad	Wild salmon salad with rocket, red onion and red pepper	2 egg omelette with green salad	Quinoa with coriander, lemon juice, chickpeas and raisins	Marinated tofu with stir-fried broccoli	Sardines with watercress, spinach, rocket and tomatoes with balsamic vinegar
Mid-after-noon snack	Apple with a few Brazil nuts	Celery with hummus	Oatcakes with tahini	Small can of sardines	Banana with pumpkin seeds	Rice cakes with nut butter	Crispbread with tahini
Dinner	White fish poached / grilled with steamed vegetables	Quinoa with roasted Mediterranean vegetables	Wild salmon with ginger and tamari sauce with stir-fried vegetables and a little brown rice	Red and green peppers stuffed with brown rice and nuts	Baked sweet potato with grilled cod and steamed broccoli	Stir fried vegetables with marinated tofu and rice noodles	Homemade 'meal soup' with vegetables and pulses

To learn more about Dr Marilyn Glenville's SLIMPLICITY Programmes, visit: <http://glenvillenutrition.com/simplicity/>



Quinoa Porridge

Ingredients

2 cups organic almond milk (or soya)
1 cup organic red/white quinoa
6 prunes chopped
1 teaspoon ground cinnamon
1/3 cup chopped pecans, toasted
Natural organic yogurt (or soya)

Directions

- Combine almond milk, quinoa and prunes in a medium saucepan.
- Bring to a boil over high heat, then reduce heat and simmer with lid on for 20 minutes.
- Turn off heat and let stand for 15 minutes or until liquid is absorbed.
- Transfer to bowls and top with pecans and natural organic yogurt.
- Drizzle 1 teaspoon maple syrup over each serving (if needed)

Apple, Date and Nut Muffins

These muffins are easy to make and delightfully gluten-free

Ingredients

8 oz cooking apples weighed after peeling
(or you use eating apples for extra sweetness)
2 oz chopped walnuts
2 oz sultanas
2 oz chopped dates
1/4 tsp cinnamon
1/4 tsp nutmeg
8 oz brown rice flour
2 rounded tsp. baking powder
1 tbsp sunflower oil
1 egg or egg replacer
8 fl oz water

Directions

- Cut the apple into 1/2" slices and place in a bowl with the fruit and nuts.
- Place the remaining ingredients in a food processor and process until smooth. If you do not have a processor, beat together in a bowl.
- Combine the two sets of ingredients.
- Pile into 12 greased bun or muffin tins. The mixture will be piled up high if using bun tins but this will be fine.
- Bake for approximately 20 minutes at gas mark 6/200°C/400°F
- Remove from the tins and place on a wire tray to cool.

To learn more about Dr Marilyn Glenville's SLIMPLICITY Programmes, visit: <http://glenvillenutrition.com/slimplicity/>



Tofu

Tofu, also known as soya bean curd, has also been called a cheese as it is made by grinding cooked soya beans and the resulting 'milk' is then curdled with a coagulant.

It is thought that tofu originated in China about 2000 years ago and was introduced into Japan in the 8th century.

Tofu is often described as a perfect food as it is high in good quality protein, low in saturated fats, cholesterol free, easy to digest and carries with it a number of health benefits. Tofu provides 14.4% of the daily value for these especially beneficial fats in just 4 ounces.

Research into the health benefits of tofu, like soya in general, has shown that it can reduce the risk of heart disease because it lowers LDL ('bad') cholesterol.

The texture of tofu varies from soft to firm to extra-firm. Soft tofu has a smooth texture and is more suited for salad dressings, sauces and desserts, while firm and extra-firm tofu are best for baking, stir-frying and grilling.

Buy organic tofu and then you know that the soya has not been genetically modified.

Tofu Bake - serves 4

Ingredients

15mg (1 tbsp) soya sauce or tamari
750g (1 1/2 lb) potatoes chopped
(30ml) 2 tbsp olive oil
225g (8oz) chopped leeks
1 garlic clove, crushed
1 large aubergine, diced
175g (6oz) mushrooms, chopped
5ml (1 tsp) thyme
5ml (1 tsp) oregano
1 tbsp wholemeal flour or a gluten-free flour
300ml (1/2 pint) water
1 tbsp sesame seeds

- Marinate the tofu by pouring the soya sauce over it and leave to stand for 30 minutes. Bring enough water to the boil to cover the potatoes and cook until soft. Mash them with a little salt and leave to one side.
- Heat up the oil in a frying pan and add the leeks, garlic and aubergine and cook until tender. Add the mushrooms, thyme and oregano and cook for a further 2-3 minutes. Sprinkle the flour over the vegetables, stir over the heat and cook for 1-2 minutes. Gradually add the water or stock, bring to the boil and add the tofu and soya sauce. Simmer for 5 minutes.
- Pour the vegetable mixture into the bottom of an ovenproof dish, spread the potatoes over the top, sprinkle on the sesame seeds and bake for 30 minutes in a pre-heated oven at 190°C, 375°F, gas 5.

To learn more about Dr Marilyn Glenville's SLIMPLICITY Programmes, visit: <http://glenvillenutrition.com/slimplicity/>



Lentil Dhal

Ingredients

250g red lentils
160ml coconut cream
1 onion finely chopped
4 medium chopped tomatoes
1 tsp turmeric
1 tsp ground coriander
1 tsp ground cumin
1 red chilli chopped finely
Fresh coriander

Directions

- Sweat the onion in coconut or olive oil with the ground spices until softened.
- Add the lentils, coconut cream, tomatoes and chillies in a pan with 400ml water (or homemade stock), season and simmer for 20-30 minutes, until the lentils are tender and the liquid is fully absorbed.
- Add chopped coriander towards the end of cooking and serve.

Mackerel Pate

Ingredients

Pack of mackerel filets skinned
2 tbsp organic natural yogurt
Large handful of chopped flat leaf parsley
Good grind of black pepper
Juice and rind from half an organic lemon
1-2tbsp organic horseradish sauce (adjust according to taste)

Directions

- Put all ingredients together in a large bowl and mash with a fork. Use a food blender if smoother consistency wanted.
- The consistency of the pate can also be adjusted by adding more or less yogurt – it is a great recipe to experiment with!!

Ideal on oatcakes with watercress

Spicy Bean and Aubergine Dip

Ingredients

1 medium aubergine, chopped roughly
Red onion, peeled and chopped
1 green chilli, chopped (seeds left in for extra heat!)
2 garlic cloves
Olive oil
Large tin of butter or borlotti beans
Handful fresh basil
100g Feta cheese (optional)

Directions

- Fry the aubergine, onion, chilli, garlic and basil in olive oil until softened.
- Add the beans and fry until all the ingredients are cooked and slightly golden brown.
- Allow to cool slightly.
- Put all the ingredients and the feta cheese into a food processor (or hand blender) and mix until smooth. You can adjust the consistency to your liking.
- Serve with oatcakes and a green salad



Fruit and Nut Cookies

Preparation time 10 minutes, cooking time 15 minutes

Ingredients

- 100g (4oz) mixed dried fruit eg sultanas, apricots (organic where possible and without mineral oil or sulphur dioxide)
- 200g (7oz) mixed nuts eg almonds, cashews, hazelnuts
- 1 tbsp pumpkin seeds
- 2 tbsp approx. of sunflower seeds
- 75g (3oz) desiccated coconut
- 6 tbsp of liquid (e.g. organic apple juice, soya milk or rice milk)

Directions

- Put the dried fruit, nuts, coconut and pumpkin seeds into a food processor.
- Pulse until finely chopped and then add the liquid slowly until it makes a softish dough.
- Heap teaspoons of the dough onto a greased baking tray and press down to make a round (5cm, 2ins). Push some sunflower seeds into each cookie.
- Bake in a preheated oven at 180°C, 350°F, gas mark 4 for about 15 minutes.
- Cool before eating

Cooking / Baking Measurements

Volume Conversions		Weight Conversions		Temperature Conversions	
Imperial	Metric	Oz	Grams	Celsius	Farenheight
1 tsp	5 ml	1/2	15	120	225
1 tbsp	15 ml	1	30	150	300
1/4 cup	60 ml	3	90	160	325
1/3 cup	75 ml	4	115	180	350
1/2 cup	125 ml	8	225	190	375
2/3 cup	150 ml	12	350	200	400
3/4 cup	175 ml	1 pound	450	220	425
1 cup	250 ml	2 1/4 pounds	1 Kg	230	450

Note: All conversions are approximate and rounded to the nearest value.

To learn more about Dr Marilyn Glenville's SLIMPLICITY Programmes, visit: <http://glenvillenutrition.com/slimplicity/>