

# BIG HUG CARE PACKAGE



**Nourishment for your body and mind**

*Catherine Chapman*

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CHAPTER I

# *About*

Thank you for downloading this little care package.

It came about because my first baby moved out to Uni. I was sad, procrastinating, and aware that we'd promised to still be responsible for her food bill. So, I thought a monthly batch cook would be an efficient and cost-effective way to do it.


The reason I chose these recipes is that I know we don't embrace the goodness of legumes and lentils enough (yes, even me as a vegetarian). I wanted to build in more of them—but I'll admit, if I make this many dishes with chickpeas again, my next baby might fly the nest sooner than planned!

I've practised and tweaked these recipes myself, and you'll find all my learnings (and a few shortcuts!) in the tips at the end to make your own batch cooking even easier.

If you are new to my world, WELCOME! I'm Catherine, founder of Vitality Rooms and host of the Far Too Fabulous podcast. I help busy midlife women feel stronger, calmer, and more energised with movement, breathwork, and everyday wellbeing that actually fits into real life.

Keep an eye out for more tools and tips like this in my newsletters to support your wellbeing—I love sharing simple, doable things that make a real difference.

This care package brings together two of the wellbeing world's big hitters—nourishing food and breathwork—as a reminder that looking after yourself doesn't need to be complicated (or perfect!). Think of it as a BIG hug from me to you, especially for those moments when life feels a little overwhelming.

Big love,  
Catherine 



CHAPTER II

*Batch  
Recipes*



## *Cooking Order & Prep Plan Session 1 (30 portions: Dahl, Tagine, Curry)*

- Chop onions, garlic, ginger, carrots, peppers, courgettes, sweet potatoes. Keeping them together with their other ingredients
- Start Dahl first (it simmers 30 mins).
- While dahl simmers, cook Tagine (chickpeas, veg, apricots).
- Make Speedy Lentil Coconut Curry last (quick cook, ~20 mins).
- Cool, portion, freeze.

# Red Lentil & Sweet Potato Dahl



- Red lentils – 1kg
- Sweet potatoes – 6 large, diced small
- 3 onions, 6 garlic cloves, 3 tbsp ginger
- Chopped tomatoes – 2 cans, coconut milk – 2 cans
- Stock – 1.5L
- Spices: 3 tsp turmeric, 3 tsp cumin, 2 tsp coriander, 1 tsp chilli flakes
- Spinach – 200g (65g Frozen)

Method: Fry base → add spices → add lentils, sweet potatoes, liquid → Keep heat low as just to simmer for 60mins and stir regularly → stir in spinach.

# Chickpea & Vegetable Tagine

- Chickpeas – 4 cans
- 3 Carrots, 2 Courgettes, 2 Peppers, Chopped small.
- 2 Onions , 4 cloves garlic
- Chopped tomatoes – 2 cans,
- 1L stock
- Apricots – 200g chopped
- Spices: 2 tsp cinnamon, 2 tsp cumin, 2 tsp coriander, 1 tsp turmeric, salt & pepper

Method: Fry base → add spices → add tomatoes + stock → simmer with veg + chickpeas 30 mins → stir in apricots last 10 mins.

I was looking forward to this meal the least - oh, how wrong I was! It's fabulous! My boys added Chicken, and I added chunks of tofu. Served with couscous or quinoa, flatbread, and a dollop of hummus. Yum!



# Speedy Lentil & Coconut Curry

2 onions, 5 garlic cloves, 25g fresh ginger

2 red or green chillies, roughly chopped (optional)

3 carrots, chopped

4 tbsp tikka masala curry paste

3 cans cooked green lentils

2 cans of coconut milk

500g frozen peas

25g coriander, roughly chopped

Method: Food process onion, garlic, chilli, carrot and ginger and blitz to a smooth paste→cook the veg paste in olive oil for 4-5 mins until fragrant and starting to soften→Add the curry paste and cook for 1 min more, then add the lentils→Pour in the coconut milk and 50-75ml water→ simmer for 10 mins until thickened and creamy. Add the peas in the final 5 mins, and season→ Stir in most of the coriander and serve→ Sprinkle over the remaining coriander→ Serve with quinoa, rice, or naan/flatbread, yoghurt or coconut yoghurt





## *Cooking Order & Prep Plan Session 2 (30 portions: Chilli, Shepherd's Pie, Stew)*

- Chop onions, garlic, ginger, carrots, celery, peppers, cauliflower.
- Start Chilli and Shepherd's Pie filling at the same time.
- While they simmer, cook Curried Chickpea & Cauliflower Stew.
- Boil & mash potatoes (for pie topping). Assemble Shepherd's Pie.
- Cool, portion, freeze.

# Mexican Black Bean & Lentil Chilli

- Black beans – 4 cans
- Green lentils – 500g (cooked)
- Peppers – 3, carrots – 3
- Onion – 3, garlic – 6
- Chopped tomatoes – 3 cans, tomato paste – 4 tbsp, stock – 1L
- Sweetcorn – 400g
- Spices: 3 tsp smoked paprika, 3 tsp cumin, 2 tsp chipotle/chilli powder, 2 tsp oregano

Method: Fry base → add spices + paste → add tomatoes + stock + lentils → simmer 25 mins → add beans + corn.

So versatile - serve with nachos, tacos, jacket potatoes or rice. You could even bake it in a veggie burrito.



# Lentil & Vegetable Shepherd's Pie

- Green/brown lentils – 600g (uncooked)
- 2 Onions, 4 cloves of garlic, 3 carrots, 2 celery
- 2 cans chopped tomatoes, 3 tbsp paste, 800ml stock
- Thyme – 2 tsp
- Frozen peas – 250g
- Topping: Potatoes 1.5kg (or potato + cauliflower mix), 100ml plant milk, 2 tbsp olive oil/butter

Method: Cook lentils in stock → fry veg + garlic + paste → add tomatoes + lentils → simmer 10 mins → stir in peas → mash topping → assemble in dishes → cool + freeze before baking.

I have to confess - I added Quorn mince to this! It is such a feel-good meal. Next time, I will add a small cauliflower to the mash as well. When it came to eating, once it was fully heated through in the oven, I removed the foil, covered the top with grated cheese, and put it back in the oven until it had browned - perfect! I served this with roasted carrots and broccoli.



# Curried Chickpea & Cauliflower Stew



- Chickpeas – 4 cans
- Cauliflower – 2 heads
- Onion – 2, garlic – 4, ginger – 2 tbsp
- Chopped tomatoes – 2 cans, coconut milk – 2 cans, stock – 1L
- Spinach – 200g
- Spices: 3 tbsp curry powder, 2 tsp cumin, 1 tsp turmeric, ½ tsp chilli flakes

Method: Fry base → add spices → add cauliflower, chickpeas, liquids → simmer 25 mins → stir in spinach.



CHAPTER III

# *Shopping List*



# *Master Shopping List*

## **Legumes & Pulses**

- Red lentils – 1.4kg
- Green/puy lentils – 600g dried or 8 cans
- Chickpeas – 12 cans
- Black beans – 4 cans

## **Vegetables**

- Sweet potatoes – 6 large (1.5kg)
- White potatoes – 1.5kg (or swap 500g for cauliflower in mash if you like)
- Cauliflower – 3 medium heads (2 for stew + 1 spare if topping swap)
- Carrots – 12 total
- Celery – 6 sticks
- Courgettes – 2 large
- Peppers – 5 total
- Onions – 14 large
- Garlic – 24 cloves
- Fresh ginger – 7 tbsp grated
- Spinach or kale – 600g (can be frozen spinach)
- Fresh chillies – 2–3 (optional for curry/heat boost)
- Spinach – 600g fresh (4 x 150g bags) OR 200g frozen

## **Frozen / Tinned Veg**

- Frozen peas – 550g
- Sweetcorn – 400g

## **Cans & Packaged**

- Chopped tomatoes – 13 cans
- Tomato paste – 7 tbsp
- Coconut milk – 6 cans
- Tikka masala paste – 4 tbsp (speedy curry)
- Vegetable stock – ~6.5L total (use cubes/powder)
- Dried apricots – 200g (for tagine)



# *Master Shopping List*

## **Spices & Seasonings**

- Curry powder – 4 tbsp
- Turmeric – 4 tsp
- Ground cumin – 10 tsp
- Ground coriander – 3 tsp
- Cinnamon – 2 tsp
- Smoked paprika – 3 tsp
- Chipotle or chilli powder – 2 tsp
- Oregano – 2 tsp
- Thyme – 2 tsp
- Chilli flakes – optional
- Salt & black pepper
- Olive oil

## **Fresh Garnishes**

- Coriander or parsley – 1 bunch
- Lemon – 2

## **Optional Sides (to serve with)**

- Wholegrain rice or couscous (tagine, curry, chilli)
- Naan bread or flatbreads (curry night)
- Steamed green veg (to serve with shepherd's pie)



CHAPTER IV

# *Top Tips*

- **Shopping - I have my regular shopping list saved on my Google Drive for convenience. I copied and pasted both my original and this list into AI and asked it to combine them.**
- **I put my tomatoes in the blender before adding to the pan (it means the children are more likely to eat it if they can see whole bit of tomato in it).**
- **You could also blend the base of all of the recipes into a paste, like the speedy curry suggests.**
- **I don't have 3 huge pans, so I prepped the base/veg, etc first and then cooked them one at a time.**
- **You could invite a friend or relative over for a catch-up and to help with the preparation - thanks MUM! I estimated that 2 ladles were a portion.**
- **I divided 4 portions (one for each of us in the house) into dishes to cool (so I could use the big pan again!) before placing them into pre-labelled and dated freezer bags.**
- **This is the best tip of all (all credit to Mark Nicholas) If you trust your freezer bags, freeze the portions as flat as possible so they stack (or prop up once frozen) in your freezer.**



CHAPTER V

*Nourishing  
Breathwork*

To practice breathwork, all you need is a quiet, undisturbed place to lie down. This gentle, restorative practice can help you feel calmer, more centred, and a little lighter in your day. Regular practice supports better focus, reduces tension, and leaves you feeling more energised and refreshed.

If you are pregnant, have high blood pressure, a heart condition, or any other medical concern that may make breathwork unsafe, please check with your healthcare professional before participating.

For the best experience, pop on some headphones or earbuds. You might like to have a blanket and an eye mask to make your practice extra cosy and comfortable. And don't forget to drink plenty of water afterwards.

*Listen Here* >

**If you'd like to explore breathwork further, there's a beginners' breathwork course available to all members of Vitality Rooms. Get in touch if you'd like more details –and let yourself discover the calm, clarity, and energy this practice can bring.**



Thanks for spending some time with this little care package.

I hope these recipes and breathwork bring you comfort, energy, and a little more ease in your week.

Remember—wellbeing doesn't have to be complicated (or perfect!). Sometimes it's just about a nourishing meal, a deep breath, and a reminder that you're not doing this alone.

And if you'd like a little extra support, I'd love to invite you to book a free 20-minute Feel Fabulous Clarity Call with me. It's a chance to uncover the small wins that can make a big difference in your life—because often, it's the tiniest shifts that spark the biggest changes.

Big love,  
Catherine 

Fancy a little clarity?  
[Book your free 20-minute Feel Fabulous Clarity Call here!]