



Wave goodbye to water retention - menus

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Some suggestions		
Breakfast	Lunch	Dinner
Wheat free cereal, flax seed, cashew nuts, soya milk Peppermint tea	Aduki bean salad with parsley, chopped celery, French dressing, Ryvita's/oatcakes/Dr Karg spelt cracker – olive oil spread Hot broccoli soup with chives and parsley Tangerine	Baked white fish – sheep's yoghurt topping once cooked Boiled potatoes Brussels sprouts and almonds Few stewed blueberries with soya cream
Warm Berries with soya yoghurt and sunflower seeds, almonds & flaxseed.	Lentil Soup Pan-fried Artichoke Hearts with Lemon & Garlic	Turkey Burger with Goat Cheese, sautéed onions and cucumber salad
Oatcakes with nut butter and fruit	Canned sardines with olive oil and non-wheat crackers. Broad bean soup with parsley Fruit	Tofu, mushroom and broccoli stir-fry with brown rice Tangerine with soya yoghurt and tangerine peel grated on top



Soya yoghurt and Lizzi's granola	Hummus on cracker with prawns with courgette, sugar snap peas, and celery	Chicken breast with tomato salad with chickpeas and grated goats cheese
Wheat free cereal with soya milk and chopped brazil nuts	Hummus dip with crackers Watercress soup with chives and parsley Blueberries	Gluten free pasta bake with chicken strips and vegetables Fruit
Rye toast and cashew nut butter	Cooked Salmon wrapped in lettuce leaves with avocado and olives	Mediterranean-style Chicken, Brown Rice and salad
Avocado on rye toast with chopped apple or pear	Goats cheese on cracker Hot mung bean soup with ginger and parsley Sliced orange	Prawn Thai curry with brown rice and broccoli
Kedgeree & watercress	Rainbow salad with crackers Aduki Bean soup with miso, ginger, parsley and fruit	Baked salmon with new sweet potatoes and cucumber salad. Warm fruit salad

Tomato salad, with chick peas and goats cheese



Punnet halved grape tomatoes, 2 Spring onions, chopped, 2 tbsp. Chopped parsley, chopped mint (1 tbsp), 15oz can organic no salt added chickpeas, drained and rinsed, 1 tbsp. Apple cider vinegar, 2 tbsp. extra virgin olive oil, ½ tsp sea salt, ¼ tsp ground black pepper, 2 beefsteak tomatoes cut into 8 slices each.

Arrange 4 tomatoes slices on each of four plates then Combine all other ingredients and spoon on top. Add chicken slices and grated goats cheese.

Turkey Burgers with Goats Cheese, sautéed onions an cucumber salad

Cucumber salad – thinly slice cucumber with extra virgin olive oil and apple cider vinegar

Heat 1 tbsp. olive oil with little water in pan over a high heat and cook 2 medium onions thinly sliced until golden about 8 minutes.

Burgers – combine in a bowl turkey 1 ½ pounds, ¼ tsp dried basil, ½ tsp garlic powder, ¼ tsp ground black pepper and make ¾ inch thick burgers. Heat a non-stick pan over a medium-high heat and add the burgers. Cook turning once about 5-6 minutes each side.

Place a lettuce leaf on each of 4 plates and top with a burger, onions and grated goats cheese

Mediterranean style chicken Kebabs

1 ½ pounds organic boneless, skinless chicken thighs trimmed and cut into pieces, 1 medium red & green pepper chopped, 2 tbsp. extra virgin olive oil, 1 garlic clove minced, 1 tsp dried oregano, ¼ tsp black pepper. Lemon wedges.



Combine chicken, peppers, oil, garlic, oregano, and basil in a bowl and refrigerate for 30 minutes. Thread onto skewers and fry until cooked about 8-10 minutes turning regularly. Serve with lemon wedges.

Brussels Sprouts with Almonds

2 tbsp. olive oil, 6 garlic cloves, 1 medium onion sliced, 1 pound brussels sprouts trimmed and quartered, ½ cup water, 3 tbsps. almonds slivers, 1/8 tsp ground black pepper.

Heat oil in pan over medium heat, add garlic onion and basil, cook until translucent, 3-4 minutes, increase heat to medium-high and stir in the brussels sprouts stirring occasionally for 3 minutes, add water and cook until water evaporated and sprout tender and lightly browned 5-6 minutes, stir in almonds and cook for 1 minute season with pepper.

Pan-fried Artichoke Hearts with lemon and garlic

2tbsp olive oil, 3 garlic cloves thinly sliced, 12 oz. frozen artichoke hearts thawed, 1 tsp grated lemon zest, 1 tbsp. chopped parsley

Heat oil in pan over medium-high heat, add garlic and cook until starting to brown 1- 1 1/2 minutes. Remove garlic with slotted spoon and reserve. Return to heat and add artichokes and stir occasionally until browned 5-6 minutes. Removed from the heat and stir in garlic, lemon zest and parsley



Courgette, sugar snap peas and celery

2 tbsp. oil 4 garlic cloves minced, 1 medium courgette cubes, 2 celery sticks cut into ½ inch slices, 8 oz. sugar snap peas, ground black pepper.

Heat non-stick pan over medium-high heat, add garlic and cook until slightly brown 45 seconds. Stir in courgettes, celery and cook until starting to soften 2 minutes, add sugar snap peas cook about 1 minute