

30 DAY MEAL PLAN

30 BREAKFASTS • 30 LUNCHESES • 30 DINNERS



90

Low Carb
Recipes

diabetes.co.uk



WELCOME!

Welcome to the 30 Day Meal Plan, a collection of 90 recipes for the whole family, that are easy to make, nutritious and delicious. We have spent the last 3 months cooking, taking photos, and confirming each recipe is delicious!

Although the 30 Day Meal Plan is broken down into a new breakfast, lunch and dinner for each day, mix and match recipes however you prefer. You'll find some recipes become family favourites quite quickly. Jordan's favourite was the Quorn Stir Fry whereas Beth is a huge fan of Choc and Nut granola!

The ingredients can all be found at your local supermarket and you can adjust the ingredients to suit your tastes. Don't like tomatoes? Take them out! Not a fan of mushrooms? Not a problem!

Although there is an idea for each meal, there are no snack ideas. You will want to throw in a bit of variety with snacks such as brazil nuts, cashews or anything else you fancy.

We hope that this recipe book provides inspiration for mealtimes and has the whole family eating healthy and delicious food. We've even heard of one person eating the same lunch every day for a week... as they say, everything in moderation!

Don't forget to share pictures of your recipes with us on Facebook, Twitter and Instagram.

Or you can scan the QR code to download the Diabetes Forum App where you can share your photos straight with us.

ENJOY!



BREAKFAST

Strawberry and Quinoa Glory
Pancakes
Mushroom Surprise
Spinach Surrender
Mixed Berry Granola with Omega Mix
Creamy Polenta Porridge
Scrambled Egg on Mixed Grain Bread
Roasted Tomatoes on Mushrooms
Homemade Waffles with Blueberries
Raspberry and Cinnamon Porridge
Fruity Quinoa Porridge
Barley Porridge
Mango and Strawberry Museli
Berry and Nut Chia Porridge
Mushroom Omelette
Scrambled Egg and Sausage
Omega Seed Starter
Blueberry Breakfast
Chia Wonder
Walnut Wonder
Oaty Bran Breakfast
Poached Eggs on Spinach
Fruity Millet Raisin Breakfast (V)
Berry Yogurt Breakfast (V)
Scrambled Eggs on Pea Pancakes (V)
Coconut and Almond Porridge (V)
Italian Herb & Vegetable Frittata (V)
Italian Sausage with Hash Browns
Choc and Nut Granola
Smoked Salmon and Poached Eggs

LUNCH

Peperonata
Quorn Stir Fry
Chicken with Asparagus
Sizzling Chicken Wings
Lemon Glazed Chicken
Summer Vegetable Salad
Bell Pepper and Chicory Salad
Italian Salad
Halloumi Kebabs
Sizzling Lamb Burgers
Chicken and Mushroom Kebabs
Chicken Caesar Salad
Hot Smoked Salmon Salad
Tomato Soup
Mushroom Soup
Sausage and Butter Bean Stew Chicken
Fajita with a Twist
Gluten Free Pizza
Chicken Dippers
Chicken Burgers
Pan Fried Greens with Bacon & Mushrooms
Cheese, Walnut & Avocado Salad
Parma Ham & Melon Balls
Pizza with Cauliflower Crust
Hummus and Pittas
Quinoa and Halloumi Salad
Fish Cakes
Prawn and Asparagus Salad
Black and Kidney Bean Soup
Cauliflower, Carrot and Pea Chilli

DINNER

Chicken with Mushroom
Chicken Korma
Italian Style Cod Bake
Chicken and Broccoli Casserole
Cod and Parsley Parcels
Zingy Whole Mackerel
Fish Pie
Thai Green Curry
Pork Medallions with Winter Veg
Lamb Kebabs with Verdant Salsa
Chinese Style Chicken
Pan Seared Salmon with Fennel
Lamb Steaks and Tomato Sauce
Veggie Mince with Brown Rice
Tandoori Chicken
Lamb Kofta Curry
Creamy Chicken with Veg
Thai Style Tuna with Fennel
Mediterranean Cod with Sautéed Kale
Pasta Free Lasagne
Salmon & Broccoli with Red Pesto
Carbonara
Chorizo and Chicken Salad
Mushroom and Leek Risotto
Potato-less Shepherd's Pie
Garlic and Ginger Chicken
Lamb Cutlets
Beef Stew with Barley
Roast Chicken and Veg
Lamb Shashlik

TYPE 2 TESTING PROGRAM

WHAT IS THE PROGRAM?



SCAN ME TO
FIND OUT MORE



Launched in the UK and available worldwide, the **first-of-its-kind** program has been created in an effort to give individuals with non-insulin dependent type 2 diabetes access to test strips so that they can **self-monitor** their condition and **better understand** how everyday factors such as diet, exercise and illness can affect their blood glucose levels.

Studies have proven that regular structured blood glucose testing, or structured self-monitoring of blood glucose (SMBG), can help people with type 2 who are not treated with insulin to better understand their condition, **improve their long-term blood glucose control**, reduce their HbA1c and their subsequent chances of developing diabetes-related complications such as depression, heart disease and amputation.

Despite the evidence, test strips for SMBG are **not routinely available** on prescription from the NHS, meaning that people with type 2 diabetes who wish to test are often **denied access** to test strips by their GP. Test strips are available to buy **at a premium** from pharmacies and online retailers, but no support or guidance is offered with these products so the true health potential of SMBG may be missed.

WHAT WILL I RECEIVE?

Test strips are delivered to your door and come with **expert guidance** on how and when to test, how to interpret the results and record them effectively so that your diabetes health team can make better and more **informed decisions** on your recommended care plan.

For £29.91 a quarter (or £99.97 for the whole year), you will receive a GlucoRx blood glucose meter, lancets and 400 test strips delivered over the course of the year to use with the **structured testing plan**.



www.type2testing.com

THE FEEDBACK WAS AWESOME

Six months into the program:

The number of people who reported **good blood glucose control** increased by **113%**

The number of people who **felt in control** of their diabetes increased by **121%**

85% of people said they now understand how **exercise** affects their blood glucose levels

The number of people who understand the effect of diabetes on their body increased from **48%** to **85%**

88%
now understand
the impact of
food on blood
glucose



4 OUT OF 5



agree that the Type 2 Testing Program has **benefited their blood glucose control**

HBA1C

After starting the Type 2 Testing program, the average HbA1c level fell by **0.9%** to **6.4%**

7.3%

before starting
the program

6.4%

HbA1c after
6 months



BREAKFAST

Strawberry & Quinoa Glory

INGREDIENTS

150ml water
50g quinoa
300ml cold semi-skimmed milk
2 tsp. sweetener
1/2 tsp. vanilla essence
200g strawberries

LUNCH

Peperonata

INGREDIENTS

2 red peppers, cored and sliced thinly
2 yellow peppers, cored and sliced thinly
Half a courgette, chopped roughly
400g tinned tomatoes
2 red onions, peeled and sliced thinly
4 cloves of garlic peeled and crushed
2 tbsp. olive oil
Salt and pepper to taste

DINNER

Chicken with Mushroom

INGREDIENTS

800g of chicken breasts,
2 tsp. garlic, finely chopped
1 green pepper, chopped into fine slices
2 tbsp. dark balsamic vinegar
200g button mushrooms
1 large onion, finely sliced
1 tbsp. olive oil
Salt and freshly ground pepper to taste

BREAKFAST

Strawberry and Quinoa Glory

Serves 4

Add 150ml of water to the quinoa and bring to the boil. Lower the heat and simmer for 15 minutes.

Remove from the hob and place to one side. Blend the milk, quinoa, sweetener, vanilla essence, and strawberries until they are completely smooth.

Serve in a tall glass and enjoy!

Nutritional Facts (Per Serving)

Calories 111 | Total Fat 2g | Saturated Fat 0.7g
Carbohydrate 17.6g | Fibre 1.5g | Protein 6.9g

LUNCH

Peperonata Serves 4

Heat up the olive oil over a medium heat in a medium sized saucepan.

Add the red onions and garlic to the oil and cook until softened. This should take 3-4 minutes.

Place the peppers in the pan. Season to taste.

Add in the tomatoes and cook, without the lid on, for approximately 15 minutes.

Your dish is ready to be served!

Nutritional Facts (Per Serving)

Calories 147 | Total Fat 7.5g | Saturated Fat 1.1g
Carbohydrate 19.1g | Fibre 5g | Protein 3.8g

DINNER

Chicken with Mushroom Serves 4

Preheat the oven to Gas Mark 6 or 200°C. Heat the oil in a medium size saucepan. Seal the chicken in the heated oil by cooking on both sides until the meat whitens. This takes 5 minutes.

Drain the fried chicken on some kitchen paper and place aside to cool down.

Pop the slices of pepper and onion into a bowl. Add in the garlic and mushrooms, and pour on the balsamic vinegar.

Season with salt and freshly ground pepper. Leave in the fridge to marinate for an hour.

Cook for 30 minutes and serve with veggies of your choice!

Nutritional Facts (Per Serving)

Calories 288 | Total Fat 8.5g | Saturated Fat 0g
Carbohydrate 5g | Fibre 1g | Protein 43g



BREAKFAST

Lemon & Almond Pancakes

INGREDIENTS

130g light spelt flour
230ml unsweetened almond milk
1 tbsp. agave nectar
1 tsp. vanilla essence
1tbsp. Stevia
2 tbsp. vegetable oil
Pinch of salt
1 lemon



LUNCH

Tangy Quorn Stir Fry

INGREDIENTS

400g Quorn pieces
1 tbsp. tomato sauce
1/2 tbsp. soy sauce/coconut aminos
1 tbsp. agave nectar
1 green chilli, finely chopped
1 tbsp. tandoori masala powder
2 tbsp. vegetable oil
Salt to taste



DINNER

Chicken Korma

INGREDIENTS

4 chicken breasts, chopped
100g plain yoghurt
2 large onions, finely chopped
2 tsp. turmeric
2 tsp. finely chopped ginger
2 tsp. finely chopped garlic
1 chilli, finely chopped
2 tsp. ground coriander
Seeds of 10 cardamom pods
300ml water
2 tbsp. vegetable oil
Salt and freshly ground pepper to taste

BREAKFAST

Pancakes Serves 4

Measure and sift the spelt flour into a large bowl, then add the salt. Combine the almond milk, agave nectar, and vanilla essence in a smaller bowl. Slowly add these wet ingredients into the bowl containing the sifted flour and the salt, being careful not to end up with a lumpy mixture. If the mixture is too lumpy, whisk it thoroughly. Place the mixture in the fridge for 10 minutes so it settles.

In a non-stick frying pan, over a medium heat, add 1/2 tablespoon of vegetable oil. Once the oil is hot, add a ladle of batter. Keep moving the pan so that the mixture spreads out.

Cook for around a minute, then flip the pancake and cook the other side for the same length of time.

Serve with a squeeze of lemon juice and a sprinkle of Stevia.

Nutritional Facts (Per Serving)

Calories 206 | Total Fat 8.2g | Saturated Fat 1g
Carbohydrate 31.6 | Fibre 3g | Protein 8g

LUNCH

Tangy Quorn Stir Fry Serves 4

Marinate the Quorn in the tomato sauce, soy sauce/coconut aminos, agave nectar, chilli, tandoori masala powder and salt for an hour.

Heat the vegetable oil in a wok and stir fry the Quorn for around 5-7 minutes until cooked.

Serve with boiled veggies or salad of your choice!

Nutritional Facts (Per Serving)

Calories 200 | Total Fat 10.6g | Saturated fat 1.2g
Carbohydrates 12.7g | Fibre 2.9g | Protein 16.2g

DINNER

Chicken Korma Serves 4

Heat a pan on medium heat. Place 1 tablespoon of oil in the pan and seal the chicken, ensuring it is white all around. This will take approximately 5 minutes. Drain the chicken onto some kitchen roll on a plate and set it aside.

Once cool, put the chicken into the yoghurt and add salt and freshly ground pepper to taste.

Fry the onions in the second tablespoon of oil for a couple of minutes. Add the chilli, ginger, garlic, cumin, turmeric and cardamom seeds and cook for a further minute.

Add 300ml of water and bring to boil. Combine the two mixtures and then cook for 10 minutes until the chicken is done.

Serve in a large bowl.

Nutritional Facts (Per Serving)

Calories 310 | Total Fat 11.2g | Saturated Fat 5.1g
Carbohydrate 13.7g | Fibre 2.0g | Protein 37.8g



BREAKFAST

Mushroom Surprise

INGREDIENTS

- 2 Portobello mushrooms
- 1 tsp. garlic, finely chopped
- 1 tbsp. cheddar cheese, finely grated
- 1 tsp. dried thyme or rosemary
- 4 tsp. olive oil
- 2 large eggs
- Salt and pepper to taste



LUNCH

Chicken with Asparagus

INGREDIENTS

- 500g fresh asparagus, with hard ends trimmed, cut into 1-inch pieces
- 450g skinless chicken breast fillets, diced
- 4 small onions, peeled and cut into 1-inch pieces
- 1 tbsp. ginger, peeled and finely chopped
- 1 tbsp. oyster sauce
- 1 tsp. chilli-garlic sauce
- 1 tbsp. toasted sesame oil
- 2 tbsp. vegetable oil



DINNER

Italian Style Cod Bake

INGREDIENTS

- 400g cod fillets
- 2 tbsp. grated Pecorino Romano cheese
- 2 tbsp. grated Parmesan cheese
- 2 cloves of garlic, crushed
- 50g butter, melted
- 1 tbsp. fresh parsley, finely chopped
- Salt and pepper to taste

BREAKFAST

Mushroom Surprise Serves 2

Preheat the oven to 200°C/Gas Mark 6.
Place the mushrooms on a baking tray lined with foil.

Sprinkle the mushrooms with the garlic, salt and pepper to taste. Bake for up to 10 minutes or until tender.

In the mean time, whisk the eggs in a bowl and flavour with salt and pepper to taste.

Heat the olive oil in a frying pan and over a low to medium heat and cook the egg. Stir gently while cooking until the egg has cooked through and set.

When the mushrooms are cooked, spoon half of the egg mixture over each mushroom. Sprinkle with cheese and the thyme/rosemary.

Serve immediately.

Nutritional Facts (Per Serving)

Calories 184 | Total Fat 15.8g | Saturated Fat 3.4g
Carbohydrate 7.4g | Fibre 0.2g | Protein 8.5g

LUNCH

Chicken with Asparagus Serves 4

Heat the vegetable oil in a medium sized pan. Place the chicken pieces in the hot oil and stir frequently for around 7 minutes, or until the chicken has turned white on all sides.

Place the sesame oil in a wok on a high heat. Pop in the asparagus and cook for 2 minutes, then add in the cooked chicken.

Finally, mix in the onions, ginger, oyster sauce and chilli-garlic sauce; cook for 3 minutes and serve straight away.

Nutritional Facts (Per Serving)

Calories 299 | Total Fat 10.5g | Saturated Fat 1.5g
Carbohydrate 7.9g | Fibre 1.5g | Protein 36.1g

DINNER

Italian Style Cod Bake Serves 4

Preheat the oven to Gas Mark 6 or 200°C.

Lightly grease an ovenproof dish. Mix the cheeses, garlic and seasoning in a bowl.

Place the fillets in the ovenproof dish and cover with the cheese mixture and parsley.

Season to taste.

Bake for 15 minutes and serve immediately!

Nutritional Facts (Per Serving)

Calories 206 | Total Fat 13.5g | Saturated Fat 8g
Carbohydrate 0.3g | Fibre 0g | Protein 21g



BREAKFAST

Spinach Surrender

INGREDIENTS

- 4 eggs
- 75g grated cheddar cheese
- 2 slices of ham, cut into small pieces
- 290g fresh spinach, finely chopped



LUNCH

Sizzling Chicken Wings

INGREDIENTS

- 12 chicken wings, skinless
- 1 medium onion, peeled and finely chopped
- 2 tsp. garlic, peeled and finely chopped
- 2 tsp. ginger, peeled and finely chopped
- 2 tsp. cumin seeds
- 1 green chilli, finely chopped
- 2 tsp. soy sauce
- 2 tbsp. vegetable oil
- Salt and pepper to taste



DINNER

Chicken & Broccoli Casserole

INGREDIENTS

- 500g skinless chicken breasts, diced
- 300g condensed cream of mushroom soup
- 100ml semi skimmed milk
- 100g mild cheddar, grated
- 300g fresh broccoli, washed and cut into florets
- 1 large white onion, peeled and chopped finely
- 1 tsp. fresh basil, finely chopped
- Salt and freshly ground pepper to taste
- 1 tbsp. vegetable oil

BREAKFAST

Spinach Surrender Serves 4

Preheat the oven to Gas Mark 6 or 200°C.

Place the beaten eggs, cheese, diced ham, and chopped spinach in a bowl and mix well.

Place in an ovenproof flat dish and bake in the preheated oven for 25 minutes.

Remove the dish from the oven and allow to cool before cutting into 4 slices.

Serve with a salad of your choice and enjoy!

Nutritional Facts (Per Serving)

Calories 133 | Total Fat 7.8g | Saturated Fat 2g
Carbohydrate 3.6g | Fibre 1.9g | Protein 12g

LUNCH

Sizzling Chicken Wings Serves 4

Preheat the oven to Gas Mark 6 or 200°C.

Heat the oil in a pan over a medium heat and fry the onion in a tablespoon of oil until golden brown, this should take around four minutes.

Mix in the garlic and ginger and cook for a further minute.

Throw in the cumin seeds and chilli and cook for a further minute, then set the pan to one side.

Add the soy sauce and the onion mixture to the chicken wings and mix thoroughly for one minute.

Pour in the water, stir and transfer the contents of the wok into an ovenproof dish. Put in the oven for 25 minutes.

Allow to rest for 5 minutes once cooked, then tuck in!

Nutritional Facts (Per Serving)

Calories 376 | Total Fat 25.9g | Saturated Fat 6.2g
Carbohydrate 5.1g | Fibre 0.9g | Protein 28.6g

DINNER

Chicken & Broccoli Casserole Serves 4

Preheat the oven to Gas Mark 5 or 175°C.

Pour the oil into a medium sized saucepan over a medium heat. Throw in the diced chicken and cook for 5 minutes or until it is white on all sides.

In a large bowl, place the chicken, soup, milk, cheese, broccoli, white onion, fresh basil, salt and pepper.

Mix thoroughly before transferring to a casserole or oven proof dish.

Bake in the preheated oven for 40 minutes.

Your dish is now ready to serve!

Nutritional Facts (Per Serving)

Calories 210 | Total Fat 18g | Saturated Fat 8g
Carbohydrate 15g | Fibre 3.3g | Protein 28g



BREAKFAST

Mixed Berry Granola

INGREDIENTS

- 6-10 raspberries
- 40g (2 heaped tbsp.) of blueberries
- 3 tbsp. full fat Greek yoghurt
- 30g whole oats
- 10g Omega 3 seed mix



LUNCH

Lemon Glazed Chicken

INGREDIENTS

- 4 chicken breasts, skinless
- Juice and zest of 2 lemons
- 2 tsp. garlic, peeled and finely chopped
- 1 green bell pepper, chopped into squares
- 1 tbsp. Dijon mustard
- 2 tbsp. vegetable oil



DINNER

Cod & Parsley Parcels

INGREDIENTS

- 4 cod fillets, approx. 170g each, skinned
- 2 tsp. butter
- 1 tbsp. plain flour
- 500ml semi-skimmed milk
- 3 tbsp. fresh parsley, finely chopped
- 2 tbsp. lemon juice
- Salt and pepper to taste

BREAKFAST

Mixed Berry Granola Serves 2

Put the porridge oats and berries into a breakfast bowl and cover with the full-fat yoghurt.

Sprinkle the mixed seeds over the top.

Mix together, gently mashing the berries, and enjoy!

Nutritional Facts (Per Serving)

Calories 168 | Total fat 8g | Saturated Fat 0.6g
Carbohydrate 18g | Fibre 4.6g | Protein 4.6g

LUNCH

Lemon Glazed Chicken Serves 4

First, preheat the oven to Gas Mark 6 or 200° C.

Cut the chicken breasts into bite-size pieces. Heat a tablespoon of oil in a frying pan and add the chicken. Cook for approximately 5 minutes or until the chicken turns white in colour.

Mix the mustard, garlic and lemon zest in a bowl and marinate the chicken for at least an hour.

Transfer the marinated chicken to an ovenproof dish and cook in the pre heated oven for 25 minutes.

Savour with summer veggies of your choice!

Nutritional Facts (Per Serving)

Calories 208.5 | Total Fat 10g | Saturated Fat 2.5g
Carbohydrate 4.1g | Fibre 0.5g | Protein 30.3g

DINNER

Cod & Parsley Parcels Serves 4

Place the milk to boil with lemon juice and salt and pepper. Once boiled, leave to cool for 30 minutes.

Melt the butter on a low heat, then mix in the flour, whisking thoroughly. Stir and cook for a minute. Pour in the milk little by little, whisking constantly. Return to the heat, stirring continuously and bring to the boil.

Simmer for 10 minutes, and add salt and pepper to taste.

Place the cod fillets in the pan and poach over a low heat for 4–6 minutes, without the sauce boiling until the fish is cooked. Turn each piece of fish over after 2 minutes.

Place the fish fillets in a serving dish and spoon over with the parsley sauce.

Truly scrumptious!

Nutritional Facts (Per Serving)

Calories 230 | Total Fat 5.6g | Saturated Fat 2.8g
Carbohydrate 9.1g | Fibre 0.2g | Protein 35.2g



BREAKFAST

Creamy Polenta Porridge

INGREDIENTS

- 300g dry polenta
- 300ml semi-skimmed milk
- 300ml low fat single cream
- 450ml water
- 2 tbsp. agave nectar



LUNCH

Summer Vegetable Salad

INGREDIENTS

- 100g fresh green beans
- 100g fresh sugar snaps
- 50g finely sliced yellow summer squash
- 100g courgette, finely sliced
- 50g red onions, finely sliced
- 100g carrots, coarsely grated
- 2 small tomatoes, chopped into small cubes
- 4 tsp. of minced chives
- 2 tsp. of dried basil



DINNER

Zingy Whole Mackerel

INGREDIENTS

- 4 whole mackerel, gutted and cleaned
- 4 tsp. garlic, finely chopped
- 4 tsp. ginger, finely chopped
- 1 large red chilli, deseeded and chopped
- 2 limes, zested and juiced
- 2 tbsp. sesame oil
- 1 tsp. Thai fish sauce

BREAKFAST

Creamy Polenta Porridge Serves 4

Boil the water and milk in a medium saucepan.

Place the polenta in the pan, lower the heat and stir continuously until the liquid has been absorbed.

Place the cream in the pan and stir in the agave nectar to sweeten the porridge.

Serve with a garnish of berries of your choice. Blueberries, strawberries or even slices of banana go wonderfully.

Nutritional Facts (Per Serving)

Calories 212 | Total Fat 1g | Saturated Fat 0.5g
Carbohydrates 46g | Fibre 5g | Protein 5.5g

LUNCH

Summer Vegetable Salad Serves 4

Boil two inches of water in a medium saucepan.

Add the green beans, sugar snaps yellow marrow, courgette and onions to the saucepan.

Lower the heat; cover the pan and simmer for 3 minutes, until the vegetables are crisp and tender. Then drain the vegetables and rinse under cold water. Pat the vegetables dry.

Place vegetables into a bowl with the remaining ingredients, including the vinaigrette. Stir in gently.

Place in the fridge until you need to serve the salad.

Nutritional Facts (Per Serving)

Calories 46.3 | Total Fat 0.3g | Saturated Fat 0g
Carbohydrate 9.2g | Fibre 3.1g | Protein 2.1g

DINNER

Zingy Whole Mackerel Serves 4

Wash the mackerel and score both sides of each mackerel five or six times, avoiding hitting the bone. In a bowl, combine the sesame oil, garlic, ginger, chilli, lime zest and juice and the Thai fish sauce. Coat each mackerel with the marinade.

Barbecue the mackerel for around five minutes on each side until the fish is charred and the eyes have turned white.

Place the fish in a large dish and cover with any leftover marinade and seasoning to taste, leave to stand for about 3 minutes before serving with a side of salad.

Nutritional Facts (Per Serving)

Calories 256 | Total Fat 17.8g | Saturated Fat 3.8g
Carbohydrates 6.5g | Fibre 1.2g | Protein 5.5g



BREAKFAST

Scrambled Egg on Rye Bread

INGREDIENTS

- 2 eggs
- 20ml semi skimmed milk
- Salt and freshly ground black pepper
- One slice of rye bread, toasted



LUNCH

Bell Pepper & Chicory Salad

INGREDIENTS

- 3 chicory heads, finely sliced
- 1 yellow bell pepper, finely sliced
- 1 red bell pepper, finely sliced
- 2 new potatoes, cooked and finely sliced
- 2 tbsp. of coriander, finely chopped
- 2 tsp. grainy mustard
- 1 tbsp. balsamic vinegar
- 2 tbsp. lemon juice
- 3 tbsp. extra virgin olive oil
- Salt and freshly ground black pepper to season



DINNER

Fish Pie

INGREDIENTS

- 2 tbsp. olive oil
- 1 onion, finely chopped
- 2 cloves of garlic
- 1x 400g tin of chopped tomatoes
- 1/2 tsp. cinnamon
- 1/2 tsp. ground ginger
- Salt and pepper
- 120g salmon
- 140g smoked haddock

FOR THE MASH:

- 25g butter
- 300g celeriac
- 300g carrots

BREAKFAST

Scrambled Egg on Rye Bread Serves 1

Whisk the eggs in a jug, gradually pouring in the milk at the same time. Season with salt and pepper to taste.

Add the mixture to a non-stick pan.

Using a whisk, keep the eggs moving in the pan for 2-3 minutes until cooked through and set.

Serve on the toasted rye bread and season to taste.

Nutritional Facts (Per Serving)

Calories 238 | Total fat 11.4g | Saturated fat 3.2g
Carbohydrate 19g | Fibre 1.9g | Protein 17.6g

LUNCH

Bell Pepper & Chicory Salad Serves 4

Combine the lemon juice, balsamic vinegar and mustard. Then slowly stir in the olive oil. Season to taste.

Combine all the dry ingredients in a bowl.

Add the vinaigrette and enjoy!

Nutritional Facts (Per Serving)

Calories 179 | Total Fat 14.5g | Saturated Fat 3.4g
Carbohydrate 10.9g | Fibre 3.2g | Protein 2.3g

DINNER

Fish Pie Serves 2

Preheat the oven to Gas Mark 3 or 175°C. Chop the celeriac and carrots and boil in salted water for 7-10 minutes. Strain, mash and mix in the butter. Season with salt and pepper to taste.

Put the fish in boiling water in a saucepan, with just enough water to cover it. Cook for 5 minutes. The fish should become opaque and flake easily.

Drain the fish and place in a bowl.

Pop the oil in a saucepan on medium heat and saute the onion and garlic for 5 minutes.

Mix in the cooked fish as well as chopped tomatoes, cinnamon, ginger and the salt and pepper.

Simmer on a medium heat to allow the flavours to infuse.

Place the mixture in a small roasting tin and cover with the mash. Cook in the oven for 20 minutes until the mash crunches up.

Serve with a side of vegetables, a green salad, or on its own.

Nutritional Facts (Per Serving)

Calories 409 | Total fat 20.3g | Saturated fat 3.5g
Carbohydrate 20.5g | Fibre 2.6g | Protein 19g



BREAKFAST

Tomatoes on Mushrooms

INGREDIENTS

4 cherry tomatoes on the vine
Large flat Portobello mushroom
1 tsp. olive oil
300g celeriac, trimmed, peeled and diced
1 tbsp. butter
2 garlic cloves, peeled
2 tsp. rosemary, finely chopped
2 eggs
20ml semi skimmed milk
Salt and freshly ground black pepper
Two slices rye bread, toasted



LUNCH

Italian Salad

INGREDIENTS

2 tbsp. olive oil
A bunch of spring onions, chopped into 1cm pieces
250g cherry tomatoes, halved
150g mozzarella, chopped in to bite size pieces
150g olives, sliced in to thirds
Juice of 1 lemon
50g fresh basil, chopped roughly



DINNER

Thai Green Curry

INGREDIENTS

2 chicken breasts	Fresh coriander, chopped
2 garlic cloves, finely chopped	1 green chilli de-seeded and sliced
1 tbsp. coconut oil	1/2 tsp. coriander seeds
100g bean sprouts	1/2 tsp. cumin seeds
1 medium white onion, sliced	400ml coconut milk
4 spring onions, finely chopped	2 tsp. fish sauce
1 stick of lemon grass, finely chopped	Zest and juice of 1 lime
1.5cm piece of fresh ginger finely grated	5g Thai green curry paste

BREAKFAST

Tomatoes on Bread Serves 1

Turn the grill on, keep the tomatoes on their vine for ease and flavour. Put the mushroom and the vine of tomatoes under the grill. Leave until cooked, turning the mushroom as required.

Whisk the eggs in a bowl, adding the milk and season to taste with the salt and pepper. Add the mixture to a non-stick pan and stir until scrambled.

Melt the butter in a sauce pan, add in the rosemary and garlic and cook gently until fragrant, for about 2 minutes.

Add the celeriac and coat it with the butter mixture. Then place the celeriac in a preheated oven on 200°C or Gas Mark 6 and cook for up to 20 minutes until golden brown.

Per serving, plate up the bread and pile on the scrambled eggs, tomatoes and celeriac.

Your dish is ready to serve.

Nutritional Facts (Per Serving)

Calories 400 | Total fat 19g | Saturated fat 8.5g
Carbohydrate 34g | Protein 21g | Fibre 5g

LUNCH

Italian Salad Serves 4

In a mixing bowl, combine the spring onions, mozzarella, olives and basil.

In a separate bowl, mix together the lemon juice and olive oil to create a light dressing.

Add the dressing slowly to the salad and mix thoroughly.

The salad is now ready to serve and enjoy!

Nutritional Facts (Per Serving)

Calories 251 | Total Fat 19.3g | Saturated Fat 6.3g
Carbohydrate 11g | Fibre 2.7g | Protein 10.6g

DINNER

Thai Green Chicken Curry Serves 2

Cut the chicken breast into small pieces.

Heat the coconut oil in a non-stick wok on a low to medium heat. Throw in the chicken, onions, garlic, ginger, lemon grass and chilli and cook for 4-5 minutes.

Grind the coriander and cumin seeds in a pestle and mortar. Stir these into the wok to infuse the chicken.

Pop in the Thai green curry paste, followed by the coconut milk, fish sauce, zest and juice of a lime and half of the fresh coriander.

Simmer the mixture on a medium heat for 15 - 20 minutes.

Finally add the bean sprouts and the remainder of the coriander and turn up the heat for a final five minutes.

Serve immediately with an extra squeeze of lime juice to taste.

Nutritional Facts (Per Serving)

Calories 409 | Total fat 20.3g | Saturated fat 3.5g
Carbohydrate 20.5g | Fibre 2.6g | Protein 19g



BREAKFAST

Waffles with Blueberries

INGREDIENTS

32g coconut flour
32g almond flour
32g finely shredded coconut, unsweetened
2 tbsp. granulated sweetener
1/2 tsp. baking powder
1/2 tsp. salt
5 large eggs, lightly beaten
50g coconut oil, melted
170ml milk or almond milk
110g frozen blueberries
Coconut oil for the waffle iron

LUNCH

Halloumi Kebabs

INGREDIENTS

250g low fat halloumi cheese
1 red pepper
1 yellow pepper
250g cherry tomatoes
1 medium courgette
8 wooden BBQ skewers
2 tbsp. chilli sauce
2 tbsp. light soy sauce
2 tbsp. olive oil
1 tbsp. runny honey
4 cloves of garlic, finely chopped

DINNER

Pork Medallions with Veg

INGREDIENTS

300g pork fillet cut into 6 medallions
For the cider sauce:
240ml cider
1 tsp. of cider vinegar
1 firm eating apple, peeled, cored and sliced into thin segments
200ml crème fraîche
1 tbsp. olive oil

For the roasted veg:
1 leek, chopped
70g carrots, sliced
75g celeriac, diced
1 red onions, chopped
80g swede, diced
3 tbsp. olive oil
A sprig of rosemary

BREAKFAST

Homemade Waffles with Blueberries Serves 4

Preheat waffle iron and Preheat oven to Gas Mark 1/4 or 110°C.

In a large bowl, whisk together the coconut flour, almond flour, shredded coconut, sweetener, baking powder, and salt. Stir in the eggs, melted coconut oil and milk. Carefully fold in blueberries.

Once the waffle iron is hot, grease generously with coconut oil and then spoon about 1/4 of the batter into the hot iron.

Spread evenly over iron with the back of a spoon. Cook for 4-5 minutes, or until golden brown. Once cooked, transfer to a baking sheet and keep warm in the oven.

Repeat with the remaining batter to make a few more waffles.

As soon as the waffles are done, they're ready to enjoy!

Nutritional Facts (Per Serving)

Calories 305 | Total fat 25g | Saturated fat 17g
Carbohydrate 12g | Protein 2g | Fibre 34g

LUNCH

Halloumi Kebabs Serves 4

For the marinade combine the chilli sauce, light soy sauce, olive oil, honey and garlic in a small bowl and mix well.

Dice the halloumi into bite sized pieces.

Cut the courgette and bell peppers into slices.

You then need to thread a chunk of halloumi, slice of courgette, slice of red pepper, slice of yellow pepper and a cherry tomato.

Cook for a few minutes on both sides on the BBQ or under the grill.

Once the kebabs are made, drizzle with the marinade and enjoy.

Nutritional Facts (Per Serving)

Calories 224 | Total Fat 11g | Saturated Fat 7.3g
Carbohydrates 20.3g | Fibre 3.2g | Protein 18.1g

DINNER

Pork Medallions with Veg Serves 2

Preheat the oven to Gas Mark 4 or 180°C.

Prepare the vegetables so that they are chunky and similarly sized.

Place the vegetables in a large roasting tin with the rosemary and seasoning, then drizzle with olive oil. Roast in the oven on for 30 minutes.

While the vegetables are cooking, put a drop of oil in a non-stick frying pan and add the pork medallions and slices of apple.

Allow the apples to soften and release their juices and the pork medallions to brown. This takes 5-7 minutes. Then pour the cider and cider vinegar into the pan.

Keep stirring for 5 minutes until the alcohol has been cooked out, and the apples and medallions have absorbed the flavours.

Finally, turn the heat of the pan to a low heat and add the creme fraiche. Serve the pork and apples on a bed of roasted vegetables.

Nutritional Facts (Per Serving)

Calories 492 | Total fat 42g | Saturated fat 6g
Carbohydrate 29.9g | Protein 7.2g | Fibre 4.9g



BREAKFAST

Raspberry Porridge

INGREDIENTS

150g quinoa, rinsed
600g unsweetened almond milk
1/2 tsp. vanilla extract
1 tsp. Setvia sweetener
1 tsp. cinnamon
100g raisins
100g raspberries
A medium apple, finely chopped;
keep some aside for garnish
30g raw walnuts, chopped
200g cup fresh organic blueberries



LUNCH

Sizzling Lamb Burgers

INGREDIENTS

500g lamb mince
1 onion, finely chopped
4 garlic cloves, finely chopped
3 tsp. parsley, finely chopped
3 tsp. mint leaves, finely chopped
Salt and pepper to taste



DINNER

Lamb Kebabs with Salsa

INGREDIENTS

KEBAB MIX

400g minced lamb
2 tsp. garlic, peeled and finely chopped
2 tsp. ginger, peeled and finely chopped
1 large onion, peeled and finely chopped
2 tsp. ground coriander
2 tsp. ground cumin
1/2 tsp. ground black pepper
1 tbsp. fresh coriander, finely chopped

VERDANT SALSA

3 spring onions, chopped
1 tbsp. olive oil
4 tomatoes, chopped roughly
1 tbsp. pitted olives of your choice
1 bunch of coriander, chopped
1 bunch of parsley, chopped
Lemon Juice

BREAKFAST

Raspberry and Cinnamon Porridge Serves 4

Mix the quinoa, almond milk, vanilla extract, cinnamon and raisins in a medium sized sauce pan.

Bring to the boil. Then put the lid on the pan and turn down to a low heat.

After the mixture has simmered for 7 minutes add the chopped apple and simmer for another 5 minutes. If the mixture contains too much liquid, cook some more. Then remove from the cooker.

Leave the lid on the pan and let the mixture rest for 5 minutes.

Top each serving with walnuts, blueberries and the rest of the chopped apple.

Nutritional Facts (Per Serving)

Calories 348 | Total Fat 9g | Saturated Fat 0.8g
Carbohydrates 61g | Fibre 9.4g | Protein 8.6g

LUNCH

Sizzling Lamb Burgers Serves 4

Place the lamb mince in a mixing bowl.

Throw in the onions, garlic, mint and parsley. Season with salt and pepper to taste.

Then divide the mixture into 8 and shape each portion into round burgers.

Place on a hot barbecue or under the grill and cook each burger for around 8-10 minutes.

Turn regularly until cooked to your taste.

Serve with a cool mint yoghurt dip.

Nutritional Facts (Per Serving)

Calories 298 | Total Fat 21.6g | Saturated Fat 10.9g
Carbohydrates 3g | Fibre 1g | Protein 22.2g

DINNER

Lamb Kebabs with Salsa Serves 4

Mix the mince, onion, ginger, garlic, coriander, cumin, pepper and salt in a mixing bowl.

Form 16 balls out of the mince mixture.

Put each ball around the tip of a metal skewer and flatten slightly.

Place the meatballs on a baking sheet and cover, then refrigerate them for an hour.

Pop all the salsa ingredients a bowl and mix together.

Cook the skewered lamb kebabs under a preheated grill, turning every now and again, until the lamb is cooked through.

This will take 15 minutes. Serve hot with the salsa.

Mmm, delicious!

Nutritional Facts (Per Serving)

Calories 300 | Total Fat 21g | Saturated Fat 9g
Carbohydrates 9g | Fibre 2.2g | Protein 18g



BREAKFAST

Fruity Quinoa Porridge

INGREDIENTS

100g quinoa, rinsed
200ml unsweetened almond milk
120ml water
120ml plain soya yoghurt
2 tsp. sweetener
100g strawberries
1 green pears
1 red pears
1/4 tsp. of cinnamon powder
1 tsp. vanilla extract



LUNCH

Chicken & Mushroom Kebabs

INGREDIENTS

750g skinless chicken breasts, diced
600g mushrooms, roughly chopped
2 red bell pepper, roughly chopped
2 green bell pepper, roughly chopped
3 onions, sliced roughly
6 tsp. garlic, finely chopped
6 tsp. ginger, finely chopped
2 tsp. green chillies, finely chopped,
6 tbsp. light soy sauce
Salt and pepper



DINNER

Chinese Style Chicken

INGREDIENTS

800g chicken breast, diced
4 tbsp. low salt teriyaki sauce
4 tbsp. dark soy sauce
2 sticks of celery, cut diagonally
4 medium carrots, sliced into thin juliennes
300g of red cabbage, shredded
400g canned water chestnuts, drained and sliced
4 tsp. of garlic, finely chopped
2 tbsp. sesame oil
2 tbsp. of vegetable oil

BREAKFAST

Fruity Quinoa Porridge Serves 2

Put the almond milk, quinoa and water in to a pan and bring to the boil.

Add the cinnamon and vanilla extract.

Then allow the mixture to simmer and cover.

Cook for around 15 minutes until soft, stirring frequently.

If the mixture is too watery cook a little while longer. Alternatively, if the mixture is too thick add a little water.

Mix the cooked quinoa with the yoghurt and sweetener.

Grate the pear and apple into a medium sized bowl, juice included. Mix in with the quinoa mixture.

Place in serving bowls.

Serve topped with sliced strawberries.

Nutritional Facts (Per Serving)

Calories 400 | Total Fat 20g | Saturated Fat 5g
Carbohydrates 66g | Fibre 6g | Protein 8.6g

LUNCH

Chicken & Mushroom Kebabs Serves 2

Combine the garlic, ginger, chilli and soy sauce to make the marinade.

Place the chicken in the marinade and set aside to marinate for at least an hour at room temperature or overnight in the fridge.

Thread a chicken piece, a slice of green bell pepper, a slice of mushroom and a slice of green bell pepper onto the BBQ skewer.

Repeat the process until the skewer is full.

Grill the kebabs for approximately 10 minutes, turning frequently during cooking.

Nutritional Facts (Per Serving)

Calories 840 | Total Fat 28.8g | Saturated Fat 12.4g
Carbohydrates 53.6g | Fibre 5.6g | Protein 54g

DINNER

Chinese Style Chicken Serves 2

Heat a pan on medium heat.

Place the vegetable oil in the pan and seal the chicken, ensuring it is white all around.

This will take approximately 5 minutes.

Drain the chicken onto some kitchen roll on a plate and combine chicken and half the teriyaki sauce in a bowl; stir well.

Allow to stand for 20 minutes.

In a wok, heat the sesame oil on a medium-high heat and add the garlic, celery and carrot.

Stir fry for a minute. Then stir in the water chestnuts and cabbage.

Add the chicken and stir fry for two minutes.

Add the remaining teriyaki sauce and soy sauce and fry for one minute.

The dish is now ready to serve.

Nutritional Facts (Per Serving)

Calories 676 | Total Fat 10g | Saturated Fat 2.4g
Carbohydrate 48g | Fibre 6.4g | Protein 82g



BREAKFAST

Barley Porridge

INGREDIENTS

475ml unsweetened almond milk
21g agave nectar
80g barley flakes
1 tsp. ground cinnamon
1 tsp. vanilla essence
28g sultanas
2 tbsp. sunflower seeds
1 tbsp. flaked almonds
1 tbsp. pumpkin seeds



LUNCH

Chicken Caesar Salad

INGREDIENTS

1 large head of romaine lettuce, roughly torn
400g diced, cooked, skinless chicken breast
100g freshly grated parmesan cheese
120ml low fat plain yoghurt
2 tbsp. fresh lemon juice
2 tsp. olive oil
1 tsp. Dijon mustard
2 cloves of garlic, finely chopped
1 tbsp. olive oil
50g stale bread cubes
Salt and freshly ground pepper to season



DINNER

Pan Seared Salmon

INGREDIENTS

4 salmon fillets, approx. 200g each, skinned
1 large red onion, peeled and sliced finely
200g cherry tomatoes
6 cloves garlic, peeled and chopped finely
1 tbsp. extra virgin olive oil
1/2 a medium sized lemon
Salt and freshly ground pepper

BREAKFAST

Barley Porridge Serves 4

In a saucepan, heat the milk, along with the sweetener, cinnamon, nutmeg, and vanilla essence.

Place the barley flakes and sultanas in the pan and leave to simmer on a low heat for 10 minutes. Stir the mixture until it thickens and the barley softens.

Toast the sunflower seeds, flaked almonds, and pumpkin seeds in a non-stick frying pan until they are slightly browned.

Put the seeds and almonds with the milk, ensuring everything is fully combined and cook for a further 2 minutes.

Remove from the heat and allow to stand for 2 minutes.

Nutritional Facts (Per Serving)

Calories 189 | Total Fat 7.3g | Saturated Fat 1.3g
Carbohydrates 26.3g | Fibre 5.3g | Protein 7g

LUNCH

Chicken Caesar Salad Serves 4

Heat a griddle pan on low heat and add the olive oil.

Place the bread cubes in it and sauté.

Once the bread cubes are golden brown, season to taste.

Allow to cool.

Place the Romaine lettuce in a large bowl. Put the chicken and croutons in it and sprinkle the cheese on top.

Combine the yoghurt, lemon juice, olive oil, Dijon mustard and garlic then mix well.

Then drizzle the dressing on to the salad.

Toss gently until combined.

Season to taste with freshly ground black pepper.

Nutritional Facts (Per Serving)

Calories 411 | Total Fat 19.5g | Saturated Fat 6.1g
Carbohydrates 16.3g | Fibre 3.8g | Protein 45g

DINNER

Pan Seared Salmon Serves 4

Preheat the oven to 200°C/Gas Mark 6.

Lightly oil a baking tray.

Spread the fennel, onion, tomatoes and garlic in an even layer on the bottom of the baking tray. Place the trout in the baking tray, then spread the thyme, lemon juice and rind over the top.

Season with freshly ground pepper and salt and cook in the oven for 15 minutes.

Remove from the oven and squeeze the two lemon halves over the salmon and sprinkle with the remainder of the salt and pepper.

Return the roasting pan to the oven and roast for another 10 minutes, then serve.

Nutritional Facts (Per Serving)

Calories 168 | Total Fat 11.1g | Saturated Fat 2.2g
Carbohydrate 4.4g | Fibre 1.2g | Protein 12.2g



BREAKFAST

Mango & Strawberry Muesli

INGREDIENTS

- 150g porridge oats
- 1 apple, grated
- 80ml unsweetened almond milk
- 80ml pressed apple juice
- 2 tbsp. honey
- 1/2 tsp. ground cinnamon
- 300ml water
- 250g soya yoghurt
- 1 small ripe mango in small chunks
- 200g strawberries, quartered



LUNCH

Hot Smoked Salmon Salad

INGREDIENTS

- 4 salmon steaks, hot (smoked, skinned)
- 100g new potatoes, cooked and chopped (use celeriac if you are on a very low carb diet)
- 100g asparagus tips
- 2 tsp. parsley, finely chopped
- 2 tsp. mint leaves, finely chopped
- 2 spring onions, chopped
- 70g radishes
- 1.5 tbsp. lemon juice
- 75ml olive oil



DINNER

Lamb Steaks in Tomato Sauce

INGREDIENTS

- 4 lamb leg steaks
- 400g tin chopped tomatoes
- 1 tsp. cumin seeds
- 1 tsp. ground coriander
- 1 clove of garlic, finely chopped
- 2 tbsp. vegetable oil
- Salt and freshly ground pepper to taste
- A sprig of fresh coriander to garnish

BREAKFAST

Mango & Strawberry Muesli Serves 2

Mix the oats, grated apple, almond milk, apple juice, honey and cinnamon in a saucepan.

Place pan on a medium heat, adding the water. Bring the mixture to the boil and simmer for 3 minutes

Stir in the yoghurt, strawberries and mango.

Spoon this mixture into bowls and top with the remaining fruit.

Nutritional Facts (Per Serving)

Calories 271 | Total Fat 4g | Saturated Fat 0g
Carbohydrates 54g | Fibre 6.2g | Protein 7g

LUNCH

Hot Smoked Salmon Salad Serves 4

Half-fill a medium sized pan with water and bring to the boil. Lower the heat, and pop the potatoes in. Leave to cook for 7 minutes.

Place the asparagus tips in the same water for 2 minutes towards the end, adding a little more water if necessary.

Drain the water and wait for the potatoes and asparagus to cool.

Slice the asparagus, potatoes, salad, onions, radishes and herbs and put aside in a large bowl. Mix the lemon juice and olive oil well in a small bowl to make a dressing.

Drizzle two thirds of the dressing onto the salad mixture and mix well. Carefully flake the salmon in to the bowl and give the salad another mix.

Serve the salad with a side of asparagus.

For the final touch, drizzle with the rest of the dressing.

Nutritional Facts (Per Serving)

Calories 363 | Total Fat 29g | Saturated Fat 2.7g
Carbohydrates 7.1g | Fibre 1.6g | Protein 2.7g

DINNER

Lamb Steaks in Tomato Sauce Serves 4

In a medium size pan, heat a tablespoon of oil and cook the lamb steaks so they brown on both sides; this takes around 5 minutes.

Once cooked, place the lamb steaks on some kitchen roll to drain.

Place the other tablespoon of oil in a pan on medium heat. Fry the spices for around a minute. Add the chopped tomatoes to the pan with the spices, mix thoroughly. Then simmer the dish on a low heat for 10 minutes.

If the mixture thickens before the lamb is cooked through, add some water.

Serve the dish with freshly chopped coriander and a side of salad.

Nutritional Facts (Per Serving)

Calories 198 | Total Fat 10.6g | Saturated Fat 1.9g
Carbohydrate 3.5g | Fibre 1.2g | Protein 21.3g



BREAKFAST

Berry & Nut Chia Porridge

INGREDIENTS

1/2 tbsp. chia seeds
300ml unsweetened cold almond milk
1/2 tbsp. dried cranberries
Seeds of cardamom pods
1/4 tsp. vanilla extract
3 drops liquid Stevia (optional)
Chopped strawberries, raspberries, and blueberries (for the topping)
1 tbsp. flaked almonds

LUNCH

Tomato Soup

INGREDIENTS

1-1.25kg ripe tomatoes
1 medium onion
2 garlic cloves
1 large carrot
2 celery sticks
2 tbsp. olive oil
2 tsp. tomato puree
2 bay leaves
1.2 litres hot vegetable stock
Fresh basil to garnish

DINNER

Veggie Mince with Brown Rice

INGREDIENTS

400g veggie mince
400g canned tomatoes, finely chopped
2 onions, chopped
4 cloves of garlic, finely chopped
100ml water
1 tbsp. olive oil
1 tbsp. tomato puree
Season with salt and pepper
800g of cooked brown long grain rice

BREAKFAST

Berry & Nut Chia Porridge Serves 1

Put the almond milk in a bowl (doesn't have to be very large) and sprinkle the chia seeds on top.

Stir vigorously to get rid of any clumps.

Drop the cranberries, cinnamon, cardamom, Stevia, and vanilla extract into the milk mixture and stir well.

Allow this mixture to stand for 30-40 minutes to thicken. Finally, add the berries and flaked almonds.

Nutritional Facts (Per Serving)

Calories 210 | Total Fat 14.5g | Saturated Fat 2g
Carbohydrates 10g | Fibre 6.5g | Protein 6g

LUNCH

Tomato Soup Serves 2

Peel the onion, garlic and carrot and chop them into small pieces. Chop the celery. Add the olive oil into a large pan and heat it over a low heat. Add the chopped veg. Gently cook for approximately 10 minutes until the vegetables are softened. To the vegetables, add the tomato purée, tomatoes and black pepper. Add the bay leaves and leave to simmer on a low heat for approximately 10 minutes until everything shrinks down in the pan. Stir frequently until the vegetables are thoroughly mixed together. Slowly pour in the hot stock. Turn up the heat and let the mixture bubble, then turn the heat down to low.

Replace the lid and cook gently for a further 25 minutes. Stir the soup every 5 minutes.

When cooked, turn the heat off, give the soup a good stir and remove all of the bay leaves. Slowly pour the mixture into a blender and blitz until smooth.

Nutritional Facts (Per Serving)

Calories 312 | Total fat 17.1g | Saturated fat 3.4g
Carbohydrate 35g | Protein 9.1g | Fibre 6.2g

DINNER

Veggie Mince with Brown Rice Serves 2

Pop the brown rice in pan of boiling water. Turn down the heat and cook for 30 minutes. Drain and your rice is ready to serve.

Saute the onions and garlic in the olive oil over a medium heat for 4 minutes. Throw in the veggie mince and cook for 4-5 minutes until browned.

Stir in the tomatoes and tomato puree and cook for 3 minutes. Add in the water, cover the pan and cook over a low heat for around 10 minutes until the sauce is thick and rich.

Season to taste.

Serve with cooked brown rice.

Nutritional Facts (Per Serving)

Calories 484 | Total Fat 6.5g | Saturated Fat 0.6g
Carbohydrates 86.2g | Fibre 10.6g | Protein 23.8g

BREAKFAST

Mushroom Omelette Serves 4

Put a large frying pan over a medium heat, and add the olive oil.

When the oil is hot, drop in the spring onion. Sauté the spring onion for 2 minutes, or until soft.

Whisk the eggs and milk, then season the mixture with salt and pepper. Add the mozzarella cheese, and fry the egg mixture over a medium heat for 4 minutes.

As it's cooking, sprinkle the mushroom chunks on top of the egg mixture.

Wait until the mixture is cooked through and the top has become solid. If you are having trouble cooking the top of the omelette, or if it's especially thick, place it under the grill for 2-3 minutes.

Slide the omelette out of the pan and onto a plate, then it's ready to eat.

Nutritional Facts (Per Serving)

Calories 213 | Total Fat 16.2g | Saturated Fat 4.5g
Carbohydrates 2.9g | Fibre 0.7g | Protein 13.3g

LUNCH

Mushroom Soup Serves 2

Soak the dried porcini mushrooms in water for 30 minutes. Chop the mushrooms and onion into small pieces. Put 1 tablespoon of olive oil into a large pan. Mix in the chopped onion and crushed garlic.

Allow to cook down for approximately 10 minutes. Pop the mushrooms into the pan and cover with the remaining olive oil, cook for a further 10 minutes until the mushrooms release their juices.

Remove the fresh thyme from the stalks and add with the freshly ground black pepper and chicken stock, cover and cook for 20 minutes. Blitz with a stick blender so you have a smooth texture.

Add a squeeze of lemon juice.

Check for seasoning and add extra salt and pepper if it is needed.

Serve and dress with fresh chopped parsley.

Nutritional Facts (Per Serving)

Calories 314 | Total fat 46g | Saturated fat 12g
Carbohydrate 29.5g | Fibre 16.5g | Protein 32g

DINNER

Tandoori Chicken Serves 4

Pour water into a pan until it's around two-thirds of the way full, then pop in the rice. Over a low heat, cook the rice for 35 minutes, then drain and set to one side.

Pour the oil into a large frying pan and place over a medium heat. Once the oil's hot, add the chicken and cook for 5 minutes, ensuring that the chicken is white all over.

Mix the lemon juice, tandoori masala powder and red onions in a large, shallow dish. In a separate bowl, combine the yoghurt, ginger, garlic, garam masala, ground cumin, turmeric and chilli. Add the chicken, ensuring it gets coated all over.

Cover and chill for at least an hour; the longer the chicken marinates, the tastier it will be.

Pop the entire mixture into an ovenproof dish and cook on Gas Mark 6 or 200°C for 30 minutes.

Serve on a bed of brown basmati rice.

Nutritional Facts (Per Serving)

Calories 538 | Total fat 15.7g | Saturated Fat 1.1g
Carbohydrate 48g | Fibre 7.8g | Protein 44g



BREAKFAST

Scrambled Egg & Sausage

INGREDIENTS

- 4 large eggs
- 2.5 tbsp. milk
- 400g of pork sausage, sliced thinly
- 1/2 tbsp. olive oil



LUNCH

Sausage & Butter Bean Stew

INGREDIENTS

- 2 tbsp. olive oil
- 5 rashers of smoked bacon, cut in to 1cm strips
- 2 red onions, chopped
- 3 large garlic cloves, crushed
- 6 large pork sausages
- 450g uncooked chorizo sausage, sliced
- 1l chicken stock
- 400g tinned butter beans
- 2 tbsp. tomato puree
- 6 tbsp. chopped flat leaf parsley



DINNER

Lamb Kofta Curry

INGREDIENTS

- 500g lamb mince
- 1 large onion, peeled, finely chopped
- 2 tsp. green chillis
- 2 tsp. ginger, peeled and finely chopped
- 2 tsp. garlic, peeled and finely chopped
- 2 tsp. garam masala
- 2 tbsp. coriander
- Kofta sauce**
- 400g tinned tomatoes
- 2 tbsp. vegetable oil
- 2 medium onions, finely chopped
- 2 tsp. garlic, peeled and finely chopped
- 2 tsp. ginger, peeled and finely chopped
- 1 tbsp. Tomato Purée
- 2 tsp. garam masala
- 1 tsp. turmeric
- 3 bay leaves

BREAKFAST

Scrambled Egg & Sausage Serves 4

Put the oil in a griddle pan over a medium heat and brown the sausage pieces. This should take 3-4 minutes.

Whisk the eggs and milk together.

Add this mixture to the sausage.

Place on a serving plate and enjoy.

Nutritional Facts (Per Serving)

Calories 430 | Total Fat 35g | Saturated Fat 10.8g
Carbohydrates 0.8g | Fibre 0g | Protein 25.8g

LUNCH

Sausage & Butter Bean Stew Serves 6

Preheat the oven to Gas Mark 2 or 150°C.

Fry off the bacon and chorizo in a pan with half of the olive oil for 4 minutes. Throw in the onion and garlic and cook for 3 minutes.

Transfer to a 2.5 litre casserole dish or slow cooker.

Meanwhile, cook the sausages in the oven for 20 minutes or until golden.

Cut each sausage into 4 chunks and add to the casserole dish.

Mix in the butter beans, tomato puree, stock, pepper and chilli if required.

Stir, to allow all the flavours to infuse and put in the oven for 25 minutes.

Serve with a sprinkle of parsley.

Nutritional Facts (Per Serving)

Calories 642 | Total fat 34g | Saturated fat 65g
Carbohydrate 26.1g | Fibre 10.2g | Protein 55.7g

DINNER

Lamb Kofta Curry Serves 6

Whizz the onion, chillies, ginger, garlic, garam masala and coriander in a food processor and season well. Then place in a bowl.

Pop in the lamb mince, mix thoroughly and leave in the fridge for at least an hour.

For the sauce, heat the oil in a medium size saucepan and cook the onions on a medium heat for 5 minutes. Mix in the ginger and garlic and cook for another 2 minutes. Add the tomatoes and tomato puree, chillies, turmeric and garam masala. Finally add the boiling water and bay leaves. Lower the heat and simmer for 8 minutes until reduced.

Take the meatball mixture out of the fridge and shape into 24 balls.

In a large saucepan, submerge the meatballs in the sauce for around 20 minutes.

Remove the bay leaves and garnish with coriander before serving.

Nutritional Facts (Per Serving)

Calories 279 | Total Fat 19.2g | Saturated Fat 7.6g
Carbohydrate 9.8g | Fibre 2.4g | Protein 15.7g



BREAKFAST

Omega Seed Starter

INGREDIENTS

100g quinoa
 100ml water
 300ml fresh almond milk
 1/2 tsp. vanilla essence
 Splash of lemon juice
 1/2 tbsp. coconut oil
 1 tbsp. honey
 1/4 tsp. cinnamon
 2 tbsp. omega seeds



LUNCH

Chicken Fajita with a Twist

INGREDIENTS

4 chicken breasts	Pinch of dried thyme
20 button mushrooms	Salt and Pepper
1 medium red onion	4 large savoy cabbage leaves
1 green bell pepper	
1 tbsp. olive oil	
2 lemons	
2 cloves of garlic, finely chopped	
1 tsp. paprika	
1/2 tsp. dried oregano	
1/2 tsp. ground cumin	



DINNER

Creamy Chicken with Veg

INGREDIENTS

Chicken	300ml vegetable stock
600g cooked chicken breasts, diced	Salt and pepper
30g butter	Mediterranean Veg
2 small onions, diced	2 courgettes
100g button mushrooms, chopped	2 aubergines
50g almond flour	2 medium red onions
500ml almond milk	4 large tomatoes
100g grated mozzarella cheese	2 bell peppers
500ml water	
240ml vegetable stock	

BREAKFAST

Omega Seed Starter Serves 4

Put the milk in a medium-sized pan with the water and quinoa. Then bring the pan to the boil, simmering for 15 minutes.

Add the vanilla essence, lemon juice, coconut oil, honey, and spoon the mixture into breakfast bowls.

Top with omega seeds and tuck in!

Nutritional Facts (Per Serving)

Calories 160 | Total fat 6.6g | Saturated Fat 2g
Carbohydrate 23g | Fibre 4g | Protein 7.5g

LUNCH

Chicken Fajita Serves 4

Slice the chicken, mushrooms, onion and peppers into thin strips.

Combine the herbs and spices (chilli, garlic, paprika, oregano, cumin, thyme), salt, and a few grinds of black pepper in a small dish.

Pour a tablespoon of olive oil into a large, wide frying pan and place over a medium heat until they are white—This should take 4 minutes or so. Add the seasoning mixture (the herbs, spices, salt, and pepper) and cook for a couple of minutes.

Throw in the sliced vegetables, then halve the lemon, and squeeze it over the vegetables to taste. Cook over a low heat for another 7 minutes.

When your chicken and vegetable mixture are ready, place the 4 savoy leaves on a plate.

Distribute the fajita mixture into 4 portions, and place a portion in the centre of each savoy leaf, and wrap!

Nutritional Facts (Per Serving)

Calories 213 | Total Fat 6.8g | Saturated Fat 0.5g
Carbohydrates 10.1g | Fibre 3.1g | Protein 29.3g

DINNER

Creamy Chicken with Veg Serves 4

For the Chicken : Preheat the oven to Gas Mark 5 or 190°C. Heat the butter in a frying pan over medium-high heat. Once hot, add the onions and mushrooms and sauté for 3-5 minutes, ensuring they are soft.

Stir in the flour, whisking constantly, for about 1 minute. Slowly add the milk, water and broth, still whisking constantly, until the paste is thickened. This should take around 5 minutes. Add the cheese and cook for 2 minutes or so. Then season with the salt and pepper and remove from the heat. Add the chicken to the pan and cook lightly. Give everything a stir and transfer to an oven-proof dish. Bake for 15 minutes.

For the Mediterranean Veg: Cut the courgettes, aubergines, red onions, tomatoes and bell peppers into bite-size chunks. Place the vegetables on a baking tray and give a generous coat of olive oil.

Cook in the pre-heated oven for 15-20 minutes or until the vegetables are tender and beginning to brown. Serve the creamy chicken alongside the Mediterranean vegetables and relish!

Nutritional Facts (Per Serving)

Calories 481 | Total Fat 20g | Saturated Fat 7.9g
Carbohydrates 26.6g | Fibre 9.8g | Protein 46g



BREAKFAST

Blueberry Breakfast

INGREDIENTS

150g quinoa
400ml semi-skimmed milk
100ml water
1 tsp. pure vanilla essence
1/2 tsp. ground cinnamon
200g cup blueberries
30g walnuts, chopped (optional)



LUNCH

Gluten Free Pizza

INGREDIENTS

FOR THE CRUST:

2 egg whites
1 tsp. sea salt
1/2 tsp. pepper
300g almond flour

2 tbsp. olive oil

FOR THE TOPPING:

100g pizza sauce
1 medium white onion, finely chopped
20 button mushrooms
2 bell peppers, finely chopped
1 tbsp. olive oil
100g mozzarella cheese



DINNER

Thai Style Tuna with Fennel

INGREDIENTS

4 tuna steaks, about 140g each
2 fennel bulbs, thickly sliced length-ways
2 tbsp. extra virgin olive oil
Salt and pepper

To make the marinade

125ml extra virgin oil
4 finely chopped garlic cloves
4 fresh red chillies, deseeded and finely chopped
Juice and zest of 2 lemons
4 tbsp. finely chopped fresh parsley

BREAKFAST

Blueberry Breakfast Serves 4

Put the water and milk in a saucepan and bring to the boil.

Add the quinoa and simmer over a medium heat for 15 minutes.

Strain the quinoa to remove any excess milk and water.

Combine the cooked quinoa, vanilla essence, and cinnamon.

Divide this mixture into four breakfast bowls.

Top with blueberries and walnuts, then enjoy!

Nutritional Facts (Per Serving)

Calories 268 | Total fat 9.1g | Saturated Fat 2.2g
Carbohydrate 37g | Fibre 4.6g | Protein 10.3g

LUNCH

Gluten Free Pizza Serves 4

FOR THE PIZZA BASE: Using an electric mixer, beat the egg whites until frothy. Add the rest of the ingredients and beat until thoroughly mixed. Roll the mixture into a ball, and leave it to chill for 10 minutes.

Preheat the oven to 170°C or Gas Mark 4. Roll out the dough and press into a deep, greased 25cm baking pan.

Top the crust with foil and place dried beans on the foil to keep it weighed down. Bake the crust for 10 minutes, then remove from the oven.

FOR THE TOPPING: Pour the pizza sauce into a pan and cook over a medium-low heat for around 4 minutes.

Fry the onions, mushrooms, and bell peppers in a frying pan with a tablespoon of olive oil, then pour the sauce into the prepared crust.

Next top the sauce with the fried vegetables and a layer of mozzarella cheese and bake for 20 minutes. Your dish is now ready to serve!

Nutritional Facts (Per Serving)

Calories 159 | Total Fat 12.6g | Saturated Fat 2.4g
Carbohydrates 6.6g | Fibre 1.8g | Protein 6.7g

DINNER

Thai Style Tuna with Fennel Serves 4

Whisk all the marinade ingredients together in a small bowl. Put the tuna steaks in a large, shallow dish and spoon over 4 tablespoons of the marinade, turning until well coated.

Cover and leave to marinate in the refrigerator for at least 30 minutes. Keep the remaining marinade for later.

Heat a ridged griddle pan over a high heat. Put the fennel in the pan covering with the oil. Cook it for 5 minutes on each side until it begins to colour. Then, transfer to 4 warmed serving plates.

Add the tuna steaks to the griddle pan and cook each side for 4-5 minutes until firm to touch but still moist inside.

Place the tuna on top of the fennel on each serving plate and drizzle with the reserved marinade.

Nutritional Facts (Per Serving)

Calories 330 | Total fat 9.4g | Saturated fat 6g
Carbohydrate 12.9g | Fibre 5.9g | Protein 32.9g



BREAKFAST

Chia Wonder

INGREDIENTS

50g chia seeds
200ml unsweetened almond milk
100ml water
100g quinoa
1/2 tbsp. raw cocoa powder
Stevia to sweeten



LUNCH

Chicken Dippers

INGREDIENTS

Dippers:
1 kg chicken breasts, skinless
3 egg whites
3 tsp. onion powder
1 tsp. garlic powder
1 tsp. black pepper
150g fine wholemeal bread crumbs

Sour cream dip:
100g ground almonds
175g light sour cream
Juice and zest of a lemon



DINNER

Cod with Sautéed Kale

INGREDIENTS

Fish: 4 x 170g cod fillets 400g tinned tomatoes, finely chopped 1/2 red bell pepper, chopped 1 tsp. lemon zest 2 tsp. chopped thyme leaves Himalayan sea salt and black pepper, to taste 1 tbsp. fresh lemon juice	Kale: 450g kale, tough stems and ribs removed and cut into 1 inch strips 2 tbsp. olive oil 1 tbsp. red wine vinegar Dash of sea salt
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BREAKFAST

Chia Wonder Serves 2

Put the milk, quinoa, and water in a pan, and bring to the boil.

Allow the mixture to simmer for 15 minutes.

Mix the cooked quinoa, chia seeds, cocoa power, and Stevia.

Serve this mixture in breakfast bowls, with a garnish of fruit and nuts of your choice.

Nutritional Facts (Per Serving)

Calories 159 | Total fat 6g | Saturated Fat 0.5g
Carbohydrate 21g | Fibre 6.2g | Protein 6g

LUNCH

Chicken Dippers Serves 6

Crack the egg whites in to a bowl and beat them.

Slice the chicken into inch long strips and dip them into the egg mixture.

Mix the garlic powder, onion powder and black pepper into the bread crumbs.

Repeat this process of dipping the chicken pieces in the egg mixture and then the breadcrumbs again to attain an even crumb coverage.

Season the chicken dippers and place on baking parchment on a baking tray and cook for 20 minutes or until golden.

These homemade chicken dippers are best served hot with the sour cream dip.

FOR THE DIP:

Separately mix the sour cream, ground almonds and the juice and zest of a lemon.

Nutritional Facts (Per Serving)

Calories 466 | Total Fat 18.9g | Saturated Fat 5.3g
Carbohydrates 21.3g | Fibre 3.1g | Protein 48.8g

DINNER

Cod with Sautéed Veg Serves 4

FOR THE FISH: Preheat the oven to Gas Mark 7 or 210°C. Lightly spray or coat a 13x9" (33x23cm) ovenproof dish with coconut oil.

Combine the tomatoes, peppers, lemon zest, thyme, salt and pepper in a saucepan and cook for 5-8 minutes until soft. Place the cod in the prepared baking dish and bake in the preheated oven for around 15 minutes. Drizzle with a tablespoon of lemon juice.

FOR THE KALE: Boil half a saucepan of water and drop in the kale. Boil the kale for around 10 minutes. Remove the kale from the heat, drain it, and set it to one side.

Heat some oil on a medium-high temperature. Add the garlic and cook for about 1 minute. Reduce the heat to low and add the kale. Simmer gently until everything in the pan is warmed through. Remove from the heat and stir in the vinegar and sea salt.

Serve the cod on a bed of kale with the vegetable mixture on the side.

Nutritional Facts (Per Serving)

Calories 380 | Total Fat 8.1g | Saturated Fat 1.2g
Carbohydrates 19g | Fibre 5.3g | Protein 33g



BREAKFAST

Walnut Wonder

INGREDIENTS

150g quinoa
 300ml semi-skimmed milk
 150ml water
 2 tsp. pure vanilla essence
 1/2 tsp. ground cinnamon
 50g walnuts, chopped



LUNCH

Chicken Burgers

INGREDIENTS

100g carrots, coarsely grated
 2 medium onions, finely chopped
 2 tsp. garlic, finely chopped
 2 tsp. ground cumin
 2 tbsp. skimmed milk
 1/4 tsp. dried Italian seasoning, crushed
 1/4 tsp. black pepper
 Salt to taste
 400g chicken mince
 Tomato and lettuce to garnish



DINNER

Pasta Free Lasagne

INGREDIENTS

Handful of fresh basil, chopped	1 onion, diced
300g mozzarella, chopped	3 tsp. garlic cloves, minced
Courgette Pasta	1 tsp. dried oregano
4 medium courgettes, washed	1 tsp. basil
Salt and Pepper	2 tsp. of paprika
1 tbsp. olive oil	3 tsp. rosemary
1 tbsp. butter	4 tsp. thyme
Meat Sauce	675g tinned tomatoes, finely chopped
500g minced lamb	2 tbsp. olive oil
	Salt and Pepper

BREAKFAST

Walnut Wonder Serves 4

Boil the milk, quinoa, and water in a saucepan. Then lower to a medium heat and simmer for 15 minutes.

Combine the cooked quinoa, cinnamon and vanilla essence.

Divide the quinoa mixture into four breakfast bowls.

Top with walnuts and enjoy!

Nutritional Facts (Per Serving)

Calories 220 | Total fat 10g | Saturated Fat 1g
Carbohydrate 26g | Fibre 3.4g | Protein 7.5g

LUNCH

Chicken Burgers Serves 4

Place the carrots, onions, garlic, cumin, milk, Italian seasoning, pepper, and salt in a mixing bowl and combine.

Add the chicken mince and mix thoroughly.

Shape the mixture into patties, and fry each patty for around 4 minutes on each side.

Serve with slices of tomato and lettuce.

Nutritional Facts (Per Serving)

Calories 190 | Total Fat 8g | Saturated Fat 2.5g
Carbohydrates 9.1g | Fibre 2g | Protein 20.2g

DINNER

Pasta Free Lasagne Serves 4

For the Courgette Pasta: Place all of the ingredients for the courgette pasta in a zip lock or sandwich bag. Ensure they are thoroughly mixed together, and place it in the fridge to let it marinate. Leave it in there while you prepare the sauce.

For the Meat Sauce: Brown the lamb mince in a saucepan with the olive oil for around 5 minutes, adding the water as you go.

Add in the diced onion, garlic, oregano, basil, salt, pepper, paprika, rosemary and thyme. Cook for a further 5 minutes, stirring to make sure the spices cover the meat and vegetables. Mix in the drained tomatoes. Then lower the heat and simmer for about 15 minutes then set aside.

To Finish: Preheat the oven to Gas Mark 5 or 190°C. Layer the lasagne in an ovenproof dish starting with a courgette pasta base, then add 1/3 of the meat sauce, and put 1/3 of the mozzarella on top. Repeat this process until you run out of ingredients. Bake the lasagne in the pre-heated oven for 30 minutes.

Serve up and relish!

Nutritional Facts (Per Serving)

Calories 647 | Total Fat 46.6g | Saturated Fat 20.8g
Carbohydrates 15.8g | Fibre 39.7g | Protein 39.7g



BREAKFAST

Oaty Bran Breakfast

INGREDIENTS

100g porridge oats
50g handful of bran flakes
25g almonds, roughly chopped
25ml water
1 tbsp. agave nectar
1.5 tbsp. of runny honey
1/2 tbsp. olive oil



LUNCH

Pan Fried Greens with Bacon

INGREDIENTS

400g thick cut bacon
400g summer greens, finely chopped
200g button mushrooms, halved
200g fresh spinach
1 onion, roughly chopped
1 yellow bell pepper, roughly chopped
2 tsp. chilli sauce
4 tbsp. light soy sauce
2 tbsp. rice vinegar
2 tsp. vegetable oil
Salt and pepper to taste



DINNER

Salmon & Broccoli Bake

INGREDIENTS

4 salmon fillets weighing 460g
1 head of broccoli
1 red chilli, finely chopped
400ml half fat single cream
1 tbsp. tomato puree
100g red pesto
Freshly ground pepper to taste

BREAKFAST

Oaty Bran Breakfast Serves 4

Preheat the oven to Gas Mark 3 or 160°C.

Crush the bran flakes and place in a large bowl. Then, add the oats and almonds. Mix the agave nectar, honey, oil, and water together in a saucepan.

Bring the mixture to the boil and boil for 2 minutes, stirring constantly. This should make a syrup.

Pour this syrup on the to the muesli and mix thoroughly.

Cover a baking tray with baking parchment, then put the muesli in the tray. Bake for 15 minutes, stirring every 5 minutes.

Don't let the muesli dry out too much in the oven. If the muesli is completely dried out, it will be too hard once it cools.

When cool, place in an airtight container.

Nutritional Facts (Per Serving)

Calories 247 | Total Fat 10.5g | Saturated Fat 1.5g
Carbohydrates 36.7g | Fibre 5.6g | Protein 5.5g

LUNCH

Pan Fried Greens with Bacon Serves 4

Make the sauce in a mixing bowl by combining the soy sauce, rice vinegar, chilli sauce and vegetable oil.

Heat the tablespoon of oil in a medium size pan and fry the bacon in the oil for 3 minutes.

In another pan, heat a tablespoon of vegetable oil and fry the onion for 3-4 minutes, then pop in the bell pepper, mushrooms and summer greens and fry for a further 3 minutes.

Put the bacon back in the saucepan, and mix in the spinach and sauce.

Cook for another 2 minutes and serve.

A feast of delights!

Nutritional Facts (Per Serving)

Calories 110 | Total Fat 34g | Saturated Fat 13g
Carbohydrate 7g | Fibre 2g | Protein 48g

DINNER

Salmon & Broccoli Bake Serves 4

Preheat the oven to Gas Mark 5 or 190°C.

Mix the cream, tomato puree and red pesto together. Then add in the chopped red chilli.

Place the broccoli and the salmon in the red pesto sauce in 4 individual pot pie dishes, ensuring the fish is fully coated, and bake in the preheated oven for 20 minutes.

Remove from the oven and allow to cool for 5 minutes or so and serve.

Delicious!

Nutritional Facts (Per Serving)

Calories 433 | Total Fat 28.2g | Saturated Fat 4.9g
Carbohydrates 14g | Fibre 12.2g | Protein 32.3g



BREAKFAST

Poached Eggs on Spinach

INGREDIENTS

- 200g spinach
- 8 large free range eggs
- 1/2 tbsp. vegetable oil
- Himalayan sea salt and black pepper, to taste



LUNCH

Cheese & Avocado Salad

INGREDIENTS

- 600g spinach, roughly chopped
- 200g cherry tomatoes
- 200g sweetcorn
- 2 large avocados, sliced
- 50g walnuts
- 100g hard goat's cheese, finely grated
- 20g toasted pine nuts

Dressing

- 2.5 tbsp. white wine vinegar
- 2 tbsp. extra-virgin olive oil
- 1 tbsp. Dijon mustard
- Salt and pepper



DINNER

Carbonara

INGREDIENTS

- 400g spaghetti (you can use no carb spaghetti, from health food shops. Ensure you limit your intake to 100g per person)
- 275g cubed pancetta
- 2 tsp. olive oil
- 60ml dry white wine
- 60ml double cream
- 50g parmesan cheese (freshly grated)
- Freshly ground salt and pepper to season

BREAKFAST

Poached Eggs on Spinach Serves 4

Fill a saucepan to roughly half way with water, and place it over a medium heat until it begins to boil.

When the water is boiling, crack the egg and pour it into the saucepan, ensuring that it's fully submerged.

The egg will take 1-2 minutes to poach.

Whilst the eggs are poaching, cook the spinach in a frying pan with a little olive oil for 3 minutes. Place the wilted spinach on a serving plate, topped with egg.

Breakfast is served!

Nutritional Facts (Per Serving)

Calories 567 | Total fat 37.6g | Saturated Fat 13g
Carbohydrates 15.3g | Fibre 4.6g | Protein 54g

LUNCH

Cheese & Avocado Salad Serves 4

Put the spinach in a big salad bowl. Add the tomatoes, sweetcorn, slices of avocado, walnuts and toasted pine nuts.

Whisk together the white wine vinegar, the olive oil, mustard and season it with the salt and pepper. Drizzle this over the salad.

Toss the salad a little at a time so that the dressing evenly covers the salad.

Grate some hard goat's cheese onto the salad and tuck in!

Nutritional Facts (Per Serving)

Calories 545 | Total Fat 44.2g | Saturated Fat 10.3g
Carbohydrates 25.2g | Fibre 12.2g | Protein 18.1g

DINNER

Carbonara Serves 4

Cut the pancetta into 1.5 cm cubes. Put the olive oil in a frying pan, and then add the pancetta cubes. Cook on a high heat until crispy. This should take around 5 minutes. Once the pancetta is cooked, pour the dry white wine into the frying pan and allow the mixture to simmer.

Stir for 5 minutes to mix the saltiness of the pancetta with the dryness of the white wine. Once the mixture is lightly bubbling, remove the pan from the heat.

Add the cream to the pan and stir, adding the Parmesan gradually to fit personal taste.

Cook the pasta according to the packet instructions. If you like your pasta al dente (that is, slightly undercooked), start checking it 2 minutes before the packet says it's done.

Set aside a cup of the water you used to cook the pasta, in case you need to thin the sauce later. Combine the pasta with the sauce, warm it on the stove, and serve. Enjoy!

Nutritional Facts (Per Serving)

Calories 530 | Total Fat 34.6g | Saturated Fat 9.1g
Carbohydrates 31.6g | Fibre 2.1g | Protein 21.3g



BREAKFAST

Fruity Millet Raisin Breakfast

INGREDIENTS

200g millet
400ml water
75g raisins
1 tsp. cinnamon
1 tsp. vanilla extract
300ml unsweetened almond milk
1 tbsp. agave nectar
50g sunflower seeds
100g walnuts, chopped roughly
100g raspberries
A few sprigs of fresh mint for garnish



LUNCH

Parma Ham & Melon Balls

INGREDIENTS

200g Parma ham
1 melon
Cocktail sticks



DINNER

Chorizo & Chicken Salad

INGREDIENTS

800g cooked chicken, cut into chunks
100g chorizo
100g rocket
200g cherry tomatoes
4 tbsp. olive oil (used separately)
2 tbsp. tarragon
2 garlic cloves, crushed
2 tbsp. white wine vinegar
Freshly ground black pepper

BREAKFAST

Fruity Millet Raisin Breakfast Serves 2

Put the millet and the water into a medium sized saucepan and bring the mixture to the boil.

Place the raisins in the pan, taking care not to splash the hot water, and lower the heat slightly. Place the lid on the saucepan and allow to simmer until the water has been absorbed. Turn off the heat and leave to cool for 10 minutes.

Mix in 200ml of the almond milk and add the vanilla extract, cinnamon and the agave nectar.

Turn the heat back on for around a minute, or until the almond milk has been absorbed and the mixture is creamy.

Divide the mixture into four bowls and sprinkle with the walnuts, sunflower seeds, raspberries and sprig of mint.

Serve with a dash of almond milk and enjoy!

Nutritional Facts (Per Serving)

Calories 535 | Total Fat 26.1g | Saturated Fat 2.4g
Carbohydrates 64.5g | Fibre 9.8g | Protein 13.2g

LUNCH

Parma Ham & Melon Balls Serves 4

Cut the melon in half and scrape out the seeds. Discard the seeds and cut out pieces of the melon using a melon baller.

Skewer the melon balls on the cocktail sticks and place small rolled-up slices of Parma ham on the sticks, followed by more melon balls and slices of ham until the cocktail stick is full.

This dish is now ready to serve!

Quick and easy to make and mouth wateringly good!

Nutritional Facts (Per Serving)

Calories 106 | Total Fat 2.2g | Saturated Fat 1g
Carbohydrates 22.7g | Fibre 1.7g | Protein 2.1g

DINNER

Chorizo & Chicken Salad Serves 4

Combine 2 tablespoons of olive oil, crushed garlic and tarragon in a bowl.

Add the chicken breast chunks to this olive oil mixture, ensuring that the chicken is covered and soaked. Leave it to marinade in the fridge for 35 minutes, or overnight if possible.

In a frying pan, fry the marinated chicken and chorizo slices in one tablespoon of olive oil for around 3 minutes.

Combine the rocket and tomatoes to make a salad. Add in the white wine vinegar, one tablespoon of olive oil and pepper and stir through the salad.

Mix in the chicken and chorizo, or arrange it on top, and your salad is ready to serve!

Nutritional Facts (Per Serving)

Calories 482 | Total Fat 26.4g | Saturated Fat 6.5g
Carbohydrates 3.1g | Fibre 1.6g | Protein 56.9g



BREAKFAST

Berry Yogurt

INGREDIENTS

200g strawberries, sliced
200g blueberries
400ml Greek yoghurt
200g blackberries
For the fruit coulis
150g raspberries
1 tbsp. agave nectar



LUNCH

Pizza with Cauliflower Crust

INGREDIENTS

Pizza Base

Grated whole cauliflower
75g almond flour
3 tsp. dried oregano
3 free range eggs, beaten
Salt and pepper

Pizza Topping

1 courgette, shaved with a potato peeler
50g grated mozzarella

Tomato Sauce

2 tbsp. olive oil
1 small onion, finely chopped
3 garlic cloves, minced
400g tinned tomatoes, finely chopped
5 sprigs of basil, leaves picked
Salt and Pepper



DINNER

Mushroom & Leek Risotto

INGREDIENTS

30g butter
1 tbsp. olive oil
1 leek, sliced finely
3 garlic cloves, minced
300g brown rice
800ml boiling water
1 vegetable stock cube
300g chestnut mushrooms, chopped
50g vegetarian hard cheese

BREAKFAST

Berry Yogurt Breakfast Serves 4

Using a fork, mash the raspberries, then mix with two tablespoons of agave nectar to make a fruitcoulis. Sieve the mixture if you prefer a finer coulis.

Divide the slices of strawberries into four bowls until they are around a third full.

Mix the fruit coulis with the yoghurt and pour onto the strawberries.

Layer with the blueberries and the blackberries.

Garnish with a sprig of mint.

Nutritional Facts (Per Serving)

Calories 226 | Total Fat 12g | Saturated Fat 4g
Carbohydrates 28g | Fibre 7.7g | Protein 6.2g

LUNCH

Pizza with Cauliflower Crust Serves 4

For the Tomato Sauce: Place the oil in a pan, then place the pan over a medium heat. Add in onion and garlic and sauté for 3-4 minutes. Mix in the basil, tomatoes, salt and pepper. Turn the heat down, cover and simmer for approximately 20 minutes.

For the Base & Topping: Preheat the oven to Gas Mark 6 or 200°C. Line a baking tray with greaseproof paper.

Finely grate the cauliflower and mix it together with the almond flour, oregano, salt and pepper. Move the mix all in to one volcano shaped pile, hollow out the centre, and crack the eggs in. Fold this mix together with your hands until it creates a dough.

Transfer to the greaseproof paper and form into a pizza base. Ensure you make the base as even as possible so that the topping does not just fall off. Bake for 25 minutes in the preheated oven.

Remove from the oven and cover with the tomato sauce, shaved courgette, and grated mozzarella, then return to the oven for a further five minutes. Your meal is now ready to enjoy!

Nutritional Facts (Per Serving)

Calories 294 | Total Fat 17.7g | Saturated Fat 4.3g
Carbohydrates 17.3g | Fibre 6.3g | Protein 14.2g

DINNER

Mushroom & Leek Risotto Serves 4

Place the rice in a saucepan and cover it with boiling water.

At this point, crumble a vegetable stock cube in to the saucepan and give the rice a thorough stir. Turn up the heat and boil the rice until it softens. This should take around 10 minutes.

Put the olive oil in a frying pan over medium heat and fry the leek with the garlic until it softens.

Add in the mushrooms to the leek and garlic, then cook for a further 3 minutes.

Add the cooked rice to the frying pan and continue to cook for another 3 minutes, stirring throughout.

Mix in about half of the cheese and transfer the risotto to a serving bowl. Let it stand for 5 minutes. Scatter with the remaining cheese, serve with a side of green salad, and enjoy.

Nutritional Facts (Per Serving)

Calories 278 | Total Fat 15.1g | Saturated Fat 6.9g
Carbohydrates 21.3g | Fibre 2.3g | Protein 10.7g



BREAKFAST

Eggs on Pea Pancakes

INGREDIENTS

Pea pancakes

- 400g frozen peas
- 2 tbsp. cornflour
- 2 free range eggs
- 4 tbsp. olive oil
- Salt and pepper

Scrambled eggs

- 4 free range eggs
- 75g butter
- 1.5 tbsp. chopped chives



LUNCH

Hummus and Pitta

INGREDIENTS

- 400g chickpeas
- 1 garlic clove, chopped
- 3 tbsp. full fat Greek yogurt
- A good squeeze of lemon juice
- 2 whole wheat pitta bread



DINNER

Potato-less Shepherd's Pie

INGREDIENTS

- 200g lean steak mince (substitute for Quorn Mince if vegetarian)
- 1 tbsp. olive oil
- 1 clove of garlic, crushed
- 160g frozen peas
- 200ml stock made with 1 beef stock cube
- 3 carrots, chopped
- 1/2 swede diced

BREAKFAST

Scrambled Eggs on Pea Pancakes Serves 4

Pancakes: Cover the peas with boiling water in a saucepan. Bring the water to the boil and cook the peas for 3 minutes, then drain them in a colander and whizz them in a food processor along with the two eggs, cornflour, salt and pepper.

Make eight small pancake shapes with the puree using a spoon. They should be about half an inch thick. Heat some of the olive oil in a non-stick frying pan over a medium heat.

Cook the pancakes for about two minutes on each side. Put the pancakes to one side in a covered oven proof dish.

Scrambled Egg: Whisk the eggs in a large bowl and season with salt and pepper to taste. Heat the butter in a pan on a gentle heat. Once the butter is foaming, add in the eggs and stir thoroughly. They will begin to cook immediately so ensure you continue to stir.

Once the eggs are cooked, place on the pea pancakes.

Garnish with some chives and tuck in!

Nutritional Facts (Per Serving)

Calories 481 | Total Fat 39.2g | Saturated Fat 14.4g
Carbohydrates 18.8g | Fibre 5.5g | Protein 16.2g

LUNCH

Hummus and Pitta Serves 2

Drain the chickpeas into a sieve set over a bowl or jug to catch the liquid.

Tip the chickpeas, garlic and yogurt into a food processor or blender and whizz until smooth.

Whizz in a tablespoon of the chickpea liquid at a time until you have a nice consistency, then scrape into a bowl, stir in a squeeze of lemon juice and season to taste.

Lightly toast the whole wheat pitta bread and cut into dipable pieces (be careful it will be hot!)

Serve immediately.

Nutritional Facts (Per Serving)

Calories 281 | Total fat 5.7g | Saturated fat 0.7g
Carbohydrate 39.5g | Protein 5.6g | Fibre 14.6g

DINNER

Potato-less Shepherds Pie Serves 2

Preheat the oven to Gas Mark 3 or 175°C.

Fry the garlic in a large frying pan in the olive oil for 3 minutes.

Throw in the mince and brown it off which takes 3 minutes. Then, pour the stock made from 1 beef stock cube over the mince and allow to simmer for 10 minutes to thoroughly cook the beef.

In another saucepan, boil the diced swede and carrots in salted water for 7 minutes. Then strain and mash.

Add the peas to the mince, then place the mixture into a small oven-proof dish. Cover with the mashed carrot and swede and bake in the oven for 25 minutes until the mash starts to crisp up.

Your dish is now ready to be served!

Nutritional Facts (Per Serving)

Calories 546 | Total fat 26.9g | Saturated fat 10.5g
Carbohydrate 23.4g | Fibre 4.1g | Protein 47.2g



BREAKFAST

Coconut & Almond Porridge

INGREDIENTS

50g slivered almonds (soak almonds overnight in water; remove the skin and cut the softened almonds into fine slices)
100g quinoa
200ml water
300ml half fat coconut milk
2 tbsp. agave nectar
2 tsp. cinnamon powder
75g pitted dates, roughly chopped



LUNCH

Quinoa & Halloumi Salad

INGREDIENTS

6 sun dried tomatoes
3 tbsp. olive oil
1 small red onion, thinly sliced
2 tsp. red wine vinegar
5g ground cumin
200g sliced halloumi
85g quinoa



DINNER

Garlic & Ginger Chicken

INGREDIENTS

800g cooked brown basmati rice
2 tbsp. oil
8 boneless chicken breasts, minus skin
3 tsp. freshly chopped ginger
4 garlic cloves, finely chopped
2 tbsp. light soya sauce
6 tbsp. water
Salt and ground black pepper to taste

BREAKFAST

Coconut & Almond Porridge Serves 4

Put the quinoa in a saucepan with the coconut milk and water and bring the mixture to the boil.

Once it has boiled, lower the heat and simmer for 15 minutes until the liquid has been absorbed.

Then add in the agave nectar, cinnamon powder and the dates and spoon into four bowls.

Serve with slivers of almonds.

Nutritional Facts (Per Serving)

Calories 297 | Total Fat 11.8g | Saturated Fat 4.3g
Carbohydrates 44g | Fibre 5.4g | Protein 7.2g

LUNCH

Quinoa & Halloumi Salad Serves 2

Cook the quinoa according to the instructions on the packet, drain well and place into a bowl.

Add the cumin, red onion, red wine vinegar, sun roasted tomatoes and olive oil.

Cook the halloumi in a griddle pan until it is soft, this should take around 3-4 minutes.

Place the halloumi on top of the quinoa on a plate, serve immediately and tuck in.

Nutritional Facts (Per Serving)

Calories 587g | Total fat 47.2g | Saturated fat 20.9g
Carbohydrate 20.3g | Protein 24.2g | Fibre 2.7g

DINNER

Garlic & Ginger Chicken Serves 4

Pour some water into a pan until it's around two-thirds of the way full, then pop in the uncooked rice. Over a low heat, cook the rice for 35 minutes, then drain and set to one side.

Preheat the oven to Gas Mark 6 or 200°C. Pour the oil into a large saucepan and place over a medium heat. Once the oil's hot, fry the chicken for 5 minutes, ensuring that it turns white all over.

Mix the ginger, garlic, soya and water together in a bowl. Pour this mixture onto the chicken breasts, ensuring that the chicken is thoroughly coated all over.

Place the chicken on a sheet of tin foil and season to taste with salt pepper then bake for 30 minutes in the preheated oven.

Your dish is now ready to serve on a bed of brown basmati rice.

Nutritional Facts (Per Serving)

Calories 550 | Total fat 16.6g | Saturated Fat 3.9g
Carbohydrate 42g | Fibre 0.2g | Protein 52g



BREAKFAST

Herby Vegetable Frittata

INGREDIENTS

- 1 small courgette, cut into ½ inch cubes
- 1 onion, chopped finely
- Half a broccoli, cut into small florets
- ½ red bell pepper, cut into ½ inch pieces
- ½ yellow bell pepper, cut into ½ inch pieces
- 1 red onion, diced into ½ inch pieces
- 5 eggs, beaten
- 80ml skimmed milk
- 100g vegetarian mozzarella, finely grated
- 1 tsp. dried oregano
- 1 tsp. dried thyme

LUNCH

Fish Cakes

INGREDIENTS

- 400g cod, baked and shredded
- 200g potatoes boiled
- 1 egg yolk
- 1 tbsp. coriander, freshly chopped
- Zest of a lemon
- Salt and pepper
- Plain flour
- 3 eggs
- 100g fine wholemeal breadcrumbs
- 1 tbsp. vegetable oil

DINNER

Lamb Cutlets

INGREDIENTS

- 4 bell peppers, 2 green and 2 red, sliced into large chunks
- 2 sweet potatoes, peeled and sliced into chunks
- Two red onions, cut into wedges
- 2 tbsp. olive oil
- Freshly ground black pepper to season
- 12 lamb cutlets
- 2 tbsp. thyme
- 2 tbsp. mint leaves, finely chopped

BREAKFAST

Herby Vegetable Frittata Serves 4

Preheat the oven at Gas Mark 5 or 190°C.

Pour the olive oil in a medium frying pan over a moderate heat.

Once the oil is hot, drop in the onions, courgette, broccoli and the red and yellow pepper. Fry them for around 5 minutes, or until softened.

Put the eggs in a bowl and mix the milk and cheese into the frying pan.

Season the egg mixture with oregano, thyme, salt and pepper.

Stir the vegetable mixture into the egg mixture. Place it all in an ovenproof dish and bake for 25 minutes.

Serve hot or cold.

Nutritional Facts (Per Serving)

Calories 247 | Total Fat 15g | Saturated Fat 3.5g
Carbohydrates 16.7g | Fibre 4.7g | Protein 12.2g

LUNCH

Fish Cakes Serves 2

Mash the boiled potatoes and place in a large bowl along with the fish, egg yolk, lemon zest and seasoning.

Shape the mixture into 8 patties, then dip into the flour and let them stand till they are firm.

Have two bowls, one with the beaten eggs and the other with the

breadcrumbs. Dip the patties in the beaten eggs, then the breadcrumbs. Fry for approximately 3 minutes on each side. Drain any excess fat off on some kitchen roll and serve with a side of your favourite veg!

Nutritional Facts (Per Serving)

Calories 486 | Total Fat 13.2g | Saturated Fat 3.6g
Carbohydrates 32g | Fibre 2.2g | Protein 56g

DINNER

Lamb Cutlets Serves 6

Preheat the oven on Gas Mark 7 or 210°C.

Place the bell peppers, sweet potato, and onion in a large baking tray, then drizzle the olive oil and freshly ground black pepper on top. Roast the vegetables in the preheated oven for 20 minutes.

Trim any fat off the lamb, and mix the herbs (thyme and mint leaves) with a little bit of black pepper. Spread the herbs all over the lamb. Take the vegetables out of the oven.

Cook the cutlets on a hot baking tray for ten minutes. Turn them over, and cook for another 10 minutes, along with the veggies.

Place the cutlets on the hot tray and return them to the oven for 10 minutes. The meat should be somewhat charred.

To serve, stack veggies in the centre of a platter, and place the lamb cutlets around them.

Nutritional Facts (Per Serving)

Calories 638 | Total fat 34.9g | Saturated Fat 0.7g
Carbohydrate 27.2g | Fibre 3.9g | Protein 52.3g



BREAKFAST

Italian Sausage with Celeriac

INGREDIENTS

150g Italian sausages
600g celeriac roots, grated
3 eggs
1 aubergine, sliced
2 tomatoes, sliced
Salt to taste
4 tbsp. butter



LUNCH

Prawn & Asparagus Salad

INGREDIENTS

400g asparagus, woody stems removed
220g cooked king prawns
80ml extra virgin olive oil
1 garlic clove, finely chopped
1 tbsp. fresh parsley, finely chopped
Juice of 1 lemon
Salt and black pepper to taste



DINNER

Beef Stew with Barley

INGREDIENTS

1 tbsp. olive oil
1.5kg boneless beef, cubed
2 onions, sliced
1 garlic clove, finely chopped
400g can of chopped tomatoes
550ml of beef stock
3tbsp. of organic brown rice miso paste
150g pearl barley (thoroughly washed)
140g sun-dried tomatoes
Fresh parsley, chopped to garnish

BREAKFAST

Italian Sausage with Celeriac Serves 4

Place a tablespoon of butter in a frying pan on a medium-high heat and slice the sausages. Put the sausage slices in the pan, and fry them, stirring frequently, until golden on all sides. This should take 10-12 minutes.

Remove them from the frying pan and set to one side. Wash and peel the celery root, then grate the celeriac into a bowl. Crack the eggs, and mix with the celery root. It should be able to hold a shape in a spoon.

Place the 3 remaining tablespoons of butter in a frying pan over a medium heat. Once the butter has melted, shape the grated celeriac into patties and place in the pan and sprinkle with salt.

Cook for around 2 . minutes on one side, ensuring they have turned brown on the bottom. Flip them over and brown the other side. Fry the aubergine on both sides till cooked. This will take around 1 minute on each side.

Yum!

Nutritional Facts (Per Serving)

Calories 326 | Total Fat 25.6g | Saturated Fat 11.9g
Carbohydrates 10.5g | Fibre 4.5g | Protein 20.8g

LUNCH

Prawn & Asparagus Salad Serves 4

Boil some water in a medium sized pan.

Boil the asparagus for 3 minutes. Drain the asparagus.

Put the prawns in the boiling water for 30 seconds. Place the prawns in a large bowl.

Slice the asparagus spears and place in the bowl with the prawns.

Add the remaining ingredients and mix together.

Nutritional Facts (Per Serving)

Calories 219 | Total Fat 18.6g | Saturated Fat 4.5g
Carbohydrates 4.1g | Fibre 2.4g | Protein 10.3g

DINNER

Beef Stew with Barley Serves 4

Preheat the oven to 170°C/Gas Mark 3.

Heat the olive oil in a large frying pan.

Brown the beef, in about 4 batches, over a medium heat. Place the browned meat in a 2.5 litre casserole dish.

Add the onion to the frying pan and fry until golden brown on a medium heat. Turn the heat down and add the garlic, frying for another minute to soften.

Transfer to the onions, garlic and meat in to the casserole dish. To this, add the canned tomatoes, beef stock and miso, and stir well.

Cover and cook in the centre of the oven for 2 hours. Stir every half an hour and adding extra water if it gets too dry. It needs to have a decent amount of sauce.

Add the barley with 120ml of water and cook for another hour. Add the sun-dried tomatoes for the last 20 minutes and give the stew a good stir.

Serve with a garnish of parsley.

Nutritional Facts (Per Serving)

Calories 793 | Total fat 26g | Saturated fat 9g
Carbohydrates 49.4g | Protein 103g | Fibre 7.7g



BREAKFAST

Choc & Nut Granola

INGREDIENTS

50g pecan nuts
50g blanched almonds
50g walnuts
50g sunflower seeds
50g pumpkin seeds
2 tsp. ground cinnamon
50g grated dark chocolate

LUNCH

Black & Kidney Bean Soup

INGREDIENTS

175g tinned black beans, rinsed and drained
1.2l vegetable stock
1 tbsp. olive oil
An onion, finely chopped
3 garlic cloves, finely chopped
A stalk of celery, finely chopped
A carrot, finely chopped
2 tsp. oregano
1 tsp. freshly ground pepper
1 tsp. sea salt

DINNER

Roast Chicken

INGREDIENTS

1 x 1.5kg chicken
3 carrots, chopped
2 medium onions, sliced
A stick of celery, chopped
A whole head of garlic
100g butter
25g mint, finely chopped
200 ml vegetarian stock
Juice of a lemon
Salt and pepper to season

BREAKFAST

Choc & Nut Granola
Serves 4

Preheat oven to Gas Mark 4 or 180 °C.

Mix all the nuts and seeds together in a big bowl and transfer the mixture on to the baking tray lined with parchment paper.

Bake for 8 minutes, ensuring the nuts and seeds turn brown without burning. Remove the baking tray from the oven.

Sprinkle immediately with the grated chocolate. Allow granola to cool before it's eaten.

Serve granola with lashings of milk!

Nutritional Facts (Per Serving)

Calories 461 | Total Fat 39.9g | Saturated Fat 6.2g
Carbohydrates 17.8g | Fibre 6g | Protein 13g

LUNCH

Black & Kidney Bean Soup
Serves 2

Boil the two types of beans in fresh water. Then simmer for ten minutes and drain.

Heat the olive oil on medium heat and fry the onions for around 5 minutes. Add the vegetables, oregano, salt and pepper.

Mix in the beans and vegetable stock. Cover and cook for a further 10 minutes. You can eat the soup as it is or you can blend the soup so it is half pureed.

Garnish with parsley and tuck in!

Nutritional Facts (Per Serving)

Calories 201 | Total fat 6.3g | Saturated Fat 0.5g
Carbohydrates 28.3g | Fibre 5.8g | Protein 5.4g

DINNER

Roast Chicken
Serves 4

Preheat the oven to Gas Mark 7 or 220°C . Place the garlic cloves on a baking sheet and cook them for 15 minutes. Throw the softened garlic in a bowl and combine with the butter and herbs. Mix in the lemon juice. Place some of the mixture under the skin over the breast of the chicken and in the cavity of the chicken.

Pop the chopped carrots, celery and onions on the bottom of a roasting tin. Pour in the vegetable stock and cover with foil. Roast for an hour, removing the foil 20 minutes from the end. Pierce the breast meat with a metal skewer to check if the chicken is cooked. If the chicken juices are clear the chicken is cooked.

Finally, take the chicken out of the oven and allow it to stand for at least 10 minutes before serving. Fantastic served with veggies and roasted celeriac!

Nutritional Facts (Per Serving)

Calories 947 | Total Fat 114.1g | Saturated Fat 69.7g
Carbohydrates 16.6g | Fibre 2.6g | Protein 290g



BREAKFAST

Smoked Salmon & Poached Egg

INGREDIENTS

4 free range eggs
100g smoked salmon
75g butter
Salt and pepper



LUNCH

Cauliflower, Carrot & Pea Chili

INGREDIENTS

250g cauliflower
120g peas, frozen or fresh
2 small carrots, peeled and chopped into thins
100g canned tomatoes, finely chopped
2 tsp. coriander, finely chopped
5 cloves of garlic, finely chopped
3 tsp. ginger, finely chopped
1 medium onion, sliced
2 green chillies, finely chopped
2 tsp. garam masala
300ml of water
1 tbsp. vegetable oil



DINNER

Lamb Shashlik

INGREDIENTS

500g lamb, diced
2 onions, roughly cut into wedges
1 red, 1 yellow and 1 green bell pepper, diced
Juice of 1 lemon
4 tsp. garlic, finely chopped
3 sprigs of rosemary
3 tbsp. olive oil
Salt and freshly ground pepper to taste
8 BBQ skewers

BREAKFAST

Smoked Salmon & Poached Egg

Serves 2

Fill a saucepan with water to roughly half way, then place it over a medium heat until it begins to boil.

When the water is boiling, crack the egg, and pour it into the saucepan, ensuring that it's fully submerged.

It will only take 1-2 minutes to poach, so keep an eye on the colour of the yolk. If it goes too pale, it won't be runny.

Place a poached egg beside some smoked salmon and season with salt and freshly ground pepper to taste.

Nutritional Facts (Per Serving)

Calories 234 | Total Fat 20.9g | Saturated Fat 11.4g
Carbohydrates 1g | Fibre 0g | Protein 10.5g

LUNCH

Cauliflower, Carrot & Pea Chilli

Serves 4

Place the cauliflower and carrots in a medium size pan. Pour in 300ml water and bring to the boil.

Add the peas, cover and lower the heat. Cook for 4 minutes, then drain all the vegetables and place to one side.

Put a tablespoon of oil in a saucepan on a medium heat and fry the onion for 3 minutes.

Add in the ginger and garlic and cook for 2 minutes. Next add the tomatoes, garam masala, coriander and chillies and cook for five minutes.

Place the parboiled vegetables into the tomato mixture and cook for a couple of minutes, adding some water if the mixture sticks.

The dish is now ready to serve with a garnish of fresh coriander.

Nutritional Facts (Per Serving)

Calories 116 | Total fat 4g | Saturated Fat 0.2g
Carbohydrates 14g | Fibre 4.7g | Protein 3.6g

DINNER

Lamb Shashlik

Serves 2

Mix the lamb, oil, garlic, lemon juice and rosemary together.

Cover and place in the fridge for a couple of hours.

Once the process is complete, thread a piece of lamb onto your BBQ skewers followed by a slice of red bell pepper, a slice of onion and a slice of green pepper. Repeat the process until the skewer is full.

Place the lamb on the BBQ and cook for about 5 minutes until it changes colour. Then, turn over and cook for a further 5-10 minutes.

In order to test whether or not the lamb is cooked, place a skewer into the lamb. If the liquid is clear then the lamb is ready.

This dish is ideal served hot with a mint yoghurt dip, tomatoes and cucumber.

Nutritional Facts (Per Serving)

Calories 250 | Total Fat 17.2g | Saturated Fat 6.3g
Carbohydrates 4g | Fibre 0g | Protein 25.2g

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