

HelenaPhil-Fitness

The Nutritional Guide



www.helenaphil-fitness.com

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Introduction:

Hello and welcome to 'The HelenaPhil-Fitness' Nutritional guide!

I have placed this guide to help you understand basic nutrition in order to receive all the nutrients the body requires to function at its best levels.

When your body is being nurtured and receiving the required nutrients, this helps assist you in the following:

- function better physically
- Lowers stress levels and promotes a better wellbeing
- Brain functions better with an improved memory
- Stronger immune system to fight off infections
- Lower cholesterol
- Reduces the risk of chronic diseases
- Assists with heart health
- Improved gut health
- Improved memory

Being in the fitness industry coming up to over 26+ years, I have witnessed so many people coming into the gym either participating in 2-3 classes a day working out, and still looking the same.

This all comes down to nutrition, which a lot of these people are under the misconception that working out vigorously will get them the desired result.

I am sorry to disappoint you but this is not how it works and I will explain next why!

The reality is this, working out is great as this promotes a better and healthier heart, keeps bones from not becoming brittle, promotes more endorphins- (the feel good chemical released from the brain), reduces Cortisol levels which if high can make an individual suffer from depression. But if you are not fuelling adequately this could do more harm than justice.

I will give you an example: if you eat chocolate and have regular fry-ups and workout vigorously you are only burning the calories from these unhealthy foods that are being consumed, plus helping to contribute to raising your cholesterol levels, bringing on diabetes and a strain to your heart.

Depending on some body types like Endomorphs who find it hard to lose weight, obtaining eating habits like this for the pre-run, will only contribute to a slowed metabolic rate.

If consuming a lot of sugary foods regular visits to the dentist won't be the only trips you will have added to your agenda.

You will also be helping yourself to rising levels of cholesterol and heart diseases.

The truth is to obtaining a healthy toned body, and not only from the outside but also fuelling the right nutrients inside your body so as it can function better and combat unwanted diseases and of course balancing your mind.

Nutrition is 80% required and only 20% is required through physical exercise.

With major companies that have clocked on to people's busy schedules and lack of time. It has become a growing business from:

- Meal replacements in a form of a shake
- Meals that are ready in 5 minutes
- Fat Burners
- Calorie control diets

Just think of your body being a car and ask yourself this; if you don't maintain your car accordingly it won't function like it should.

Cupboard Checklist:

It's always a good start to check what's in your cupboards and fridge.

If your cupboards are filled with crisps, chocolates, cakes and sweets, you need to immediately remove these.

If your fridge is filled with ready processed foods ice creams and fizzy drinks, they also need to be removed.

Whatever you do don't place your mind into thinking that you will eat these items first to get rid of them. Just the fact that they are placed in your cupboards or fridge can tip your mindset into giving up before you started.

I am not a fan of wasting foods, nor would I recommended in donating these items to a food bank, they are seriously damaging and cause illness, especially processed and highly sugary foods.

What to stock in your cupboards & fridge:

Vegetables:

- Broccoli
- Carrots
- Asparagus
- Spinach
- Kale
- Peppers
- Mushrooms
- Courgettes
- Cucumber
- Tomatoes
- Brussels
- Sprouts
- Beetroot
- Cauliflower

Fruits:

- Blueberries
- Bananas
- Oranges
- Lychees
- Grapefruit
- Strawberries
- Apples
- Tangerines

Note: fruits are natural sugars, it is best consumed when more active

Meats:

- Chicken
- Fish
- Cut down on red meats and consume them every 1-2 weeks
- Tofu- (For vegetarian & Vegans)

Beans:

- Black-eyes peas
- Red Kidney Beans
- Lentils
- Chickpeas
- Soya beans

Rice & Grains:

- Quinoa
- Brown Rice
- Brown Pasta
- Bulgar wheat
- Flaxseed
- Oatmeal
- Porridge Oats

Dairy:

Free range eggs

I would exchange milk for Almond milk, but if you got to drink it go with semi skimmed

Raw Nuts:

stay away from KP brands as they have additives.

Keep the nuts raw no additives.

Drinks:

Stock up on plenty of water

Herbal teas

Now I have given you a basic shopping list to stock your cupboards with, by now you shouldn't have anything unhealthy in your cupboards, this will motivate in continuing to eat healthy.

6 Elements of nutrition

Carbohydrates:

Carbohydrates are your body's major source of energy. The fibre found in whole grains, fruits and vegetables also helps reduce your risk of obesity, cardiovascular diseases and type 2 diabetes. The Food and Nutrition Board recommends getting 45 to 65 percent of your daily calories from carbohydrates. If you follow a 2,000-calorie diet, this means you should consume 225 to 325 grams of carbohydrates every day.

Fat:

Fat has developed a bad reputation over the years, but it is actually a major nutritional element and a vital aspect of a healthy diet. Fat helps insulate your body, allowing you to maintain your body temperature. Fat also cushions your organs, which can help protect them from trauma. Although fat is important, too much can be bad for your health. Limit your total fat intake to 20 to 35 percent of your daily calories. Aim to meet your fat requirements from unsaturated fats, such as nuts, nut butters, seeds, avocado and olive oil.

Protein:

Like carbohydrates and fat, protein can provide your body with energy when necessary, but it also helps maintain water and pH balance. Protein keeps your immune system strong and allows your body to move and bend.

Foods rich in protein include meat, poultry, fish, nuts, eggs, milk and milk products. Women should aim to consume 46 grams of protein daily, while men should consume 56 grams per day.

Vitamins:

Your body needs vitamins to grow and develop. There are 13 vitamins in total, categorized by how your body absorbs them. The fat-soluble vitamins, which include vitamins A, D, E and K, need fat to be absorbed properly. The water-soluble vitamins -- vitamin C and the B vitamins, which include vitamin B-6, vitamin B-12, thiamine, niacin, folic acid, riboflavin, pantothenic acid and biotin -- dissolve in water before entering your bloodstream. The recommended daily value for each vitamin differs, but it is important to consume all of the vitamins each day to keep your body healthy.

Minerals:

Like vitamins, minerals are substances that allow your body to grow and develop properly. Minerals are divided into two classes based on how much of each nutrient your body needs. Your body needs the major minerals – sodium, potassium, calcium, phosphorus, magnesium, sulphur and chloride – in large amounts, while the trace minerals – copper, fluoride, zinc, iron, chromium, selenium, iodine, molybdenum and manganese – are needed in small amounts. The exact amount needed varies by mineral.

Water:

Water is more than a thirst quencher. It is a major nutritional element that helps regulate body temperature, lubricate your joints and protect your major organs and tissues. Water also helps transport important substances, like oxygen, throughout your body. Aim to drink at least eight 8-ounce glasses of water every day.

8 Key Nutrients

Proteins:

Protein is a key macronutrient necessary for the growth and development of skin, muscles, cartilage and other body tissues, among other functions. Proteins should constitute 10 to 35 percent of your daily calorie intake, according to the Centres for Disease Control and Prevention. You can obtain protein from plants such as legumes and nuts, while animal-based sources include poultry, eggs, lean meats, dairy products and fish.

Water:

Water is the main chemical component in your body and contributes 60 percent of your overall body weight. It is a key macronutrient that plays many roles in the body such as flushing out toxins, transporting other nutrients and creating a moist environment for throat, nose and ear tissues. According to a February 2004 report published by the Institute of Medicine, men should drink about 3.7 liters of fluids each day, while women should drink approximately 2.7 liters per day.

Vitamin D:

Vitamin D is a micronutrient that can be obtained naturally through exposure to sunlight. It can also be obtained from eggs, liver, milk and dairy products, and from fatty fish such as tuna, salmon and mackerel. Vitamin D aids in the absorption and retention of calcium in your body to strengthen your bones. Vitamin D deficiency makes your bones brittle and hence prone to breaking easily.

Vitamin C:

Also known as ascorbic acid, vitamin C is a micronutrient that improves the ability of your body to recover quickly. It also possesses antioxidant properties that help slow down aging. Rich sources of vitamin C include peppers, citrus fruits and green vegetables.

Iron:

Iron is an essential mineral that plays an important role in the delivery of oxygen to the tissues. It can be obtained from food in two forms: heme and non-heme. Heme iron is obtained from animal foods, such as fish, red meats and poultry, which are rich in haemoglobin. According to the Office of Dietary Supplements of the National Institutes of Health, non-heme iron is found in plants foods such as beans, spinach, oatmeal and lentils. Heme iron is more easily absorbed by the body.

B Vitamins:

This class of micronutrients is comprised of niacin, riboflavin, thiamine, B5, B6, biotin, folic acid and B12. B vitamins assist your body in breaking down and utilizing the energy from foods. They also facilitate smooth transmission of signals in the nervous system. Good sources of B vitamins include poultry and lean meats, beans, milk, eggs, and liver.

Fat:

Fat as an essential macronutrient helps in the absorption of fat-soluble vitamins D, E, A and K. Fats contain more calories per gram than proteins and carbohydrates. Between 20 and 35 percent of your calories should be derived from fat, according to the Centres for Disease Control and Prevention. Fats can be classified into saturated or unsaturated fats. At room temperature, saturated fats tend to be solid, while unsaturated fats are in liquid form.

Carbohydrates:

Carbohydrates are vital macronutrients that provide most of your body's calorie needs. The three main types of carbohydrates are starch, sugars and dietary fibre. Dietary fibre may help you shed excess weight. This is because fibre adds to the bulk of food, which leaves you feeling fuller for longer and potentially reduces food cravings. Dietary fibre may also reduce the risk of obesity, cardiovascular diseases and Type 2 diabetes.

Mixed Messages:

Below is the British Food Pyramid that is recommended for the individual. Just looking at the standard set out, its promoting that you eat more breads, pasta and cereals, supposed to more vegetables and fruits, which I don't agree on. Firstly, foods such as bread makes you bloat if consumed too much, pasta if not brown and accompanied with a good portion of vegetable's raises insulin levels. Cereals contain sugars.



Above is the Australian food pyramid, which is slightly different to the British one. The Australian food pyramid recommends you eat more fruit & vegetables supposed to grains, cereals etc.

Before it was recommended to eat 3 times a day, breakfast being the first time, lunch then dinner.

I never tell my clients to eat in this format, nor do I find it effective, just like counting calories. I would agree that breakfast is a must and a good portion should be eaten at the start of an individual's day.

Then following 2-3 hours I would either have a snack of dried nuts, accompanied by lunch, then refuel again 2-3 hours again.

I say this because the whole idea is to consume more food early in the day when a person is more likely to be more active, and to eat less in the evening when a person is likely to be less active.

Saying that an individual might work night shifts, therefore I would tell an individual to have the eating habits of a 9-5 person and work it within their time span.

Example: Say you worked 10pm- 6am, work your eating habits to suit you.

So, say you wake up 3pm, that becomes your breakfast, 2-3 hours again a little snack and so on.

When I embarked on my journey to lose weight, the 3 meals a day done nothing for me.

Calorie counting didn't work either, but when I ate every 2-3 hours and less in the evening, not only did the weight drop off, I was not prone to eating crap and by the time the evening came, I didn't feel hungry. Of course, I worked out more regular ranging from 4-5 times a week assisted nicely with this process.

Not only did I lose weight and trained my metabolism to speed up from where it was. I was sleeping much better, feeling more alert and felt my stress levels lowering.

Meal Prep:

Preparation really is the key to achieving results, this also applies to eating habits by promoting and ensuring you keep on track without having excuses.

Rather than telling yourself you are unable to eat healthy because where you work there are no healthy places to purchase food from, or the classic you haven't got time to eat healthy. You're actually promoting your mindset to build a resistance deluded with excuses, in exchange it hinders you from actually eating healthy and in return your body & mind is suffering.

Preparing food, the night before for 2-4days, not only does it eliminate a lot of your time, it also reassures you that you won't be eating crap.

Meal prep can be done in your own time so there's no excuse you have not got the time to do it.

If you're a parent, setting an example for your children to eat healthy, also highlights the importance of eating good food for a healthier lifestyle and making the time to do so.

All you need to do when meal prepping, is to invest in some plastic containers, a cheap alternative where you can purchase them from is the Pound-Shop.

Of course, buy good healthy food to prep the night before is a must.

Why keeping a food diary is a good idea:

By keeping a food diary and recording daily what you eat, times and moods you are in is vital. By following this and keeping it frequently not only will you be highlighted what foods agree with you, give you more energy. You will also see what makes you bloat, to what assist with your weight loss.

- It can help you remember what you have eaten that day.
- It will let you see if you are eating too much or NOT enough.
- It will let you see what time of day you typically get hungry and help you adjust your eating schedule.
- It can help you realize if you are eating out of boredom rather than hunger.

You become accustomed to your eating habits, resulting to being more mindful of eating healthier, in the long run you will adopt a better behaviour to eating healthier foods and in return will greatly help you to continue doing so.

Stuck on healthy recipes to prepare?

I have placed some healthy options and have added nutrition information if you're stuck for recipes!

Vegetarian & Vegan Recipes



Green Thai tofu curry vegan

Ingredients

Jasmine rice 240g
Smoked tofu 225g pack, cubed
Vegetable oil 2 tsp
Thai green curry paste 50g
Low-fat coconut milk 400g tin
Sugar snap peas 150g
Baby sweetcorn 175g, halved lengthways
Green beans 150g, halved
Lime 1, juiced
Coriander a small bunch, leaves picked

Instructions:

STEP 1

Put the jasmine rice into a pan with 480ml of water and a pinch of salt. Bring to the boil, turn the heat to low, put on a lid and simmer gently for 10 minutes, then leave off the heat to steam for another 10 minutes. Fluff up with a fork just before serving.

STEP 2

Toss the smoked tofu in a bowl with the oil then cook in a non-stick frying pan for 1-2 minutes on each side until really crisp, then remove with a slotted spoon.

STEP 3

Add the curry paste and coconut milk to the pan and simmer for 5 minutes until reduced slightly. Return the tofu along with the sugar snaps, baby sweetcorn and green beans, and simmer for 5 minutes until the vegetables are tender.

STEP 4

Stir the lime juice and coriander through the curry, then serve with the rice.

Nutritional Information:

KCAL 483	Fat 17.3g	Saturates 10.2g	Carbs 63.6g	Sugars 6.2g	Fibre 4.8g	Protein 15.9g	Salt 1.1g
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Vegan Miso shiitake ramen

Ingredients

Vegetable stock 750ml
Ginger 4cm piece, ½ sliced, ½ shredded
Red chilli 1, ½ left whole, ½ finely chopped
Garlic 1 clove, bashed
White miso paste 2 tbsp
Frozen ramen 200g, (or use 100g of dried egg noodles)
Vegetable oil 1 tbsp
Shiitake mushrooms 125g, sliced
Spring onions 4 shredded, white and green separated
Pak choy 2 heads, shredded
Soy sauce ½ tsp
Sesame oil 1 tsp

Instructions:

STEP 1

Heat the stock and add the sliced ginger, the whole chilli half and the garlic. Simmer gently for 10 minutes. Scoop out the ginger, chilli and garlic and discard, and whisk in the miso until dissolved.

STEP 2

In a separate pan, cook the ramen following pack instructions then drain and rinse under cold water.

STEP 3

Heat the vegetable oil in a pan and stir-fry the chopped chilli, mushrooms, spring onion whites, shredded ginger and pak choy for 3 minutes. Add the soy and sesame oil, and cook for a minute.

STEP 4

Divide the stir-fried veg and noodles between 2 bowls. Pour over the boiling stock and finish with a sprinkle of spring onion greens.

Nutritional Information:

KCAL 281	Fat 8.8g	Saturates 0.8g	Carbs 36.4g	Sugars 11.3g	Fibre 6.5g	Protein 10.7g	Salt 1.5g
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Roasted courgette, chickpea and lemon Vegan salad

Ingredients

Bulgar wheat 50g
Baby courgettes 200g, thickly sliced on the diagonal
Olive oil 2 tbsp
Lemon 1, juiced
Garlic ½ a clove, crushed
Rose harissa 2 tsp
Chickpeas 400g tin, rinsed and drained well
Flat-leaf parsley a handful, chopped

Instructions:

STEP 1

Heat the oven to 190C/fan 170C/gas 5. Put the Bulgar in a bowl and pour over boiling water to cover. Put a plate on top of the bowl and leave for 15 minutes, then drain really well.

STEP 2

Toss the courgettes with 1 tbsp olive oil and lots of seasoning, then spread out on a non-stick baking tray. Roast for 10-15 minutes or until golden and tender.

STEP 3

Whisk the lemon juice, garlic, the remaining tbsp of olive oil and the harissa in a large bowl. Add the courgettes and any juices from the baking tray, the drained Bulgar and chickpeas, then toss everything together. Add the parsley and toss again.

Nutritional Information:

KCAL 377	Fat 17g	Saturates 2.3g	Carbs 35.7g	Sugars 2.5g	Fibre 12.9g	Protein 13.8g	Salt 0.2g
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Vegan fajita bowl with cauli rice

Ingredients

Olive oil
Red peppers 1 large or 2 small, seeded and sliced
Red onion 1, sliced
Chipotle paste 1 tbsp
Chopped tomatoes 200g tin
Cauliflower 1 small, chopped
Cumin seeds ½ tsp
Garlic salt or granules ½ tsp
Smoked paprika ½ tsp
Dried oregano ½ tsp
Chilli flakes ½ tsp
Avocado ½ small, stoned and sliced to serve
Coriander a few leaves chopped to serve
Lime wedges to serve

Instructions:

STEP 1

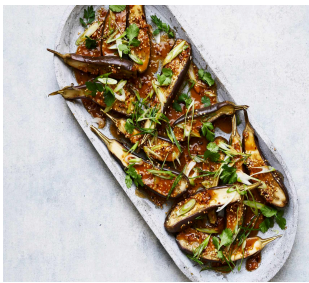
Heat 1 tsp oil and fry the peppers and onions for 10 minutes until soft and lightly golden. Add the chipotle paste, tomatoes and a splash of water. Simmer for 15-20 minutes until the sauce has thickened slightly.

STEP 2

For the spiced cauliflower rice, pulse the cauliflower in a food processor until it looks like grains. Toast the cumin in a non-stick frying pan in 1 tsp olive oil, add the garlic salt, paprika, oregano and chilli flakes, and fry for a minute before adding the cauliflower rice. Stir-fry for 4-6 minutes until the cauliflower is tender, and smells a little toasted. Season well with black pepper (and only a little salt if using garlic salt). Divide between bowls. Add the peppers on top, the avocado, and coriander leaves. Serve with lime wedges to squeeze over.

Nutritional Information:

KCAL 174	Fat 4.4g	Saturates 0.7g	Carbs 22.1g	Sugars 18.9g	Fibre 9.1g	Protein 7g	Salt 1.5g
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Vegan-Steamed aubergines with peanut dressing

Ingredients

Baby aubergines 350g pack, halved lengthways

Peanut butter 1 tbsp

Soy sauce 1 tbsp

Rice vinegar 1 tbsp

Caster sugar 1 tbsp

Chin chow chilli oil 1 tbsp, plus extra to serve-Chiu chow chilli oil contains garlic, ginger and Chilli flakes.

Sesame seeds 2 tsp, toasted

Spring onions 2, thinly sliced

Coriander a few leaves, to serve

Instructions:

STEP 1

Put the aubergines into a steamer above a pan of simmering water and cook for 15 minutes or until really tender.

STEP 2

Meanwhile, loosen the peanut butter in a bowl with a splash of boiling water. Mix in the soy sauce, rice vinegar, sugar and chilli oil.

STEP 3

Arrange the aubergines on a platter and drizzle over the sauce. Top with sesame seeds, spring onions, coriander and more chilli oil, if you like.

Nutritional Information:

KCAL 87	Fat 5.9g	Saturates 1.2g	Carbs 4.6g	Sugars 3.7g	Fibre 2.9g	Protein 2.5g	Salt 0.9g
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Vegan Falafel, beetroot and hummus grain bowl

Ingredients

Cooked mixed grains 250g microwavable pack

Baby spinach 50g, chopped

Cumin seeds ½ tsp, toasted

Red onion ¼, finely chopped

Lemon ½, juiced

Olive oil 1 tbsp

Falafel 200g pack (we like Cauldron)

Avocado ½, sliced

Cooked beetroot 100g, diced

Hummus 4 tbsp

Dill a small handful of chopped

Instructions:

STEP 1

Heat the mixed grains following pack instructions then tip into a bowl. Add the spinach, cumin seeds, red onion, lemon juice and olive oil. Season and toss together.

STEP 2

Tip into 2 shallow bowls. Heat the falafel and divide between the bowls along with the avocado, beetroot and hummus. Scatter with dill to serve.

Nutritional Information:

KCAL 859	Fat 48.7g	Saturates 5.1g	Carbs 75g	Sugars 11.1g	Fibre 18.2g	Protein 21g	Salt 2.3g
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Vegan Buddha bowl salad

Ingredients

Red cabbage ½ small, shredded
Red wine vinegar 3 tbsp
Caster sugar 1 tbsp
Small carrots 8, halved or quartered lengthways
Pomegranate molasses 3 tbsp
Olive oil 2 tbsp
Cauliflower 1 small, broken into little florets
Ground turmeric 2 tsp
Ready-cooked barley or freekeh 250g pack
Lemon ½

Rocket a good handful

SPICY TAHINI DRESSING

Tahini 2 tbsp
Garlic ½ clove, crushed
Vegan yogurt 4 tbsp
Lemon ½, juiced
Cumin seeds ½ tsp, toasted

Instructions:

STEP 1

Put the cabbage in a bowl, mix the vinegar and sugar, and pour over. Season and toss. Leave for 30 minutes, tossing now and again.

STEP 2

Heat the oven to 200C/fan 180C/gas 6. Put the carrots in a bowl with the pomegranate molasses and 1 tbsp olive oil. Season and toss.

STEP 3

Put the cauli in another bowl with the turmeric and another tbsp of olive oil. Season and toss.

STEP 4

Put the carrots and cauli on separate ends of a large non-stick baking tray. Roast for 20-25 minutes or until tender. Cool to room temperature.

STEP 5

Heat the barley following pack instructions then tip into a bowl and season with salt and pepper, and a squeeze of lemon juice.

STEP 6

Mix the dressing ingredients with a good splash of boiling water to loosen it. Season.

STEP 7

Divide the barley between 4 bowls then top with the roasted veg, pickled cabbage, rocket and the dressing.

Nutritional Information

KCAL 347	Fat 11.3g	Saturates 2.2g	Carbs 45g	Sugars 18.1g	Fibre 11g	Protein 10.6g	Salt 0.3g
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Vegan Roasted cauli and couscous salad with zhoug and crispy shallots

Ingredients

Cauliflower 1 large, broken into florets, reserving any leaves
Red onion 1, halved and sliced
Ground turmeric 1 tsp
Olive oil
Giant couscous 300g
Lemon 1, juiced
Garlic 1 clove, crushed
Flame or golden raisins 4 tbsp
Dates 6, pitted and chopped
Flat-leaf parsley a small bunch, chopped
Crispy fried onions (available ready-made from large supermarkets) 1 tbsp
Pine nuts 1 tbsp, toasted until golden

ZHOUG

Coriander ½ a small bunch, chopped, plus a few leaves to serve
Flat-leaf parsley ½ a small bunch, chopped
Green chilli 1, chopped
Ground cumin ½ tsp
Red wine vinegar 1 tbsp
Garlic ½ a clove, chopped

Instructions:

STEP 1

Heat the oven to 190C/fan 170C/gas 5. Toss the cauliflower florets and red onion slices with the turmeric and 2 tbsp olive oil. Season well and toss again, then spread on a large non-stick baking tray and cook for 25-30 minutes (add the leaves for the final 15 minutes) or until the cauliflower is tender and charred a little at the edges. Cool.

STEP 2

Simmer the couscous in boiling salted water until just tender, then drain really well. Tip into a large bowl and add the lemon juice, 3 tbsp olive oil, the garlic, raisins, dates and lots of seasoning. Toss and leave to sit.

STEP 3

Meanwhile, put all of the zhoug ingredients into a small blender with some seasoning and 2-3 tbsp of water, and whizz until smooth and a vibrant green.

STEP 4

Add the cauliflower and parsley to the bowl of couscous and gently toss. Serve in bowls drizzled with the zhoug and scattered with crispy fried onions and pine nuts.

Nutritional Information:

KCAL 423	Fat 13.6g	Saturates 1.7g	Carbs 62g	Sugars 22.7g	Fibre 5.4g	Protein 10.6g	Salt 0.1g
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Coronation tofu salad Vegan

Ingredients

Smoked tofu 225g, cubed
Vegetable oil 2 tsp
Silken tofu 150g
Madras curry powder 2 tsp
Coriander a small bunch, stalks finely chopped, leaves roughly chopped
Lime 1, zested and juiced
Raisins a small handful
Mango chutney 2 tbsp
Carrot 1, grated
Red onion ½, sliced
Little Gem lettuces 1, leaves separated

Instructions:

STEP 1

Put the smoked tofu into a bowl and toss with the vegetable oil. Heat a non-stick frying pan and fry the tofu for 2-3 minutes, tossing, until golden all over. Drain on kitchen paper.

STEP 2

Put the silken tofu, curry powder, coriander stalks, lime zest and juice, and some seasoning into a food processor or blender and whizz until completely smooth.

STEP 3

Pour into a bowl and add the raisins, mango chutney, carrot and red onion, and mix well. Divide the lettuce between 2 plates, fold the tofu and coriander through the dressing, and pile on top.

Nutritional Information:

KCAL 326	Fat 13g	Saturates 1.7g	Carbs 28.7g	Sugars 1.7g	Fibre 6.2g	Protein 20.4g	Salt 1.6g
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Vegan West African stew with sweet potato and greens

Ingredients

Onions 2, 1 roughly chopped and 1 diced
Ginger 5cm piece, roughly chopped
Garlic 3 cloves
Scotch bonnet chilli 1
Tomato purée 4 tbsp
Crunchy peanut butter 150g
Sunflower oil
Coriander seeds 2 tsp, toasted and crushed
Ground cumin 2 tsp
Black pepper ground to make 1 tsp
Coconut cream 100g
Vegetable stock 750ml
Sweet potatoes 600g, cut into 3cm chunks
Okra or green beans 200g, halved
Kale 50g, roughly chopped
Coriander, lime wedges, brown rice and black-eyed beans (or a mixture of both) to serve

Instructions:

STEP 1 Put the roughly chopped onion, ginger, garlic, scotch bonnet, tomato purée and peanut butter in a food processor, and whizz to a paste.

STEP 2 Heat a casserole dish over a medium heat and add 2 tbsp of sunflower oil.

STEP 3 Fry the diced onion with a pinch of salt for 5 minutes until softened.

STEP 4 Add the spices and fry for a minute, then stir in the peanut paste and fry for 5 minutes.

STEP 5 Stir in the coconut cream and stock, bring to a simmer and bubble for 10 minutes until fragrant and reduced a little.

STEP 6 Stir the sweet potato chunks into the sauce, cover and cook for 15 minutes.

STEP 7 Add the okra and kale, and cook for another 10 minutes – with the lid off if you prefer a thicker sauce.

STEP 8 Scatter with coriander to serve, with lime wedges for squeezing, plus some rice or black-eyed beans for soaking up the sauce.

Nutritional Information:

KCAL 613	Fat 3.3g	Saturates 12.1g	Carbs 46.1g	Sugars 19.4g	Fibre 14.6g	Protein 18.2g	Salt 1g
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Kale, ricotta and leek lasagne

Ingredients

Kale 300g, woody stems removed and leaves chopped
Olive oil 1 tbsp
Trimmed leeks 3 (about 400g), halved lengthways, washed and chopped
Garlic 1 clove, crushed
Ricotta 350g
Vegetable stock 150ml
Fresh pesto 4 tbsp
Fresh lasagne 250g, about 8 sheets
Parmesan (or veggie alternative) 30g, finely grated

Instructions:

STEP 1

Heat the oven to 200C/fan 180C/gas 6. Drop the kale in boiling salted water, bring back to a simmer then cook for 5 minutes. Drain really well.

STEP 2

Heat the olive oil in a frying pan and add the leeks with a good pinch of salt. Cook for 8-10 minutes or until really soft.

STEP 3

Add the garlic to the leeks and cook for 2 minutes. Keep 4 tbsp of the ricotta aside then stir the rest into the leeks with the kale. Mix everything well then add enough vegetable stock to make it a little saucy but not watery. Take off the heat.

STEP 4

Put a 1/4 of the sauce in the bottom of an oiled baking dish approximately 18 x 25cm.

STEP 5

Top with 1 tbsp pesto then 2 sheets of lasagne. Repeat 3 times, ending with lasagne.

STEP 6

Mix the rest of the ricotta with another splash of vegetable stock and spread over the top layer.

STEP 7

Scatter over the parmesan and bake for 20 minutes until golden and bubbling.

Nutritional Information:

KCAL 491	Fat 23.8g	Saturates 9.4g	Carbs 43g	Sugars 5.5g	Fibre 4.6g	Protein 23.9g	Salt 0.8g
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Chickpea and squash coconut curry

Ingredients

Onion 1, chopped
Garlic 1 clove, peeled
Ginger thumb-sized piece, peeled and chopped
Red chilli 1, diced
Groundnut oil
Turmeric 1/2 tsp
Ground coriander 1 tsp
Ground cumin 1 tsp
Garam masala 1 tsp
Butternut squash 400g, peeled and diced
Chickpeas 400g tin, rinsed and drained
Half-fat coconut milk or Alpro coconut milk alternative 400ml
Vegetable stock 200ml
Baby spinach 150g
Lime 1, plus wedges to serve

INSTRUCTION:

STEP 1

Put the onion, garlic, ginger and chilli into a small food processor and blend to a paste.

STEP 2

Heat 1 tsp oil in a large pan and fry the paste for a few minutes with a pinch of salt, then add the spices, and fry for another minute before adding the squash and chickpeas.

STEP 3

Mix with the spices, then add the coconut milk and stock. Bring to a simmer and cook for 30 minutes until the squash softens and the sauce thickens.

STEP 4

Stir in the spinach until wilted, and squeeze in the lime juice to serve.

Nutritional Information:

KCAL 223	Fat 9.4g	Saturates 5.9g	Carbs 22.4g	Fibre 7.2g	Protein 8.8g	Salt 0.7g
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Stir Fried Tofu Noodles

Ingredients

Smoked Tofu
Sesame Oil tbsp
Long-Stemmed Broccoli, (cut into chunky pieces)
Pak-Choy x2
Carrot, (thinly sliced)
Cornflour 1tbsp
Soy Sauce 1 tbsp
Garlic Cloves crushed x2
Siracha 1 tbsp
Cooked Egg noodles
Spring Onions x2 (sliced thinly)

Instructions:

STEP 1

Heat a non-stick frying pan or wok over a high heat. Toss the tofu with 2 tsp of sesame oil and some seasoning, and fry for 3-4 minutes, turning regularly, or until golden all over, then tip out onto kitchen paper.

STEP 2

Pour the remaining sesame oil into the pan and add the broccoli, pak choi and carrots, and stir-fry for 5 minutes until charred at the edges.

STEP 3

In a bowl, mix together the cornflour, soy sauce and 100ml water to make a sauce, then stir in the garlic and sriracha. Reduce the heat of the pan to medium, and stir in the sauce.

STEP 4

Tip in the noodles and toss everything until warmed through and the sauce has thickened. Divide between plates and top with the crispy tofu and a sprinkling of spring onions.

Nutritional Information:

KCAL 275	Fat 7.5g	Saturates 1.2g	Carbs 35.1g	Sugars 4.4g	Fibre 5.5g	Protein 14.2g	Salt 1.6g
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Lentil Meatballs with fresh tomato sauce

Ingredients

Brown Lentils-200g
Onion-1 diced
Spray Olive Oil
Mushrooms-finely chopped
Porridge Oats- 2tbsp
Lemon-1 Zested
Orzo-200g
Green Salad to serve

Tomato Sauce

Garlic 1 clove, crushed
Vine tomatoes 6 large, diced
Basil a small handful

Instructions:

STEP 1

Heat the oven to 200C/fan 180C/gas 6. Rinse the lentils well, then simmer in boiling water for 15 minutes until starting to go soft. Fry the onion in a spray of oil until soft but not brown, and allow to cool. Drain the lentils well and put in a blender with the cooled onion, mushrooms, oats and lemon zest. Pulse until the mix is combined (but don't blend to a mush). Season, and roll into 16 balls, then put them on a lined baking sheet. Bake for 30 minutes until golden and firm, turning them halfway through.

STEP 2

Meanwhile, make the tomato sauce by frying the garlic in a spray of olive oil for a minute before adding the tomatoes with a splash of water. Simmer for 5 minutes, until the tomatoes start to break down. Cook the orzo and drain well. Season the tomato sauce, and stir in the basil. Add the balls to the orzo in shallow bowls, spoon over the tomato sauce, and serve with a green salad.

Nutritional Information:

KCAL 293	Fat 3.4g	Saturates 0.6g	Carbs 41.7g	Fibre 11.6g	Protein 18.1g	Salt 0.1g
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Mushroom Dhasak

Ingredients

Red lentils 100g
Onion 1 large, chopped
Chopped tomatoes 400g tin
Ground turmeric 1 tsp
Vegetable oil 1 tbsp
Chestnut mushrooms 500g, halved
Ground cumin 2 tsp
Ground coriander 1 ½ tsp
Cardamom pods 4, squashed
Ginger finely grated to make 1 tbsp
Garlic 4 cloves, crushed
Red chilli 1, sliced
Coriander a small bunch, chopped
Natural yogurt 2 tbsp

Basmati rice and naans to serve- (I would limit the naans bread and take it out)

Instructions:

STEP 1

Put the lentils, onion and tomatoes in a pan with the turmeric and 1 tsp salt. Add water to cover by 2cm, then simmer gently for 20 minutes or until the lentils are tender.

STEP 2

Heat the vegetable oil in a separate pan and cook the mushrooms until golden brown all over and they have reabsorbed any liquid in the pan. Add the spices and cook for 2 minutes, then stir in the ginger, garlic and chilli. Cook for a few minutes then tip in the tomato and lentil mix, plus 200ml water. Simmer for 20 minutes, then stir in the coriander and yogurt, and serve with rice and optional-naan bread.

Nutritional Information:

KCAL 204	Fat 4.6g	Saturates 0.7g	Carbs 24.9g	Sugars 9.8g	Fibre 5.2g	Protein 13g	Salt 1.3g
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Beetroot Rice with feta

Ingredients

For the rice

Raw beetroot 4, peeled and chopped
Dill a bunch, chopped
Sunflower seeds 1 tbsp
Feta 100g, crumbled
Salad leaves a handful

For the dressing

Red wine vinegar 1 tsp
Shallot 1, finely diced
Orange 1, zested and juiced
Olive Oil 1 tbsp
Cumin seeds 1 heaped tsp, toasted

Instructions:

STEP 1

Tip the beetroot into a blender, and pulse until it looks like rice grains. Tip into a bowl. Whisk all the dressing ingredients together with half the dill and some seasoning. Pour most of the dressing onto the beetroot rice and mix. Add the salad leaves. Tip onto plates and scatter over the feta, the remaining dill, sunflower seeds and the remaining dressing.

Nutritional Information:

KCAL 285	Fat 19.9g	Saturates 7.8g	Carbs 11.6g	Sugars 9.8g	Fibre 4.4g	Protein 12.6g	Salt 1.4g
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Spiced falafel burgers

Ingredients

Red cabbage 100g, finely shredded
Lemon 1, juiced
Chickpeas 2 x 400g tins, drained and dried on kitchen paper
Ground cumin 2 tsp
Ground coriander 1 tsp
Green chillies 2, chopped
Garlic 2 cloves
Spring onions 4, roughly chopped
Coriander 1/2 a small bunch, roughly chopped
Gram flour 4 tbsp
Olive oil for frying
Hummus 4 tbsp
Natural yogurt 4 tbsp
Burger buns 6, toasted
Beef tomato 6 slices

Instruction:

STEP 1

Put the cabbage in a bowl with the lemon juice and a good pinch of salt. Toss together and leave while you make the burgers.

STEP 2

Put the chickpeas, spices, green chillies, garlic, spring onions, coriander and flour in a food processor with 1 tsp of sea salt and whizz until well broken down. Tip into a bowl, then shape into 6 burgers with your hands. Chill for 30 minutes.

STEP 3

Heat olive oil in a non-stick pan, then fry the burgers for 4-5 minutes each side until really crisp and golden.

STEP 4

Mix the hummus, yogurt and some seasoning, then spread on both sides of the toasted buns. Put some cabbage on the bottom buns, top with the burgers, a slice of tomato, a pickled chilli, some hot sauce and the bun tops, and serve.

Nutritional Information:

KCAL 436	Fat 19.4g	Saturates 2.7g	Carbs 45g	Sugars 6.9g	Fibre 8.4g	Protein 16.3g	Salt 1.6g
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Green barley with kale, pistachios and mint

Ingredients

Pearl barley 375g
Kale 200g, large stalks discarded
mint a small bunch, leaves roughly chopped
Dill a small bunch, snipped
Chives a small pack, snipped
Spring onions a bunch, finely chopped
Shelled pistachios 100g, roughly chopped

DRESSING

Oranges 2, juiced
White grapefruit 1, juiced
Avocado or olive oil 4 tbsp
Ground cinnamon two pinches

Instructions:

STEP 1

Cook the pearl barley in boiling water for 20-25 minutes, or until tender, then drain well and spread on a tray to cool. Bring another large saucepan of water to the boil and add half of the kale. Boil for 1 minute only, then drain and rinse under cold water to cool quickly. Pat dry with a paper towel.

STEP 2

Put the remaining kale into a food processor and pulse to finely chop. When the pearl barley is nearer room temperature, use a fork to mix with the blanched kale, finely chopped raw kale, mint, dill, chives, spring onions and chopped pistachios. Whisk the dressing ingredients and season really well, then stir through the barley salad and serve at room temperature.

Nutritional Information:

KCAL 260	Fat 9.9g	Saturates 1.2g	Carbs 35.4g	Fibre 1.4g	Protein 6.6g	Salt 0.3g
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Vegan Moussaka

Ingredients

Aubergines 2, sliced into 1cm rounds
Olive oil 2 tsp
Tomatoes 4 large ripe, halved
Flat-leaf parsley a handful, roughly torn to serve

LENTIL MINCE

Olive oil 1 tbsp
Onion 1, finely chopped
Garlic 1 clove, crushed
Ground cinnamon ½ tsp
Smoked paprika ½ tsp
Dried oregano ½ tsp
Chopped tomatoes 400g tin
Green lentils 400g tin, drained and rinsed
Marmite 1 tsp

NUTMEG YOGURT

Unsweetened soya yogurt 8 tbsp
Freshly grated nutmeg a pinch
Extra-virgin olive oil a drizzle

Instructions:

STEP 1

Heat a griddle pan until hot. Brush the aubergine slices with the olive oil and griddle the aubergines for 5-6 minutes on each side until really soft and charred. Grill the tomatoes for 4 minutes, cut-side down.

STEP 2

For the lentil mince, heat the olive oil in a large pan over a medium-high heat and cook the onion for 2-3 minutes or until softened but not browned. Add the garlic, cinnamon, paprika and oregano, and cook for 1 minute, stirring constantly. Pour in the chopped tomatoes, lentils, Marmite and 50ml of water, and simmer for 10 minutes.

STEP 3

Spoon the lentil mince into bowls along with the aubergine slices and riddled tomato halves. Spoon over the soya yogurt and sprinkle with the grated nutmeg and a drizzle of extra-virgin olive oil. Scatter with the flat-leaf parsley.

Nutritional Information:

KCAL 241	Fat 6.7g	Saturates 1.3g	Carbs 25.8g	Sugars 16.9g	Fibre 14g	Protein 12.4g	Salt 0.4g
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Aubergine bhaji

Ingredients

Aubergines 2, cut into chunks
Groundnut oil
Onion 1, roughly chopped
Garlic 2 cloves, roughly chopped
Ginger a walnut-sized chunk, peeled and chopped
Cinnamon stick ½
Cardamon 4 pods, squashed
Cumin seeds 2 tsp
Green chillies 2, chopped
Ground turmeric 1 tsp
Ground coriander 1 tbsp
Ripe tomatoes 4, chopped
Tamarind paste 2 tbsp

Instructions:

STEP 1

Heat a large, non-stick frying pan to medium. Toss the aubergine chunks with 2 tbsp oil and 1 tsp salt. Add to the pan and cook, turning until golden and soft. Turn the heat down if you need to stop the aubergine burning. When the aubergine has lost its sponginess and is really tender, scoop out.

STEP 2

Put the onion, garlic and ginger in a small food processor and whizz, adding a splash of water if you need to bring it together.

STEP 3

Add another tbsp of oil to the pan. When hot, add the cinnamon, cardamom pods and cumin seeds and fry for a minute. Add the onion paste and cook for about 5 minutes. Add the chilli and the rest of the spices and cook for 2 minutes. Stir in the tomatoes with a splash of water then cover and leave to simmer for 10 minutes. Add back the aubergine with the tamarind and simmer for another 10-15 minutes. Serve with rice.

Nutritional Information:

KCAL 197	Fat 10g	Saturates 2g	Carbs 17.4g	Sugars 14.6g	Fibre 9.3g	Protein 4.6g	Salt 1.3g
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Chicken Recipes



Griddled chicken with mustardy lentil salad

Ingredients

Green beans 100g, trimmed
Chicken breasts 2
Olive oil 2 tsp
Herbs de Provence 1 tsp
Green lentils 400g tin, drained and rinsed
Mangetout a handful, halved
Mixed baby leaves 60g bag
Flat-leaf parsley a handful, leaves torn
Dijon mustard 1 tbsp
Red wine vinegar 1 tbsp
Extra-virgin olive oil 2 tsp

Instructions:

STEP 1

Cook the green beans in a large pan of boiling salted water for 1 minute, then refresh in iced water. Once cold, drain and cut each in half.

STEP 2

Put the chicken breasts between two pieces of baking paper and use a rolling pin to bash to 1cm thickness. Drizzle with the oil, season generously and sprinkle over the herbs de provence. Heat a griddle pan to high and cook the chicken for 5-6 minutes on each side or until cooked through and really charred. Rest on a plate for 5 minutes, then slice.

STEP 3

Whisk together the dressing ingredients in a bowl with 1 tbsp of cold water and some seasoning. Tip in the lentils, mangetout and green beans, and toss well. Gently mix through the salad leaves and parsley, and divide between plates. Top with the griddled chicken and any resting juices.

Nutritional Information:

KCAL 238	Fat 6.2g	Saturates 0.9g	Carbs 12.6g	Sugars 2.6g	Fibre 5.2g	Protein 30.4g	Salt 0.9g
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Baked Lemon Chicken

Ingredients

whole chicken thighs 8
garlic 2 cloves, finely chopped
onion 1, finely chopped
leeks 2, finely chopped
chicken stock 100ml
white wine 100ml
double cream 100ml
lemons 2, 1 juiced, 1 thinly sliced
rosemary a few whole springs

Instructions:

STEP 1

Heat the oven to 200C/fan 180C/gas 6. Season the chicken thighs well, put into a deep 30cm x 20cm roasting tin and roast for 40 minutes until golden and crisp.

STEP 2

Meanwhile, melt the butter in a pan and gently fry the garlic, onion and leeks until soft and translucent. Add the chicken stock and wine, and gently simmer for 10 minutes. Add the double cream and lemon juice, and gently simmer for a further 5-10 minutes or until the mixture has thickened.

STEP 3

Take the chicken out of the oven, spoon out any fat, and pour the creamy mixture around the thighs so that the skins remain exposed. Put the lemon slices around the thighs, scatter over the whole rosemary sprigs and put back in the oven for a further 20 minutes. Serve with orzo or rice or salad

Nutritional Information:

KCAL 481	Fat 37.5g	Saturates 18.6g	Carbs 6.7g	Sugars 5.2	Fibre 3.4g	Protein 23.3g	Salt 0.6g
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Chicken Curry

Ingredients

Madras curry paste 2 tbsp
Onion 1, chopped
Garlic 3 cloves, chopped
Ginger a thumb-sized piece, chopped
plum tomatoes 3, chopped
tomato purée 1 tbsp
low-fat coconut milk 400ml
chicken breasts 2, cut into bite-sized pieces
basmati rice 200g
sugar snap peas 200g
lime 1, juiced, plus wedges to serve
coriander a few leaves, to serve

Instructions:

STEP 1

Blend the curry paste, onion, garlic, ginger, tomatoes, tomato purée and some seasoning in a food processor until smooth, then tip into a deep frying pan. Cook over a medium heat for 10 minutes until reduced, darkened and smelling fragrant. Tip in the coconut milk and simmer gently for 10 minutes. Add the chicken and simmer gently for a further 10 minutes or until the sauce has thickened and the chicken is cooked through.

STEP 2

Put the rice into a pan with 400ml of water and a pinch of salt. Bring to a simmer, put on a lid and cook gently for 12 minutes until cooked and all the water has been absorbed.

STEP 3

Tip the sugar snap peas into the sauce and cook for 2 minutes. Stir in the lime juice and a little seasoning, and serve with the rice, coriander leaves and lime wedges.

Nutritional Information:

KCAL 411	Fat 10.6g	Saturates 6.7g	Carbs 50.7g	Sugars 8g	Fibre 4g	Protein 26.2g	Salt 0.4g
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Coconut and lemongrass poached chicken with lime rice

Ingredients

Basmati rice 100g
Lime 1, zested and juiced, plus wedges
Skinless chicken breasts 2
Half-fat coconut milk 200ml
Chicken stock
Lemongrass 1 stalk, bashed and roughly chopped
Kaffir lime leaves 2, shredded
Pak choi 2, trimmed and quartered
Mangetout 100g, trimmed
Coriander a small handful of leaves

Instructions:

STEP 1

Rinse the rice well and tip into a small pan with 200ml water, the lime juice and a pinch of salt. Bring to the boil then lower the heat, cover and simmer for 10 minutes until the water has been absorbed. Remove from the heat but leave the lid on, to steam.

STEP 2

Put the chicken breasts into a snug-fitting pan and pour over the coconut milk with enough chicken stock to cover. Add the lemongrass and lime leaves and bring to a gentle simmer. Poach for 8-12 minutes until the chicken is cooked. Add the pak choi and mangetout for the last 2 minutes.

STEP 3

Fluff the steamed rice with a fork then stir in most of the coriander and all the lime zest. Strain the chicken and veg from the poaching broth and slice the chicken. Divide the rice between bowls and top with the chicken, greens and a spoonful of the poaching liquid. Serve with more coriander and lime wedges.

Nutritional Information:

KCAL 466	Fat 9.7g	Saturates 6.9g	Carbs 48.8g	Sugars 6g	Fibres 7g	Protein 42.3g	Salt 0.6g
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Chicken satay noodle salad

Ingredients

Chicken thighs 2
Rice noodles 2 nests
Red cabbage ½ small, thinly sliced
Carrots 2, shredded
Red onion ½, thinly sliced
Mint a small bunch, leaves shredded
Roasted peanuts a small handful, roughly chopped

DRESSING

Crunchy peanut butter 2 tbsp
Red chilli 1, finely chopped
Ginger a thumb-sized piece, grated
Garlic ½ a clove, crushed
Limes 2, 1 zested and 2 juiced

Instructions:

STEP 1

Heat the oven to 220C/fan 200C/gas 7. Put the chicken thighs onto a baking tray and season well. Roast for 40 minutes until the skin is really crisp and the meat is tender. Remove from the oven, drain on kitchen paper and rest for 10 minutes on a plate. Remove the meat from the bones and shred.

STEP 2

Cook the noodles following pack instructions, then rinse really well with cold water and drain thoroughly.

STEP 3

For the dressing, put the peanut butter into a large bowl and whisk with 3 tbsp of boiling water to loosen. Add the chilli, ginger, garlic, lime zest and juice, and mix again. Toss in the red cabbage, carrots, red onion and mint, then add the noodles and toss well. Divide between 4 plates and top with the crispy chicken and peanuts.

Nutritional Information:

KCAL 261	Fat 10.2g	Saturates 2.1g	Carbs 27.1g	Sugars 6.3g	Fibre 5.7g	Protein 12.4g	Salt 0.2g
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One-pot chicken and quinoa tagine

Ingredients

Olive oil 1 tbsp
Chicken thigh fillets 4, skinless
Onion 1, finely chopped
Ground cinnamon 1 tsp
Smoked paprika 1 tsp
Ground coriander 1 tsp
Ground turmeric 1 tsp
Preserved lemon 1, flesh discarded and rind finely chopped
Chopped tomatoes 400g tin
Three-colour blend quinoa 120g
Dried apricots a handful
Toasted almonds a handful, to serve
Flat-leaf parsley a small bunch, chopped

Instructions:

STEP 1

Heat a casserole dish over a medium heat with the vegetable oil. Season the chicken thighs well, and add to the pan. Fry for 3-4 minutes, turning, until well browned. Add the onion and cook for 3-4 minutes until soft.

STEP 2

Stir in the spices and cook for 1 minute before adding the preserved lemon, chopped tomatoes and $\frac{1}{2}$ a tin of water. Simmer gently for 15 minutes.

STEP 3

Stir in the quinoa, dried apricots and 500ml of water, and cook for 25 minutes, stirring regularly, until the quinoa is cooked. Serve scattered with the almonds and parsley.

Nutritional Information:

KCAL 324	Fat 11.2g	Saturates 2.2g	Carbs 27.2g	Sugars 12g	Fibre 5.7g	Protein 25.7g	Salt 0.1g
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Aubergine Bhaji

Ingredients

Aubergines 2, cut into chunks
Groundnut oil
Onion 1, roughly chopped
Garlic 2 cloves, roughly chopped
Ginger a walnut-sized chunk, peeled and chopped
Cinnamon stick ½
Cardamon 4 pods, squashed
Cumin seeds 2 tsp
Green chillies 2, chopped
Ground turmeric 1 tsp
Ground coriander 1 tbsp
Ripe tomatoes 4, chopped
Tamarind paste 2 tbsp

Instructions:

STEP 1

Heat a large, non-stick frying pan to medium. Toss the aubergine chunks with 2 tbsp oil and 1 tsp salt. Add to the pan and cook, turning until golden and soft. Turn the heat down if you need to stop the aubergine burning. When the aubergine has lost its sponginess and is really tender, scoop out.

STEP 2

Put the onion, garlic and ginger in a small food processor and whizz, adding a splash of water if you need to bring it together.

STEP 3

Add another tbsp of oil to the pan. When hot, add the cinnamon, cardamom pods and cumin seeds and fry for a minute. Add the onion paste and cook for about 5 minutes. Add the chilli and the rest of the spices and cook for 2 minutes. Stir in the tomatoes with a splash of water then cover and leave to simmer for 10 minutes. Add back the aubergine with the tamarind and simmer for another 10-15 minutes. Serve with rice.

Nutritional Information:

KCAL 197	FAT 10g	Protein 4.6g	Saturates 2g	KCAL 197	Carbs 17.4g	Sugars 14.6g	Fibre 9.3g
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Roast chicken with fregola, squash and sage

Ingredients

Whole chicken 1.5kg
Olive oil 2 tbsp
Sea salt 2 tsp
Chicken stock 150ml
Lemon ½
Butternut squash 1kg, peeled and cut into 2cm cubes
Garlic 4 cloves, skin on
Fregola 200g
Sage a small bunch, leaves picked
Butter for frying- (use low fat and not too much)

Instructions:

STEP 1

Heat the oven to 200C/fan 180C/gas 6. Untruss the chicken, rub all over with 1 tbsp olive oil then sprinkle with sea salt and grind over black pepper. Put in an ovenproof baking dish that fits it fairly snugly and pour the stock in the bottom. Put the lemon half in the cavity of the chicken. Toss the squash and garlic with the rest of the oil, season well and spread out on a large non-stick baking tray.

STEP 2

Roast the chicken for 1 hour 15 minutes, adding the squash to the oven for the final 30 minutes. Meanwhile, cook the fregola following pack instructions and drain well.

STEP 3

Rest the chicken for 20 minutes then take out of the baking dish, tipping in any juices from the cavity back into the dish as you do so. Squeeze the roasted garlic into the chicken juices, mash with a fork then tip in the fregola and squash, and toss. Season again if it needs it.

STEP 4

Heat a knob of butter in a frying pan and sizzle the sage leaves until crisp. Carve the chicken and serve with the fregola and crispy sage leaves.

Nutritional Information:

KCAL 720	Fat 29.8g	Saturates 7.8g	Carbs 56.9g	Sugars 8.5g	Fibre 4.6g	Protein 53.9g	Salt 3g
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Turmeric broth with chicken and ginger dumplings

Ingredients

Ginger 50g, sliced
Light chicken stock 1.5 litres
Spring onions 3, greens and whites separated
Star anise 2
Ground turmeric 2-3 tsp
Baby leaf greens 200g, chopped
Cooked egg noodles 300g
Red chilli 1, finely chopped

DUMPLINGS

Chicken or turkey breast mince 500g
Ginger 1 tbsp, finely grated
Red chilli 1/2, seeded and finely chopped
Coriander a handful, finely chopped
Sesame oil
Cornflour 1 tbsp
Egg white 1
White pepper

Instructions:

STEP 1

Put the sliced ginger, chicken stock, spring onion greens, star anise and turmeric in a large pan. Bring to a simmer and cook with a lid on for 20 minutes.

STEP 2

Meanwhile, finely chop the spring onion whites and put in a bowl with the chicken mince, grated ginger, chilli, coriander, 1 tsp of sesame oil, the cornflour and egg white. Season with salt and white pepper then mix well and roll into balls.

STEP 3

Strain the broth and return it to the pan. Add the chicken dumplings and simmer for 8-10 minutes until cooked through (add the greens and the noodles for the last couple of minutes). Finish with the chilli and a drizzle of sesame oil, if you like.

Nutritional Information:

KCAL 377	Fat 4.2g	Saturates 1.1g	Carbs 33.2g	Sugars 3g	Fibre 5.9g	Protein 48.8g	Salt 1.7g
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Chicken tray bake with lemon, olives and orzo

Ingredients

Red onion 1, cut into wedges
Whole chicken thighs 12
Lemon 1, cut into 6 wedges
White wine or chicken stock 200ml
Orzo 300g
Flat-leaf parsley a small bunch, chopped
Nocellara olives 24, pitted and quartered

Instructions:

STEP 1

Heat the oven to 190C/fan 170C/gas 5.

STEP 2

Put the red onion in the bottom of a roasting tin. Season, then sit the chicken thighs on top.

STEP 3

Squeeze over the lemon wedges and then tuck them in around the chicken. Pour around the wine or stock.

STEP 4

Season the chicken skin then put in the oven and roast for 45-55 minutes, until really crisp and deep golden.

STEP 5

Meanwhile, cook the orzo in boiling salted water until tender, then drain.

STEP 6

Take the tin out of the oven, remove the chicken and keep warm under foil.

STEP 7

Tip the orzo into the tin and stir into the onions and juices.

STEP 8

Add in the parsley and olives and stir again.

STEP 9

Serve the chicken tray bake with the orzo.

Nutritional Information:

KCAL 434	Fat 22.2g	Saturates 6g	Carbs 17.4g	Sugars 3g	Fibre 3.3g	Fibre 3.3g	Salt 0.7g
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Fish Recipes



Sea bass, grilled courgette, lemon and hazelnut

Ingredients

Courgettes 4 large (yellow and green), sliced
Sea bass 4 fillets (about 150g-180g each), scaled and pin-boned
Olive Oil
Hazelnuts 60g, crushed
Butter-low fat
Lemon 1, zested and juiced
Fish stock 50ml
Mint a handful of leaves, chopped

Instructions:

STEP 1

Season the courgette slices well, and put in a dry pan or grill pan on a high heat. Char on both sides, remove from the pan, and cover with foil to keep warm.

STEP 2

Cut the sea bass fillets in half down the middle so you get two long, thin fillets, and season liberally with salt. Put, skin-side-down, in an oiled non-stick pan, on a high heat for 4-5 minutes. Flip the fish over for one minute to continue cooking, then remove and leave to rest somewhere warm.

STEP 3

In the same pan as the fish, add the hazelnuts and a knob of butter. Cook the nuts until golden brown, then add lemon juice and zest followed by the fish stock.

STEP 4

Reduce the sauce until it has thickened, and add the mint at the last minute. Arrange the courgettes on four plates with the sea bass on top. Pour the sauce over the plate and serve.

Nutritional Information:

KCAL	Fat	Saturates	Carbs	Fibre	Protein	Salt
341	16.6g	2.4g	4.5g	3.7g	41.5g	0.4g



Moroccan tuna kebabs with herb and lemon grains

Ingredients

Tuna steaks 2 (about 250g in total), cut into 3cm chunks
Rose or regular harissa 1 tbsp, plus extra to serve
Lemon 1 large, juiced
Mixed grains 250g pouch (we used Merchant Gourmet Glorious Grains)
Cumin seeds ½ tsp, toasted and lightly crushed
Spring onions 3, finely chopped
Cucumber ¼, cut into small dice
Mint a small handful, roughly chopped
Flat-leaf parsley a small handful, roughly chopped
Natural yogurt 4 tbsp

Instructions:

STEP 1

Soak 4 wooden skewers in water.

STEP 2

Toss the tuna chunks with the harissa and 1 tbsp of the lemon juice, and leave to marinate for 10 minutes.

STEP 3

Heat the grains following pack instructions, then toss with the cumin, spring onions, some seasoning and 2-3 more tbsp of the lemon juice, depending on how zingy you like it.

STEP 4

Thread the tuna chunks on 4 skewers. Heat a grill pan to hot then grill the skewers for 1 minute on each side (or cook under a hot grill). Toss the cucumber and herbs through the grains. Serve with the tuna skewers with the yogurt swirled with a little more harissa on the side.

Nutritional Information:

KCAL 451	Fat 9.9g	Saturates 2.9g	Carbs 44.2g	Sugars 8.1g	Fibre 6.2g	Protein 43.4g	Salt 0.5g
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One-pot paprika cod and chickpeas

Ingredients

Garlic 1 clove, finely sliced
Red chilli 1, finely sliced (optional)
Baby plum tomatoes 300g, halved
Chickpeas 400g tin, drained and rinsed
Olive oil 3 tbsp
Smoked paprika 1 tsp
Cod loin fillets 4 pieces (about 125g each)
Flat-leaf parsley a small bunch, chopped
Lemon wedges to serve
Crusty bread to serve

Instructions:

STEP 1

Heat the oven to 190C/fan 170C/gas 5. Put the garlic, chilli (if using), tomatoes and chickpeas in a baking dish and add the olive oil and paprika. Toss together then roast for 10 minutes. Sit the cod on top, season, then put back in the oven for another 10-15 minutes or until the cod is cooked through and flakes easily. Scatter with parsley and serve with lemon wedges and crusty bread.

Nutritional Information:

KCAL 263	Fat 11g	Saturates 1.6g	Carbs 11g	Sugars 2.6g	Fibre 4.8g	Protein 27g	Salt 0.3g
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Fish curry with tomatoes and tamarind

Ingredients

Onion 1, quartered
Garlic 2 cloves, peeled
Ginger 2 cm piece, peeled and roughly chopped
Red chilli 1, roughly chopped
Coriander a bunch, leaves separated from stems
Olive Oil
Black mustard seeds 1 tsp
Curry leaves a small handful (optional)
Turmeric ½ tsp
Ground coriander 1 tsp
Ground cumin 1 tsp
Plum tomatoes 400g, diced
Tamarind paste 2 tbsp
Sustainable firm white fish (such as hake or pollack) 500g, skinned and cut into 4cm cubes

Cooked basmati rice to serve

Instructions:

STEP 1

Blend the onion, garlic, ginger, chilli and the coriander stems in a blender until it makes a paste. Heat 1 tbsp oil in a pan and fry the black mustard seeds and curry leaves until fragrant. Add the paste. Fry for 2 minutes then add the turmeric, coriander and cumin. Fry for 2 minutes more then add the tomatoes and the tamarind with 200ml of water until the tomatoes start to break down.

STEP 2

Stir in the fish, cover and simmer for 5 minutes until cooked. Serve with rice.

Nutritional Information:

KCAL 206	Fat 6.5g	Saturates 0.9g	Carbs 11g	Salt 0.4g	Fibre 2.1g	Protein 24.8g
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Mangetout, pea and fennel salad with smoked trout

Ingredients

Mangetout 300g, halved lengthways
Peas 100g
Fennel 1 head, quartered and finely sliced
Chives chopped to make 2 tbsp
Olive oil
White wine vinegar 2 tbsp
Dijon mustard ½ tsp
Honey 1 tsp
Smoked trout fillets 4, skinned
Hazelnuts a handful, toasted and chopped

Instructions:

Step 1

Cook the mangetout and peas in boiling water for 1 minute, then drain and cool under running water. Tip them into a bowl and add the fennel and chives. Whisk 4 tbsp olive oil, vinegar, mustard and honey until they come together, season well. Drizzle over the salad and toss together. Pile onto a serving plate, flake over the smoked trout fillet and scatter on the hazelnuts.

Nutritional Information:

KCAL 292	Fat 18.9g	Saturates 2.8g	Carbs 8.1g	Fibre 5.2g	Protein 18.9g	Salt 1.2g
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Grilled cod with salsa Rossa

Ingredients

Olive oil
Garlic 1 clove, sliced
Cloves 3
Cinnamon stick 1
Chilli flakes a pinch
Cherry or chopped tomatoes 400g tin
Skinless cod loin 2 fat pieces
Long stem broccoli 200g

Instructions:

STEP 1

Heat 1 tbsp of oil in a pan. Add the garlic and cook gently for 2-3 minutes. Then add the cloves, cinnamon and chilli flakes. Stir for a minute then add the tomatoes and simmer for about 15 minutes until thickened. Remove the cinnamon and cloves.

STEP 2

Meanwhile, season the cod really well and grill for 5-6 minutes. Steam or boil the broccoli and serve with the fish and salsa.

Nutritional Information:

KCAL 245	Fat 7.7g	Saturates 1.2g	Carbs 7.7g	Fibre 5.4g	Protein 32.9g	Salt 0.5g
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Ginger lemon sole with Chinese greens

Ingredients

Skinless lemon sole fillets 2

Stem ginger in syrup 1 ball, plus 1 tbsp syrup from the jar

Red chilli 1, sliced

Garlic 4 cloves, crushed

Soy sauce 1 tbsp

Vegetable oil

Pak choy or other Chinese greens 300g, cleaned and sliced if large cooked rice to serve (optional)

Instructions:

STEP 1

Put the lemon sole on a baking tray. Mix the ginger plus syrup, chilli, half the garlic and soy in a small bowl. Spoon over the fish. Put under a hot grill for around 4-5 minutes, depending on thickness of fillets, or until cooked through.

STEP 2

Meanwhile, heat 2 tsp of oil in a wok. Tip in remaining the garlic and soften for 10 seconds before adding the pak choy or greens. Cook for 3-4 minutes, until just wilted and tender. Pile the greens on a plate alongside fish and drizzle with the gingery juices. Serve with a small bowl of cooked rice, if you like.

Nutritional Information:

KCAL 194	Fat 5.9g	Carbs 15.4g	Fibre 2g	Protein 20.6g	Salt 1.88g
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Thai kohlrabi and crab salad

Ingredients

White crabmeat 150g
Garlic ½ clove
Bird's-eye chillies 2
Roasted peanuts 2 tbsp, plus 1 tbsp roughly chopped to garnish
Soft light brown sugar 1 tbsp
Fish sauce 1 tbsp
Limes 2, juiced
Cherry tomatoes 125g, halved
Green beans 100g, halved
Kohlrabi 1 large (about 250g), peeled and matchsticked

Instructions:

STEP 1

Remove the crab from the fridge just as you start to assemble the salad, so it's not fridge-cold when served.

STEP 2

Smash the garlic with a large pestle and mortar, then add the chillies and peanuts, and bruise. Add the brown sugar, fish sauce and lime juice, and mix well. Tip in the cherry tomatoes and bruise again. Pour into a large bowl, add the green beans and kohlrabi, and toss well.

STEP 3

Divide between 4 plates and top each salad with the crab and a sprinkling of peanuts.

Nutritional Information:

KCAL 141	Fat 4.8g	Saturates 0.9g	Carbs 9.8g	Fibre 2g	Protein 20.6g	Sugars 8.7g	Salt 12.6g
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Spiced smoked haddock with tabbouleh

Ingredients

Medium curry powder 1 tsp
Groundnut oil
Smoked haddock 2 thick, skinless pieces
Natural yoghurt to serve

TABBOULEH

Bulgar wheat 100g
Spring onions 4, washed and chopped
Plum tomatoes 2, diced
Cucumber ½, seeds scraped out and diced
Mint a handful of leaves, chopped
Flat-leaf parsley ½ small bunch, chopped
Lemon ½, juiced

Instructions:

STEP 1

Put the Bulgar wheat in a bowl and pour over boiling water. Cover with clingfilm and leave for 20 minutes then drain really well. Mix with the rest of the tabbouleh ingredients and season.

STEP 2

Mix the curry powder with 1 tbsp of oil and rub all over the haddock. Grill for 6-7 minutes until golden and cooked through. Serve with the tabbouleh and some yoghurt thinned with a little more lemon juice.

Nutritional Information:

KCAL 397	Fat 8g	Saturates 1.4g	Carbs 40.7g	Fibre 2.5g	Protein 39.7g	Salt 3.4g
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Chargrilled tuna with crunchy lemon Bulgar salad

Ingredients

Tuna steaks 2

Olive oil 2 tsp

SALAD

Lemon 1, ½ juiced, ½ cut into wedges

Garlic ½ a clove

Red onion ¼, finely diced

Celery 2 stalks, finely diced

Baby plum tomatoes 8, diced

Cucumber ¼, finely diced

Flat-leaf parsley a small bunch, chopped

Bulgar wheat 2 tbsp

Instructions:

STEP 1

To make the salad, put all the ingredients except the bulgar in a bowl, season really well then toss together. The garlic is there to help flavour the salad without becoming overpowering so discard it before serving.

STEP 2

Put the Bulgar wheat in a bowl and just cover with boiling water. Cover with clingfilm then leave for 20 minutes. Drain really well then tip onto kitchen paper and cool. Add to the salad bowl and toss.

STEP 3

Heat a griddle pan to very hot. Rub the tuna with oil, season well then griddle for 1-2 minutes per side depending on thickness. Put on a plate and rest for a minute.

STEP 4

Give the salad one final toss and throw away the garlic. Spoon the salad onto plates then slice the tuna in half and sit on top. Serve with the lemon wedges.

Nutritional Information:

KCAL 314	Fat 5.1g	Saturates 0.9g	Carbs 20.4g	Fibre 8.1g	Protein 42.5g	Salt 10.7g
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Healthy Breakfast ideas



Breakfast berry fro-yo

Ingredients

Bananas 4 ripe, chopped
Frozen berries a handful
Coconut yogurt 3 tbsp, plus 4 tbsp to serve
Granola a handful to serve

Instructions:

STEP 1

Put the chopped bananas into a freezer bag and freeze overnight. Once frozen, tip into a food processor (break them up if necessary) with the frozen berries and 3 tbsp of coconut yogurt, and whizz until smooth. It may take a few minutes before it comes together and blends smooth. Scoop into bowls or glasses and top with coconut yogurt and granola.

Nutritional Information:

KCAL 158	Fat 6.6g	Saturates 5.8g	Carbs 21.7g	Fibre 1.8g	Protein 2.2g	Sugars 18.5g
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Tropical smoothie bowl (Vegan)

Ingredients

Orange smoothie mix (pineapple, papaya and carrot) 80g, available from Morrisons
Coconut water 100ml
Banana 1/2, sliced
Kiwi fruit 1, peeled and sliced
Lime ½
Coconut shavings 1 tbsp
Small mint leaves

Instructions:

STEP 1

Put the smoothie mix and coconut water in a blender and blend until smooth.

STEP 2

Pour into a bowl and arrange over the toppings. Squeeze over lime and add a few mint leaves to finish.

Nutritional Information:

KCAL 230	Fat 10g	Saturates 8.3g	Carbs 28.2g	Fibre 6.6g	Protein 3.5g	Sugars 26.8g	Salt 0.3g
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Rhubarb breakfast pots

Ingredients

Rhubarb 400g, cut into 4cm pieces
Honey 3 tbsp
Lemon ½, juiced
Jumbo oats 50g
Hazelnuts 25g, roughly chopped
Coconut chips 25g
0% fat Greek yogurt 400g

Instructions:

STEP 1

Heat the oven to 200C/fan 180C/gas 6. Put the rhubarb, 2 tbsp honey and the lemon juice in a baking dish in a single layer and cover tightly with foil. Roast for 15-20 minutes until the rhubarb is very soft. Cool completely.

STEP 2

While the rhubarb is cooling, put the oats and hazelnuts in a roasting tray. Mix the remaining 1 tbsp of honey with 1 tbsp of water, add to the nuts and toss. Cook for 15-20 minutes until lightly browned and they smell toasted. Add the coconut chips for the final 5 minutes.

STEP 3

In 4 small jars or glasses, layer up the rhubarb (including any juices) and yogurt. If you're eating straight away, top with the oats, nuts and coconut. If not, cover the pots – they will keep in the fridge for 4 days. Put the nuts into an airtight container and sprinkle on just before serving.

Nutritional Information:

KCAL 244	Fat 9g	Saturates 3.8g	Carbs 24.7g	Fibre 4.1g	Protein 14.2g	Sugars 16.2g	Salt 0.1g
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Breakfast smoothie bowl

Ingredients

Frozen red berries or smoothie mix 400g
Ripe banana 1, peeled
Coconut yogurt or Greek yogurt 4 tbsp
Almond milk 300-400ml
Dates 2, pitted and chopped (optional)

TOPPING (1 tbsp of each per bowl)

Blueberries or raspberries
Chia, pumpkin or hemp seeds
Goji berries
Oats or granola
Desiccated coconut
Bee pollen

Instructions:

STEP 1

Blend the frozen berries, banana, yogurt and half the milk in a liquidiser or blender until smooth. Try it, and if it's not sweet enough, add the dates and blend again. It should be thicker than a regular smoothie but runny enough to pour. Add more almond milk a bit at a time to get a pourable smoothie, and divide between small bowls. Top with as many toppings as you like, and serve straight away.

Nutritional Information:

KCAL 157	Fat 7.3g	Saturates 4.1g	Carbs 14.9g	Fibre 5.6g	Protein 4.9g	Salt 0.3g
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Spring greens shakshuka

Ingredients

Asparagus tips 12
Peas 100g
Double-podded broad beans 100g
Spinach 200g, shredded
Olive oil
Butter-(LOW Fat)
Baby leeks 6, sliced
Garlic 2 cloves, sliced
Cumin seeds 2 tsp
Eggs 4-6
Dill a handful, chopped
Chilli flakes a pinch, (optional)

Instructions:

STEP 1

Bring a pan of salted water to a boil then add the asparagus and cook for 30 seconds. Add the peas and beans and cook for another 30 seconds, then add in the spinach and cook for 2 seconds more before tipping everything out into a colander to drain.

STEP 2

Heat 2 tbsp olive oil and a knob of butter in a large frying pan. Cook the leeks and garlic until soft, then add the cumin seeds. Stir in the blanched veg and cook for 3-4 minutes. Season, then make holes for as many eggs as you want and crack an egg into each space.

STEP 3

Keep cooking gently on the hob until the eggs are done how you like them (cover with a lid if you want to speed things up). Scatter over dill and chilli flakes and add another drizzle of olive oil before serving.

Nutritional Information:

KCAL 275	Fat 17.1g	Saturates 4g	Carbs 9.1g	Fibre 7.2g	Protein 17.7g	Sugars 2.2g
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Coconut overnight oats (vegan-without yogurt)

Ingredients

Half-fat coconut or almond milk 600ml
Porridge oats 300g
Chia seeds 1 tbsp
Pumpkin seeds 1 tbsp
Maple syrup 1 tbsp
Cinnamon a pinch

TOPPINGS (optional)

Toasted coconut flakes or coconut yogurt or kiwi fruit or toasted hazelnuts or banana Slices or passion fruit or stewed rhubarb to top

Instructions:

STEP 1

Put all the ingredients into a bowl. Mix well, cover with clingfilm and leave overnight in the fridge. Mix in more milk to serve if it's too stiff, spoon into bowls and top with toasted coconut flakes, more seeds and fruit if you like.

Nutritional Information:

KCAL 297	Fat 12.7g	Saturates 7.2g	Carbs 32.3g	Fibre 6.1g	Protein 10.2g	Salt 0.1g
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Californian tofu scramble (Vegan)

Ingredients

Olive oil 1 tbsp
Onion ½, finely diced
Garlic 2 cloves, crushed
Red chilli 1, finely chopped
Courgette ½, diced
Smoked paprika ½ tsp
Ground cumin ½ tsp
Dried oregano ½ tsp
Spinach a handful
Smoked tofu 225g
Sourdough 2 slices, toasted to serve
Avocado 1, sliced with juice of 1 lime squeezed over
Coriander a handful, to serve

Instructions:

STEP 1

Heat the olive oil in a frying pan and add the onion, garlic, chilli and courgette, along with some seasoning. Cook for 5 minutes until softening then stir in the paprika, cumin and oregano, and cook for 2 minutes. Add the spinach and toss for another few minutes until wilted.

STEP 2

Put the tofu into a bowl and mash until it resembles scrambled eggs. Stir this into the pan and cook gently to heat. Divide between two plates and serve with the toasted sourdough, avocado and coriander.

Nutritional Information:

KCAL 358	Fat 27.5g	Saturates 5g	Carbs 7.3g	Fibre 5.8g	Protein 17.5g	Salt 1.1g	Sugars 3.9g
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Breakfast Tacos (contains meat)

Ingredients

Red onion 1 small, halved and thinly sliced
Red wine vinegar 5 tbsp
Caster sugar 2 tsp
Olive oil 3 tbsp
Spring onions 4, chopped
Garlic 1 clove, crushed
Dried red chilli flakes a pinch
Black beans 400g tin, drained and rinsed
Mini cooking chorizos 12, cut into chunky slices
Butter a knob- (low fat)
Eggs 4, beaten with a splash of milk and seasoning
Small corn tortillas 6, griddled or scorched
Avocado 1, diced and tossed with lime juice
Red chilli 1, finely chopped

Instructions:

STEP 1

Put the red onion in a bowl and toss with the vinegar and sugar. Leave to marinate for 20 minutes, stirring every now and then until pink and softened.

STEP 2

Heat 1 tbsp of olive oil in a small pan and cook the spring onions, garlic and chilli flakes until softened. Add the beans and stir. Put aside (you'll warm these up again before serving).

STEP 3

Heat another 2 tbsp olive oil and add the chorizo. Cook, stirring, for 3-4 minutes until the oil is red and the chorizo crisps up a little. Keep warm.

STEP 4

Melt the butter in a small pan then add the beaten eggs and stir until scrambled.

STEP 5

To assemble, reheat the beans, then divide between the tortillas. Divide the eggs between them, then spoon over the chorizo and some of the oil. Top with the avocado, red chilli and drained pickled onions.

Nutritional Information:

KCAL 501	Fat 32.4g	Saturates 9.4g	Carbs 25.9g	Fibre 5.8g	Protein 23.3g	Salt 2.9g	Sugars 5.2g
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Masala omelette

Ingredients

Vegetable oil $\frac{1}{2}$ tbsp
Onion $\frac{1}{2}$, finely chopped
Green chilli $\frac{1}{2}$, deseeded and sliced
Ginger $\frac{1}{2}$ a thumb-sized piece, finely chopped
Plum tomato 1, finely chopped
Garam masala $\frac{1}{2}$ tsp
Ground turmeric $\frac{1}{4}$ tsp
Eggs 4
Coriander $\frac{1}{2}$ a small bunch, finely chopped

SALAD

Plum tomatoes 2 ripe, sliced
Cucumber $\frac{1}{4}$, thinly sliced
Onion $\frac{1}{2}$, thinly sliced
White wine vinegar 1 tbsp

Instructions:

STEP 1

To make the salad, put the tomatoes, cucumber, onion and vinegar into a bowl with some seasoning, and toss well.

STEP 2

Heat the oil in a non-stick frying pan and gently cook the onion, chilli, ginger and tomato with a pinch of salt for 10 minutes until soft. Stir in the spices and cook for 1 minute. Beat the eggs with a little seasoning and stir through the coriander. Tip the eggs into the pan and swirl to make sure everything is distributed. Cook gently for 10 minutes, lifting up the edges to let any runny egg run underneath, until lightly golden on the bottom. Then, fold over and cook gently for a few more minutes until just set.

STEP 3

Cut in half and serve with the salad.

Nutritional Information:

KCAL 258	Fat 15.9g	Saturates 3.5g	Carbs 9.2g	Fibre 3.1g	Protein 18.2g	Salt 0.5g	Sugars 7.8g
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Sweet and sour lentil shakshuka

Ingredients

Black or green lentils 300g
Olive oil 1 tbsp
Onions 2, diced
Red peppers 2, diced
Garlic 2 cloves, crushed
Ground cumin 1 tsp
Ground coriander 1 tsp
Chopped tomatoes 400g tin or 300g passata
Tamarind paste 2 tbsp
Soft light brown sugar 2 tsp
Full-fat natural yogurt 100g, plus 150g to serve
Lemon ½, juiced
Eggs 4
Cumin seeds 1 tsp
Coriander seeds 1 tsp
Coriander a handful, chopped

Instructions:

STEP 1-

Put the lentils in a large pan and cover with double the amount of cold water. Bring to a boil, reduce the heat and simmer for 10 minutes. Tip into a sieve and drain really well.

STEP 2-

Put the oil into the same pan and cook the onions, peppers and garlic with some seasoning until the onion is soft. Add the ground cumin and ground coriander and fry for 2 minutes, then stir in the drained lentils, tomatoes, tamarind and sugar. Add 300ml of water, cover with a lid and cook gently for 45 minutes. Add the yogurt and cook – uncovered if it's looking a little watery still – for another 15 minutes until creamy. Stir in the lemon juice and season.

STEP 3-

Heat the oven to 180C/fan 160C/gas 4 and transfer the lentils to a wide ovenproof pan or baking dish about 30cm wide. Make 4 hollows with the back of a spoon and crack an egg into each. Season the eggs, put on a lid or cover with foil and bake for 10-12 minutes or until the eggs are cooked to your liking.

STEP 4-

Meanwhile fry the cumin and coriander seeds for a minute in a frying pan until popping. Loosen the remaining yogurt with enough water to make it drizzle-able.

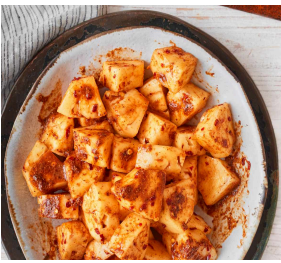
STEP 5-

When the eggs are done, drizzle them and the lentils with yogurt, and then scatter with the toasted seeds and chopped coriander. Can be served with warm breads.

Nutritional Information:

KCAL 449	Fat 10.2g	Saturates 2g	Carbs 54.4g	Fibre 14.1g	Protein 28g	Salt 0.3g	Sugars 17.2g
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Healthy Snack Ideas



Pineapple chaat (Vegan)

Ingredients

Pineapple 1 ripe, peeled, cored and diced into bite-sized chunks
Lime 1, juiced
Chaat masala 2 tsp, see notes below
Dried chilli flakes 1 tsp
Sea salt ½ tsp
Coconut yogurt to serve (optional)

Instructions:

STEP 1

Put all the ingredients into a bowl and mix well. Serve with a little coconut yogurt, if you like.

Nutritional Information:

KCAL 78	Fat 0.6g	Carbs 15.9g	Fibre 3g	Protein 0.8g	Salt 1.2g
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Fruity Toots (Vegan)

Ingredients

Dried apricots 100g
Dates 100g
Raisins 100g
Almond or brazil nuts 200g
Dried cranberries 50g
Omega seed mix 100g
Ground hazelnuts 4 tbsp
Apple juice
Desiccated coconut

Instructions:

STEP 1

Chop up the dried fruits and nuts into small, equal-sized pieces. Put in a large bowl and combine with the omega seed mix. Add the ground hazelnuts, then pour in apple juice a little at a time until you have a thick, rollable mixture. Roll into 2cm balls.

STEP 2

Pour desiccated coconut into another bowl and roll each ball in it to thoroughly coat. Store in a plastic container in the fridge for up to a couple of weeks.

Nutritional Information:

KCAL 106	Fat 6.8g	Carbs 9.1g	Fibre 2.2g	Protein 2.7g	Salt 0.02g
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Baked kale crisps with smoky paprika salt (Vegan)

Ingredients

Curly kale 200g of leaves, washed thoroughly

Olive oil

Hot smoked paprika ¼ tsp

Sea salt flakes 1 tsp

Cumin ½ tsp

Instructions:

STEP 1

Heat the oven to 150C/fan 130C/gas 2. Cut out the woody stalks from the middle of the kale leaves and discard, then chop the leaves into pieces. Pat the kale completely dry (otherwise it will steam rather than crisp), then put into a large bowl. Drizzle over 1 tbsp of olive oil, then toss to coat the kale thoroughly. (Don't be tempted to add any more oil, as this will also stop the kale from crisping.)

STEP 2

Line one or two baking sheets with baking paper and spread the kale over in a single layer. Bake for 25-30 minutes (swapping the trays halfway if you're using 2 and you don't have a fan oven). Mix the paprika, salt and cumin together, then sprinkle over the kale.

Nutritional Information:

KCAL 37	Fat 2.2g	Saturates 0.3g	Carbs 2.9g	Fibre 0.8g	Protein 1.5g	Salt 0.9g
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Coconut butter, date and cranberry energy balls (Vegan)

Ingredients

Mixed nuts 100g, such as hazelnuts and almonds
Rolled buckwheat, oats or spelt flakes 50g
Medjool dates 100g, pitted
Dried cranberries 50g
Coconut butter 25g
Cocoa powder 1 tbsp

TO COAT (OPTIONAL)

Pistachios a small handful, crushed to a rough powder
Cocoa nibs 2 tbsp, crushed to a rough powder
Freeze-dried raspberries 10g, crushed to a rough powder
Mixed nuts a small handful, crushed to a rough powder

Instructions:

STEP 1

Put the nuts into a food processor and pulse into rough pieces.

STEP 2

Add the rolled buckwheat, oats or spelt flakes, the pitted dates, cranberries, coconut butter and cocoa powder, and blend to a rough paste.

STEP 3

Tip into a bowl and roll into 15 walnut-sized balls.

STEP 4

Arrange your coatings, if using, in bowls and roll in your chosen toppings.

STEP 5

They'll keep for 2 months in an airtight container.

Nutritional Information:

KCAL 95	Fat 6.1g	Saturates 1.9g	Carbs 7.2g	Fibre 1.1g	Protein 2.3g	Sugars 4.7g
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Grilled Peas (Vegan)

Ingredients

Fresh peas 500g, in the pod
Olive Oil
Lemon 1/2, juiced

Instructions:

STEP 1

Heat the barbecue, or a griddle pan, to very hot. Dress the peas, in their pods, with a good glug of olive oil and a large pinch of salt. Cook the pods for 2-3 minutes on each side until charred and blackened. Cook them in batches if you need to. Serve with more salt and a squeeze of lemon, eat them like edamame beans, squeezing the peas out of their pods.

Nutritional Information:

KCAL 143	Fat 4.6g	Saturates 1.1g	Carbs 13.5g	Fibre 6.6g	Protein 8.6g	Sugars 2.8g	Salt 0.2g
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Baked avocado with smoked salmon & egg

Ingredients

Avocado 3 large
Eggs 6 small, separated
Smoked salmon 3 slices, cut into pieces
Chives finely chopped to make 1 tbsp
Cayenne pepper a pinch (optional)
Roasted dark rye bread to serve

Instructions:

STEP 1

Heat the oven to 200C/fan 180C/gas 6. Halve the avocados lengthways and remove their stones. Cut a small slice off the skin-side of the avocado halves to stop them rolling and put them onto a baking tray. Scoop out some of the middle from where the stone was, add a little salmon to each and then add the egg yolks. Beat the egg whites quickly, so it's one uniform consistency, and pour in as much as you can. Grind over black pepper and bake for 10 minutes, or until the whites have set. Scatter over the chives and a pinch of cayenne, if you like. Serve with rye soldiers for dunking.

Nutritional Information:

KCAL 301	Fat 25.2g	Saturates 5.6g	Carbs 1.8g	Fibre 4.5g	Protein 14.5g	Salt 1.5g
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Super Salmon Salad

Ingredients

Ready-to-eat freekeh or spelt 250g pack
Lemon 1, zested and juiced
Red chilli 1/2, finely chopped
Cumin seeds 1/2 tsp, toasted and slightly crushed
Avocado 1/2, peeled, stoned and diced
Cucumber 1/2, diced
Flat-leaf parsley a handful, chopped
Dill a small handful, chopped
Skinless hot smoked salmon 200g, flaked

Instructions:

STEP 1

Microwave the freekeh following pack instructions then tip into a bowl and stir in the lemon zest and juice, chilli, cumin and plenty of seasoning. Leave to cool completely.

STEP 2

Stir in the avocado, cucumber and herbs, divide between 2 plates and top with salmon. Sprinkle more herbs to finish if you like.

Nutritional Information:

KCAL 518	Fat 21.5g	Saturates 4.1g	Carbs 41.6g	Fibre 10.4g	Protein 34.6g	Salt 2.6g	Sugars 5.1g
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Temaki (sushi rice hand rolls) (Vegan)

Ingredients

Brown sushi rice 150g
Rice vinegar 1 tbsp
Nori sheets 3
Carrot 1 small, shredded
Roasted red pepper from a jar 1, cut into 1cm strips
Cucumber $\frac{1}{4}$, cut into 8cm batons
Avocado $\frac{1}{2}$, thinly sliced

DIPPING SAUCE

Light soy sauce 2 tbsp
Rice vinegar 2 tsp
Sesame seeds 2 tsp, toasted
Red chilli $\frac{1}{2}$, deseeded and finely chopped

Instructions:

STEP 1

Wash the rice well, drain and tip into a pan with 500ml of cold water and a pinch of salt. Bring to the boil, put on a lid and cook gently for 25-30 minutes or until all of the water is absorbed and the rice is cooked. Gently stir the rice vinegar into the rice, being careful not to overmix, and leave to cool for 5 minutes.

STEP 2

Use a pair of scissors to cut the nori sheets diagonally from corner to corner to create 6 triangles. Divide the rice between each triangle, leaving a 1cm border around the edges. Divide the carrot, pepper, cucumber and avocado equally on top of the rice and roll each triangle to create a cone.

STEP 3

Combine all of the sauce ingredients in a small bowl and serve with the temaki for dipping.

Nutritional Information:

KCAL 283	Fat 7.8g	Saturates 1.6g	Carbs 44.9g	Fibre 4.3g	Protein 6.2g	Salt 1.7g	Sugars 4.9g
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Pomegranate Bhel Puri (Vegan)

Ingredients

Puffed rice (mamra) 30g
Crunchy chickpea noodles (sev) 100g
Peanuts 3 tbsp, roasted and chopped
Chaat masala (spice mix) 1 tsp
Pomegranate 1, seeded
Mint leaves a handful, roughly chopped
Coriander 2 tbsp of roughly chopped
Limes 3, juiced
Plum tomatoes 4, finely diced
Red onion 1, peeled and finely diced
Red chillies 2, seeded and finely chopped
Tamarind paste 2 tbsp
Brown sugar 2 tsp
Papdi or shards of Poppadom to serve

Instructions:

STEP 1

Toast the mamra in a dry frying pan until crisp. Put in a large bowl with the sev, peanuts and chaat masala and mix. Add the rest of the ingredients and mix again. Serve immediately with the papdi or poppadom for scooping.

Nutritional Information:

KCAL 212	Fat 8.5g	Saturates 1g	Carbs 24.9g	Fibre 4.2g	Protein 6.9g	Salt 0.1g	Sugars 11.8g
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Parsnip fries with salsa verde

Ingredients

Parsnips 12, not too large
Olive oil
Salt flakes
Garlic 1 clove, peeled
Anchovy fillets 2
Shallot 1, finely chopped
Lemon 1, zested and juiced
Capers 2 tbsp, chopped if large
Flat-leaf parsley a bunch
Basil a bunch

Instructions:

STEP 1

Heat the oven to 200C/fan 180C/gas 6. Peel and cut the parsnips into long wedges, removing any woody cores. Toss the parsnips in plenty of olive oil and sprinkle with salt. Tip onto a baking tray (or 2 if you need to) and cook, turning 2 or 3 times for about 20 minutes until they are browned, golden and tender in the centre.

STEP 2

Meanwhile put all the salsa ingredients in a food processor and pulse to a chunky salsa. Drizzle in some olive oil and whizz again. As soon as the parsnips are ready, tip them onto a plate and spoon on some salsa Verde. Eat them hot.

Nutritional Information:

KCAL 262	Fat 13.4g	Saturates 0.2g	Carbs 24.5g	Fibre 12.8g	Protein 4.4g	Salt 1.2g
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Smoothie Recipes



Strawberry and banana smoothie

Ingredients

- Silken tofu 150g
- Banana 1 ripe, sliced
- Strawberries 150g, sliced, plus a few extra to garnish
- Runny honey 1 tbsp
- Almond milk a splash
- Ice

Instructions:

STEP 1

Put all of the ingredients, except the ice, into a blender or food processor and whizz until smooth, adding a little extra almond milk if it's too thick. Fill two glasses with plenty of ice, then pour in the smoothie. Garnish with extra strawberries.

Nutritional Information:

KCAL 121	Fat 2.5g	Saturates 0.3g	Carbs 18.6g	Fibre 3.3g	Protein 4.4g	Sugars 17g
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Frozen berry smoothie

Ingredients

- Frozen berries 200g
- Banana 1 ripe
- Almond milk 250ml

Instructions:

STEP 1

Put all of the ingredients into a food processor and whizz until smooth. Serve with extra frozen berries, if you like.

Nutritional Information:

KCAL 92	Fat 1.6g	Saturates 0.1g	Carbs 14.9g	Fibre 4.4g	Protein 2.2g	Sugars 13.9g	Salt 0.1g
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Turmeric and mango lassi

Ingredients

- 300g
- Ice cubes a handful
- Honey or maple syrup 1 tsp
- Organic ground turmeric 3 tsp
- Mango ½, stoned and diced
- Ground cinnamon a pinch
- Ground black pepper ¼ tsp
- Ginger peeled and grated to make 1 tbsp

Instructions:

STEP 1

Tip everything into a blender and whizz until smooth and creamy. Pour into glasses, and top with a sprinkling of bee pollen, chia seeds or a pinch of cinnamon or ground cardamom seeds if you like.

Nutritional Information:

KCAL 121	Fat 2.8g	Saturates 1.8g	Carbs 17.7g	Fibre 1.2g	Protein 5.7g	Sugars 15.6g	Salt 0.2g
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Two-tone freezer smoothie

Ingredients

- **Frozen avocado** ½
- **Banana** 1 large, sliced (you can freeze this ahead too)
- **Baby spinach** a handful of washed leaves
- **Kiwi fruit** 1, peeled and chopped
- **Apple juice** 400ml
- **Fresh or frozen blueberries** 2 good handfuls
- **Lime** 1, halved
- **Ice**

Instructions:

STEP 1

Put half the avocado, half the banana, the spinach, kiwi fruit and half the apple juice in a blender. Add 3 cubes of ice and squeeze in a lime half. Blend until smooth then pour into 4 glasses.

STEP 2

Rinse out the blender then add the rest of the avocado and banana, the blueberries, the rest of the apple juice, 3 more ice cubes and the juice of another half of lime, squeezed. Blend until smooth, then pour over a spoon onto the top of the green smoothie so you have 2 layers. Decorate with extra blueberries, if you like.

Nutritional Information:

KCAL 121	Fat 3.7g	Fibre 2.3g
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Supergreen smoothie

Ingredients

- Cucumber ¼, peeled and chunked
- Young spinach leaves a handful
- Avocado ¼, peeled and chunked
- Lime 1, juiced
- Kiwi fruit 1 large, juiced

Instructions:

STEP 1

Put the cucumber, spinach, avocado and fruit juices into a smoothie maker or blender and whizz until smooth. Dilute with a splash of water if you like.

Nutritional Information:

KCAL 139	Fat 7.9g	Saturates 1.5g	Carbs 10.9g	Fibre 5.5g	Protein 3.4g	Salt 0.2g
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Strawberry and almond breakfast smoothie

Ingredients

- Strawberries 200g
- Almond milk 250ml
- Almond butter or ground almonds 1 tbsp
- Rolled oats 2 tbsp
- Banana ½ small ripe
- Ice cubes 2
- Honey to taste

Instructions:

STEP 1

Hull and halve the strawberries (leave one whole to decorate, if you like), then put them, and all of the remaining ingredients, in a blender. Whizz until as smooth as possible, then taste – depending on how sweet your strawberries are, you may need to add a tsp of honey and re-blend. Pour the mixture into a long glass with a straw, garnish with a whole strawberry if you like, and drink straight away.

Nutritional Information:

KCAL 345	Fat 14g	Saturates 1.3g	Carbs 38.6g	Fibre 9.3g	Protein 11.5g	Salt 0.4
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Almond and Orange smoothie

Ingredients

- 1 cup vanilla-flavoured almond beverage
- 1/2 cup orange juice
- Juice from one lemon
- Juice from one lime
- Handful ice
- 1 tbsp honey

Instructions:

STEP 1

Blend all ingredients together

Nutritional Information:

KCAL 148	Fat 4g	Fibre 2g	Carbs 29g	Protein 2g
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C Blast Smoothie

Ingredients

- 1 large pink grapefruit peeled, seeded and cut into chunks
- 1/2 cup pineapple crushed, canned or fresh
- 1/2 cup strawberries fresh or frozen (if using fresh, add 1/4 cup [60 mL] ice for extra froth)
- 1/2 cup non-fat Greek yogurt

Instructions:

STEP 1

Blend all ingredients together.

Nutritional Information:

KCAL 159	Fat 0g	Fibre 5g	Carbs 35g	Protein 7g
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Banana Pear Smoothie

Ingredients

- 2 ripe pears pitted and coarsely chopped
- 1 tsp ginger root peeled and coarsely chopped
- banana
- 1 cup skim milk
- handful ice
- Sprinkle cinnamon on top

Instructions:

STEP 1

Blend all ingredients together.

Nutritional Information:

KCAL 199	Fat 1g	Fibre 7g	Carbs 47g	Protein 6g
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Watermelon Bliss Smoothie

Ingredients

- 2 cups seedless watermelon chopped
- 1 cup strawberries
- 1 cup plain low-fat yogurt
- handful ice

Instructions:

STEP1

Blend all ingredients together.

Nutritional Information:

KCAL 149	Fat 2g	Saturates 1g	Fibre 2g	Carbs 27g	Protein 8g
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