



7 Day Eating Guide Sample

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RediCareControl^{DTx}

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	Ham & Mushroom Soup	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

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PERSONALISED WEEKLY MENU

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							

Tip:

Preparation is Key for Success: Take a few minutes each week to plan for the week ahead. Create your own weekly food plan tailored to suit your personal tastes and lifestyle by using the many 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

Meat/Fish

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

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
- Apple Cider Vinegar
- Sriracha Sauce
- Chillies

Ham, Cheese and Mushroom Omelette



Serves:1



Prep Time 5 mins



Cook Time: 10 mins

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

Instructions:

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



Tip: Serve with salad and balsamic vinaigrette!



Low Carbohydrate Granola



Serves: 10



Prep Time 5 mins



Cook Time: 30 mins

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.



Tip: 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



Serves: 1



Prep Time 3 mins



Cook Time: 10 mins

Carbohydrates: 5 grams

Fat: 23 grams

Protein: 16 grams

Ingredients:

- 2 unsmoked rashers
- 1 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



Serves: 1



Prep Time 5 mins



Cook Time: 0 mins

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.



Tip: To increase your fat intake, choose higher fat nuts such as pecan, brazil and macadamia.



Scrambled Eggs, Smoked Salmon



Serves: 1



Prep Time 5 mins



Cook Time: 3 mins

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



Serves: 1



Prep Time 5 mins



Cook Time: 0 mins

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 mozzarella into 6 slices
2. Garnish with spinach, drizzle with oil and serve.



Tip:

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



Serves: 1



Prep Time 5 mins



Cook Time: 0 mins

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

Instructions:

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



Ham & Mushroom Soup



Serves: 4



Prep Time: 10 mins



Cook Time: 20 mins

Carbohydrates: 5 grams **Fat:** 15 grams **Protein:** 18 grams

Ingredients:

- 200g ham, diced
- 250g mushrooms, sliced
- 1 onion, chopped
- 2 cups chicken broth
- 1 cup heavy cream
- 2 tbsp butter

Instructions:

1. Sauté onions and mushrooms in butter until soft.
2. Add ham and chicken broth, bring to a boil, then simmer for 10 minutes.
3. Stir in cream, simmer for 5 more minutes, and serve.



Stuffed Portobello Mushrooms



Serves: 1



Prep Time 5 mins



Cook Time: 20 mins

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

Ingredients:

- 3 portobello mushrooms
- 1 tbsp full-fat cream cheese
- 2 unsmoked bacon rashers
- 1 ½ tsp chives
- 1 tsp extra virgin coconut oil (or olive oil)
- Paprika (to taste)

Instructions:

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



Serves:6



Prep Time 20 mins



Cook Time: 25 mins

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)

Instructions:

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



Serves:1



Prep Time 5 mins



Cook Time: 12 mins

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
- 1 tbsp butter

Instructions:

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



Serves:1



Prep Time 5 mins



Cook Time: 12 mins

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

Ingredients:

- 1 onion, diced
- 1 tbsp sriracha
- 2 large lettuce leaves
- 1 egg
- 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

Instructions:

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



Prep 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 beans

Instructions:

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



Serves:2



Prep Time 20 mins



Cook Time: 20 mins

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

Instructions:

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



Serves:1



Prep Time 15 mins



Cook Time: 40 mins

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
- 1 egg
- 1 tablespoon butter
- Handful of parmesan

Instructions:

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



Prep Time 20 mins



Cook Time: 45 mins

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

Ingredients:

- 1 onion
- 1 glass 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

Instructions:

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.



Rib Eye Steak with Mushrooms and Onions



Serves: 1



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

Instructions:

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.



Ham & Mushroom Soup



Serves: 4



Prep Time: 10 mins



Cook Time: 20 mins

Carbohydrates: 5 grams **Fat:** 15 grams **Protein:** 18 grams

Ingredients:

- 200g ham, diced
- 250g mushrooms, sliced
- 1 onion, chopped
- 2 cups chicken broth
- 1 cup heavy cream
- 2 tbsp butter

Instructions:

1. Sauté onions and mushrooms in butter until soft.
2. Add ham and chicken broth, bring to a boil, then simmer for 10 minutes.
3. Stir in cream, simmer for 5 more minutes, and serve.

