



An Anti-Inflammatory Week

Grain-free • Dairy-free • Nightshade-free

7 days of simple, delicious meals

Inspired by my work with clients



Created by Deena at Harmony Health Hub
Woodstock, Oxfordshire

www.harmonyhealthhub.co.uk

Different meals. Familiar ingredients.

Seven days of grain-free, dairy-free and nightshade-free meal inspiration.

Created by Deena at Harmony Health Hub in Woodstock, Oxfordshire, and inspired by my work with clients. The aim is to make cooking around these exclusions more enjoyable, while deliberately including useful nutrient sources.

How to use this book

All recipes make **one adult serving**. Ingredient weights are raw edible portions, except pulses and canned fish, which are cooked/drained. Follow the daily additions too: they are included in the nutrient estimates and shopping list. Adjust food amounts to your appetite and needs.

A title, not a treatment promise

The phrase “anti-inflammatory” describes the inspiration for the recipes. Removing grains, dairy and nightshades is not proven to reduce inflammation for everyone. These food groups can be nutritious; this guide is for people whose individual circumstances make these exclusions appropriate. [1, 2]

What is inside

Seven-day menu · Daily nourishment · Nutrition estimates
21 recipes · Shopping list · Preparation & storage
Ingredient swaps & allergens · Symptom diary · Meet Deena

The portion calculator

[Open your digital recipe companion](#)

Choose 1, 2 or 4 people to update all ingredients, daily additions and the full-week shopping list. Print or copy your list. Larger portions need suitable trays and pans; cooking times do not simply multiply.



Scan to open the portion calculator.

This companion is currently a private preview and requires access. The printed recipes work independently.

AT A GLANCE

Your seven-day menu

Seven different breakfasts, lunches and dinners. Shared ingredients help reduce waste.

Day	Breakfast	Lunch	Dinner
1	Berry, nut & seed yoghurt bowl	Chicken crunch & chickpea lettuce cups	Lemon salmon, sweet potato & broccoli
2	Apple & cinnamon chia pot	Lemon tuna & butter-bean bowl	Chicken, squash & lentil stew
3	Spinach, egg & sweet potato hash	Roasted squash & lentil soup	Beef & sweet potato herb skillet
4	Pear, almond & flax bowl	Sardine & sweet potato salad	Lamb, squash & butter-bean casserole
5	Mushroom & kale omelette	Chicken, apple & walnut kale salad	Lemon chicken & cauliflower bean mash
6	Banana & walnut breakfast bowl	Herby chickpea, egg & avocado salad	Cod, courgette & chickpea traybake
7	Orange & pumpkin-seed crunch	Pork, cauliflower & lentil bowl	Pork, mushroom & spinach skillet

Include the daily additions

Every day, alongside the recipes: **600 ml fortified unsweetened soya drink, 200 g fortified plain soya yoghurt, 150 g fruit and 30 g almonds.** The fruit changes through the week. These are snacks/drinks, not repeated main meals.

Days 1 & 6: orange · Days 2 & 7: apple · Day 3: pear · Day 4: banana · Day 5: berries. Quantities are edible portions. See the nourishment page for product assumptions.

Replace nutrients, not just ingredients.

Grain-free and dairy-free does not mean nutrient-free. Deliberate choices matter.

Your daily additions

600 ml fortified unsweetened soya drink - divide across drinks or have alongside meals.

200 g fortified plain soya yoghurt - a snack or dessert.

150 g fruit + 30 g almonds - enjoy together or separately.

These are **additional to any drink, yoghurt, fruit or nuts in a recipe**. They are not counted twice accidentally; the shopping list deliberately includes both.

The fortified products used for estimates

Figures use **Alpro Soya No Sugars drink** (per 100 ml: 33 kcal, 3.3 g protein, 120 mg calcium, 22.5 micrograms iodine) and **Alpro Plain No Sugars soya yoghurt** (per 100 g: 42 kcal, 4 g protein, 120 mg calcium). Together, the daily drink and yoghurt supply an estimated **960 mg calcium** and 135 micrograms of declared iodine before other food is added. Yoghurt iodine is undeclared and is not assumed to be zero. [3, 4]

Fibre, energy and variety

Pulses, fruit, vegetables, nuts and seeds provide fibre; sweet potato, squash, pulses and oils make meals more substantial. Pulses are not grains. Introduce extra fibre gradually, and adapt ingredients with professional guidance if digestive symptoms worsen. [5]

Important checks

Check current labels for fortification and all excluded ingredients. Unfortified coconut yoghurt or almond drink will not provide equivalent nutrition. Soya-free or nut-free swaps need a new calculation; the estimates here do not cover those changes. This menu includes soya, nuts, seeds, eggs and fish.

Individual calcium targets can be higher with menopause or coeliac disease. Follow your clinician or dietitian's advice. Vitamin D is not fully assessed here; NHS advice is to consider 10 micrograms daily in autumn/winter, with some people advised to take it all year. [6, 7]

What the example days provide

Per person, including the three meals and all daily additions. These are estimates, not laboratory measurements.

Day	Energy kcal	Protein g	Fibre g	Calcium mg	Iodine µg
1	1914	125	41.9 +	1662	178 +
2	1855	134	37.2 +	1732 +	212 +
3	1936	109	32.0 +	1637 +	230 +
4	1932	122	31.4 +	2155 +	182 +
5	1961	151	33.9 +	1609	246 +
6	1950	121	44.1 +	1666 +	506 +
7	1876	133	36.1 +	1725	159 +

What the + sign means

A + marks a **partial known subtotal**: some foods lack values for that nutrient in the data. Missing values are not treated as zero. Actual intake may differ because ingredients, brands, edible portions and cooking vary. Stock, herbs and cinnamon are omitted from the calculations. [8]

How to interpret the figures

The example days provide around **1,850-1,960 kcal**. That is not a calorie prescription or a weight-loss target. Needs vary with body size, activity, age and health; add suitable food if you need more. The known fibre subtotals are above the general adult target of 30 g/day. General adult UK reference amounts include calcium 700 mg/day and iodine 140 micrograms/day, with individual calcium needs sometimes higher. [5, 6, 9]

What this check does not establish

Energy, protein, fibre, calcium and iodine have been estimated. **This is not a complete audit of every vitamin and mineral**, and the plan has not been reviewed or approved by a registered dietitian. It should not be advertised as nutritionally complete for every adult. Persistent symptoms, extensive exclusions and medical dietary needs deserve individual advice.

Figures use UK CoFID 2021 with named product labels for fortified soya products and seeds. Trace amounts are counted as zero; unlisted values remain missing. Protein in the example days is substantial; individual requirements and suitability still vary. Sources and methods are listed at the end.

A fresh start. A satisfying lunch.

All quantities make one adult serving. Add the daily drinks and snacks on page 4.

BREAKFAST · ABOUT 5 MINUTES

Berry, nut & seed yoghurt bowl

150 g Fortified plain soya yoghurt

100 g Mixed berries

15 g Walnuts

15 g Chia seeds

Method

1. Spoon the fortified soya yoghurt into a bowl.
2. Add berries, chopped walnuts and chia seeds. Stir well and enjoy.

Kitchen note: Use fresh or thawed frozen berries.

Allergens: Soya, walnuts. Check every pack.

Storage: Prepare fresh; keep ingredients chilled as labelled.

Estimate / serving: 270 kcal | 12 g protein | 9.6 g fibre

LUNCH · ABOUT 25 MINUTES

Chicken crunch & chickpea lettuce cups

100 g Plain skinless chicken breast, raw

60 g Lettuce / salad leaves

70 g Avocado flesh

100 g Chickpeas, cooked / canned drained weight

60 g Carrot, prepared

80 g Cucumber

5 g Olive oil

15 g Lemon juice

Method

1. Cook plain chicken in a pan until thoroughly cooked; allow to cool slightly and chop.
2. Mix with drained chickpeas, grated carrot, chopped cucumber and avocado.
3. Dress with oil and lemon; spoon into lettuce leaves.

Kitchen note: Use cooked plain chicken from preparation day if stored safely.

Allergens: None of the 14 regulated allergens in the listed ingredients. Check every pack.

Storage: Assemble fresh; chilled cooked chicken must be used within 48 hours.

Estimate / serving: 439 kcal | 36 g protein | 13.1 g fibre +

Lemon salmon, sweet potato & broccoli

One adult serving · about 40 minutes

Ingredients

150 g Plain salmon fillet, raw
250 g Sweet potato, prepared
200 g Broccoli
10 g Olive oil
20 g Lemon juice



Serving illustration; follow the ingredients and quantities listed.

How to make it

1. Heat oven to 200°C / 180°C fan. Toss diced sweet potato with half the oil and roast 15 minutes.
2. Add salmon with remaining oil and lemon. Roast 15-20 minutes more until fish is opaque and flakes easily and potato is tender.
3. Steam broccoli and serve.

Kitchen note

Sweet potato is not a nightshade.

Storage: Best freshly cooked; refrigerate promptly if keeping leftovers.

Allergens: Fish. Check every pack.

Estimate / serving: 702 kcal | 42 g protein | 8.3 g fibre +

For 2 or 4 people, multiply every ingredient or use the digital calculator. Use a suitable large pan or extra trays. Keep cooking until thoroughly done; timing may change.

A fresh start. A satisfying lunch.

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BREAKFAST · ABOUT 10 MINUTES

Apple & cinnamon chia pot

150 ml Fortified unsweetened soya drink

25 g Chia seeds

100 g Apple, edible portion

15 g Walnuts

1 g Ground cinnamon

Method

1. Stir chia seeds and cinnamon into the fortified drink; stir again after 10 minutes.
2. Cover and refrigerate overnight.
3. Top with chopped apple and walnuts before eating.

Kitchen note: Active time is 10 minutes, plus overnight chilling.

Allergens: Soya, walnuts. Check every pack.

Storage: Keep chilled and eat within 24 hours.

Estimate / serving: 324 kcal | 13 g protein | 10.1 g fibre +

LUNCH · ABOUT 30 MINUTES

Lemon tuna & butter-bean bowl

100 g Plain tuna in spring water, drained

150 g Butter beans, cooked / canned drained weight

50 g Spinach

100 g Cucumber

60 g Carrot, prepared

15 g Olive oil

15 g Lemon juice

150 g Sweet potato, prepared

Method

1. Drain tuna and butter beans; rinse the beans.
2. Combine with spinach, cucumber and grated carrot.
3. Dress with oil and lemon.
4. Serve with 150 g sweet potato per person: dice and steam until tender, or roast at 200°C / 180°C fan for about 25-30 minutes. Use the extra olive oil on the sweet potato or in the dressing.

Kitchen note: Buy tuna in spring water without flavourings.

Allergens: Fish. Check every pack.

Storage: Assemble fresh; refrigerate leftovers promptly and follow pack guidance.

Estimate / serving: 533 kcal | 38 g protein | 3.5 g fibre +

Chicken, squash & lentil stew

One adult serving · about 40 minutes

Ingredients

150 g Plain skinless chicken breast, raw
200 g Butternut squash, peeled and deseeded
100 g Carrot, prepared
100 g Lentils, cooked / canned drained weight
60 g Onion, peeled
10 g Olive oil
5 g Garlic, peeled
300 ml Verified grain-, dairy- and nightshade-free stock
1 g Dried thyme



Serving illustration; follow the ingredients and quantities listed.

How to make it

1. Soften chopped onion and carrot in oil for 5 minutes.
2. Add garlic, diced squash, chicken, stock and thyme. Simmer about 25 minutes until chicken is thoroughly cooked and vegetables are tender.
3. Add drained lentils and heat through.

Kitchen note

Lentils add fibre and make the meal more substantial.

Storage: Cool and refrigerate within 1-2 hours; eat within 48 hours or freeze.

Allergens: Depends on stock; check label. Check every pack.

Estimate / serving: 473 kcal | 48 g protein | 12.6 g fibre +

For 2 or 4 people, multiply every ingredient or use the digital calculator. Use a suitable large pan or extra trays. Keep cooking until thoroughly done; timing may change.

A fresh start. A satisfying lunch.

All quantities make one adult serving. Add the daily drinks and snacks on page 4.

BREAKFAST · ABOUT 25 MINUTES

Spinach, egg & sweet potato hash

100 g (about 2 medium eggs) Egg, without shell

150 g Sweet potato, prepared

80 g Spinach

30 g Onion, peeled

5 g Olive oil

Method

1. Dice the sweet potato and steam for 10-15 minutes until tender.
2. Soften chopped onion in oil, then add sweet potato and spinach.
3. Beat the eggs, pour into the pan and stir until cooked through.

Kitchen note: 100 g egg is approximately 2 medium eggs without shells.

Allergens: Egg. Check every pack.

Storage: Best freshly cooked.

Estimate / serving: 330 kcal | 17 g protein | 1.5 g fibre +

LUNCH · ABOUT 40 MINUTES

Roasted squash & lentil soup

200 g Butternut squash, peeled and deseeded

150 g Lentils, cooked / canned drained weight

50 g Onion, peeled

80 g Carrot, prepared

50 g Kale

15 g Olive oil

5 g Garlic, peeled

300 ml Verified grain-, dairy- and nightshade-free stock

150 g Sweet potato, prepared

Method

1. Heat oven to 200°C / 180°C fan. Toss diced squash and carrot with half the oil and roast for 25 minutes.
2. Soften onion and garlic in remaining oil. Add stock, roasted vegetables and drained lentils.
3. Simmer 10 minutes; stir in chopped kale and cook until tender. Blend partly if you prefer.
4. Serve with 150 g sweet potato per person: dice and steam until tender, or roast at 200°C / 180°C fan for about 25-30 minutes. Use the extra olive oil on the sweet potato or in the dressing.

Kitchen note: Use homemade unseasoned stock or a verified suitable product.

Allergens: Depends on stock; check label. Check every pack.

Storage: Cool and refrigerate within 1-2 hours; use within 48 hours or freeze.

Estimate / serving: 541 kcal | 19 g protein | 15.3 g fibre +

Beef & sweet potato herb skillet

One adult serving · about 35 minutes

Ingredients

150 g Lean beef mince, raw
250 g Sweet potato, prepared
150 g Courgette
60 g Onion, peeled
5 g Garlic, peeled
10 g Olive oil
1 g Dried oregano



Serving illustration; follow the ingredients and quantities listed.

How to make it

1. Steam diced sweet potato until tender.
2. Soften onion in oil, then add mince and cook thoroughly.
3. Add garlic, courgette and oregano; cook 8-10 minutes. Stir in sweet potato and heat through.

Kitchen note

Use herbs rather than paprika, chilli or seasoning blends.

Storage: Cool and refrigerate within 1-2 hours; eat within 48 hours or freeze.

Allergens: None of the 14 regulated allergens in the listed ingredients. Check every pack.

Estimate / serving: 552 kcal | 39 g protein | 2.1 g fibre +

For 2 or 4 people, multiply every ingredient or use the digital calculator. Use a suitable large pan or extra trays. Keep cooking until thoroughly done; timing may change.

A fresh start. A satisfying lunch.

All quantities make one adult serving. Add the daily drinks and snacks on page 4.

BREAKFAST · ABOUT 5 MINUTES

Pear, almond & flax bowl

200 g Fortified plain soya yoghurt

150 g Pear, edible portion

20 g Almonds

25 g Ground flaxseed

Method

1. Spoon yoghurt into a bowl.
2. Add diced pear, chopped almonds and ground flaxseed.

Kitchen note: Use ground flaxseed rather than whole seeds.

Allergens: Soya, almonds. Check every pack.

Storage: Prepare fresh.

Estimate / serving: 391 kcal | 18 g protein | 13.3 g fibre

LUNCH · ABOUT 25 MINUTES

Sardine & sweet potato salad

100 g Sardines with edible bones, drained, no tomato

180 g Sweet potato, prepared

60 g Lettuce / salad leaves

100 g Cucumber

5 g Olive oil

15 g Lemon juice

Method

1. Dice and steam sweet potato until tender; allow to cool slightly.
2. Arrange on salad leaves with cucumber and drained sardines.
3. Add oil and lemon.

Kitchen note: Choose sardines with edible bones in olive oil or spring water, without tomato sauce.

Allergens: Fish. Check every pack.

Storage: Assemble fresh.

Estimate / serving: 443 kcal | 27 g protein | 1.6 g fibre +

Lamb, squash & butter-bean casserole

One adult serving · about 95 minutes

Ingredients

150 g Lean stewing lamb, raw
200 g Butternut squash, peeled and deseeded
100 g Carrot, prepared
100 g Butter beans, cooked / canned drained weight
60 g Onion, peeled
5 g Garlic, peeled
10 g Olive oil
250 ml Verified grain-, dairy- and nightshade-free stock
1 g Dried rosemary



Serving illustration; follow the ingredients and quantities listed.

How to make it

1. Brown diced lamb in oil; add onion and garlic and soften.
2. Add stock and rosemary. Cover and simmer 45-60 minutes.
3. Add carrot and squash; simmer another 25-30 minutes until tender. Add drained beans and heat through. Add water as needed.

Kitchen note

Stewing cuts may need longer. For larger batches use a suitable large pot.

Storage: Cool and refrigerate within 1-2 hours; eat within 48 hours or freeze.

Allergens: Depends on stock; check label. Check every pack.

Estimate / serving: 528 kcal | 40 g protein | 5.2 g fibre +

For 2 or 4 people, multiply every ingredient or use the digital calculator. Use a suitable large pan or extra trays. Keep cooking until thoroughly done; timing may change.

A fresh start. A satisfying lunch.

All quantities make one adult serving. Add the daily drinks and snacks on page 4.

BREAKFAST · ABOUT 25 MINUTES

Mushroom & kale omelette

150 g (about 3 medium eggs) Egg, without shell

100 g Mushrooms

80 g Kale

100 g Sweet potato, prepared

5 g Olive oil

Method

1. Dice and steam the sweet potato until tender.
2. Cook sliced mushrooms in oil; add finely chopped kale with a splash of water and soften.
3. Beat the eggs, pour over the vegetables and cook gently until set throughout. Serve with sweet potato.

Kitchen note: 150 g egg is about 3 medium eggs without shells.

Allergens: Egg. Check every pack.

Storage: Best freshly cooked.

Estimate / serving: 362 kcal | 24 g protein | 0.7 g fibre +

LUNCH · ABOUT 30 MINUTES

Chicken, apple & walnut kale salad

100 g Plain skinless chicken breast, raw

80 g Kale

100 g Apple, edible portion

20 g Walnuts

60 g Carrot, prepared

10 g Olive oil

15 g Lemon juice

150 g Sweet potato, prepared

80 g Lentils, cooked / canned drained weight

Method

1. Cook chicken thoroughly, then chop.
2. Finely shred kale; massage with oil and lemon to soften, or steam briefly if preferred.
3. Add grated carrot, apple and walnuts; top with chicken.
4. Serve with 150 g sweet potato per person: dice and steam until tender, or roast at 200°C / 180°C fan for about 25-30 minutes. Use the extra olive oil on the sweet potato or in the dressing.
5. Mix 80 g cooked, drained lentils per person into the salad.

Kitchen note: An alternative use for the same plain chicken and greens.

Allergens: Walnuts. Check every pack.

Storage: Assemble fresh; use chilled cooked chicken within 48 hours.

Estimate / serving: 636 kcal | 39 g protein | 10.8 g fibre +

Lemon chicken & cauliflower bean mash

One adult serving · about 30 minutes

Ingredients

150 g Plain skinless chicken breast, raw
200 g Cauliflower florets
150 g Butter beans, cooked / canned drained weight
150 g Green beans
10 g Olive oil
5 g Garlic, peeled
20 g Lemon juice



Serving illustration; follow the ingredients and quantities listed.

How to make it

1. Steam cauliflower until tender. Mash with warmed drained butter beans, half the oil and a splash of water.
2. Cook chicken strips in remaining oil with garlic until thoroughly cooked; finish with lemon.
3. Steam green beans and serve with chicken and mash.

Kitchen note

Bean mash gives a substantial alternative to white potato.

Storage: Cool and refrigerate within 1-2 hours; eat within 48 hours or freeze.

Allergens: None of the 14 regulated allergens in the listed ingredients. Check every pack.

Estimate / serving: 467 kcal | 54 g protein | 8.7 g fibre +

For 2 or 4 people, multiply every ingredient or use the digital calculator. Use a suitable large pan or extra trays. Keep cooking until thoroughly done; timing may change.

A fresh start. A satisfying lunch.

All quantities make one adult serving. Add the daily drinks and snacks on page 4.

BREAKFAST · ABOUT 5 MINUTES

Banana & walnut breakfast bowl

150 g Fortified plain soya yoghurt

100 g Banana, peeled

20 g Walnuts

15 g Ground flaxseed

Method

1. Spoon yoghurt into a bowl.
2. Add sliced banana, chopped walnuts and ground flaxseed.

Kitchen note: Choose a ripe banana that suits you.

Allergens: Soya, walnuts. Check every pack.

Storage: Prepare fresh.

Estimate / serving: 360 kcal | 14 g protein | 7.1 g fibre

LUNCH · ABOUT 30 MINUTES

Herby chickpea, egg & avocado salad

120 g Chickpeas, cooked / canned drained weight

100 g (about 2 medium eggs) Egg, without shell

100 g Cucumber

60 g Lettuce / salad leaves

50 g Avocado flesh

10 g Olive oil

15 g Lemon juice

5 g Fresh parsley

150 g Sweet potato, prepared

Method

1. Hard-boil about 2 medium eggs; cool and peel.
2. Mix drained chickpeas with chopped cucumber, avocado, parsley, oil and lemon.
3. Serve over lettuce with the quartered eggs.
4. Serve with 150 g sweet potato per person: dice and steam until tender, or roast at 200°C / 180°C fan for about 25-30 minutes. Use the extra olive oil on the sweet potato or in the dressing.

Kitchen note: Chickpeas and lentils are pulses, not grains.

Allergens: Egg. Check every pack.

Storage: Assemble fresh.

Estimate / serving: 613 kcal | 27 g protein | 11.7 g fibre +

Cod, courgette & chickpea traybake

One adult serving · about 40 minutes

Ingredients

150 g Plain cod fillet, raw
200 g Courgette
150 g Cauliflower florets
150 g Chickpeas, cooked / canned drained weight
10 g Olive oil
20 g Lemon juice
1 g Dried thyme



Serving illustration; follow the ingredients and quantities listed.

How to make it

1. Heat oven to 200°C / 180°C fan. Toss cauliflower, courgette and drained chickpeas with oil and thyme; roast 15 minutes.
2. Add cod and lemon. Roast another 15-18 minutes until fish is cooked through and vegetables are tender.

Kitchen note

Use a larger tray or two trays for more portions; do not overcrowd.

Storage: Best freshly cooked.

Allergens: Fish. Check every pack.

Estimate / serving: 474 kcal | 45 g protein | 14.4 g fibre +

For 2 or 4 people, multiply every ingredient or use the digital calculator. Use a suitable large pan or extra trays. Keep cooking until thoroughly done; timing may change.

A fresh start. A satisfying lunch.

All quantities make one adult serving. Add the daily drinks and snacks on page 4.

BREAKFAST · ABOUT 5 MINUTES

Orange & pumpkin-seed crunch

200 g Fortified plain soya yoghurt

150 g Orange, peeled

25 g Pumpkin seeds

15 g Chia seeds

Method

1. Peel and segment the orange.
2. Top yoghurt with orange, pumpkin seeds and chia.

Kitchen note: Toast pumpkin seeds briefly in a dry pan if desired; cool before adding.

Allergens: Soya. Check every pack.

Storage: Prepare fresh.

Estimate / serving: 352 kcal | 18 g protein | 9.9 g fibre

LUNCH · ABOUT 30 MINUTES

Pork, cauliflower & lentil bowl

100 g Plain lean pork loin, raw

150 g Cauliflower florets

100 g Lentils, cooked / canned drained weight

80 g Carrot, prepared

10 g Olive oil

15 g Lemon juice

150 g Sweet potato, prepared

Method

1. Steam cauliflower and carrot until tender.
2. Cook thin pork strips in oil until thoroughly cooked.
3. Add drained lentils and vegetables, heat until steaming hot, then finish with lemon.
4. Serve with 150 g sweet potato per person: dice and steam until tender, or roast at 200°C / 180°C fan for about 25-30 minutes. Use the extra olive oil on the sweet potato or in the dressing.

Kitchen note: Use plain pork, without a marinade.

Allergens: None of the 14 regulated allergens in the listed ingredients. Check every pack.

Storage: Cool and refrigerate within 1-2 hours; eat within 48 hours or freeze.

Estimate / serving: 496 kcal | 37 g protein | 13.2 g fibre +

Pork, mushroom & spinach skillet

One adult serving · about 30 minutes

Ingredients

150 g Plain lean pork loin, raw
150 g Mushrooms
100 g Spinach
250 g Sweet potato, prepared
10 g Olive oil
5 g Garlic, peeled



Serving illustration; follow the ingredients and quantities listed.

How to make it

1. Steam diced sweet potato until tender.
2. Cook thin pork strips thoroughly in oil. Add garlic and mushrooms; cook until softened.
3. Wilt spinach into the pan; serve with sweet potato.

Kitchen note

Chicken is a possible swap; nutritional figures will change.

Storage: Cool and refrigerate within 1-2 hours; eat within 48 hours or freeze.

Allergens: None of the 14 regulated allergens in the listed ingredients. Check every pack.

Estimate / serving: 504 kcal | 42 g protein | 2.0 g fibre +

For 2 or 4 people, multiply every ingredient or use the digital calculator. Use a suitable large pan or extra trays. Keep cooking until thoroughly done; timing may change.

SHOPPING LIST

One adult. One useful list.

Covers all recipes and daily additions. Scale online for 2 or 4 people.

Fruit & vegetables

- ☐ **500 g** Apple, edible portion
- ☐ **120 g** Avocado flesh
- ☐ **250 g** Banana, peeled
- ☐ **200 g** Broccoli
- ☐ **600 g** Butternut squash, peeled and deseeded
- ☐ **540 g** Carrot, prepared
- ☐ **500 g** Cauliflower florets
- ☐ **350 g** Courgette
- ☐ **380 g** Cucumber
- ☐ **5 g** Fresh parsley
- ☐ **30 g** Garlic, peeled
- ☐ **150 g** Green beans
- ☐ **210 g** Kale
- ☐ **150 g** Lemon juice
- ☐ **180 g** Lettuce / salad leaves
- ☐ **250 g** Mixed berries
- ☐ **250 g** Mushrooms
- ☐ **260 g** Onion, peeled
- ☐ **450 g** Orange, peeled
- ☐ **300 g** Pear, edible portion
- ☐ **230 g** Spinach
- ☐ **1.93 kg** Sweet potato, prepared

Nuts & seeds

- ☐ **230 g** Almonds
- ☐ **55 g** Chia seeds
- ☐ **40 g** Ground flaxseed
- ☐ **25 g** Pumpkin seeds
- ☐ **70 g** Walnuts

Meat, fish & eggs

- ☐ **350 g (about 7 medium eggs)** Egg, without shell
- ☐ **150 g** Lean beef mince, raw
- ☐ **150 g** Lean stewing lamb, raw
- ☐ **150 g** Plain cod fillet, raw
- ☐ **250 g** Plain lean pork loin, raw
- ☐ **150 g** Plain salmon fillet, raw
- ☐ **500 g** Plain skinless chicken breast, raw
- ☐ **100 g** Plain tuna in spring water, drained
- ☐ **100 g** Sardines with edible bones, drained, no tomato

Dairy alternatives

- ☐ **2.1 kg** Fortified plain soya yoghurt
- ☐ **4.35 litres** Fortified unsweetened soya drink

Pulses

- ☐ **400 g** Butter beans, cooked / canned drained weight
- ☐ **370 g** Chickpeas, cooked / canned drained weight
- ☐ **430 g** Lentils, cooked / canned drained weight

Cupboard

- ☐ **1 g** Dried oregano
- ☐ **1 g** Dried rosemary
- ☐ **2 g** Dried thyme
- ☐ **1 g** Ground cinnamon
- ☐ **150 g** Olive oil
- ☐ **850 ml** Verified grain-, dairy- and nightshade-free stock

Buy whole produce with an allowance for peel, cores and waste. Amounts are prepared edible weights. Around 50 g egg without shell is one medium egg. Pulses are cooked/drained weights; check tin drained weights before buying.

Check stock, soya alternatives, nuts, seeds, meat and fish for grains, dairy, nightshades, gluten-free suitability and your individual allergens. Snacks beyond the daily additions are extra. Freeze suitable surplus rather than increasing portions to finish a pack.

Less waste. More variety.

Reuse ingredients, rather than repeating the same meal.

Before the week

Check cupboards and pack sizes. Portion meat and fish, keeping only what will be used within storage/use-by instructions in the fridge; freeze later-week portions. Defrost in the fridge. Frozen plain vegetables and berries can reduce waste.

A small preparation session

Wash salad ingredients and keep dry and chilled. Dice a small batch of sweet potato or squash; cook only enough for the next two days. If cooking plain chicken ahead, cool and refrigerate promptly, label with the date and use within 48 hours. Freeze portions for later in the week.

Use the same ingredients differently

Chicken becomes lettuce cups, a kale salad and two distinct dinners. Squash goes into a soup, a chicken stew and a lamb casserole. Sweet potato appears steamed, roasted and in a breakfast hash. Buy one variety of salad leaves if that is easier, but substitutions alter the nutrition estimates.

Pulses without waste

Use plain canned pulses or batch-cook dried pulses according to pack instructions. Weigh cooked/drained portions for these recipes. Transfer unused canned contents to a covered container, refrigerate and follow label guidance. Freeze suitable spare portions. Do not cook kidney beans from raw as a casual swap.

Store and reheat safely

Cool cooked food and refrigerate within 1-2 hours. Use chilled leftovers within 48 hours or freeze. Defrost safely in the fridge. Reheat only once, until steaming hot throughout. Stir soups and stews well. Keep raw meat/fish away from ready-to-eat ingredients. [10]

When you double or quadruple

Multiply ingredients, not cooking time. Use pans large enough for even heating, and spread roasting ingredients across extra trays. Cook chicken, pork and mince thoroughly. Take particular care to cool large batches in smaller containers.

Flexible recipes. Clear assumptions.

A change of ingredient may change allergens, excluded ingredients and nutrition.

If you need a swap	What to consider
Soya drink or yoghurt	Use a suitable grain-free alternative with calcium, iodine and other fortification checked. Almond/coconut products may be much lower in protein. No automatic nutrition equivalence is assumed.
Chicken, pork or fish	Another plain protein may work, but cooking time and nutrient content change. Sardines with edible bones provide calcium; replacing them with tuna removes that calcium source.
Nuts and seeds	Use only products you tolerate. Seeds are not automatically safe for someone with a nut allergy. A nut-free menu needs recalculation.
Pulses	Chickpeas, lentils and butter beans are grain-free. They may worsen digestive symptoms for some people. This guide is not a low-FODMAP plan.
Vegetables and fruit	Swap like-for-like where practical, while keeping exclusions and personal tolerances in mind. More variety is useful; nutritional figures will change.

What this week leaves out

No grains or pseudograins: wheat, oats, rice, corn, quinoa or buckwheat. No dairy. No tomatoes, peppers, chillies, aubergines, white potatoes, paprika or goji berries. Sweet potato and black peppercorns are not nightshades.

What it still contains

Soya, almonds, walnuts, eggs and fish occur in the menu. Stock can introduce celery or other allergens. Chia, flax and pumpkin seeds can also cause individual reactions. “Grain-free” and “dairy-free” do not mean safe for every allergy.

For coeliac disease, verify gluten-free suitability and control cross-contamination. Do not reintroduce gluten if you have diagnosed coeliac disease. Children, pregnancy, kidney disease, medically prescribed diets and extensive food exclusions require individual guidance.

A little support, when you need it.

Harmony Health Hub | Woodstock, Oxfordshire | Working with clients since 2019

I am Deena, a health coach and food intolerance practitioner. My work centres on listening to clients, exploring their food and symptom concerns, and discussing practical everyday habits. This booklet is inspired by that experience and my wish to make cooking around exclusions easier.

My in-person sessions

I use a MORA device during complementary bioresonance sessions, alongside a discussion of wellbeing concerns. Bioresonance is not a medically validated diagnostic test for food allergy, intolerance or nutrient deficiencies. Medical concerns and suspected deficiencies need assessment through your GP or an appropriately qualified clinician.

Session	Duration	Price
THRIVE Adults 16+	2 hours	£149
SHINE Adults	1 hour	£99
RISE Children 5-15	1 hour	£99
FOCUS FRIDAY Zoom	20 minutes	£20

Focus Friday

A friendly Zoom conversation about your concerns, food diary and everyday habits, with practical next steps and signposting where needed. In-person or online wellbeing sessions complement healthcare; they do not replace it.

Explore services and book online

www.harmonyhealthhub.co.uk

The meal plan is for adults. Dietary restrictions for children should be directed by their healthcare team. Prices are those supplied for this booklet; check current booking information.

The details behind the booklet

Guidance and product information checked October 2026.

- 1. British Heart Foundation** · Anti-inflammatory diet: what you need to know
- 2. NHS** · Food intolerance
- 3. Alpro UK** · Soya No Sugars drink - ingredient and nutrition label
- 4. Alpro UK** · Plain No Sugars soya yoghurt - ingredient and nutrition label
- 5. NHS** · How to get more fibre into your diet
- 6. British Dietetic Association** · Calcium
- 7. NHS** · Vitamin D
- 8. Public Health England** · UK Composition of Foods Integrated Dataset, 2021
- 9. British Dietetic Association** · Iodine
- 10. Food Standards Agency** · Cooking your food and chilling

Nutrition method

Raw ingredient weights were combined with per-100 g CoFID values; cooked/drained entries were used for pulses and canned fish. Named Alpro labels were used for fortified soya products. Linwoods label values were used for chia and flaxseed. Walnut/pumpkin-seed fibre used vendor label proxies where CoFID lacked data. Missing data remain missing; + marks a known partial subtotal. Herbs, stock and cinnamon are omitted.

[Linwoods chia](#) · [Linwoods flaxseed](#) · [Walnut fibre proxy](#) · [Pumpkin-seed fibre proxy](#)

Independent booklet, not endorsed by the organisations or brands listed. General meal inspiration, not diagnosis, treatment or individual dietetic advice. No clinical results have been measured for this menu. Food photographs and the cover portrait are AI-generated illustrations. Food-composition data: Crown copyright, reproduced under the Open Government Licence v3.0.