

Weight Management Programme

Your low GL meal plans & recipes





Abbreviations

Teaspoon - tsp

Tablespoon - tbsp

Desert spoon - dsp

* - less than 20 mins to prepare

* - more than 40 mins to prepare

* - less than 40 mins to prepare

F - freezable

All recipes containing meat/fish can be adapted to suit vegetarians by using a protein substitute such as tofu, cheese alternatives, nuts, sprouted beans, lentils and beans. Dairy products can be substituted with soy replacements or skimmed goat's milk.

* Please note some of these recipes are intended as snacks or accompaniments to main meals recipes.

**Images used for recipes are for illustrative purposes only.

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Breakfast meal plan options

1. Cereal options

40g of Allbran

30g of sugar free muesli (not tropical fruit variety)

The above cereals can be taken with:

whole milk or non dairy alternative

1 tsp of ground flax or linseeds

And fresh berries

2. Cinnamon Porridge (see recipe)

Accompany this with any of the following:

$\frac{1}{3}$ sliced banana

Any berries

1 small apple or pear chopped or grated

Stewed plum

3 ready to eat apricots chopped

3 prunes

3. Cold platter

Sliced ham (50g), 1 small poached egg and fresh tomato cold or grilled

Accompany with 1 slice of med wholegrain bread, toasted if required, thinly spread marg/butter.

4. Egg and soldiers

Soft boiled eggs (2 small or 1 large) & pumpernickel bread soldiers (1x 30g slice) $\frac{1}{2}$ fresh red or pink grapefruit.

5. Grilled Kippers (max 142g)

Serve with grilled fresh tomato and 1 medium slice of wholegrain bread.

6. Haddock florentine

100g of smoked haddock grilled or poached in milk, on a bed of wilted/steamed spinach and grilled tomato. Accompany with 1 med slice of wholegrain bread

7. Fruity yogurt

250g of Natural full fat yogurt accompanied by a punnet of berries and sprinkled with a table spoon of ground flax/linseeds or pumpkin seeds. You can blend the fruit into the yogurt if preferred.

8. Cooked English

2 lean rashers of grilled bacon, 1 poached egg, 50g grilled mushroom and 1 grilled tomato. Accompany this with 1 med slice of wholegrain toast or plain bread.

9. Beanie breakfast

¼ 400g tin of reduced sugar baked beans with poached or scrambled egg. 1 x 30g slice of rye

10. Scrambled egg and mushroom on rye

Scrambled eggs & mushrooms (see recipe) and 50g of grilled sliced mushroom served on 1-2 slices (max 60g) of rye/pumpernickle style bread or sour dough rye. Or take 1 slice of bread and add 1 pear or apple

11. Cheese toasty

1 medium slice of wholegrain bread toasted or 1-2 slices (max 60g) of rye/pumpernickel type bread spread with a low fat cream cheese. Accompany with a handful of strawberries or take 1 slice (30g) of pumpernickel and add a small apple or pear.

Lunch meal plan options

1. Oaty quiche served with mixed salad (see recipe)

2. Butter beans with chorizo and tomato (see recipe) & mixed leaves

3. One whole wheat pitta filled with any of the following options:

- Greek salad (see recipe)
- 50g of sliced chicken or turkey, salad and a spoon of low fat mayonnaise
- Boiled egg, watercress, cucumber slices and spoon of low fat mayonnaise
- 50g of tuna mixed with a squeeze of lemon, a spoon of low fat mayonnaise (if desired), 2 chopped olives and salad.

4. Rye/pumpernickel style bread sandwich made with 2 slices (max 60g). Filling/topping options below:

- Cottage cheese & chives, sliced tomato, cucumber and shredded lettuce
- 60g of smoked salmon, a thin layer of low fat cream cheese and cucumber slices
- Tinned salmon (1 small) mixed with lemon and black pepper, watercress and sliced tomato.
- 50g of pate spread onto each slice and either vegetable sticks or side salad. Alternatively have the pate on one medium slice of toasted whole wheat bread

5. Soup choices below:

- ½ 415g tin of tomato soup
- ½ 415g tin of minestrone soup
- Portion of home-made soup (see recipes)

Serve the above with vegetable side salad or crudities and one of the following:

- One thin slice of wholemeal bread

- One pitta if taking a vegetable based soup but ½ with a lentil or bean variety
- One slice (30g) of pumpernickel/rye style bread
- Two nairn type oatcakes

6. Sardines on toast (see recipe)

7. Tossed pasta with vegetable side salad (see recipe)

8. Herb omelette with summer vegetables (see recipe)

9. Salmon salad (see recipe)

10. Salad Nicoise

11. One whole wheat tortilla wrap with any of the following options (see recipes):

Carrot & coriander

Curried chicken

Avocado & prawn

12. Nutty tabbouleh (see recipe) with a tomato and onion salad

13. Twisted Waldorf salad (see recipe)

14. Soured beef in lettuce (see recipe)

15. Grilled goats cheese on portobello mushroom with walnut, rocket, sunblush tomato salad (see recipe)

Dinner meal plan options

1. Thai green curry with 50g (weight uncooked) of brown basmati rice or quinoa

2. Stir fry with 50g of brown rice or quinoa (weight uncooked)

3. Home-made lamb and coriander burgers, tomato salsa (bought or home-made), 3 fennel sweet potato wedges and green salad

4. Chicken or smoked tofu fajitas with salsa, guacamole (bought or made) and a salad

5. Chicken supreme on summer pearl barley broth with steamed vegetables of choice

6. Spiced turkey patties served with 40g (weight uncooked) of whole wheat spaghetti in basic tomato sauce with added sliced courgettes.

7. Sesame tuna on char-grilled vegetables with ½ small baked potato or 3 sweet potato wedges

8. Salmon on asparagus Genovese with 3 boiled new potatoes

9. Pork skewers and gingered pumpkin mash

10. Sweet potato & red onion tortilla with steamed green vegetables of choice

11. Aubergine and mozzarella bake with green salad

12. Asparagus and pea risotto

13. Mushroom and bean stroganoff and 65g of quinoa and steamed green beans.

14. Prawn/tofu fried rice

15. Orange and thyme mackerel with steamed pak
choi and 3 boiled new potatoes
ato salad (see recipe)



Breakfast

Cinnamon Porridge (x 1) *

57g/20z of porridge oats

300ml ½ pt of water pint

300ml ½ pt of whole milk or unsweetened soy milk pint

Pinch of ground cinnamon or nutmeg

1 dsp of ground flax or linseeds and pumpkin seeds.

- Put the water and ½ the milk in a small pan and add the oats.
- Slowly bring to the boil while stirring and add the cinnamon/nutmeg
- Simmer for 3-4 mins and keep stirring.
- Pour into a warm bowl, sprinkle on the seeds and serve with the remaining milk and fruit accompaniment.



Breakfast

Variations

Add a dessert spoon of any of the following to the mix before cooking:

Fine chopped pepper
Finely diced tomato flesh
Small capers
2 chopped anchovies
Sliced tinned mushrooms.

Scrambled egg and mushroom on rye *

1 large free range egg or 2 small

Dash of whole milk

Knob of butter

1 tbsp of chopped chives or dried oregano if desired

Pepper

- In a small bowl, beat the egg, milk, herbs and seasoning with a fork.
- Melt the knob of butter in a small omelette pan or non-stick saucepan.
- Pour in the egg mix and cook on a low heat, stirring occasionally.
- Serve with accompaniments recommended.

Alternatively this can be cooked in a microwave and the butter.

- Place egg, milk, tiny knob of butter and herbs in a plastic jug and whisk or beat well.
- Put in the microwave for a few seconds until you see the mix rising in the jug, remove, beat the mix well and replace for a few more seconds until the mix rises again.
- Break up the mix with a fork and serve with the recommended accompaniments.



Breakfast

Haddock florentine *

1 small fillet of natural smoked or fresh haddock

2 Knobs of butter

150-200ml/ ¼ pint of whole milk or unsweetened soy milk (if poaching smoked fish)

1 fresh tomato cut in half

150g of Fresh washed baby spinach

Black pepper

- Wash the fish and if grilling place in a heatproof shallow bowl.
- Top with a knob of butter and grill with the tomato for around 5-6 mins until cooked.
- Place a small knob of the remaining butter in a non stick pan/omelette pan and melt.
- Add the spinach and a little black pepper then cook till just wilted.

- Place the spinach on the plate, top with the fish and serve with the tomato halves.

If poaching, this can be done in a pan or microwave.

- Place the fish in a shallow microwave dish and cover with the milk. Microwave for around 3-4 mins until cooked through and leave to stand for a minute before serving.

or

- Put the milk in a small pan and slowly heat but don't boil.
- Add the fish and cook for around 4-5 mins.



Lunchtime

Oaty quiche (x 4 - portions) * F

Base 8 Nairns or Patterson's cheesy oatcakes finely crumbled

25g of sesame seeds

50g of ground almonds

Freshly cracked black pepper

1 medium egg plus 1 egg yolk

Filling

1 tsp olive oil

1 onion peeled and chopped

4 rashers of lean back bacon peeled and chopped
(omit if vegetarian)

1 chopped red pepper

100g of just cooked courgettes

1 large grated carrot

2 medium eggs beaten

200ml of natural yogurt

50g of a soft blue cheese
or soft goats cheese
crumbled



- Preheat the oven gas 5 190c/375f.
- Rinse the lentils, place in a pan and cover with cold water, bring to the boil and simmer for 15mins until tender.
- Drain the lentils and return to the pan.
- Stir in the crumbled oatcakes, seeds and nuts, then add the pepper.
- Beat 1 egg and 1 egg yolk together and add to the mix and then allow the mix to cool.
- Oil an 8"/20.5cm loose bottomed spring form tin and press the cooled mix into the base and up the sides of the tin.
- Bake the base for 10 mins.
- Heat the oil in a non stick pan and gently cook the chopped onion and bacon for 5 mins, then place in the base of the quiche and add the peppers, courgettes and carrot.
- Beat the remaining 2 eggs with the yogurt and season. Add this to the quiche.
 - Sprinkle over the cheese and bake for 25-30 mins or until the filling is set.

Lunchtime

Butter beans with chorizo and tomato (2 portions) * F

400g can of canned butter beans

6 thin slices of dried chorizo

3 plum tomatoes

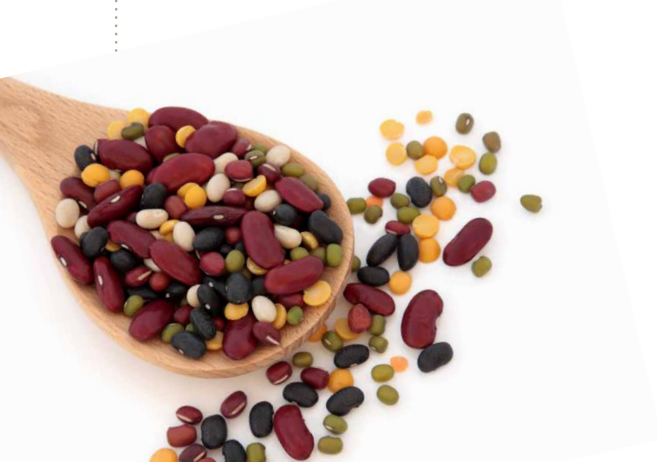
2 shallots chopped

1 small clove of chopped garlic

1 ½ tbsp of olive oil

1 dsp of chopped flat leaf parsley

- Fill the kettle and pour the boiling water into a large bowl
- With a sharp knife score a cross on each tomato and sit them in the water for 60 seconds. Remove with a spoon.
- Peel the tomatoes, cut in half and remove the seeds.
- Chop the remaining flesh roughly and set aside.
- Heat ½ the oil in a pan and gently cook the garlic and shallots until transparent but don't colour.
- Add the tomatoes to the shallots, season and cook until it makes a sauce.
- Gently fold the drained butter beans into the sauce.
- Add the parsley and the remaining oil and turn the mix into a heatproof serving dish.
- Place the slices of chorizo on top of the mix and grill for 2 mins to release the chorizo juices.
- Serve warm with a crisp green salad.



Greek Pitta *

1 whole wheat pitta bread sliced open
60g of feta cheese cut into small cubes
3 black olives cut in half
3 sliced cherry tomatoes
1 shredded lettuce leaf
3 thin slices of cucumber
Drizzle of olive oil
Black pepper

- Place the shredded lettuce in the pitta.
- Place the cheese, tomatoes, cucumber and olives in a bowl and mix in the olive oil to coat the ingredients.
- Season and spoon the mix into the pitta pocket.



Classic minestrone (4 portions) *^F

1 large leek thinly sliced
2 carrots chopped
1 courgette thinly sliced
115g/4oz of green beans halved
2 sticks of celery thinly sliced
3 tbsp of olive oil
1.5 litres (2.5pts) of stock or water
1 400g tin of chopped tomatoes
1 tbsp of chopped fresh basil
½ tsp of dried thyme
Seasoning
400g tin of cannellini beans
50g of whole wheat pasta
(spaghetti broken up, or macaroni)

- Gently heat the olive oil in a large pan and add all the fresh vegetables.
- Heat until sizzling and then cover and cook gently until soft for around 15 minutes giving the pan a shake occasionally.
- Add the stock/water, tomatoes, herbs and seasoning and simmer for around 30 mins.
- Add the beans and the juice from the can along with the pasta and simmer for another 6 minutes.
- Check the seasoning and serve.



Lunchtime

Speedy broccoli & blue cheese soup (2 portions) *F

1 large head of broccoli (400g/1lb)

Pinch of nutmeg

100g of blue cheese or goats cheese

100ml of full fat yogurt or whole milk (optional)

Salt and black pepper

- Separate the broccoli florets.
- Bring a pan of water to the boil (just enough to cover the broccoli).
- Add the broccoli to the boiling water and cook until tender 5-10 mins.
- Place the broccoli and some of its cooking water into a blender and puree.

- Add a good pinch of ground nutmeg and seasoning. If too thick add in more of the cooking water.
- Serve immediately and crumble in the cheese if not using the milk or yogurt. If you are blend these in and reheat gently but don't boil.
- Variation - This works really well garnished with flakes of smoked mackerel or smoked tofu too.



Chilled avocado and prawns soup (4 portions) *

1 ripe avocado
1 tbsp of lemon juice
300ml ($1/2$ pint) of cold chicken or vegetable stock
150ml ($1/4$ pint) of whole milk
Seasoning
Splash of Worcester sauce
2 tbsp of mayonnaise
2 tbsp of full fat yogurt
 $1/2$ tbsp of ketchup
25g of prawns chopped
2 chopped spring onion

- Mash the flesh of the avocado with the lemon juice and place in a blender.
- Add the stock, milk, seasoning and worcester sauce and chill well.
- In a bowl mix the prawns, mayonnaise, ketchup, yogurt and onion.
- Serve the soup and top with a spoonful of the prawn mix.



Lunchtime

Herby summer watercress soup (4 portions) *^F

25g/1oz of butter

1 medium onion peeled and finely chopped

3 sliced spring onions

3 packs of watercress

25g/1oz of whole wheat flour

1 litre of stock (chicken or vegetable)

Seasoning

Good handful of chopped fresh herbs (a mix of chives, dill and parsley work well)

150ml/¼ pt of full fat yogurt

Note - You can replace half of the stock with milk

- Reserve some sprigs of watercress for garnish.
- Melt the butter in a large pan and cook the onion until soft, taking care not to colour it.
- Add the spring onion and watercress and cook until the watercress is all wilted down.
- Stir in the flour and cook for a few minutes, stirring continually until it forms a sandy paste like texture
- Remove from the heat and gradually stir in the stock and (if using) the milk
- Return to the heat in bring to the boil stirring continuously until the soup starts to thicken
- Add the chopped herbs and simmer for 15 mins.
- Liquidise the soup and check the seasoning. At this point you can freeze it.
- Serve the soup either hot or chilled with the watercress garnish.
- When ready to serve return the soup to the stove and heat through gently while stirring in the yogurt. Do not boil once this is done



Tomato & basil soup (2 portions) *F

1 basic pasta sauce recipe

1 pack of fresh basil leaves

2 spoons of Greek yogurt to serve

- Add 300-400 ml of water to the basic pasta sauce and blend with a few of the basil leaves. Freeze at this point.
- Reheat the soup. Add a handful of ripped basil leaves.
- Serve the soup with a spoon of the 0% fat Greek yogurt.



Sardines on toast *

170g tin of sardines in tomato sauce

2 slices of rye or pumpernickel style bread

Sprinkle of parmesan cheese

- Heat the sardines through under the grill.
- Toast the bread on one side.
- Place the sardines on the untoasted side of the bread and spr
with the parmesan.
- Toast until the cheese is browned.
- Serve with a mixed green salad.



Basic pasta sauce (2 portions) *F

1 400g tin of chopped plumb tomatoes

1 crushed clove of garlic

1 tsp of tomato puree

½ onion finely chopped

Bay leaf

1 dsp of olive oil

Seasoning

- Gently heat the oil in a pan, add the onion and garlic and cook slowly until soft (3 mins).
- Add the tomatoes and juice and break them down in the pan with a masher.
- Add the bay leaf and seasoning and slowly simmer the sauce for around 10 mins till it is thicker and broken down.
- Season and add any of the following variants below.
- Cook 90-100g of whole wheat pasta and toss into the sauce.

Torn basil leaves, Tsp of oregano, chilli oil, Olives, capers.
This sauce works well as a base for a bean pasta, seafood, aubergine, peppers, courgettes and smoked bacon, chicken strips and mozzarella balls. Add any raw ingredients in while the onions are cooking and any cooked ingredients towards the end of the cooking time. Cheese should be tossed in at the last minute.



Tuna conchiglie (1 portion) *

50g of whole wheat conchiglie (shell) pasta or other whole grain shape

1 portion of the basic pasta sauce above

1 small tin of tuna

4 olives

1 dsp of half fat crème fraiche

Pinch of parsley

- Cook the pasta until just tender.
- Put the basic pasta sauce into a pan and add the tuna, olives and parsley.
- Gently heat the sauce through and when ready toss in the pasta.
- Add the crème fraiche and mix in
- Serve immediately



Chilli & garlic spaghetti (1 portion) *

50g of whole wheat/grain spaghetti

Pinch of dried chilli flakes

½ a clove of chopped garlic

2 good pinches of chopped fresh parsley

1 good table spoon of olive oil

Parmesan to serve

- Cook the spaghetti in boiling water (around 8 mins).
- Gently heat the oil in a pan and add the chilli and garlic until it sizzles.
- Toss in the hot pasta and mix in the parsley.
- Serve immediately topped with the parmesan.



Herb omelette with summer vegetables *

6 asparagus tips

1 tsp of peas

8 snow peas

Drizzle of olive oil

Squeeze of lemon

3 small free range eggs

Knob of butter

Pinch of herbs such as chopped chives, thyme, dried mixed herbs, oregano

Salt and pepper

- Bring a pan of boiling water to the boil and cook the asparagus tips till tender.
- Reserving the water, move the tips and keep warm.
- Put the peas in the water and bring to the boil, drain and keep warm.
- Beat the eggs, seasoning and herbs well.
- Melt the butter in a small omelette pan and add the egg.
- Move the egg with a fork to cook through till the mix starts to set.
- Turn the omelette onto a warm plate.
- Heat the oil in the pan and toss in the sugar snaps, asparagus and peas.
- Add a squeeze of lemon to the veg and a little black pepper.
- Serve with the omelette and fresh sliced tomato.



Serves 4
327kcal per
serving

450g fresh or frozen gnocchi
2 tbsp butter
2 medium shallots, chopped
450g courgette (about 3 small), very thinly sliced lengthwise
450g cherry tomatoes, halved
Salt and ground pepper to taste
¼ tsp grated nutmeg
½ cup grated parmesan cheese
½ cup chopped fresh parsley

Gnocchi with courgette ribbons and parsley brown butter (V)

- Bring a large saucepan of water to a boil. Cook gnocchi according to package instructions until they float, 3 to 5 minutes. Drain.
- Meanwhile, melt butter in a large skillet over medium-high heat. Cook until the butter is beginning to brown, about 2 minutes.
- Add shallots and courgette and cook, stirring often, until softened, 2 to 3 minutes.
- Add cherry tomatoes, salt, nutmeg and pepper and continue cooking, stirring often, until the tomatoes are just starting to break down, 1 to 2 minutes. Stir in parmesan and parsley.
- Add gnocchi and toss to coat. Serve immediately.



Lunchtime

Serves 4
400kcal per
serving

450g skinless,
boneless chicken
breasts, cut into
1-inch-wide strips
2 tsp canola oil
1 spring onion,
thinly sliced
1 lime
4 low-fat flour
tortillas
1 cup reduced-
fat (2%)
shredded
Lancashire
cheese
½ avocado,
peeled, seeded,
and cut into
½-inch pieces
¾ cup salsa

Chicken quesadillas with avocado-tomato salsa ^{*F}

- In a 12" non-stick pan, heat oil on medium for 1 minute. Add spring onion and cook for about 6 minutes or until tender, stirring occasionally.
- Meanwhile, from lime, grate 1 teaspoon peel and squeeze 2 tablespoons juice. Evenly season chicken on both sides with lime peel, ¼ teaspoon salt, and a pinch of ground black pepper.
- Add chicken to spring onion in pan; cook for 10 minutes or until chicken is no longer pink inside. Transfer to bowl; stir in lime juice.
- Evenly divide chicken mixture and cheese on half of each tortilla; fold over to make 4 quesadillas.
- In same pan, cook quesadillas on medium, in 2 batches, 8 minutes per batch or until browned on both sides and heated through. Cut each quesadilla into thirds. Stir avocado into salsa; serve with quesadillas.



Salmon salad (1 portion) *

40g pasta (whole wheat/grainl) or 80g of brown rice or quinoa

50g of tinned salmon

1 spring onion fine chopped

1 sliced radish

1 tbsp of fine chopped pepper

1 tbsp of fine chopped cucumber

Squeeze of lemon juice

Little pepper

½ tsp or drizzle of olive oil

(use the flavoured one if you made it)

Pinch of chopped dill

Cherry tomatoes and watercress leaves to serve

- Cook the pasta/rice/quinoa in boiling water, drain and run under the cold tap until chilled.
- Drain the tinned salmon and remove bones.
- Place the pasta/grain in a small bowl and mix in the chopped veg, oil, lemon juice and seasoning.
- Gently fold in the salmon.
- Serve on a bed of watercress and top with the tomatoes.

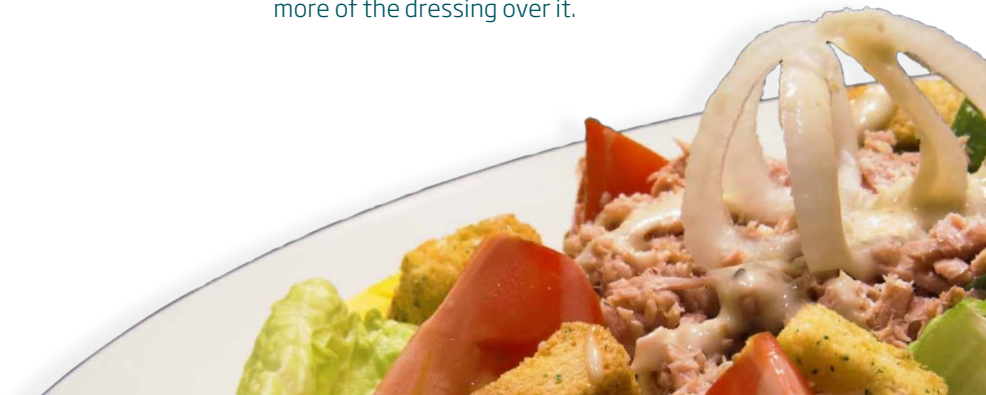


Lunchtime

Salad nicoise (1 portion) *

1 medium egg
1 small 80g tin of tuna drained
4 olives
50g green beans
2 new potatoes
4 cherry tomatoes cut in half
2 anchovies
1 spoon of the dressing below

- Boil the egg for 10 mins then run under cold water until cold and then peel.
- Boil the new potatoes till just cooked and cool.
- Boil the beans for 4 mins so they are still crunchy.
- Place the beans, potatoes, olives and tomatoes in a bowl and toss in a little of the dressing below.
- Place the mix on the serving plate and top with the tuna.
- Cut the egg into 4 quarters and sit around the tuna.
- Place the anchovies over the tuna and drizzle a little more of the dressing over it.



Tortilla fillings Carrot & coriander *

1 small carrot grated

2 toasted walnuts broken

Good pinch of chopped coriander

1-2 tablespoons of humus

1 chopped spring onion

2 slices of cucumber cut into strips

- Spread the humus onto the tortilla.
- Mix the remaining ingredients together and cover the humus.
- Roll up the tortilla and slice in half.



Nutty tabouleh (1 portion) *

120g/3oz of quinoa

Enough stock to cover the quinoa in a saucepan

5 slices of cucumber each cut into quarters

6 cherry tomatoes all sliced

4 finely sliced spring onions

1 dsp of chopped fresh mint

1 dsp of chopped fresh flat leaf parsley

1 tbsp of olive oil

1 tbsp of lemon juice

1 tbsp of toasted almonds

Sprinkle of balsamic vinegar (if desired)

Seasoning

- Place the quinoa in a small pan and cover with twice its volume in stock.
- Bring to the boil, then reduce the heat and simmer with the lid on for 10-15 mins until the grain is fluffy and the liquid absorbed.
- Cool the grain.
- When cool mix in all the chopped vegetables, the herbs and nuts with a fork.
- Gently mix in the lemon juice, oil, seasoning and (if required) the vinegar and adjust the taste as required.
- The mix is better if it is left to rest in a fridge for an hour so the flavours can meld.



Lunchtime

Twisted waldorf salad (1 portion) *

60g of cooked chicken breast cut into chunks, smoked tofu, cheese or quorn

3 large celery sticks roughly chopped

¼ red apple chopped

2 tbsp of low fat mayonnaise

25g of walnuts

5-6 radishes cut in halves

Little salad cress

Salad leaves

- Heat the grill and toast the walnuts until just coloured and they start to release that toasted aroma.
- Place the chicken, celery, apples, radish and nuts in a bowl and mix together well with the mayonnaise. You just need to coat the ingredients so if you can get away with less go for it but if you need more no worries.
- Lay a good few handfuls of salad leaves in a bowl, spoon on the mix and top with some the cress.
- Enjoy with a slice 30g of rye bread.



Soured beef and apple in lettuce *

100g (4oz) of lean minute steak

Dessert spoon of olive oil

Seasoning

¼ of an onion finely chopped

50g (2oz) of button mushrooms wiped and thinly sliced

¼ sp of French mustard

Pinch of dried/thyme

2 generous table spoons of Greek yoghurt

¼ apple chopped

2 large crisp lettuce leaves left whole

- Heat the oil in a frying pan and quickly brown the steak but don't overcook.
- Reserving the pan juices, transfer the beef to a bowl using a slotted spoon and season.
- Add the onion to the pan and cook until golden then add the mushrooms, mustard and herbs a cook for a minute.
- Add the vegetables to the beef and cool the mix.
- Add the yoghurt and chopped apple to the beef and mix well.
- Sit the crisp lettuce leaves on the plate and spoon in the beef mix.
- The lettuce can be eaten as wraps.



Goat's cheese on portobello (1 portion) *

2 large portabella mushrooms

2 slices of goats cheese (French chevre blanc is good)

Spray oil or drizzle of olive oil

Black pepper

Balsamic vinegar

Rocket leaves

5 walnuts toasted

5 sunblush tomatoes

- Wipe the mushrooms clean, spray or drizzle with oil then grill open end up for around 4 mins, or until just cooked.
- Sit a slice of cheese on each mushroom and season with a little pepper.
- Return the mushrooms to the grill and melt the cheese slightly.
- Toss the rocket, walnuts and tomatoes in a little oil and salt and place on a plate.
- Place the mushrooms on the rocket.
- Sprinkle a little balsamic over the cheese and serve.



Dinner

Thai green curry x 1 *

Any of the following protein foods: 1 small skinless chicken breast cut in chunks, 150g/6oz of firm tofu cut into chunks, 120g/5oz of peeled large prawns.

1 clove of crushed garlic

1 dsp of olive oil

½ tbs Thai green curry paste

½ lemongrass stalk (fat ends bashed with a rolling pin)

1-2 kaffir lime leaves, broke in half (if unavailable, use the grated zest of 1 lime)

½ a 400ml/14fl oz can of reduced fat coconut milk

couple of drops of Thai fish sauce

1 dsp of coriander, roughly chopped

½-1 lime (juiced)

¼ of a pack of bamboo shoots

¼ of pepper cut into chunks

3 Thai aubergines cut in half
(if not available use a few chunks of ordinary aubergine)

- Heat the oil in a wok or pan.
- Add the green curry paste and cook over a fairly high heat for about a minute, stirring with the lemongrass.
- Reduce the heat slightly and stir in the chicken (other protein pieces) and lime leaves until coated in the paste.
- Add the coconut milk and fish sauce and bring to a simmer, cooking for 20 minutes until thickened slightly.
- Add the chopped vegetables and simmer for another 5 mins. or until the veg. is just tender.
- Stir in the coriander and lime juice. Check for seasoning, adding more fish sauce or soy sauce if needed.
- The curry is now best left to sit for a few minutes so the sauce becomes creamier. You will also taste the true flavours of the curry paste ingredients when it's slightly cooler,



Dinner

Stir fry (1 portion) *

Any of the following protein foods: 1 small skinless chicken breast (100g) or the same weight of turkey breast or lean pork cut into strips, 150g/6oz of firm tofu cut into chunks, 120g/5oz of peeled large prawns, 120g of squid rings.

2 spring onions, halved & sliced into sticks (use the green too for flavour)

2 slices of ginger chopped

Soy sauce

dessert sp of vegetable or peanut oil

4 broccoli florets

½ a med carrot cut into thin sticks

4 mushrooms sliced thick

¼ pk bean sprouts

¼ red pepper cut into sticks

A few mange tout

1 clove of garlic sliced

Any other veg you fancy or want to use up

Optional extras to vary the flavour: ¼ chopped fresh chilli if you like spice, handful of fresh coriander, spoon of black bean sauce, splash of sesame oil.

- In a wok or deep frying pan that has a lid heat the oil until almost smoking.
- Add the garlic and sliced ginger (chilli if using) until it sizzles, then throw in any raw proteins and stir well until cooked through.
- Remove and set aside to keep warm.
- Add the peppers, mushrooms, carrots and broccoli to the pan and stir fry for few seconds.
- Add a table spoon of water put the lid on the pan and give a shake. Cook for ¹/₂ minute.
- Add the protein, mange tout, bean sprouts, spring onion, good few dashes of soy sauce (black-bean or sesame oil if using) and stir through well.
- Add coriander if using and serve immediately.



Home-made lamb and coriander burgers (2 portions) *

200g (8oz) of lean lamb mince

¼ of onion finely chopped

½ beaten egg

1 tbsp of chopped coriander

Pinch of ground cumin

¼ clove of garlic finely chopped

1 tbsp of tamari sauce or soy sauce

Pinch of salt and cracked black pepper

- Place all the ingredients except the egg into a bowl and mix well.
- Combine the egg and knead well.
- Divide the mix into 2 or 4 balls depending on how thick you like your burgers.
- Shape the balls into burgers and place in the fridge to rest for 10 mins while you heat the grill, oven or BBQ (or freeze at this point).
- Grill, BBQ or bake for 6-8 mins each side and serve.



Dinner

Fennel sweet potato wedges (2 portions) *

1 med orange sweet potato

Spray oil

1 tsp of cumin seeds slightly crushed with pestle and mortar or rolling pin

1 tsp of crushed fennel seeds

1 tsp of coriander seeds crushed

Pinch of cayenne pepper

Salt

- Pre heat the oven 200c/400f/gas 6.
- Spray a baking tray with the oil.
- Scrub the potato and cut into 6 wedges long ways.
- Mix all the seeds together.
- Spray the wedges well with the oil and sprinkle the seeds and salt.
- Bake for 20-30 mins or until just cooked giving them a toss half way through.



Tomato salsa (2 portions) *

1 large beef tomato or 4 plum tomatoes

¼ of fresh chilli chopped

1 dsp of chopped coriander

2 spring onions finely chopped

Squeeze of lime juice

Salt

- Boil a kettle of water and pour the hot water into a bowl large enough to sit the tomatoes in.
- Score a cross with a knife through the skin of each tomato and sit in the boiling water for 1 minute.
- Remove the tomatoes and cool slightly before peeling.
- Peel, half, remove the seeds and chop the flesh of the tomatoes.
- Place the tomato flesh and other ingredients into a bowl and mix well.
- Best if the mix is left to sit before serving to allow the flavours to meld.



Chicken or smoked tofu fajitas (1 portion) *F

- 1 Mexican whole wheat tortilla
- 1 small sliced onion
- ½ clove of crushed garlic
- ½ red and ½ yellow pepper deseeded and cut into strips
- 1 dsp of olive oil
- 1 dsp of fajita seasoning (e.g. Old El Paso)
- 1 small chicken breast cut into strips (100g/4oz) or 120g/5oz of quorn or smoked tofu pieces

- Rub the chicken with the seasoning and grill until the chicken is just cooked.
- Heat the oil and add the garlic, onion and peppers and (if using), the vegetarian proteins and the seasoning.
- Toss for a few seconds then put the lid on and steam fry for a minute. At this point you can add the chicken (if using) when the vegetables are cooked.
- Warm the fajita in a frying pan.
- Spread a spoon of the tomato salsa and a spoon of guacamole dip onto the fajita.
- Top with the mix and roll up to serve.



Dinner

Guacamole dip (makes 1 cup) *

- 1 ripe avocado pear
- 1 tsp of lime juice
- ½ tomato deseeded and finely diced
- ½ red chilli finely chopped
- 1 tsp of red onion finely chopped
- 1 dsp of chopped fresh coriander
- ¼ tsp of ground cumin
- 1 tsp of olive oil
- Pinch of cayenne pepper

- In a bowl, mash the pear with the lime juice.
- Stir in the rest of the ingredients and season to taste.



Chicken supreme on summer pearl barley broth (2 Portions) * F

2 small skinless chicken breasts

1 stick of celery

½ clove of garlic finely chopped

½ leek (white part only)

1 dsp of olive oil

300ml ½ pt of good chicken stock

60g/2.5oz of pearl barley

Chopped parsley, tarragon and chervil

Truffle oil (optional)

Seasoning

- Cut the celery into tiny dice (6mm).
- Cut the leek into very thin slices.
- Heat the olive oil in a pan and gently cook the garlic, leek and celery without colouring. (better to do it with the lid on so it steams).
- When the veg is soft add the stock and barley, then lightly season the mix.
- Bring the stock to a gentle simmer and cook for 30 mins with the lid on or until the barley is tender. You may need to top up the liquid.
- Drop the chicken breasts into the broth and ensure they are submerged and poach for around 15 mins until cooked.
- Remove the cooked chicken breast. Add a good pinch of each of the herbs to the broth and spoon it onto the serving plates.
- Top with the chicken and drizzle a tiny amount of the truffle oil if using.



Spicy turkey patties & pasta (1 portion) *

½ clove of crushed garlic

½ small fresh chilli seeds removed and finely chopped

Pinch of ground cumin

½ table spoon of olive oil

100g lean minced turkey/pork

Seasoning

- Gently heat the oil and fry the chilli, garlic and cumin for a min or two on a low heat, then cool.
- Put the mince in a bowl and add the cooled spice mix. Season and mix well.
- Squeeze the mix in your hands to make 4-6 small balls.
- Spray some oil on a baking sheet and grill the turkey balls 5-10 mins
- Serve on the pasta below.

Pasta accompaniment

½ courgette

1 portions of basic pasta sauce

40g of whole wheat pasta

Pinch of oregano

- Cook the pasta, slice the courgettes and pop them in the basic pasta sauce with the herbs.
- Heat the sauce and with the lid on and simmer until courgette is just cooked 5-6 mins.
- You may need to add a little water.



Sesame tuna on chargrilled vegetables (1 portion) *

1 small fillet of fresh/frozen defrosted tuna 100-120g/4-5oz

1 tsp of sesame seeds

¼ of red pepper cut into 2 slices

¼ of yellow pepper cut into 2 slices

1 small courgette cut lengthways in half

¼ of aubergine cut into slices

¼ of red onion with the root left on then cut into 2 wedges

¼ fresh lemon

Dried/fresh thyme or oregano

Table spoon of olive oil

Little extra oil

Seasoning

Wedge of lemon to serve

- Preheat the BBQ or oven 180c/375f/gas 5. Alternatively you can use a griddle pan.
- Heat a small omelette pan and dry toast the sesame seeds in it. There is no need to add oil.
- Set the seeds aside.
- Place all the veg on a baking tray and toss well with the olive oil, seasoning, good squeeze of the lemon and herbs.
- Bake, BBQ or char grill the veg for 15-20 mins till just cooked.
- When the veg is almost ready, heat a grill, griddle or BBQ and brush the tuna with a little of the extra oil.
- Cook the tuna for a few minutes on each side.
- Lay the veg on the serving plate, top with the tuna, sprinkle with the sesame seeds and serve with the lemon wedge.



Dinner

Salmon on basil dressed asparagus (1 portion) *

1 small salmon fillet 100-120g/4-5 oz
1 tsp of olive oil
Little extra oil to cook the salmon
5 cherry tomatoes sliced in half
1 tsp of green pesto sauce
Few fresh basil leaves as preferred
Black pepper
2 wedges of fresh lemon
Small pack of fresh asparagus tips
1 dsp of peas
4 olives
1 small courgette sliced

- Bring a pan of water to the boil and cook all the veg until just tender – keep warm.
- While the veg is cooking brush the salmon with a little oil and grill or alternatively you can poach it but do not microwave it.
- Mix the pesto with the tsp of olive oil and gently heat in a pan. Toss all the veg, tomatoes, olives and torn basil into this.
- Season and add a squeeze of lemon.
- Turn the veg onto the serving plate and top with the salmon.
- Serve with a wedge of lemon and black pepper.



Pork Skewers (1 portion) *

2-3 Bamboo skewers soaked in water

100g of lean pork steak cut into 6 large chunks

½ green pepper

4 cherry tomatoes

1 small courgette

4 cup mushrooms

Olive oil

Fresh orange

Pinch of dried sage

Seasoning

- Place the pork on a bowl and add a drizzle of oil, seasoning, good squeeze of the orange juice and the sage.
- Toss the mix well and set aside.
- Preheat a grill, griddle, oven or BBQ.
- Cut the pepper into chunks and the courgette into thick slices.
- Thread the veg and pork onto the skewers and drizzle with oil.
- Cook the kebabs for 5 mins on each side or until the meat is cooked through, then serve.



Dinner

Gingered pumpkin mash (2 portions) *

1 dsp of grated fresh ginger

1 small squash

Seasoning

- Boil the squash until just tender, drain and return to the pan.
- Add the ginger and seasoning and mash.
You can add a knob of butter if desired.



Sweet potato and red onion tortilla (2 portions) *

1 orange sweet potato, peeled and sliced fairly thinly horizontally

1 tbsp of olive oil

2 red onions chopped

2 cloves of garlic crushed

4 medium free-range eggs

Pinch of mixed herbs

Seasoning



- Boil the potato until just cooked (around 10 mins).
- Drain well and set aside.
- Heat half the oil in a pan and gently cook the garlic and chopped onion with the lid on the pan until soft (10 mins).
- Beat the eggs with dried herbs and mix in the potato and ½ the onions, then season
- Pre heat the grill.
- Heat the remaining oil in a shallow small-medium non-stick pan and add the remaining onion to this.
- Pour in the egg mix and cook on a very low heat for around 6 mins or until the base of the tortilla looks set.
- If the top is still runny, place the pan under the grill on a low heat and cook until set.
- Slide the tortilla onto a board and cut in half then transfer to plates.
- The tortilla can also be served cold.

Aubergine and mozzarella bake (1 portions) *

1 aubergine

Beef tomato

Basic pasta sauce recipe

½ a 120g ball of Buffalo mozzarella cheese sliced

Good pinch of oregano

Grated dried parmesan cheese

1 dsp of olive oil

- Slice the aubergine, sprinkle with salt and place in a colander for around 15-30 mins to release the bitter juices.
- Pre-heat the oven 180c/275F gas 6.
- Grease a small oven proof dish.
- Slice the beef tomato.

- Add the oregano to the pasta sauce.
- Rinse the aubergine and pat dry.
- Heat a little in a frying pan or on a griddle and fry the aubergine slices until just tender.
- Place a spoon of the basic pasta sauce in the base of the dish, then put a layer of the aubergine in and top this with a layer of the tomato. Repeat this.
- Ensure the sauce cover the layers.
- Top with the slices of mozzarella (freeze at this point), cover the dish with foil and bake for around 20 mins till bubbling hot.
- Remove the foil and sprinkle over a little parmesan.
- Return to the oven until parmesan is golden and serve.



Asparagus, artichoke and pea risotto (2 portions) *

60g/2 ¼ of asparagus tips

60g/2 ¼ of frozen peas

½ a tin of artichoke hearts drained

600ml (1 pint) of veg stock

25g/1oz of butter

½ onion peeled and finely chopped

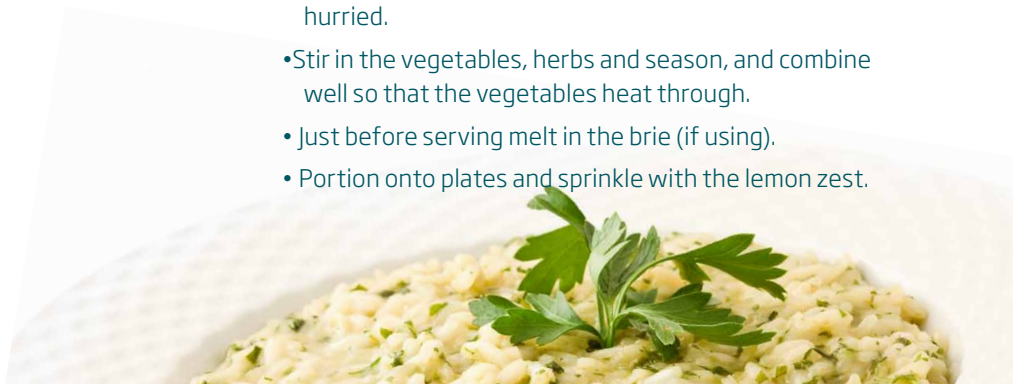
100g of brown rice

1 tbsp of chopped fresh herb (dill, parsley, chives)

1 tbsp of grated lemon zest

60g/1/4oz of brie (optional)

- Cook the asparagus tips in boiling water until just tender.
- Pour the stock into a saucepan and bring to the boil then reduce to a simmer.
- Meanwhile melt the butter in a large saucepan and gently cook the onion until soft but not brown.
- Add the rice and stir for 2 mins until it is well coated.
- Add a ladle of stock and cook gently stirring all the time until it is absorbed by the rice.
- Continue adding the stock slowly this way until ½ the stock is used and the rice is cooking.
- Add the remaining stock until the rice becomes thicker. This process usually takes 20 mins and should not be hurried.
- Stir in the vegetables, herbs and season, and combine well so that the vegetables heat through.
- Just before serving melt in the brie (if using).
- Portion onto plates and sprinkle with the lemon zest.



Dinner

Mushroom stroganoff (1 portion) *

½ a small red onion peeled and finely sliced

1 dsp of olive oil

½ clove of garlic finely chopped

1 portobello mushroom wiped and sliced

2 dsp of red kidney beans

150g/6oz of mixed mushrooms such as oyster, chestnut and shitake. Wiped and sliced

Good pinch of dried tarragon

Pinch of paprika

50g/2oz of full fat natural yogurt or soy alternative

1 tsp of corn flour mixed into the yogurt

Cooked quinoa and vegetables to serve.

- Heat the oil in a pan and gently fry the onion and garlic until soft.
- Add in the mushrooms and stir until just cooked through.
- Add the tarragon.
- Reduce the heat and add the yogurt mix and paprika. Heat through to allow the sauce to thicken. Do not boil. If too thick add a little water, milk or soy milk.
- Serve immediately with accompaniments.



Prawn fried rice (2 portions) *

130g peeled prawns or tofu

100g cooked brown rice,

1 large egg beaten,

2 spring onions, thinly sliced,

1 garlic clove crushed,

60g button mushrooms, thinly sliced,

100g water chestnuts, sliced,

1 ½ tbsp olive oil,

½ tbsp soy sauce,

2 tsp water,

Pepper,

Watercress to garnish

- Using half of the oil make an omelette in a small non stick omelette pan with the egg. Set aside and cut up into shreds.
 - In a wok or frying pan heat the remaining oil and when hot stir-fry the spring onions and garlic for one min.
 - Add the mushrooms and stir-fry for a further 2 mins.
 - Add the oyster sauce, water chestnuts and prawns/ tofu, season pepper, and stir-fry for 2 mins.
 - Add the cooked rice, stir, and stir-fry for 1 min. Then add the omelette pieces and cook for a further 2 mins.
- serve with watercress on top as a garnish.



Dinner

Orange and thyme mackerel (1 portion) *

1 small whole fresh mackerel cleaned by the fish monger and head removed if preferred.

1 small orange

1 sprig of fresh thyme

Seasoning

- Preheat the oven Pre-heat the oven 180c/275F gas 5.
- Wash out the fish.
- Slice the orange and sit 3 - 4 slices in the body of the fish with the herb and seasoning.
- Place on a sheet of foil big enough to make a parcel.
- Join the ends of the foil and place on a baking tray.
- Bake for around 20 mins until cooked through.





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