

## After-Holidays Non-diet 7: menu plan for the seventh day

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12/01/2013

Last day of this after-holidays week. Have you followed the advice thus far? Have you managed to get rid of leftover panettone, trotters and sausages? And to avoid eating between meals and to resist without wine for one week? Great! Make a commitment and take it to the end is a first step towards the achievement of its objectives, the so called "good intentions".

I suggest to do this exercise: write today, on your calendar, or anywhere you like, the good intentions for the coming year and plan the steps to achieve them. Periodically, check out the situation. Do not aim to huge goals: take it easy, to get used to the change. And only after consolidating the new habit, make another small step.

Some examples? A big sweet tooth could aim at eating a dessert only on Sundays, within three months. Reaching the goal little by little will make the change more natural and easier. Is it hard to say no to a piece of cheese after each meal and you think your overweight could be caused just by this excessive consumption? The first goal would be to move from seven to three times a week within a couple of months: go stepwise by reducing quantity and / or frequency. Without even noticing, you will significantly reduce both calories and saturated fat in your diet!

But lets go on with the menu.

### **Menu and recipes for the seventh day of "non-diet" (you can print the attached pdf)**

- when you wake up: 1 glass of water
- breakfast: fresh pineapple , 125 g natural yoghurt (unsweetened). Tea or coffee (preferably without sugar). snack: two slices of fresh pineapple
- lunch: raw artichoke-carpaccio, potato and corn salad
- snack: 1 glass of freshly squeezed orange juice
- dinner: brown rice with stewed cuttlefish, steamed cauliflower
- drink 8 glasses of water between meals
- physical activity: 45 minutes of brisk walking

### **Chicory sprouts with garlic and anchovies (serves 4)**

- chicory sprouts, 1 bunch
- garlic, 2 cloves
- EV olive oil, 2 tablespoons
- anchovies (in salt/in oil), 4 fillets
- vinegar (if liked)

Separate the sprouts, cut them lengthwise, immerse in cold water and ice for at least one hour. Being soaked, they should curl up and lose some of the bitter taste. Chop the garlic and the anchovies. Drain the sprouts and mix all.

**Note:** avoid adding salt, since the anchovies are already very salty.

### **Mackerel croutons (serves 1)**

- wholewheat bread, 2 slices

- mackerels in oil, or in water, 1 small can (70 g)
- red pepper, some grains

Toast the bread

Place the mackerels on the bread slices and season with red pepper.

**Note:** did you know that we should reduce tuna fish consumption and replace it with mackerels? According to the experts, our seas would be very pleased (but sooner or later the mackerels units would complain!).

From a nutritional point of view also, mackerel is better than tuna: since they are small, they accumulate less heavy metals (mercury, lead).

### **Pumpkin soup (serves 4)**

- pumpkin (yellow or green skin), 800 g
- white onion, 1 large
- nutmeg and pepper
- salt, just a little
- EV olive oil 20 g

Remove the skin from the pumpkin, cut into pieces. Peel the onion and cut it. Cook onion and pumpkin in just a little water (the pressure cooker works well). If too much water remains after cooking, let it evaporate, or pour it into a glass: it can be drunk or used later in another soup. Blend, add a little salt if necessary, pour into bowls and garnish with a drizzle of olive oil and a sprinkling of pepper and nutmeg.

### **White wine turkey (serves 4)**

- turkey breast, 400 g
- EC olive oil, 20 g
- white wine, 1 glass
- flour or corn starch, 2 tablespoons

Cut the turkey into small stripes. Roll them in the flour or starch. Heat the oil in a pan. Sauté quickly the stripes until golden, sprinkle with the white wine. Toss, add salt and pepper. Serve hot.