



Hello and welcome,

I am so thrilled that you decided to go for this free weekly plan with scrumptious and healthy meals.

You have taken the first step towards a better health...and I am sure you know that:

When our health improves, EVERYTHING shifts.

You can so be proud of yourself, that you are looking after yourself. Nutrition is such a major part of our health...I can't even start to describe how much influence our food has on our fitness, our well-being and even our looks!!

And it should not be complicated, expensive or super time consuming – this is where plans and quick & healthy recipes kick in to make it really easy for you.

I hope you're going to have lots of fun cooking the meals and I can't wait to hear from you how you liked them!

I have cooked all those meals myself – otherwise I would never recommend them to you, so I have tried out what works and what doesn't to take all complexity out for you!!

Besides that I take all the pictures of the food myself – so it REALLY looks like that...I love seeing great food photos and often enough afterwards I was disappointed that it did not look like in the recipe. No danger of that here.

Join us here in our [Re-Energizing Facebook Community](#) to start talking and sharing tips for better health, fitness, radiant looks and....most importantly...how to stay energized, so that you can live the life YOU want, feel alive and achieve whatever you are dreaming of!

Salute to you to have taken the first step – this is always the most difficult one...and I sincerely hope that I can support and help you in your journey to better health – and a better life.

See you in [the facebook group](#)!

Love and joy all along the way,
Claudia

Founder Nutriwhizz & The Better Workplace



Weekly plan for 5 healthy & fresh meals

Here we go - the weekly plan for 5 scrumptious, quick and healthy meals! All done in 30 -45 minutes.

Please consider that the ingredients are always for 2 people. Well calculated. Good portions without overeating!

Enjoy!

Day 1. Chicken breast with mustard cream and stir fried fennel

Day 2 Fried mozzarella with a stunning tomato salad

Day 3 Spiced sweet potatoes with cheese

Day 4 Meatballs with a warm bean-tomato salad (yes, I do love tomatoes ;-)

Day 5 Mediterranean stir fry (vegetarian)

Weekly Shopping List

Veg/Fruit

700 g tomatoes

1 big fennel (300 – 350 g)

1 red onion (in case you still got some – great)

3 regular onion (in case you ran out)

200 g zucchini

350 g red peppers

300 g green beans

300 g potatoes

600 g sweet potatoes

200 g stick celery

Some spring onions

A bunch of basil

Garlic

Dairy

2 balls of mozzarella (150 g each....if you can, spend a bit more money on the buffalo one – much creamier and tastier)

2 eggs

50 g feta

100 g gorgonzola

nutriwhizz

Cream (only need a tad...so unless you're using lots of it for other meals during the day, buy the smallest package available)

Spices

Thyme, chili flakes

Meat/fish

2 chicken breasts (approximately 300 g)

300 g minced meat (this is for the meatballs, if you want to make some more and freeze them up the quantity of the minced meat. Easy peasy)

Optional: some strips of bacon (for day 5...you can keep it vegetarian as well)

Other stuff:

500 ml of oil (to fry the mozzarella), some plant oil – i.e. rapeseed oil is fine

50 g olives (green, with almonds if you can get, the regular ones are fine too)

Tomato puree

Coriander seeds

Pepper corns

Sea salt (coarse)

Breadcrumbs

What I assume you've got at home:

Olive oil

Vinegar (white)

Sugar or honey or maple syrup (I suggest to replace the sugar with other sorts of sweeteners like honey)

Onions

Honey

Salt, pepper

Tomato puree

Bit of flour

Veggie broth

Mustard

Day 1. Chicken breast with mustard cream and stir fried fennel



What you need:

- 2 chicken breasts (approx. 300 g)
- 1 big fennel (300 – 350 g) or two smaller ones
- 1 red onion
- 50 g green olives
- 50 g feta
- Salt, pepper
- Some olive oil (or ghee....this is clarified butter, used very often in the Indian cuisine)
- 3 spoons of cream
- 1 spoon of mustard

How it's being prepared:

1. Heat the oven to 180 degrees (fan: 160 degrees)
2. Heat a pan with a spoon full of oil or ghee
3. Salt and pepper the chicken breasts and put them into the hot pan.
4. Fry them for 2 minutes on each side, then put them into an oven proof form and shove them into the oven for about 15 minutes (don't clean the pan – we'll be using it again in a minute)
5. While they are cooking to become yummy and juicy, prep the fennel
6. Cut the fennel in half and cut out the hard core and then in 1 cm big slices
7. Peel the onion, half it and cut it into slices too
8. Now it's the time for the pan again...put it back on the stove and add some more oil or ghee (another spoon or two)
9. Put the fennel and onion into the pan and let it brown all around – reduced the heat to low then.
10. Season with salt and pepper, cover the pan and let it cook for 10 minutes
11. Meanwhile chop the olives and crumble the feta
12. Take the chicken out of the oven and serve up on two plates together with the fennel
13. Then add the cream and mustard to the pan, season if necessary and drizzle over the meat
14. Sprinkle the olives and feta over the fennel and voila – ready to eat!

Verdict:

Well, I love fennel (never did years ago...but now do, having tried out many yummy recipes...cooked or in salad), and this is a very interesting combination with the feta and olives – just adding the right flavours. The mustard and cream sauce rounds it off perfectly.

Day 2: Baked Mozzarella with Juicy Tomato Salad



What you need:

450 g tomatoes
½ onion
½ bunch of parsley
Dressing: 2 spoons of white wine vinegar (or balsamico bianco), salt, pepper, some maple syrup, 5 spoons of olive oil

2 balls of mozzarella (150 g each)
2 spoons of flour
1 big or 2 small eggs
50 g of bread crumbs
½ spoon of sea salt (coarse)

500 ml of oil to fry the mozzarella (I used rape seed oil)

How it's being prepared:

1. Chop the tomatoes in chunks or half the cherry tomatoes if you use those
2. Peel the onion and cut it into stripes
3. Chop the parsley
4. Put the oil (500 ml) in a pot and heat it up (small pot, so it's high up in the pot)
5. Prepare the dressing from the ingredients listed - best done in an empty and cleaned jam jar
6. Mix the tomatoes with the dressing, the onions and the parsley
7. Now to the exciting part...the mozzarella! Open the packages and drain the cheese
8. Take three plates and put the eggs on one (crack them and whip them with a fork), in the next on the flour and finally the third one for the breadcrumbs
9. Cut the mozzarella balls in half
10. Put the halves in the egg first, then turn them in the flour, back to the egg, then the breadcrumbs. Repeat that for all the halves.
11. Check the oil if it's hot enough: you do that while taking a (wooden) toothpick or a wooden cooking spoon and holding it into the oil. If it sizzles around the spoon/pick, then you're on ☺.
12. Put the mozzarella into the oil (two at a time if the pot is big enough and deep fry them for approximately 3-4 minutes each (put the heat a bit down to not burn them on the outside).
13. Take them out and let them drain on some kitchen paper
14. Taste the tomato salad and season a bit more if necessary.
15. Serve up the mozzarella with the salad



Verdict:

What a lovely and light meal! I love tomato and mozzarella and this is just a nice variation of the original and perfect with the salad.

Definitely one of my favourites.

Extra Tip: you can of course serve some bread with the meal if you're particularly hungry – I found it quite filling though!

Day 3: Baked Spiced Sweet Potatoes with Creamy Cheese



What you need:

600 g sweet potatoes
1 tea spoon of ground coriander
½ tea spoon of chili flakes
½ tea spoon of coarse sea salt
½ tea spoon freshly ground pepper
3 table spoons of olive oil
100 g of gorgonzola cheese
Some basil leaves

Salad:

1 iceberg salad
Dressing: 2 spoons of light vinegar, salt
pepper, a dash of maple syrup, 5 spoons of
olive oil, ½ bunch of chive

How it's being prepared:

1. Preheat the oven to 200 degrees Celsius (180 if you use an oven with fan)
2. Peel the sweet potatoes and cut them into dice of about 3 cm
3. Mix the salt, coriander, pepper, chili and sea salt with 3 spoons of oil and mix with the potato cubes
4. Put a sheet of baking paper on an oven shelf, put the potatoes on top and spread them out
5. Cook them for approximately 20 (max 25 minutes), check after 20 minutes to see if they are done (soft inside, best case crispy outside) 😊
6. Now it's time to prepare the salad: Pick the leaves apart or simply cut the salad into rough stripes (half it and then cut it)
7. Mix the ingredients for the dressing and put it aside
8. Pick the basil leaves of the stems
9. Spoon the cheese over the potatoes shortly before they are done – 3-5 minutes are plenty for the cheese to melt. Gorgonzola is rather soft, hence a spoon is the best tool here 😊
10. When the cheese has molten take the shelf out, wait a minute or two while you mix the salad and then put the basil leaves on top (they might turn dark/black through the heat of

the potatoes....hence wait a bit...does not really harm their taste...if you take a close look at the pic you can see the effect on some of the leaves!

11. Serve together!

Verdict:

Scrumptious! And sweet potatoes are so much healthier than actual potatoes. The cheese adds just the right creamy flavour.

Extra Tip: Add some more cheese if you love gorgonzola – I held back a bit here as the flavour is rather strong

Day 4: Meatballs with Lukewarm Tomato Bean Salad



What you need:

300 g minced meat
2 spoons of tomato puree
Salt, pepper, maybe some breadcrumbs
or a spoon of flour to bind the meat

300 g green beans
1 onion
250 g tomatoes
3 stems of fresh savoury (or 1/2 tea
spoon of dried ones)
Oil
1 spoon of tomato puree

How it's being prepared:

1. Mix the minced meat with the tomato puree (2 spoons), salt, pepper and some bread crumbs or a spoon of flour. Tip: minced meat takes up quite a bit of salt...be aware of that
2. Form meat balls (6 when using 300 g of meat) and put them aside for the time being
3. Prepare the green beans while cutting off both ends (1/2 cm)
4. Peel and dice the onion
5. Cut the tomatoes in chunks (3-4 cm) or if you are using cherry tomatoes, just cut them in half
6. Heat some water in a small pot, add salt and the savoury. Add the beans to the boiling water and cook for 10 -12 minutes
7. Meanwhile heat some oil in a pan and fry the meat balls for 5-6 minutes on each side
8. Heat up 3 spoons of oil (I use olive oil) and add the onion, fry them at medium heat until they a tad softer.
9. Add the tomatoes after a few minutes plus 1 spoon of tomato puree
10. Season with salt, pepper and a tad of maple syrup (or honey if you prefer that as a sweetener) und let it sizzle for a minute.
11. Add the beans and mix

12. Serve the meatballs with the salad

Verdict:

Super tasty – the beans and tomatoes are just a great mix and the savoury enhances the flavour extraordinarily. When you can get the fresh herb, it is even better. One of my favourites.

Extra Tip: If you prepare the double quantity of the bean tomato salad you can use it the next day while taking some 200 g of boiled potatoes, cutting them in potatoes, mixing them with about 150ml hot veggie broth, adding a couple of spoons of vinegar, salt and pepper and then add the bean tomato salad – voila, another dish done!

Day 5: Mediterranean Stir Fry (Vegetarian w/o the bacon)



What you need:

- 200 g celery
- 350 g red peppers
- 300 potatoes
- 200 g zucchini
- A couple of spring onions
- 1 clove of garlic
- Olive oil
- ½ bunch of thyme
- Salt, pepper
- Optional: some slices of bacon

How it's being prepared:

1. Boil some water in a small pot and add the potatoes (you can add them to the cold water already) and boil them 10 – 15 minutes (depending on the size....stuck a knife in them to check if they are done)
2. Meanwhile cut all the veggies in smaller chunks, the zucchini in slices, and dice the garlic and the spring onions
3. Pick the leaves of the thyme. If you can't get any fresh one, dried does the job too (1 tea spoon)
4. Heat up 5-6 spoons of olive oil in the pan and add the garlic and spring onions
5. Fry briefly, then add the peppers and stir fry them for 3-4 minutes
6. Peel the potatoes and cut them into slices
7. Add the zucchini and celery to the peppers and the thyme, season with salt and pepper and fry for another 3-4 minutes,
8. If you decide to go for some bacon, this is the time to heat up a pan and bake them crispy!
9. Add the potatoes to the veggies and warm them up
10. Try the dish and add some salt and pepper if required
11. Add the bacon on top (or not if you decided to go vegetarian) and serve it up

Verdict:

Really easy meal and rather tasty through the herb!

Extra Tip: Want some more different flavours? Add some rosemary!