# Meal Plan Sample

### 7 Day Eating Guide

### RediCareControl<sup>DTx</sup>

### SAMPLE WEEKLY MENU

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Ham & Cheese Omelette	Granola	Bacon with Tomatoes & Mushrooms	Greek Yoghurt & Berries	Ham & Cheese Omelette	Bacon with Tomatoes & Mushrooms	Smoked Salmon with Eggs & Avocado
Lunch	Buffalo Mozzarella Salad	Chicken & Avocado Salad	Buffalo Mozzarella Salad	Goats Cheese Salad	Chicken & Avocado Salad	Portobello Mushrooms	Ham & Cheese Omelette
Dinner	Tomato & Garlic Prawn Pasta	Lettuce Wrapped Quarter Pounder	Baked Salmon & Cauliflower	Thai Green Curry	Fish Pie	Cauliflower Sheperds Pie	Rib Eye Steak with Mushrooms

Tip: The above is a sample guide only. You can choose your own favourite recipes on your profile on www.controldtx.com

### 7 Day Eating Guide

### RediCare Control DTx

### PERSONALISED WEEKLY MENU

urday Sunday	Saturday	Friday	Thursday	Wednesday	Tuesday	Monday	
							Breakfast
							Lunch
							Dinner
							Dimer
ahead. Cre	the week ahead. C	ek to plan for th stes and lifestyle	ninutes each we our personal tas	cess: Take a few n n tailored to suit ye	n is Key for Suc	Preparatio your own v	Dinner

Redicare recipes available on https://controldtx.com

### **KITCHEN ESSENTIALS**

#### Fruit/Vegetables/Herbs

- Raspberries
- Strawberries
- Lime
- Avocado
- Tomato
- Mushrooms
- Courgettes
- Cauliflower
- Green beans
- Broccoli
- Asparagus
- Onion
- Baby Spinach
- Coleslaw
- Sugar Snap Peas
- Yellow Pepper
- Mixed Leaves
- Fresh Chives
- Fresh Parsley
- Garlic
- Head of Lettuce

#### Nuts & Seeds

- Mixed nuts
- Flaked almonds
- Hazelnuts
- Pecan nuts
- Walnuts
- Pumpkin seeds
- Sunflower seeds

#### Dairy

- Greek Yogurt
- Parmesan
- Goat's Cheese
- Cheddar Cheese
- Buffalo Mozzarella
- Fresh Cream
- Eggs
- Cream Cheese
- Greek Yogurt
- Kerrygold
- Shredded Mozzarella Cheese
- Full Fat Philadelphia
- Garlic & Herb Cream Cheese

#### **Canned Good & Sundries**

- Dark Chocolate >80%
- Passata
- Extra Virgin Olive Oil
- Balsamic Vinegar
- Paprika
- Green Curry Paste
- Dijon Mustard
- Ketchup (reduced sugar)
- Cayenne
- Coconut Cream
- Jalapenos
- White Wine Vinegar
- Tomato Sauce Unsweetened
- Dried Oregano
- Stock Cubes
- · Ground Coffee
- Cinnamon
- Appled Cider Vinegar
- Siracha Sauce
- Chillies

- Meat/Fish
- King Prawns
- Salmon Fillet
- Ham
- Chicken Breast
- Rib Eye Steaks
- Organic Mince Beef
- Unsmoked Rashes
- Italian Sausage
- Haddock Fillets
- Trout Fillets

### Ham, Cheese and **Mushroom Omelette**







Carbohydrates: 5 grams Fat: 36 grams

Protein: 32 grams

#### **Ingredients:**

- 100g mushrooms
- 2 slices of good quality ham
- 4 tbsp grated cheese
- 3 eggs
- 1 tbsp butter
- Salt and pepper

- 1. Whisk eggs with salt and pepper.
- 2. Cook eggs in melted butter on high heat.
- 3. Add chopped ham, mushrooms, and cheese when eggs firm up.
- 4. Grill for 5 mins and serve





### Low Carbohydrate Granola







Carbohydrates: 9 grams Fat: 23 grams

Protein: 13 grams

#### **Ingredients:**

- 75g flaked almonds
- 75g crushed hazelnuts
- 75g pumpkin seeds
- 75g sunflower seeds
- 75g walnuts
- 5 tbsp melted coconut oil
- 2 tbsp agave syrup
- 125g Greek yogurt (for serving)

#### Instructions:

1. Mix all ingredients and bake at 180°C for 30 minutes.

2. Stir occasionally and cool before serving. Stir occasionally and cool before serving.



When the granola is baking in the oven, make sure you stir every 5–8 minutes to prevent the top layer from burning.



### **Mushroom Bacon Tomatoes**



 Prep Time 3 mins



Carbohydrates: 5 grams Fat: 23 grams

Protein: 16 grams

#### **Ingredients:**

- 2 unsmoked rashers
- I tomato or 6 cherry tomatoes
- 70g mushrooms
- 2 tsp extra virgin coconut oil

#### Instructions:

1. Fry mushrooms and tomatoes in coconut oil for 3-6 minutes. 2. Cook rashers in the same pan for 4-6 minutes. Serve immediately.



### **Greek Yoghurt, Nuts** and Berries







Carbohydrates: 12 grams Fat: 32 grams

Protein: 17 grams

#### **Ingredients:**

- 125g Greek yogurt
- 40g mixed crushed nuts
- 10 fresh raspberries
- 3 fresh strawberries
- Cinnamon/ low carb sweetener (optional)

#### Instructions:

1. Layer yogurt, nuts, and berries in a bowl.

-`<u>Ó</u>- Tip: To increase your fat intake, choose higher fat nuts such as pecan, brazil and macadamia.



### Scrambled Eggs, **Smoked Salmon**







Carbohydrates: 2 grams Fat: 36 grams Protein: 29 grams

#### **Ingredients:**

- 80g avocado
- 2 medium eggs
- 60g smoked salmon
- 1 tsp butter
- Salt and pepper

#### Instructions:

1.Melt butter in a pan and cook beaten eggs until fluffy. 2. Serve with sliced avocado, smoked salmon, and season to taste



### **Buffalo Mozzarella and Tomato Salad**







Carbohydrates: 11 grams Fat: 46 grams

Protein: 23 grams

#### **Ingredients:**

- 1 large ball of buffalo mozzarella
- 1 large beef tomato
- 100g spinach leaves
- 1 tablespoon of extra virgin olive oil
- Seasoning

#### Instructions:

- 1. Slice tomato and mozarella into 6 slices
- 2. Garnish with spinach, drizzle with oil and serve.



To increase your potassium and fiber intake, make this a large salad by adding 4 handfuls of mixed salad or baby spinach leaves.



### Chicken, Bacon, **Avocado Salad**







Carbohydrates: 9 grams Fat: 49 grams Protein: 41 grams

#### **Ingredients:**

- 1 medium avocado
- 1 small chicken breast
- 1 bacon rasher (unsmoked)
- 1 yellow pepper
- 80g mixed salad leaves
- 1 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar

- 1. Cook chicken and bacon, then slice.
- 2. Prepare salad with avocado slices and peppers.
- 3. Top salad with chicken, bacon, and dressing.



### **Stuffed Portobello Mushrooms**







Carbohydrates: 10 grams Fat: 20 grams Protein: 22 grams

#### **Ingredients:**

- 3 portobello mushrooms
- 1 tbsp full-fat cream cheese
- 2 unsmoked bacon rashers
- 1½ tsp chives
- 1 tsp extra virgin coconut oil (or olive oil)
- Paprika (to taste)

- 1. Preheat oven to 200°C.
- 2. Fry bacon and mushroom stems, then mix with remaining ingredients.
- 3. Stuff mushrooms, bake for 20 minutes, and serve.



### **Chicken and Cauliflower Bake**







Carbohydrates: 14 grams Fat: 41 grams Protein: 43 grams

#### **Ingredients:**

- 500g chicken breast, diced
- 1 medium head of cauliflower
- 200ml heavy cream
- 150g shredded cheddar cheese
- 1 tsp garlic powder

- 1 tsp onion powder
- Salt and pepper
- 2 tbsp olive oil
- Fresh parsley for garnish (optional)

- 1. Preheat oven to 180°C (350°F). Cook diced chicken with garlic powder, onion powder, salt, and pepper.
- 2. Steam cauliflower until tender, then drain.
- 3. Mix chicken, cauliflower, heavy cream, and half the cheddar in a bowl.
- 4. Transfer to a baking dish, top with remaining cheddar, and bake for 20-25 minutes until golden.
- 5. Serve hot, garnish with parsley (optional).



### **Tomato and Garlic King Prawn Pasta**







Carbohydrates: 18 grams Fat: 31 grams Protein: 35 grams

#### **Ingredients:**

- 150g king prawns
- 3 tsp fresh basil, chopped
- 150g courgette spaghetti
- 50g broccoli
- 150g passata

- 2 cloves garlic, crushed
- 1 tbsp parmesan cheese
- 1 tbsp extra virgin coconut oil
- 1tbsp butter

- 1. Spiralize the courgette into spaghetti or use pre-made.
- 2. Make the tomato sauce by heating butter, passata, garlic, and basil in a pan. Add prawns and set aside to marinate.
- 3. In a large pan, melt coconut oil and cook broccoli for 5 minutes. Add courgette spaghetti and cook for 2 minutes.
- 4. Combine the prawns and tomato sauce with the courgette and broccoli. Cook for 3 more minutes.
- 5. Serve immediately with a sprinkle of parmesan.



### Lettuce Wrapped **Quarter Pounder**







Carbohydrates: 4 grams Fat: 34 grams Protein: 25 grams

#### **Ingredients:**

- 1 onion, diced
- 1 tbsp sriracha
- 2 large lettuce leaves
- legg
- 2 tbsp butter
- ½ lb ground beef

- ½ tsp salt & pepper
- 2 strips of bacon
- 2 tbsp jalapenos, sliced
- 1 tbsp mayonnaise
- 1 large plum tomato, sliced
- 1 avocado, mashed

- 1. Knead the ground beef with diced onion, sriracha, egg, salt, and pepper.
- 2. Form into two patties and cook in butter, flipping after 5 minutes. Add onions if you want them caramelised.
- 3. Cook bacon until crispy.
- 4. Spread mayonnaise on lettuce leaves, place patties on top, and add toppings like tomato, avocado, bacon, and jalapenos.



### **Baked Salmon with Cauliflower Mash**



Serves:2 Orep Time 20 mins Cook Time: 20 mins



Carbohydrates: 31 grams Fat: 41 grams Protein: 34 grams

#### **Ingredients:**

- 1 salmon fillet
- 1 small head of cauliflower
- 2 tablespoons cream
- 1 tablespoon butter
- 2 tablespoons breadcrumbs

- 1 tablespoon pecans, chopped
- 1 tablespoon fresh parsley
- 1 teaspoon mustard
- 1 teaspoon honey
- Green begns

- 1. Oil cauliflower with salt for 15 minutes. Mash with cream and butter until smooth.
- 2. Coat one side of the salmon with a breadcrumb, pecan, parsley, mustard, and honey mixture. Bake at 200°C for 20-25 minutes.
- 3. Steam or boil green beans for 6 minutes.
- 4. Serve salmon over cauliflower mash with green beans on the side.



### **Thai Green Curry with Cauliflower Rice**







Carbohydrates: 34 grams Fat: 53 grams Protein: 40 grams

#### **Ingredients:**

- 200ml coconut cream
- 85g sugar snap peas
- 2 tsp green curry paste
- 1 pack cauliflower rice
- 1 medium chicken breast

- 100g green beans
- 50g baby sweet corn
- 100ml water
- Salt and pepper

- 1. Cook sliced chicken in coconut oil for 5 minutes.
- 2. Add vegetables, coconut cream, curry paste, and water. Cook for 10 minutes.
- 3. Cook cauliflower rice in coconut oil for 2 minutes.
- 4. Serve curry over rice, and season to taste.



### **Fish Pie**







Carbohydrates: 8 grams Fat: 36 grams Protein: 28 grams

#### **Ingredients:**

- 200g full-fat Philadelphia
- 100g garlic & herb cream cheese
- 1 salad bag of baby spinach
- 1 cup of prawns
- 2 salmon fillets
- 2 haddock /trout fillets

- 1 head of cauliflower
- 1 fish stock cube
- legg
- 1 tablespoon butter
- Handful of parmesan

- 1. Boil cauliflower in salted water with a stock cube, then mash with butter and seasoning.
- 2. Melt cream cheese and herb cheese in a pan, add fish and spinach, and simmer.
- 3. Transfer fish mix to a dish, top with mashed cauliflower, and sprinkle with parmesan. Bake until golden.



# **Cauliflower Shepherd's**

Pie

Serves:4 Or Prep Time 20 mins Cook Time: 45 mins



Carbohydrates: 12 grams Fat: 40 grams Protein: 30 grams

#### **Ingredients:**

- 1 onion
- 1 alass of red wine
- 2 tbsp tomato purée
- 1 tsp Worcestershire Sauce
- 600ml beef stock

- 600g lamb or beef mince
- 125g butter
- 8 mushrooms
- 1 large head of cauliflower
- 2 carrots

- 1. Sauté onion, carrots, mushrooms, and mince until browned.
- 2. Add wine, stock, purée, Worcestershire sauce, and simmer.
- 3. Cook cauliflower, mash with butter, and season.
- 4. Layer meat in a dish, top with mashed cauliflower, and bake until golden.



### Vanilla Pecans







Carbohydrates: 4 grams Fat: 22 grams Protein: 3 grams

#### **Ingredients:**

- 250g pecans
- 10g Xylitol
- 1 tsp cinnamon
- ½ tsp vanilla extract
- 60g butter

- 1.Melt butter, mix in Xylitol, cinnamon, vanilla, and coat pecans.
- 2. Bake at 180°C until toasted. Cool and store



### **Serrano Wrapped Olive Bites**







Carbohydrates: 2 grams Fat: 15 grams Protein: 6 grams

#### **Ingredients:**

- 50g sharp cheddar cheese
- 6 large olives, drained
- 2 slices prosciutto

#### Instructions:

1. Stuff olives with cheese, wrap in prosciutto, and chill before serving.



### **Spiced Almonds**







Carbohydrates: 5 grams Fat: 18 grams Protein: 7 grams

#### **Ingredients:**

- 150g almonds
- 1 medium egg
- 2 tsp cinnamon
- 1 tsp allspice
- ½ tsp Xylitol (optional)

- 1. Coat almonds in whisked egg, then mix in spices.
- 2. Grease baking tray and spread almond mix evenly on it
- 2. Bake at 160°C, turning halfway.



### Lemon Cheesecake Ice Cream







Carbohydrates: 5 grams Fat: 18 grams Protein: 7 grams

#### **Ingredients:**

- 200g cream cheese, softened
- 200ml heavy cream
- 100g powdered erythritol (or preferred sweetener)
- Zest and juice of 1 lemon
- 1 tsp vanilla extract

- 1. In a bowl, whisk together cream cheese, lemon juice, zest, and vanilla extract.
- 2. In a separate bowl, whip the heavy cream with sweetener until soft peaks form.
- 3. Fold the whipped cream into the cream cheese mixture.
- 4. Pour into a container and freeze for at least 4 hours until firm.



### **Strawberry Ice Cream**



Serves: 4 Or Prep Time: 10 mins



Carbohydrates: 9 grams Fat: 24 grams Protein: 5 grams

#### **Ingredients:**

- 70g strawberries
- 160g cream cheese
- 50g coconut oil
- 3 tablespoons Xylitol
- 1 teaspoon vanilla extract

- 1. Melt Xylitol with 2 tablespoons of water until it runs clear
- 2. In a blender, combine the strawberries, cream cheese, coconut oil, and vanilla. Add in Xylitol.
- 3. Freeze for 3 hours, until set.



### Low Carb Chocolate Mousse







Carbohydrates: 4 grams Fat: 18 grams Protein: 3 grams

#### **Ingredients:**

- 200ml heavy cream
- 100g dark chocolate (70% or higher), melted
- 2 tbsp powdered erythritol (or your preferred sweetener)
- 1 tsp vanilla extract

- 1. Whip the heavy cream with sweetener and vanilla extract until soft peaks form.
- 2. Gently fold in the melted chocolate until well combined.
- 3. Spoon the mixture into serving bowls and refrigerate for 30 minutes to set.
- 4. Serve chilled, and garnish with grated chocolate or berries if desired.



### Molten Chocolate Lava Cakes







Carbohydrates: 10 grams Fat: 25 grams Protein: 6 grams

#### **Ingredients:**

- 60g 70% dark chocolate
- 60g butter
- 1/2 teaspoon vanilla extract
- 3 eggs

- 1. Melt chocolate with butter, mix in vanilla. Beat eggs, fold in chocolate mixture.
- 2. Pour into greased ramekins, bake at 220C until set on the outside but gooey inside.



# **Clotted Cream Cinnamon Berry Pot**







Carbohydrates: 8 grams Fat: 44 grams Protein: 4 grams

#### **Ingredients:**

- 100g mixed berries (strawberries, raspberries, blueberries)
- 100g clotted cream
- 1 tsp ground cinnamon
- 1 tbsp powdered erythritol (or your preferred sweetener)

- 1. Divide the mixed berries into two small bowls or pots.
- 2. In a separate bowl, mix clotted cream, cinnamon, and sweetener until smooth.
- 3. Spoon the clotted cream mixture over the berries.
- 4. Serve immediately or refrigerate for a chilled dessert.



# **Rib Eye Steak with Mushrooms and Onions**



 Serves: 1
 O
 Prep Time: 5 mins
 Cook Time: 25 mins



Carbohydrates: 28 grams Fat: 44 grams Protein: 50 grams

#### **Ingredients:**

- 150g rib eye steak
- 1 large onion
- 15 spears asparagus
- 1 tablespoon of garlic butter
- 100g mushrooms
- 100g broccoli

- 1. Boil water with a pinch of salt, add asparagus and broccoli, cook 5-8 mins until soft.
- 2. Heat butter in pan cook rib eye on med to high heat.
- 3. Add chopped mushrooms and onions after 5 mins, cook until browned.
- 4. Serve with veg and garlic butter.

