

Carbs & Cals SALADS

80 healthy salad recipes
plus 350 ingredient photos to create your own!



by Chris Cheyette & Yello Balolia
Authors of the #1 bestselling **Carbs & Cals**

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80 healthy salad recipes plus 350 ingredient photos to create your own!

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Introduction

Salads are a timeless dish that span across many cultures and cuisines. They are also ever-evolving. A salad, according to the Oxford dictionary, is "a cold dish of various mixtures of raw or cooked vegetables, usually seasoned with oil, vinegar, or other dressing, and sometimes accompanied by meat, fish, or other ingredients" What's your definition of a salad? Do you think of a plate of good, healthy, nutritious food, full of vibrant colour and crunch? Or does the word salad make you conjure up images of limp, watery lettuce coupled with slimy cucumber and overripe tomatoes? The latter will certainly not get your salivary juices flowing!

If you want to start including more salads in your diet, but are not exactly excited at the thought, then change what a salad means to you. A salad can be anything you want it to be! The list of potential ingredients is endless and you can be as creative as you want, using ingredients you enjoy. For example, replace the lettuce with kale, swap the tomatoes and cucumber for roasted peppers and courgettes, throw in some warm mixed beans and before you know it you have a yummy bean salad on your plate... it's as easy as that!



Salads are versatile, portable, require minimal preparation, are simple to make and can be adapted to suit all four seasons of the year. Many wouldn't choose a bowl of stew in the summer, but a warm hearty salad of roasted vegetables and chorizo would be a perfect dish on a cold winter's night. They are, in fact, very versatile and can be included in ALL healthy eating diet plans, including the portfolio diet for lowering cholesterol, low carbohydrate diets, weight loss plans such as the 5:2 or 800 calorie blood sugar diet, and the now popular Meat Free Mondays.

However, don't get carried away thinking the pesto pasta pot or cheese salad from your local supermarket is a good salad option... With a few 'wrong choices' an honest, innocent, healthy salad can quickly become a 'dirty salad'. A homemade salad with a rainbow of vegetables, some lean protein and grains is an excellent nutritious meal choice. Replacing this with a supermarket pasta pot, smothered in mayonnaise or pesto, can treble the fat content and vastly reduce the nutritional quality.

If you want to lose weight, eat a more nutritious diet, or boost your fibre intake, then salads and you need to become good friends. This book aims to show you how salads can be incorporated into any healthy eating meal plan, and together with evidence-based nutrition facts and recipes, help to inspire you to reach your dietary goal.



Health benefits of salads

Reach your 5-a-day

Scientific evidence strongly supports the role of fruit and vegetables in our diet to reduce the risk of developing diseases such as heart disease and cancer. Current UK dietary advice suggests to consume at least 5 portions of fruit and vegetables a day, a recommendation that is supported by official guidance from the World Health Organisation, who recommend a minimum of 400g fruit and vegetables a day. This amount is actually the minimum, based on what is likely to be achieved, and yet research shows that a third of adults do not meet these recommendations.



Each of the following counts as 1 portion of your 5-a-day:

- ★ 80g fresh, frozen or tinned fruit or vegetables
- ★ 30g dried fruit
- ★ 150ml pure, unsweetened fruit or vegetable juice
- ★ 80g beans and pulses

Using a rainbow of vegetables and fruit in your salads will provide you with a wide variety of nutrients (including vitamins A and C), fibre, phytonutrients and antioxidants, all of which will nourish your body and reduce the risk of health problems.

Ten of the salad recipes in this book contain all 5 of your 5-a-day.

Want to mix it up a little?

Check out our smoothie book for more ideas on tasty and inventive ways to reach your 5-a-day in one hit!



Increase your fibre intake

There is strong evidence that associates an increase in total fibre intake (especially cereal grains and whole grains) with a lower risk of heart disease, type 2 diabetes and bowel cancer. Fibre also has a role in lowering cholesterol levels and controlling blood sugar levels. Soluble fibre, found in fruit and vegetables, is also known to slow down digestion, which helps us feel fuller for longer. These benefits have led the Scientific Advisory Committee on Nutrition to update fibre intake recommendations to 30g per day for adults (the current average intake is 19g per day). With an average vegetable portion containing 1-3g fibre, salads can play an important role in boosting your fibre intake and promoting good bowel health. The addition of nuts, seeds, pulses and/or grains will further boost the fibre content and keep you feeling nicely satisfied for longer.



Boost your sources of protein

Protein is made up of amino acids, the building blocks for muscles, and is essential for the repair and growth of body cells. It is also vital in keeping our immune system strong. All protein, including meat, chicken, fish, eggs, cheese, pulses, nuts and seeds, can be added to salads to increase the nutritional quality and aid with satiety (feeling of fullness).

The Department of Health has recently advised that people who eat more than 90g (cooked weight) of red and processed meat a day, should ideally cut down to 70g per day (or 500g per week), due to a link between processed meat and an increased risk of bowel cancer. Consequently, for both health and environmental reasons, there is a big move towards using more plant-based proteins like beans, soya, tofu, nuts, seeds and grains such as quinoa instead. Eating more oily fish will also help to boost your intake of omega-3 oils and reduce your consumption of saturated fats. This book provides you with ideas on how to include more of these plant-based proteins in your diet, with less reliance on proteins from red and processed meat.



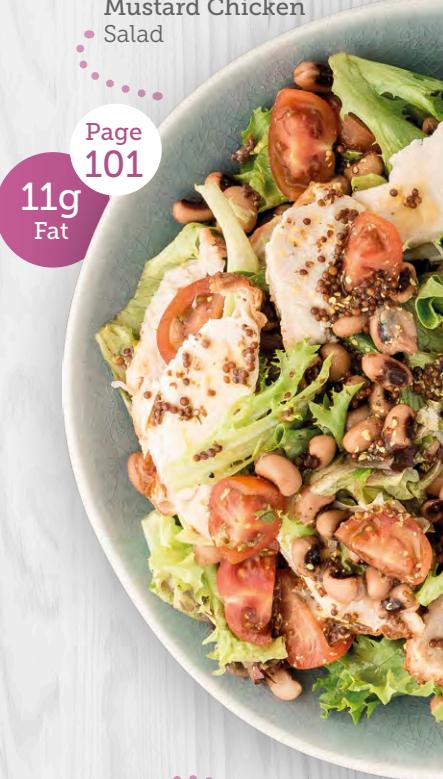
Pack your plate with low-calorie foods

You can get a lot for your money when it comes to fruit and vegetables as they are low in calories and a great source of fibre. This makes them an obvious choice when trying to lower your calorie intake. Due to the wide variety of vegetables used, each salad in this book contains less than 500 calories, giving you a wide range of lunch and evening meal ideas to choose from.



Stay heart healthy with good fats

Fat gets a bad name in the press, but we need it in our diet as it is a major component of our cell membranes. It provides us with insulation and is needed for the absorption of certain nutrients such as vitamins A and D. What is key, is the type of fat; shift your focus to the good fats, namely mono- and polyunsaturated fats, as these have a positive effect on our health. Recipes including olive oil and avocado provide an excellent source of monounsaturated fat; while oily fish and some seeds (including linseeds and chia seeds) offer a rich source of omega-3s, which are known to be protective against heart disease.



Ingredient Health Benefits



Avocado

A rich source of monounsaturated fat, which is beneficial to heart health



Broccoli

High in vitamin K, which helps wounds heal properly



Carrots

High in vitamin A, which helps protect the eyes and assists with vision in low light



Parsnip

Source of iron, important for preventing anaemia



Spinach

Rich in magnesium, which helps to calm the body and relax muscles



Beetroot

High in potassium, lowering blood pressure



Butternut Squash

Low in calories and high in fibre, ideal for weight loss plans



Kale

A source of folate, needed for healthy blood and brain function



Red Cabbage

High in vitamin K, for maintaining bone strength and health



Sweet Potato

Fibre-rich and a source of slow releasing energy



Yellow Pepper

High in beta-carotene (which makes vitamin A) to avoid an itchy scalp and dry hair

Please note: these benefits must be taken in context of eating a wide variety of foods in your diet and no single ingredient is a 'superfood'.



Blueberries

An excellent source of cancer-fighting antioxidants



Figs

Contain prebiotics to promote a healthy digestive system



Dried Apricots

Great non-dairy source of calcium, needed for bone and dental health



Mango

Contains immune-boosting vitamin A



Almonds

Heart-healthy due to their high vitamin E content



Cashews

Good source of zinc, essential for enhancing memory and thinking skills



Hazelnuts

Their high vitamin E content makes them great for healthy skin



Walnuts

Anti-inflammatory, so great for those suffering with joint pain and arthritis



Egg

A good source of high-quality protein and B-vitamins



Salmon

High in omega-3 fatty acids, helping to reduce the risk of heart disease



Prawns

A low-calorie source of protein to keep you feeling full



Sardines

High in vitamin D, beneficial to keep bones healthy

Salads as part of your diet plan

What is a healthy, balanced diet and how can salads be included?

The benefits of a healthy, balanced diet include a reduced risk of long-term conditions such as cancer and heart disease, an improvement in general health and wellbeing, as well as a better ability to monitor and maintain weight. To achieve a healthy weight, a balanced diet should contain appropriate portions of a variety of nutrient rich foods, such as:

- ★ Fruit and vegetables for antioxidants, vitamins and minerals
- ★ Dairy foods, such as milk and yogurt, for calcium
- ★ Wholegrain carbohydrates, such as oats, pearl barley and puy lentils, for B vitamins and fibre
- ★ Meat, fish, nuts, eggs and quinoa for good quality protein
- ★ Oily fish and nuts for omega-3 oils

Salads can contribute greatly towards a balanced diet because of the extensive range of nutrient dense foods they often include. With so many different salad recipes to choose from, who said healthy eating should be boring?!



Different diets work for different people

The key to achieving success in reaching your goal involves finding an approach that works for you and your lifestyle, and one you can stick to. Salads can be low in calories and also provide a nutrient rich option that can be incorporated into many different eating plans.

5:2 diet

The 5:2 diet involves 5 days of normal eating and 2 days of fasting. When on a 500 calorie fast day, high protein, or high fibre meal choices are key, as protein and fibre are known to keep you feeling full and satisfied until your next meal. Our *Chilli Prawn & Beansprout* salad packs a protein punch of 16g, but only 115 calories, making it a perfect lunchtime choice! Or choose the *Roasted Winter Warmer* salad for dinner, which contains 270 calories, 12g fibre (1/3 of your target) and all 5 of your 5-a-day, even on a fast day! Please see page 23 about how to incorporate salads into your 5:2 diet plan.



Chilli Prawn & Beansprout Salad

Page 43

115 Cals



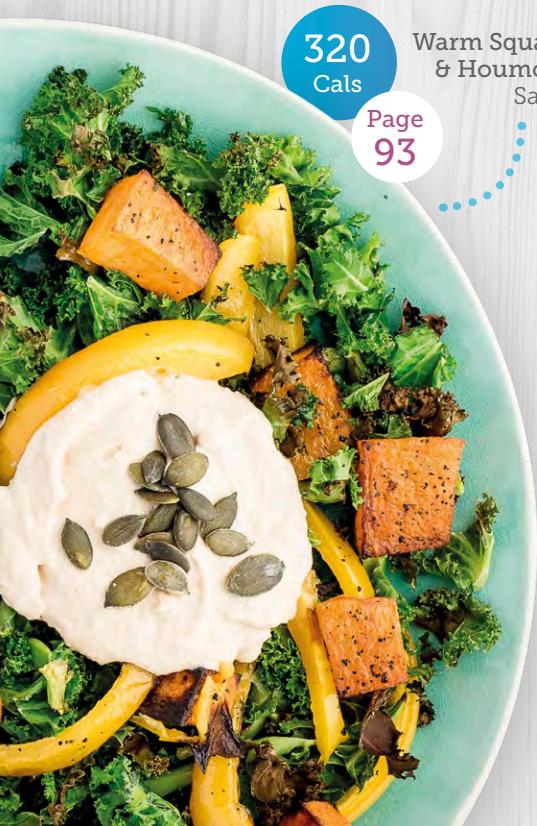
5:2 Diet Photos

To buy your copy, visit:
www.carbsandcals.com/5-2

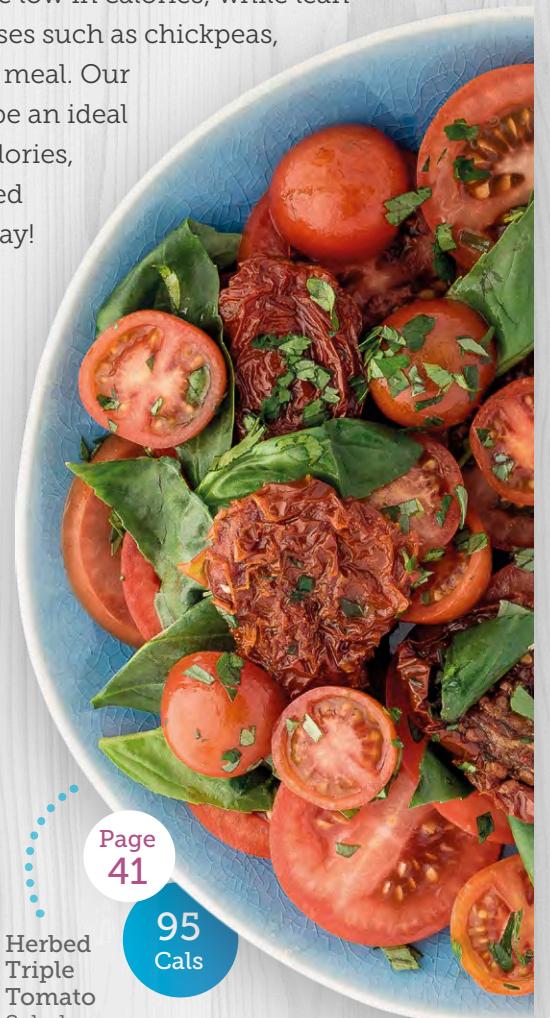


Very low-calorie diet

Very low-calorie diets (less than 800 calories per day) have been used successfully in clinical practice for many years to achieve weight loss. Recent evidence shows that adhering to an 800 calorie diet for 8 weeks causes significant weight loss and reversal of abnormally high blood sugars. Following a very low-calorie diet means every mouthful has to pack a nutritious punch and fill you up if you are going to stick to it. Salads are the perfect choice! Classic salad ingredients, such as vegetables, are low in calories; while lean proteins such as eggs, and fibre rich pulses such as chickpeas, will keep you feeling full until your next meal. Our *Warm Squash & Houmous* salad would be an ideal dinner choice as it contains only 320 calories, but 14g protein and 12g fibre. As an added bonus, it also provides 3½ of your 5-a-day!

320
CalsPage
93Warm Squash
& Houmous
Salad

Herbed
Triple
Tomato
Salad

Page
4195
Cals

These diets are popular amongst people who want to lose weight, and also those with diabetes who have to manage their blood glucose levels.

Low-carb diets

There are over 36 salads in this book containing less than 20g carbs and 10 salads with less than 10g carbs, so they're an ideal choice when looking to keep your carbohydrate intake low. Our *King Prawn & Avocado* salad contains only 6g carbs, but provides a whopping 18g protein and 3 of your 5-a-day fruit & veg!

King Prawn &
Avocado Salad

6g
CarbsPage
34

Mango Chicken
& Salsa Salad

39g
ProteinPage
98

Roasted Roots
& Lentils Salad

17g
FibrePage
96

High-protein diets

Protein, as already stated, is the nutrient that keeps us feeling fuller for longer and has minimal impact on blood glucose levels. Research has shown that we are unable to utilise much more than 20g protein at any one time, so try to aim for above this amount in each main meal. Our *Mango Chicken & Salsa* salad would be ideal, providing 39g protein in under 250 calories; a perfect lunchtime meal to keep those mid-afternoon munchies at bay!

High-fibre diets

The average UK adult currently consumes 19g fibre per day, so the new recommendation of 30g may feel unachievable for many. The inclusion of beans, grains and pulses, such as lentils and chickpeas, will make this easier. Choosing our *Roasted Roots & Lentils* salad will provide you with 17g fibre in one go and all 5 of your 5-a-day!

Salads for people with diabetes

Diabetes is a condition where the glucose levels in the blood are too high because the body cannot use the glucose properly. The two main types of diabetes are type 1 and type 2.

Type 1 diabetes develops because the immune system attacks and destroys the cells that produce insulin, which leads to high blood glucose levels. It is treated with insulin via an injection or pump. For those with type 1 diabetes who adjust their insulin dose according to their carb intake, salads can be included in their diet as long as the carb content is calculated and matched with quick acting insulin.

PLEASE NOTE: The carbs displayed with each salad are the total carbs from all ingredients, including vegetables, pulses and grains. When calculating an insulin dose, some will need to subtract the carb content of certain foods (such as vegetables and pulses). For further guidance on how to count the carbs in a salad and match with quick acting insulin, speak with your diabetes dietitian or nurse specialist.

Type 2 diabetes develops when the pancreas does not produce enough insulin, or the body is unable to use the insulin effectively (known as insulin resistance). Type 2 diabetes can primarily be treated with a healthy diet and lifestyle change, such as increased physical activity. It is, however, a progressive condition, and many people may need to commence medication at some point to control their blood glucose levels.

For most people with type 2 diabetes, weight loss is the primary goal to reduce insulin resistance and improve insulin sensitivity. Emerging evidence supports the short-term use of very low-calorie diets (800 calories per day) to reverse insulin resistance and type 2 diabetes in some people. Because of their high fibre content and low energy density, salads play a pivotal role in such weight loss diets.

If you have diabetes and are taking medication (including insulin), speak with your healthcare professional for guidance on losing weight and how to include salads in your daily diet.

How to use this book

This book includes 80 carefully-created salad recipes, divided into the following sections:

Low-carb Pages 28 - 37

Low-calorie

Pages 38 - 47

General recipes

Pages 48 - 77

240
Cals

23g
Protein

10g
Fibre

145
Cals

5
5-a-day

Pages 78 - 87

High-protein

Pages 98 - 107

High-fibre

Pages 88 - 97

Within each section, the salads are listed in calorie order, starting with the lowest calorie recipe. For each salad, the nutritional information for the following nutrients are clearly displayed in colour coded circles:



Simply browse the variety of recipes and select ones that meet your dietary goal.

Alternative dressing recipes are provided at the end of the salads section of the book, each listing the nutritional information per serving.

A few things to note:

- ★ The recipes use average/medium sizes of vegetables and fruit, and weights shown are for the edible part (after being peeled or stoned), unless otherwise stated.
- ★ Some recipes use a handy measure (e.g. large handful of watercress) instead of a specific weight. Should you wish to know the exact weights, simply find that portion in the ingredients section. For example, the *Broad Bean & Feta* salad on page 89 uses 1 large handful of watercress. Looking at watercress on page 132, you will see that 1 large handful weighs 20g.



- ★ Each salad displays the calorie saving if you leave off the dressing. This gives you greater control over your calorie intake, allowing you to omit the dressing or choose an alternative. Please note that the savings only include the calories, carbohydrate and fat where appropriate (the protein, saturated fat or fibre values are not included).



- ★ Not all the recipes include salt and pepper, so adding such seasoning is down to personal taste. Such addition will not affect the calorie content.

- ★ The recipes use a mix of uncooked and cooked weights for rice, pasta, couscous, quinoa and pearl barley. The table below outlines the simple conversion for uncooked and cooked weights, although please bear in mind that the longer you cook your pasta and rice, the more water it absorbs, which can affect the final weight of the cooked product.

	Uncooked Weight	Cooked Weight
Couscous	35g	80g
Dried Pasta	45g	100g
Pearl Barley	25g	80g
Quinoa	30g	80g
Rice	35g	100g

Anchovy Shroom Pasta Salad



295 Cals
Page 57

Pearl Barley 80g



Creating your own recipes

The potential salad combinations are endless, so why not get creative? Try making up your own from the list of ingredients at the back of this book (pages 112 to 171). The nutritional content of each individual ingredient is shown, giving you the flexibility to create salad recipes to meet your own personal dietary goal.

Again, it's worth writing down the details of your creations so you have a record of nutritional information and can make the recipe again in future.



Making a 5:2 diet meal plan

The 5:2 approach enables you to lose weight without constant deprivation. Eating a normal, healthy diet 5 days a week and fasting on the 2 remaining days reduces your overall calorie intake and has proven to be an effective achievable method of weight loss for many people.

Here is an example of how to include salad into your fasting day:

1. Decide how you would like to split your calorie allowance for the day. For example, your 500 calories could be made up of two, or three meals, spread throughout the day:
 - ★ 200 cals for brunch
 - ★ 300 cals for dinner
2. Browse this book and decide which salad meets your dietary needs. If you normally get hungry mid-afternoon, you may want to have a high protein salad at lunch to keep you feeling satisfied and energised throughout the afternoon, or alternatively, you may prefer a small, light salad at lunch to allow for a larger evening meal.
3. Use this book alongside our Smoothies book and 5:2 Diet Photos book, to make your fasting days feel like a feast, not a famine!

Daily meal plan:

Brunch:



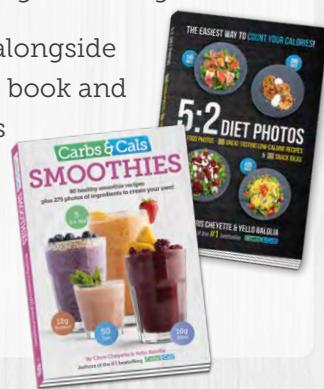
The Apricotty Smoothie

Dinner:



Page 35

Leek, Egg & Bacon Salad



Total:



Producing a meal plan for a 1500 calorie diet

Fad diets, which promise quick weight loss results, are hard to follow for many people and the long-term data shows that the weight often doesn't stay off when a normal diet is resumed. Following a 1500 calorie diet plan can help you lose around 1/2kg (1lb) a week (more if you have lots to lose), without feeling that you are depriving yourself of everything.

Salads are a great way to ensure you meet your nutrient needs, such as reaching your 5-a-day and boosting your fibre intake, whilst limiting your calorie intake.

Example daily meal plan:

- ★ **Breakfast:** Morning Glory smoothie – 375 cals
- ★ **Mid-morning snack:**
5-spice popcorn – 90 cals
- ★ **Lunch:** Walnut, Ham & Stilton salad with 50g ciabatta – 490 cals
- ★ **Mid-afternoon snack:**
Skinny cappuccino and nectarine – 120 cals
- ★ **Dinner:** Creamy Prawn Orzo salad – 415 cals

Total: 1,490 cals

Walnut, Ham & Stilton Salad

Page
62

355
Cals

For information on weight loss and working out your calorie target, visit:

www.carbsandcals.com/BMI



Choosing the right dressing

The basic components of salads (namely vegetables, fruit, lean proteins and grains) make them an obvious healthy choice. But the nutrients don't just stop with the salad ingredients... dressings can be another way to boost the nutritional content. Many salad dressings in the book use olive oil, known to be a rich source of antioxidants and high in the 'good' fats. Alternatively, using an avocado based dressing can further boost your vitamin A and fibre intake.

When it comes to both nutrition and taste, a dressing can make or break a salad. A lime and ginger dressing, for example, will add a zing to your plate adding only a few calories; while a creamy, salty blue cheese dressing, which works well against the bitter flavour of watercress, will significantly bump up your calorie intake.

Each salad in this book is made with a suggested dressing, chosen to complement the salad ingredients. However, there are also additional salad dressings that you can use to customise your salad to your taste preference, and of course, calorie requirements. Keep in mind, this will alter the overall nutritional and calorie content of the salad.



Mexican Flame Dressing



Sweet & Spicy Dressing



Blueberry Blast Dressing

When including salads as part of a weight loss plan, use a small amount of dressing to keep calories down, or simply don't use one. When making your own dressings, you'll soon realise how many additional calories a 'little drizzle' can add!

Buying ingredients

- ★ It is best to use wholegrain pasta and rice to boost fibre content.
- ★ Use extra virgin olive oil for dressings where possible.
- ★ The thickness of shop bought tahini paste can vary, so you may wish to add more water to achieve the desired consistency.
- ★ Always use fresh, ripe fruit and vegetables.
- ★ Try to use organic produce where possible.
- ★ To keep the cost down, choose vegetables and fruit that are in season. Alternatively, you can replace one vegetable with another that is in season, but be mindful this may change the nutritional content.
- ★ A great way to add variety to your diet and ensure you always have your salad ingredients to hand is to order a fruit and vegetable box. Each delivery is different so you never know what salad recipe will be on the menu!



To see our recommended veg box companies, please visit:
www.carbsandcals.com/vegbox

Cooking Glossary

Blanch: Briefly cook vegetables in boiling water to seal in flavour and colour.

Drizzle: Pour the salad dressing evenly over the salad.

Flake: Use a fork, or hand, to break cooked fish into smaller pieces and to check if the fish is cooked. If cooked, the fish flesh should fall away easily.

Matchstick: Cut into thin strips.

Mince: Chopped very finely.

Parboil: Boil ingredient until it is partially cooked.

Ribboned: Vegetables shaved into ribbons using a peeler. If you have a spiralizer, this would work just as well.

Sauté: From the French verb, sauter, meaning 'to jump'. Sautéed food is cooked in a small amount of fat in an open pan on a high heat.

Segment: Divide citrus fruit into smaller sections.

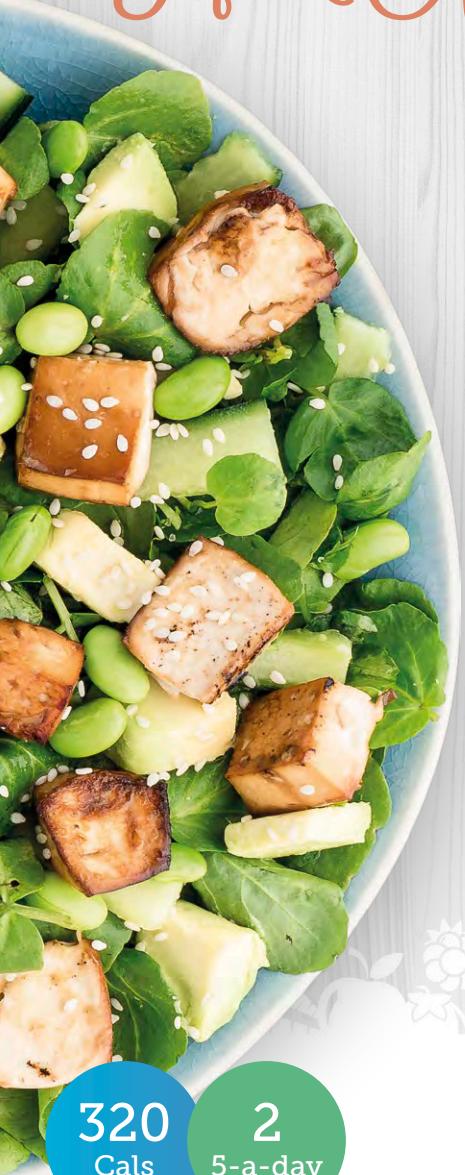
Thinly sliced: Slice ingredient into thin slices using a sharp knife or spiralizer.

Toasted nuts: Nuts heated in a medium-hot frying pan to bring out the richness and flavour (without the addition of oil). Toast for a couple of minutes until fragrant, or light brown in colour.



Tofu & All The Greens

Crispy tofu with healthy greens make this a light, refreshing choice



Ingredients

- 1 tsp Soy Sauce
- 1 tsp Sesame Oil
- 100g Tofu (firm, cubed)
- 1/2 Avocado (cubed)
- 40g Soya Beans (cooked)
- 1/8 Cucumber (matchsticks)
- 1 large handful Watercress
- 1/4 Lime (juice only)
- 1/2 tsp Sesame Seeds

Preparation

1. Dry **tofu** between paper towels to remove excess moisture.
2. Rub the **soy sauce** and **oil** onto the tofu and bake at 200°C for 45 mins.
3. Combine the **avocado** with the **soya beans**, **cucumber** and **watercress**.
4. Place the baked tofu on top of the salad, with a squeeze of **lime juice**.
5. Sprinkle with **sesame seeds**.

320
Cals

2
5-a-day

6g
Fibre

5g
SatFat

25g
Fat

15g
Protein

7g
Carbs

Size

Medium
270g

Recipe Tip

Choose 'firm' or 'extra firm' tofu for that golden crispy crust

Egg & Mackerel Kicker

A creamy horseradish hit for the taste buds



Ingredients

- 2 handfuls Mixed Salad Leaves
- 40g Asparagus Tips (blanched)
- 4 Cherry Tomatoes (halved)
- 1 Egg (hard boiled, sliced)
- 75g Smoked Mackerel

Dressing

- 1/4 Lemon (juice only)
- 1 clove Garlic (minced)
- 1 tbsp Crème Fraîche (light)
- 1 tsp Horseradish Sauce

Preparation

1. Layer the **salad leaves** and **asparagus** on a plate, then top with the **tomatoes**, **egg** and **mackerel**.
2. Whisk the **dressing** until well combined and drizzle over the salad.
3. Season with salt & pepper and serve.

5g
Carbs

27g
Protein

28g
Fat

7g
SatFat

2g
Fibre

1 1/2
5-a-day

375
Cals

Nutrition Fact

Mackerel is thought to help prevent the onset of dementia

Leave off dressing to save:

40 Cals
3g Fat

Size

Medium
295g

Bittersweet Grapefruit Treat

Love it bitter? This salad has it covered!



Ingredients

- 1 handful Spinach
- 20g Chicory leaves
- 1/3 Red Grapefruit (sliced)

Dressing

- 1 tsp Honey
- 1 tsp Sherry Vinegar
- 1 tbsp Orange Juice (fresh)
- 1 tsp Olive Oil (extra virgin)

Preparation

1. Whisk the **dressing** until well combined.
2. Layer the **spinach**, **chicory** leaves and then **grapefruit** on a plate and finish with a drizzle of dressing.

90
Cals

1 1/2
5-a-day

2g
Fibre

1g
SatFat

4g
Fat

1g
Protein

12g
Carbs

Size
Small
150g

Leave off dressing to save:

60 Cals

6g Carbs

4g Fat

Recipe Tip

Pink grapefruit can be used if preferred

Herbed Triple Tomato

If you like tomatoes, why not have them three ways?

Ingredients

- 4 Tomatoes (small, sliced)
- 1/4 Lime (juice only)
- 8 Cherry Tomatoes (halved)
- 30g Sun-dried Tomatoes (chopped)

Dressing

- 1 sprig Tarragon (chopped)
- 2 sprigs Parsley (chopped)
- 6 Basil leaves (torn)

Preparation

1. Arrange the **sliced tomatoes** on a plate and squeeze over the **lime juice**.
2. Mix the **cherry tomatoes** and **sun-dried tomatoes** and place on top of the sliced tomatoes.
3. Serve with chopped **herbs** and salt & pepper.

11g
Carbs

3g
Protein

4g
Fat

1g
SatFat
5g
Fibre

2 1/2
5-a-day

95
Cals

Recipe Tip

Try to seek out locally-grown tomatoes as they are often tastier and also reduce your carbon footprint!

Size
Medium
285g

Tropical Chicken

Mango and ginger give this chicken a totally tropical taste



Ingredients

1/2 Mango (cubed)
 80g Pineapple (cubed)
 1/6 Red Onion (sliced)
 1 large handful Watercress
 20g Little Gem Lettuce (torn)
 80g Chicken Breast (grilled, sliced)

Dressing

1 tsp Honey
 2 tsp Soy Sauce
 1/2 inch Ginger (minced)
 2 tsp Rice Wine Vinegar

Preparation

1. Whisk the **dressing** until mixed well.
2. Combine **all the salad ingredients** and stir through the dressing.

240
Cals

2 1/2
5-a-day

5g
Fibre

1g
SatFat

2g
Fat

28g
Protein

28g
Carbs

Size
Medium
330g

Leave off dressing to save:
30 Cals 7g Carbs

Recipe Tip

Rocket can be used in place of watercress for a similar flavour

Asian Broccoli

Oriental flavours packed with colour and goodness

Ingredients

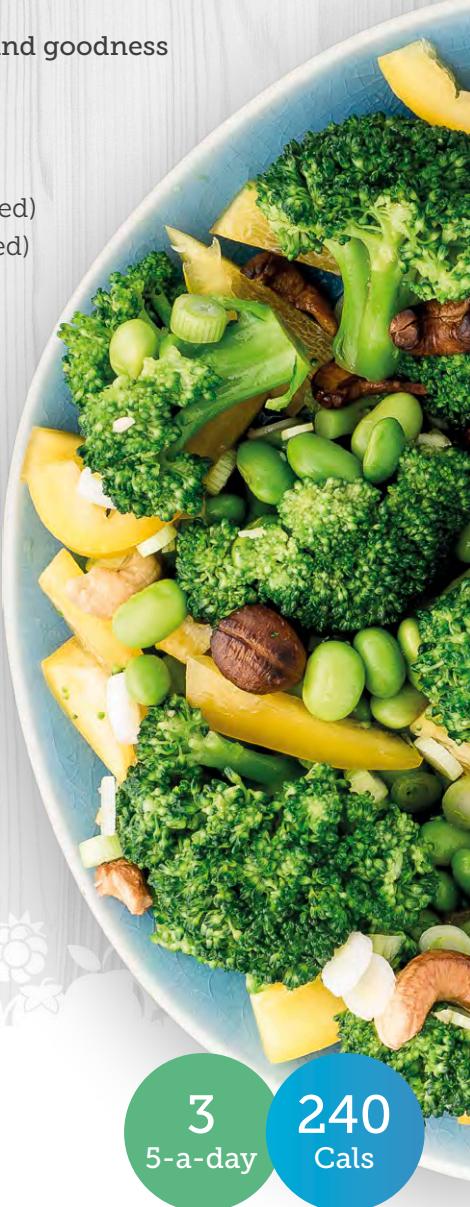
1/2 Yellow Pepper (thinly sliced)
 1 Spring Onion (thinly sliced)
 80g Broccoli (cooked)
 60g Soya Beans (cooked)
 1 tbsp Cashews (toasted)

Dressing

1/2 inch Ginger (minced)
 1 clove Garlic (minced)
 1 tsp Sesame Oil
 1 tbsp Soy Sauce

Preparation

1. Whisk the **dressing** until well combined.
2. Mix **all the salad vegetables** together and stir through dressing.
3. Serve with the **cashew nuts**.



14g
Carbs

14g
Protein

13g
Fat

2g
SatFat

8g
Fibre

3
5-a-day

240
Cals

Nutrition Fact

Phytosterols in soya can lower cholesterol

Leave off dressing to save:
50 Cals 3g Carbs 4g Fat

Size
Medium
265g

Butter Bean & Fennel

All 5 of your 5-a-day with just 5 ingredients
– simple, healthy and delicious



Ingredients

- 200g Butter Beans (tinned)
- 80g Fennel (finely sliced)
- 80g Olives (quartered)
- 4 handfuls Watercress
- 8 Cherry Tomatoes (halved)

Preparation

1. Mix the **butter beans**, **fennel**, and **olives**.
2. Arrange the **watercress** and **tomatoes** on top, seasoning with salt & pepper.

280
Cals

5
5-a-day

21g
Fibre

2g
SatFat

11g
Fat

17g
Protein

31g
Carbs

Beans & Goat's Cheese

A large plate of yumminess with all your 5-a-day and only 12g carbs!

Ingredients

- 80g Green Beans (blanched, halved)
- 8 Cherry Tomatoes (halved)
- 25g Goat's Cheese (cubed)
- 8 Olives (small, chopped)
- 80g Soya Beans (cooked)
- 1/4 Cucumber (cubed)
- 40g Radishes (sliced)

Dressing

- 1 tbsp Capers
- 1/4 Lemon (juice only)
- 2 sprigs Rosemary (chopped)
- 2 tsp Olive Oil (extra virgin)

Preparation

1. Thoroughly mix all the **salad ingredients**.
2. Whisk the **dressing** and drizzle over the salad.



5
5-a-day

350
Cals

12g
Carbs

19g
Protein

24g
Fat

7g
SatFat

10g
Fibre

Size

Large
520g

Recipe Tip

If butter beans don't tantalise your tastebuds, use cannellini beans, or any other beans of your choice

Leave off dressing to save:

80 Cals 8g Fat

Size

Large
445g

Asparagus Goat's Cheese

The minty dressing is perfect with creamy goat's cheese and new potatoes



Ingredients

- 100g New Potatoes (boiled, chopped)
- 80g Asparagus Tips (blanched)
- 80g Broad Beans (cooked)
- 1 handful Spinach
- 25g Goat's Cheese (crumbled)

Dressing

- 1 tsp Olive Oil (extra virgin)
- 5 Mint leaves (chopped)
- 1 tsp Balsamic Vinegar
- 1 Spring Onion (finely chopped)

Preparation

1. Mix together the **potatoes**, **asparagus** and **beans**.
2. Make the **dressing** and stir through the salad.
3. Serve on a bed of **spinach**, topped with the **goat's cheese**.

260
Cals

2½
5-a-day

10g
Fibre

5g
SatFat

12g
Fat

14g
Protein

25g
Carbs

Size
Medium
325g

Leave off dressing to save:
45 Cals 4g Fat

Recipe Tip
Blanch using a small amount of water to minimise vitamin loss

Roasted Vegetable Delight

Caramelised heaven on a plate



Ingredients

- 1/3 Red Onion (roughly chopped)
- 80g Butternut Squash (sliced)
- 1/2 Red Pepper (small, sliced)
- 80g Chickpeas (tinned)
- 80g Aubergine (sliced)
- 1 tsp Olive Oil
- 8 Cherry Tomatoes

Dressing

- 1 tsp Honey
- 1 tsp Balsamic Vinegar
- 1 tsp Olive Oil (extra virgin)

Preparation

1. Mix together the **onion**, **squash**, **pepper**, **chickpeas** and **aubergine** with 1 tsp **oil**. Bake for 20 mins at 180°C.
2. Stir the vegetables, add the **tomatoes** and cook for a further 10 mins.
3. Whisk the **dressing** until well combined, stir through the warm vegetables and serve.

37g
Carbs

9g
Protein

11g
Fat

2g
SatFat

12g
Fibre

5½
5-a-day

280
Cals

Leave off dressing to save:
60 Cals 6g Carbs 4g Fat

Size
Medium
325g

Sticky Citrus Salmon

At a whopping 37g, this is our highest protein salad – so much goodness on one elegant plate!



Ingredients

- 150g Salmon (raw, large fillet)
- 1 large handful Watercress
- 2 boiled Beetroot (sliced)
- 1/6 Orange (sliced)
- 1 tsp Sesame Seeds

Dressing

- 1 tsp Soy Sauce
- 1 tsp Sesame Oil
- 1 clove Garlic (minced)
- 1/2 inch Ginger (minced)
- 1/4 Lemon (juice only)

Preparation

1. Place the **salmon** on a piece of foil, whisk the **dressing** and pour over the salmon. Fold the foil tightly to allow fish to steam. Bake at 180°C for 15-18 mins or until cooked.
2. On a plate, layer the **watercress**, **beetroot** and **orange** slices.
3. Place the sticky salmon fillet on top, pour over any juices from the foil and sprinkle with the **sesame seeds**.

385
Cals

2
5-a-day

3g
Fibre

4g
SatFat

21g
Fat

37g
Protein

13g
Carbs

Size
Medium
310g

Leave off dressing to save:
45 Cals 4g Fat

Nutrition Fact

Salmon is a source of omega-3, which boosts brain health

Quinoa, Egg & Broccoli

A nutritious marriage of high protein ingredients

Ingredients

- 4 Cherry Tomatoes (quartered)
- 1 Spring Onion (finely sliced)
- 40g Broccoli (cooked, chopped)
- 40g Sugar Snap Peas (halved)
- 80g cooked Quinoa
- 1 Egg (hard boiled, quartered)
- 1 tbsp Pumpkin Seeds (toasted)

Dressing

- 1 tbsp Water
- 1 tbsp Tahini
- 1/4 Lemon (juice only)
- 1 clove Garlic (finely chopped)
- 2 sprigs Parsley (finely chopped)

Preparation

1. Mix **all the salad ingredients** except the egg and pumpkin seeds.
2. Whisk the **dressing** until well combined and stir through salad.
3. Serve topped with the **egg** and scattered with **pumpkin seeds**.

25g
Carbs

24g
Protein

22g
Fat

4g
SatFat

9g
Fibre

2
5-a-day

390
Cals

Leave off dressing to save:
105 Cals 9g Fat

Size
Medium
370g



Herby Tomato (blended)

- 2 sprigs Parsley
- 40g Sun-dried Tomatoes
- 1 tbsp White Wine Vinegar

3g
Carbs

5g
Fat



Tarragon Cream

- 3 tbsp Crème Fraîche (half fat)
- 1/2 tsp Dijon Mustard
- 2 sprigs Tarragon (chopped)

2g
Carbs

7g
Fat



Raspberry Blush (blended)

- 1 tbsp Balsamic Vinegar
- 1 tsp Honey
- 1 tsp Olive Oil (extra virgin)
- 8 Raspberries

12g
Carbs

4g
Fat

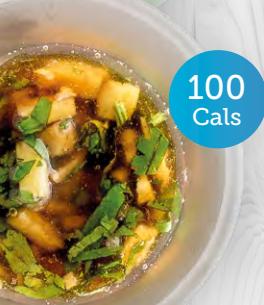


Yogurt Guacamole (blended)

- 1/4 Avocado
- 1 small handful Coriander
- 1 clove Garlic
- 50g Greek Yogurt (fat free)
- 1/4 Lime (juice only)
- 1 Spring Onion

4g
Carbs

7g
Fat



Sweet Ginger

- 1 tsp Balsamic Vinegar
- 2 sprigs Coriander (chopped)
- 1 inch Ginger (minced)
- 1 tsp Honey
- 1/4 Lemon (juice only)
- 1 tsp Rice Wine Vinegar
- 2 tsp Sesame Oil

7g
Carbs

8g
Fat

6g
Carbs

8g
Fat

Classic Balsamic

- 1 tsp Balsamic Vinegar
- 1 tsp Honey
- 2 tsp Olive Oil (extra virgin)

100
Cals

125
Cals

130
Cals

140
Cals

240
Cals

Blueberry Blast (blended)

- 2 tsp Balsamic Vinegar
- 40g Blueberries
- 1/2 tsp Dijon Mustard
- 1 tsp Honey
- 2 tsp Olive Oil (extra virgin)

11g
Carbs

8g
Fat

Rosemary & Garlic

- 1 clove Garlic (minced)
- 1 tsp Honey
- 1/4 Lemon (juice only)
- 1 tbsp Olive Oil (extra virgin)
- 1 sprig Rosemary leaves (chopped)

Blue Cheese (blended)

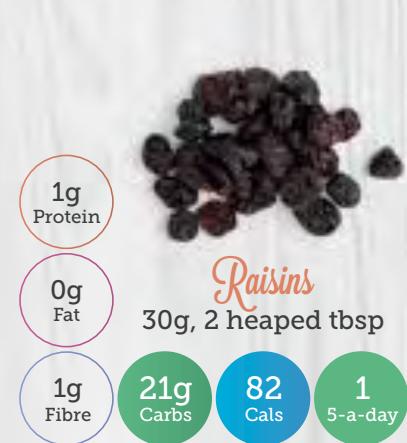
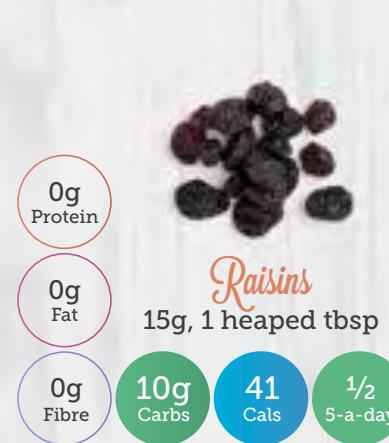
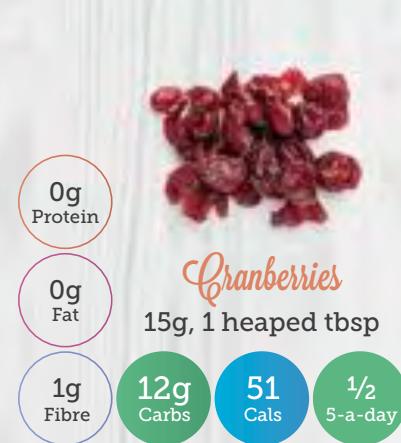
- 25g Dolcelatte
- 1/8 Lemon (juice only)
- 1 tsp Olive Oil (extra virgin)
- 1 tbsp White Wine Vinegar

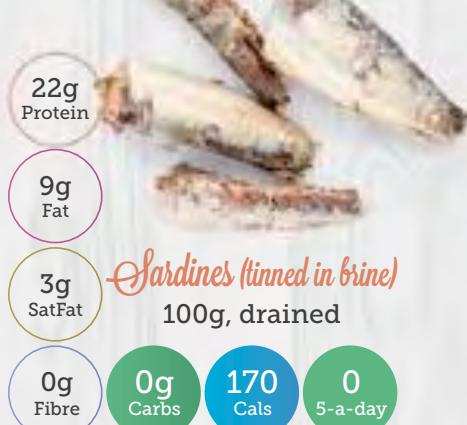
Soy Satay

- 1 clove Garlic (minced)
- 1/2 inch Ginger (minced)
- 1/4 Lime (juice only)
- 2 tbsp Peanut Butter (crunchy)
- 1 tbsp Rice Wine Vinegar
- 1 tsp Sesame Oil
- 1 tbsp Soy Sauce

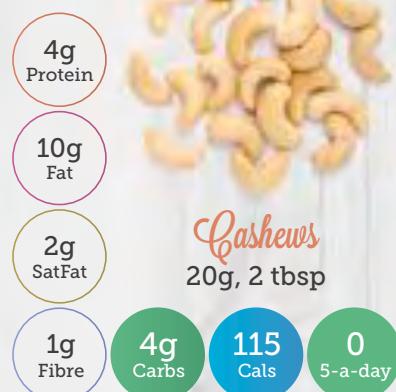
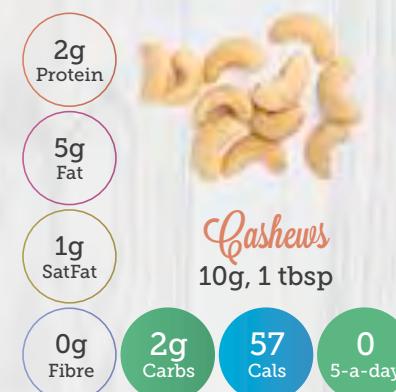


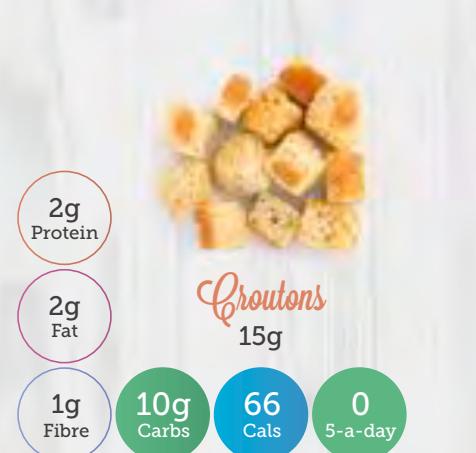
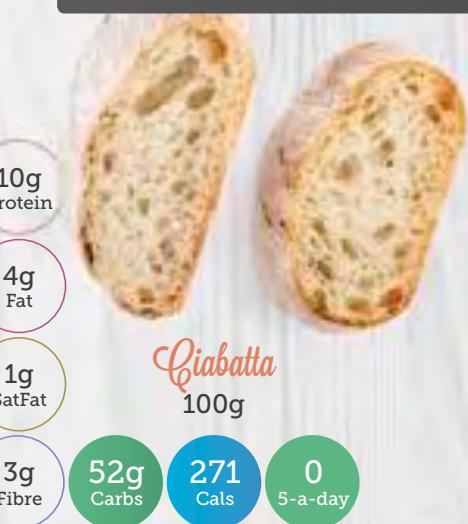


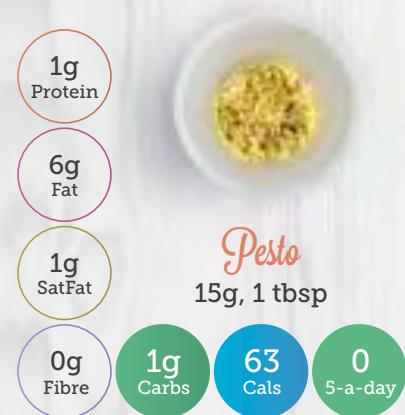












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Chris is a Diabetes Specialist Dietitian within the NHS, working with people with type 1, type 2 and gestational diabetes. Chris has spearheaded a number of projects over the years, many with the aim of improving diabetes educational resources. These include an educational DVD for young people with diabetes, which earned him the 2007 British Dietetic Association Elizabeth Washington Award. Chris has also published a number of journal articles on weight management and diabetes. He regularly undertakes local and national presentations to healthcare professionals, has done TV & newspaper interviews, and has participated as a guest expert in online discussions.

Yello Balolia BA (Hons)

Entrepreneur & Creative Photographer

Having achieved a first class honours degree in Photography, Canada-born, Blackpool-bred and now London-based Yello used his entrepreneurial and creative skills to found Chello Publishing Limited with Chris Cheyette, to publish Carbs & Cals (www.carbsandcals.com), the bestselling and multi-award-winning book and app for diabetes and weight management. He has also undertaken a series of creative projects including private commissions (www.yellobalolia.com) and, as a keen musician, Yello recently set up Ukulology - a visual and effective way of learning the ukulele (www.ukulology.com).

Awards



Carbs & Cals won **Best Dietary Management Initiative** at the Quality in Care Awards 2014



The Carbs & Cals App won **New Product of the Year** in the Complete Nutrition Awards 2012

Carbs & Cals won the BDA Dame Barbara Clayton **Award for Innovation & Excellence** 2011



How many carbs and calories are in *your* favourite salad?

The brains behind the #1 bestselling Carbs & Cals are back! This time with the perfect salad book for the health-conscious. Featuring 80 delicious salad recipes and 20 dressings, the book is beautifully presented showing detailed nutritional information for every salad.

Whether you're on a low-calorie, low-carb, high-fibre or high-protein diet, or just want to achieve your 5-a-day fruit & veg, this is the ideal salad book for you.

Features

- 80 delicious salad recipes + 20 dressings
- Stunning photos of every salad
- Meat, chicken, fish and vegetarian options
- Values for carbs, calories, protein, fat, saturated fat, fibre and 5-a-day fruit & veg
- 350 photos of ingredients to inspire you to create your own salad recipes
- An introduction section explaining the health benefits of salads

Salad Chapters

Includes salads under 150 calories, low-carb, high-protein & high-fibre recipes, lots of general recipes and 10 mega salads containing all 5 of your 5-a-day!



1g
Protein

1g
Fat

1g
Fibre

Cucumber
80g, 1/4 medium

1g
Carbs

11
Cals

1
5-a-day



9g
Protein

6g
Fat

2g
SatFat

Egg
60g, boiled

0g
Fibre

0g
Carbs

86
Cals

0
5-a-day

Carbs & Cals

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Limited

For more information about our bestselling and multi-award-winning book & app, visit our website: www.carbsandcals.com



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