

Easter Meal Plan

Mediterranean Recipes

X-PERT
HEALTH

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Breakfast Topped Greek Yoghurt

Ingredients

300g full fat greek yoghurt
200g raspberries
100g blueberries
25g sunflower seeds
25g walnuts
25g pecans

Nutritional Information Per Serving

20.7g carbs
6.1g fibre
31.1g fat
549 kcals

Method

2 servings / Prep Time 10 mins

1. Mash the raspberries in a bowl.
2. Break apart the walnuts and pecans into smaller pieces.
3. Layer the yoghurt, raspberries, nuts/seeds and blueberries in a bowl or glass, top with any remaining blueberries/seeds/nuts.





Lunch

Roasted Tomato & Red Pepper Soup

Ingredients

450g cherry tomatoes
2 red peppers
2 tbsp olive oil
½ celery stick
½ onion
1 tbsp tomato puree
1 vegetable stock cube
50g cream cheese
Salt and pepper to season

Nutritional Information Per Serving

20g carbs
6g fibre
20g fat
324 kcals

Method

2 servings / Prep & Cook Time 50 mins

1. Preheat the oven to 200c fan, gas 7.
2. Add the tomatoes and peppers to a roasting tray, drizzle with olive oil and season well with salt and pepper. Add to the oven and roast for around 20 minutes or until soft and slightly charred.
3. Meanwhile, fry the onion, celery, and tomato puree in some olive oil in a large pan for about 5 minutes until soft.
4. Remove the roasting tray from the oven and add the roasted peppers and tomatoes to the large pan containing the onions, celery and tomato puree and give a good mix.
5. Add 500ml of water and the stock cube to the pan and leave to simmer for 20 minutes.
6. Blitz until your preferred consistency, season with salt and pepper and add the cream cheese, mix well, and serve.



Evening Meal

Lamb Chops & Roasted Vegetable Tray Bake

Ingredients

½ butternut squash peeled & cubed
2 peppers, deseeded cut into chunks
1 carrot thinly sliced (no need to peel)
2 red onions cut into large slices
1 tbsp extra virgin olive oil
4 lamb chops
1 tbsp thyme (dried or fresh)
2 tbsp fresh mint leaves (chopped)
Salt & pepper

Nutritional Information Per Serving

21g carbs
5g fibre
36g fat
543 kcals

Method

2 servings / Prep & Cook Time 45 mins

1. Preheat the oven to 200c fan, gas 7.
2. Place all the vegetables in a large baking tray, cover with the olive oil and season with salt and pepper, mix well.
3. Pop in the oven.
4. Put the herbs onto a dinner plate and press the lamb chops into the herbs to coat them, leave to one side.
5. After approx. 15 minutes take the vegetables out of the oven, stir and place the lamb chops on the top.
6. Put back in the oven for about 30 minutes, turning the chops over half-way through.
7. Remove from the oven when the chops and vegetables are lightly charred.



Dessert

Easy Chocolate Mousse

Ingredients

100g bar chocolate

Choose your favourite, there is no sugar in this recipe so make sure it's sweet enough for you.

200ml double cream

2tsp instant coffee 50ml boiling water

1 egg yolk

Nutritional Information Per Serving

30g carbs

1g fibre

53g fat

767 kcals

This recipe was made using milk chocolate, if you want to half the carb content use 70% chocolate instead.

Method

2 servings / Prep 5 mins then 1 hour in fridge

1. Chop chocolate into small pieces, place in a bowl.
2. Heat up about 50ml of the double cream in a saucepan or in the microwave, until hot.
3. Boil the kettle and make up the coffee mixture.
4. Add the hot cream and coffee mixture to the bowl with the chocolate. Whisk with an electric hand whisk for a minute or so until the chocolate is melted, then add in the egg yolk and whisk for a further minute until everything is smooth.
5. Put the remaining cream in another bowl and whisk until stiff peaks form.
6. Fold the chocolate mixture into the cream and once mixed divide into two glasses. Cover with cling film and pop into the fridge for about 1 hour. When ready to serve decorate with a dollop of double cream and chocolate shavings if you wish.

Disclaimers

These recipes are not intended to treat or cure any disease or condition. Should you have any health care related questions, call or see your doctor or other qualified health care provider promptly.

NUTRITIONAL DISCLAIMER

All nutritional values are based on UK dietary reference values (DRVs) and food databases.

They are calculated per serving and are subject to variation dependent on brand, use of organic produce and seasonal variation. They should therefore should be used as an estimate only.

UK Dietary Reference Values (DRVs) for total carbohydrate does not include fibre.

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