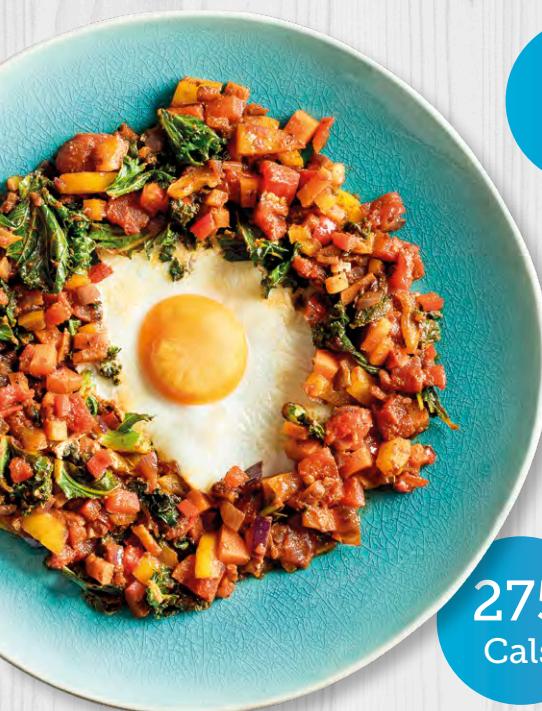


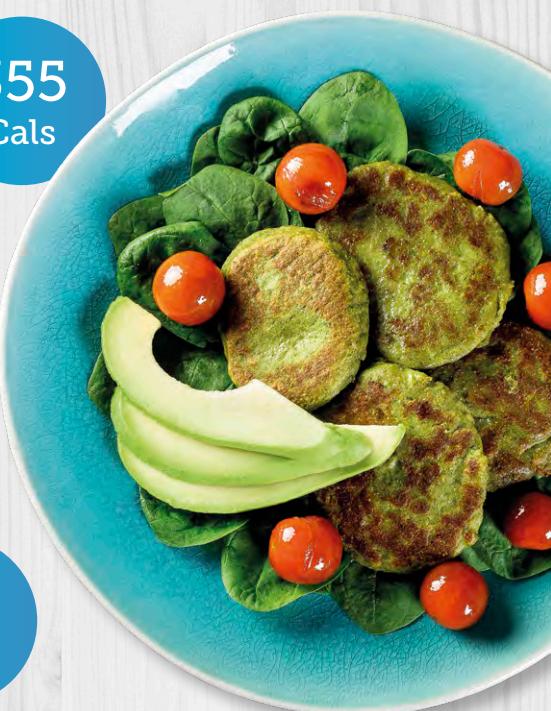
# Carbs & Cals

# VERY LOW CALORIE RECIPES & MEAL PLANS

The perfect support guide to help you lose weight, improve blood sugar levels and reverse type 2 diabetes



355  
Cals



275  
Cals

by Chris Cheyette & Yello Balolia

Authors of the #1 bestselling **Carbs & Cals**

# Carbs & Cals

## VERY LOW CALORIE RECIPES & MEAL PLANS

Lose weight, improve blood sugar levels and reverse type 2 diabetes

1ST EDITION

First published in Great Britain in 2017

by Chello Publishing Limited

Registered Company Number 7237986

[www.chellopublishing.co.uk](http://www.chellopublishing.co.uk) | [info@chellopublishing.co.uk](mailto:info@chellopublishing.co.uk)

Copyright © Chello Publishing Limited 2017

With special thanks to: Fran Turner, George Malache,  
Gian Mizzi, Justine Rose, Maxine Gregory, Mike Rogers,  
Simon Callaghan, Tom Maund, Victoria Francis & Yoshi Balolia.

All rights reserved. No part of this work may be reproduced or utilised  
in any form or by any means, electronic or mechanical, including  
photocopying, recording, or by any information storage and retrieval system,  
without the prior written permission of the publishers and authors.

The information contained in this book is not a substitute for medical  
or other professional guidance. Please consult your GP before making  
any alterations to medications or changing medical treatment.

Although all reasonable care has been taken in the writing of this book,  
the authors and publisher are not responsible for any specific health  
needs; they do not accept any legal responsibility or liability for any  
personal injury or other consequences, damage or loss arising from  
any use of information and advice contained within this book.

The authors have asserted their moral rights.

ISBN: 978-1-908261-20-5 Printed in Malta 0417

**Authors** Chris Cheyette BSc (Hons) MSc RD  
Yello Balolia BA (Hons)

**Recipes by** Chris Cheyette BSc (Hons) MSc RD  
Victoria Francis BSc (Hons) RD

**Photography** Simon Callaghan & Francesca Turner

**Design Concept** George F Malache

**Graphic Design** Maxine Gregory BA (Hons)

**Additional Layout** Yello Balolia BA (Hons)

**Introduction Text** Victoria Francis BSc (Hons) RD

**Assistant Dietitian** Monika Jakiel-Rusin BSc (Hons) MSc RD

For more information, please visit:

[www.carbsandcals.com](http://www.carbsandcals.com)

# Contents

<b>Introduction</b>	<b>4</b>
How to follow a very low-calorie diet	10
How to use this book	16
Ingredient health benefits	22
What next?	26
<b>Meal Plans</b>	<b>30</b>
<b>Recipes</b>	<b>60</b>
Breakfasts	60
Curries	75
General Meals	80
Salads	95
Slow Cooker	110
Stir-fries	115
Soups	120
Smoothies	130
Snacks	136
<b>Individual Foods</b>	<b>146</b>
Bread & Crackers	146
Cheese	147
Drinks	151
Eggs & Vegetarian	152
Fish	153
Fruit	158
Herbs	162
Meat	163
Milk	165
Nuts & Seeds	167
Rice, Pasta & Grains	171
Spreads & Sauces	173
Vegetables	181
<b>Index</b>	<b>202</b>
Recipe Index	202
Ingredient Index	203
<b>About the Authors / Awards</b>	<b>208</b>

# Introduction

Thank you for choosing **Carbs & Cals VERY LOW CALORIE RECIPES & MEAL PLANS**. This book is a support guide for anyone following a very low-calorie diet approach, such as the Newcastle Low-Calorie Diet Programme or Dr Michael Mosley's 8-Week Blood Sugar Diet. It shows you visually how to create a range of different meal plans for 30 days and beyond.

Have you been told your blood sugar levels are too high (a term coined "pre-diabetes")? Or have you been diagnosed with type 2 diabetes and are keen to halt it in its tracks?

If you are motivated by the idea that changing your eating habits could improve your high blood sugar levels and reverse your diabetes, but the notion of only eating around 800 calories a day feels impossible, then this is the book for you! Specifically designed to help keep you feeling full, our 30 fantastic meal plans (each with around 800 calories per day) will help you plan your low-calorie days, whilst also providing a wide range of nutrients. The book has been developed to give you simple guidance on which foods to include on your shopping list, as well as evidence-based nutrition facts to help you stick to your eating plan.

Fast forward 8 weeks and you've reached your goal... Now what? This book also offers guidance and inspiration on what to choose after 8 weeks to ensure your weight loss journey continues in the longer-term.



## What is a very low-calorie diet?

Very low-calorie diets are those that provide up to 800 calories a day, and should be followed for a maximum of 12 weeks. They are not a new idea and have been used for many years. A diet approach using this concept that has made headlines is Dr Michael Mosley's 8-Week Blood Sugar Diet. This is based on evidence from scientific trials carried out at Newcastle University, where research funded by Diabetes UK showed that following a very low-calorie diet for 8 weeks caused significant weight loss, a reduction in the amount of fat in the liver and pancreas, and a restoration of insulin production. This led to reversal of high blood sugar levels in people recently diagnosed with type 2 diabetes.

Participants in the trial (under close medical supervision) followed a strict, low-calorie diet of around 700 calories per day, which consisted of liquid formulated drinks and non-starchy vegetables. Three months after completion of the trial, despite weight gain in some, most participants had normal blood sugar levels.



The initial research trial in Newcastle only included a small number of individuals but the findings made national and international headlines, as it was shown that type 2 diabetes could be reversed by diet. One of the key findings was that rapid weight loss depleted fat stores in the liver and pancreas. Large amounts of fat stored in the liver and pancreas (which is one of the main factors that leads to type 2 diabetes) can happen if you are eating and drinking more calories than your body requires. The researchers at Newcastle were clear to point out that the weight loss needs to be sustained in the long term and that this is not just a quick fix. Therefore, what people go on to eat *after* the very low-calorie weight loss plan is equally important.

In 2013, scientists at the Universities of Glasgow and Newcastle were awarded Diabetes UK's largest ever research grant. The purpose of the grant was to study the long-term health effects of following a very low-calorie diet compared to the current care of people with type 2 diabetes, over a five year period. The study is still ongoing but has promising early results. Due to this research, there is growing interest in the use of very low-calorie diets to achieve rapid weight loss and reversal of high blood sugar levels in people with type 2 diabetes, as well as those who may be at risk of developing diabetes.



## What is the 8-Week Blood Sugar Diet?

The 8-Week Blood Sugar Diet is an 800 calorie a day eating plan that uses food rather than formulated meal replacement drinks. Its approach describes a Mediterranean, low-carb style of eating. You are encouraged to eat good quality, high-protein foods such as lean meats and fish, low glycaemic index (GI) carb foods such as beans and lentils, a variety of different fruit and low-starch vegetables, full fat dairy products and yogurts, and to choose healthy fats rather than adopt a low-fat approach. The priority of nutritional quality and a plant-based, nutrient dense way of eating differs from more traditional liquid-based, very low-calorie diets.

The current advice amongst many health professionals is to follow a diet that encourages a slow, steady weight loss. However, this way of thinking is changing. Everyone has individual needs and consequently no single diet is going to work for all people. An 800 calorie diet can give you a great kick-start and may be more motivating than slower weight loss approaches. The metabolic effects within the body are also likely to be far more rapid, particularly as you reduce the fat stored in your liver and pancreas.

What happens after this short period of rapid weight loss and how can you avoid weight regain? You need a plan B! After completing your 8 weeks you can incorporate the Mediterranean style of eating into the 5:2 diet or a daily calorie restriction of around 1200-1500 calories per day.



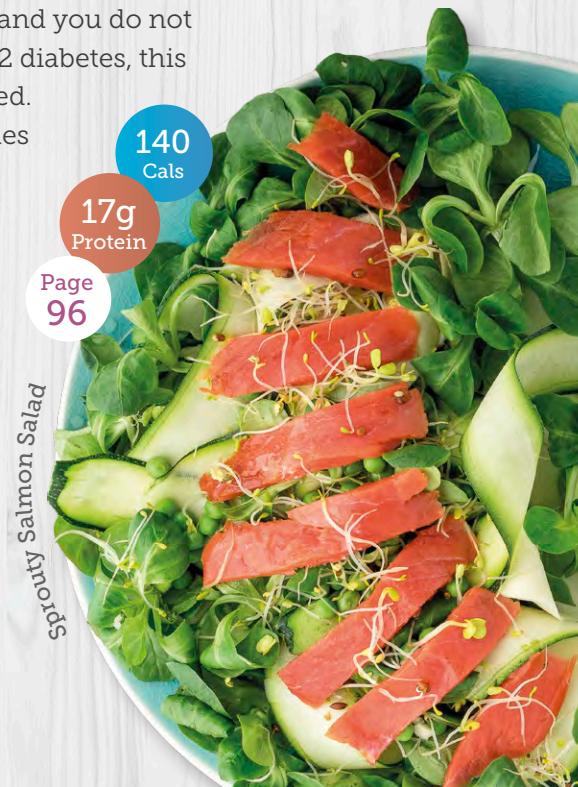
## What are the health benefits of following a very low-calorie diet?

Obesity is linked directly to type 2 diabetes, cancer, high blood pressure, fatty liver disease, heart disease and stroke. It affects mental health and consequently the NHS and the National Institute for Clinical Excellence (NICE) recommend very low-calorie diets as one of a range of weight loss options. As already described on the previous pages, there is promising evidence supporting the use of a very low-calorie diet to reverse abnormally high blood sugar levels, but why a Mediterranean style of eating? Scientific evidence supports the link between a Mediterranean diet and a reduced risk of heart disease, diabetes and certain cancers (such as breast cancer). This is thought to be due to the antioxidant rich foods eaten, such as fruit and vegetables, nuts and seeds.

If you are above your target weight and you do not have a high risk of developing type 2 diabetes, this weight loss approach can still be used. The high-protein, low-carb principles should satisfy your appetite and minimise those hunger pangs all too frequently experienced when dieting.



Salmon  
125g



Sprouty Salmon Salad

Page  
96

## Can anyone follow a very low-calorie diet?

If you are considering a very low-calorie diet you should talk to your GP; especially if you are taking medication for diabetes (including insulin) and/or other conditions such as high blood pressure, so they can advise on reducing your medication. If you have diabetes, then commencing a carb-restricted diet whilst continuing your usual insulin dose and/or anti-diabetes medication (such as sulphonylureas) will significantly increase the likelihood of hypoglycaemia.

**There are certain situations or medical conditions where a very low-calorie diet would not be advised:**

- ★ Women who are pregnant or breastfeeding
- ★ Those who are underweight or have a history of an eating disorder
- ★ Anyone recovering from surgery
- ★ People under 18 years of age
- ★ If you have an unstable heart or cerebrovascular disease
- ★ Those with acute and chronic renal failure
- ★ Anyone with severe or end-stage liver disease
- ★ If you have a psychiatric disorder that may interfere with your ability to follow the diet



King Prawns 70g



Kale 40g

# How to follow a very low-calorie diet

Following a very low-calorie diet means every mouthful has to pack a nutritious and satisfying punch to enable you to stick to it. It requires careful planning to ensure it is balanced and can be incorporated into your daily routine and lifestyle. Due to the restricted intake of nutrients, you may wish to take a daily multivitamin tablet for reassurance.

The following pages offer guidance on which foods to add to your shopping basket and simple changes you can make to ensure your very low-calorie diet is manageable, nutritious and, most importantly, tasty!

## Prioritise high quality, lean protein sources

These include lean meat, poultry, fish, eggs, cheese, pulses, nuts and seeds. Lean protein sources should be prioritised with every meal. Protein is essential for the repair and growth of new cells and is known to aid with satiety (feeling of fullness). Processed meats including bacon should be limited to once or twice a week.



## Leave high GI carbs on the shelf!

Replace high glycaemic index carbs such as white bread, pasta, rice and potatoes with low GI alternatives, for minimal impact on your blood sugar levels. For example, switch rice, bread, white potatoes and breakfast cereals with quinoa, pearl barley, rye bread, jumbo (unprocessed) oats, wild rice and bulgur wheat.



## Get creative with your carbs!

To minimise swings in your blood sugar levels and keep the calories down, look for alternatives to your usual carbs. For example, replace potato with mashed cannellini beans or parsnip, or replace normal rice with cauliflower rice.



## Get savvy with your snacks!

Snack on high-protein, low-carb foods to avoid spikes in your blood sugar levels after eating, which can find you reaching for that extra biscuit!

Examples include oatcakes & cottage cheese, celery & nut butter, spicy kale crisps or a small handful of unsalted nuts.

Almonds  
10g



2g Protein

**Go nuts for nuts!** The soluble fibre and high-protein content of nuts and seeds will ensure you are kept feeling satisfied between meals with a very minimal impact on your blood sugar levels.



2g Protein  
10g  
2g Protein  
10g

15g Carbs

Page 145

1g Carbs

Page 136

Kale Crisps



Cheesy Oatcakes

15g Carbs

Page 145

## Start the day the right way!

Most breakfast products on the market are high in carbs and low in protein, so are therefore unlikely to keep you satisfied until your next meal. Stay fuller for longer with these simple swaps:

Corn Flakes with Skimmed Milk



35g Carbs

8g Protein

swap to

Yogurt, Nuts & Blueberries



13g Carbs

10g Protein

Page 65

Fruit Salad



23g Carbs

1g Protein

swap to

Cheesy Breakfast Mushroom



3g Carbs

18g Protein

Page 67

Pancake with Maple Syrup



33g Carbs

6g Protein

swap to

Smoked Salmon & Eggs



24g Carbs

26g Protein

Page 71

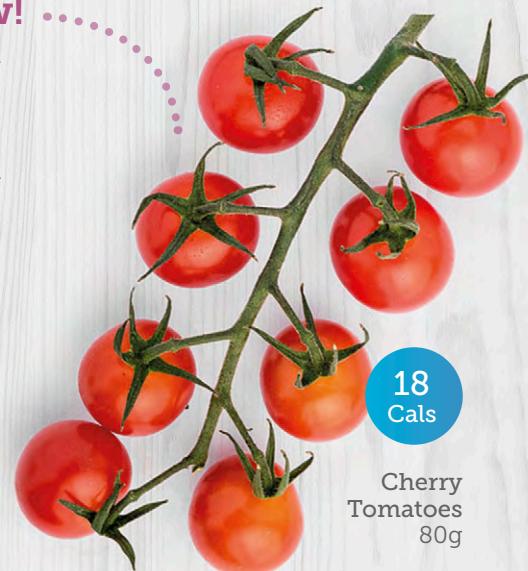
## Include lentils and pulses in your meals

They are a great vegetarian protein source, contain slow releasing carbs and are high in soluble fibre; a great combination to keep you feeling full.



## Reach for the rainbow!

Vegetables are low in calories and carbs, and are a great source of vitamins and minerals. Using a rainbow of vegetables and fruit in your diet 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.



## Choose guilt free, healthy fats

Oily fish, olive oil, avocados, nuts and seeds are all high in heart healthy fats and can be included in small portions.



## Don't forget to drink up!

The normal recommendation of fluid intake is 1.6 litres for women and 2 litres for men. However, when following a very low-calorie diet, your fluid requirements will be higher, so drink calorie free fluids such as water (with a squeeze of lemon or slice of cucumber) and herbal teas to avoid dehydration and potential side effects such as headaches and constipation.



## Avoid alcohol

Alcohol contains a large number of calories and is likely to make you feel more hungry, rather than fill you up.

## Limit all sugar and sugary drinks

Latest guidelines are to limit our added sugar intake to 30g per day, to address the increasing obesity and type 2 diabetes epidemic. You can enjoy a small amount of sugar as part of your healthy diet, but choose sugar free options where possible, for example sugar free or diet drinks and squash (which do all contribute towards your fluid intake). Cutting down your sugar intake will help with weight maintenance, weight loss and dental health.

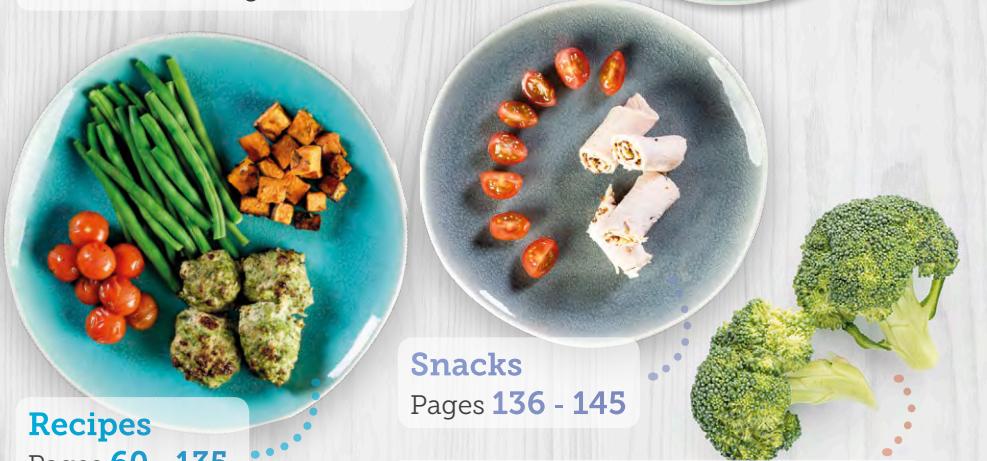


# How to use this book

This book includes 75 carefully-created recipes (plus 20 snacks) for mealtimes across the day, divided into the following sections:



**Meal Plans** Pages 30 - 59



**Recipes**  
Pages 60 - 135

**Snacks**  
Pages 136 - 145

**Individual Foods** Pages 146 - 201

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



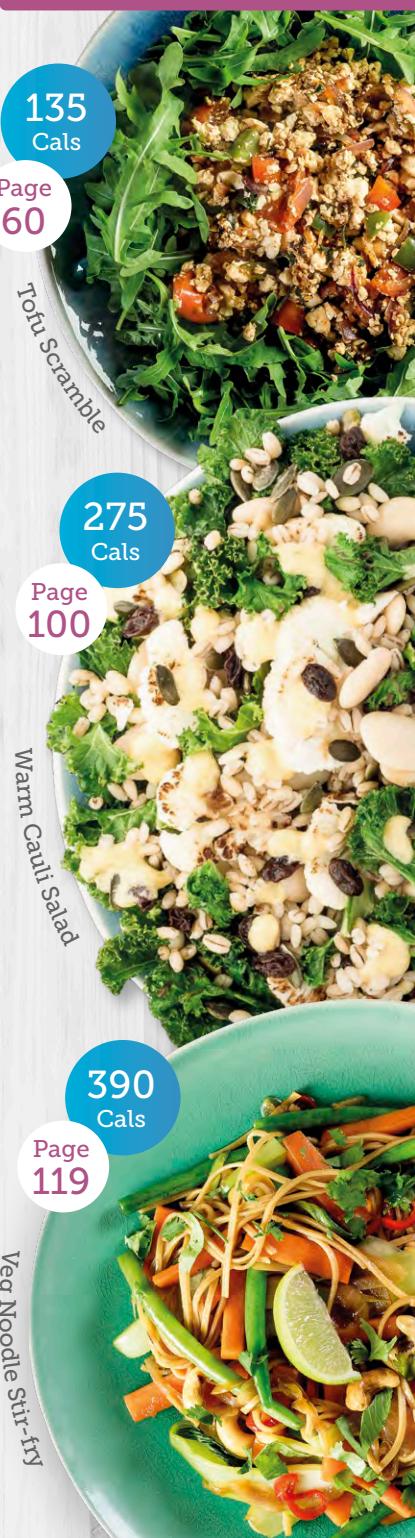
Simply browse the variety of recipes and select ones that meet your dietary goal.

## Meal Plans

We've devised 30 daily meal plans to offer a range of ideas to suit your individual needs. E.g. brunch and evening meal for a relaxing weekend; two larger meals if you are not a breakfast fan; or breakfast, lunch and an evening meal for those who prefer three meals per day. All daily meal plans contain around 800 calories and different meals can be mixed and matched as long as you keep an eye on the calories. If your daily total comes in at just over the target (e.g. 830 calories), this is okay and you can make it up the next day by choosing a daily plan that comes in just under 800 calories to balance the scales.

There are 15 meal plans with 3 meals per day, and 15 meal plans consisting of 2 meals per day (sometimes including a snack), to suit different lifestyle choices and different dietary requirements, such as a vegetarian diet.

Where the daily plans include snacks, these can be omitted or exchanged for additional food at a mealtime. For example, a handful of nuts as a snack could be replaced with 100g (cooked weight) wild rice with a meal, as they contain a similar amount of calories.



## Recipes

The middle part of the book contains 75 recipes to prepare and enjoy whilst following the diet, ranging from 35-480 calories. Each recipe is for 1 portion but can be doubled up or made into larger quantities and portioned out. Each recipe is simple to make and has been created using the principles of a Mediterranean diet.



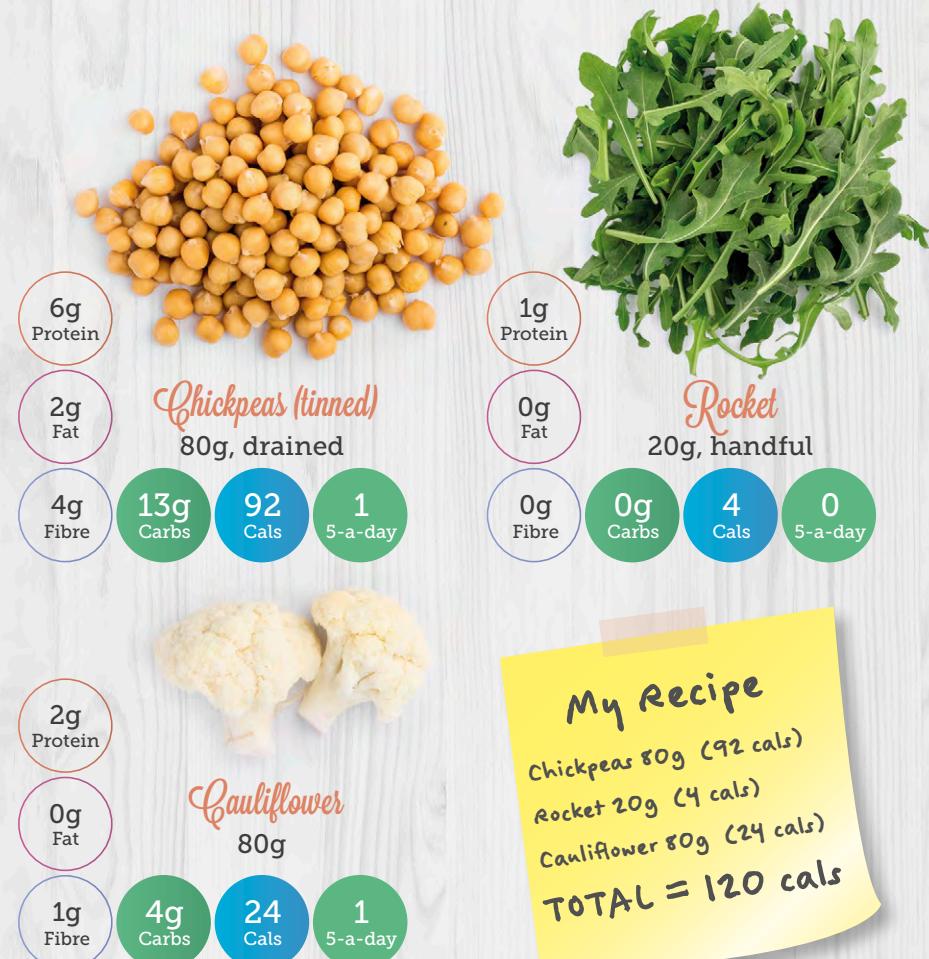
## Snacks

Work your way through our 20 healthy and nutritious snack ideas, all under 150 calories. Some even contribute up to 2 of your 5-a-day!



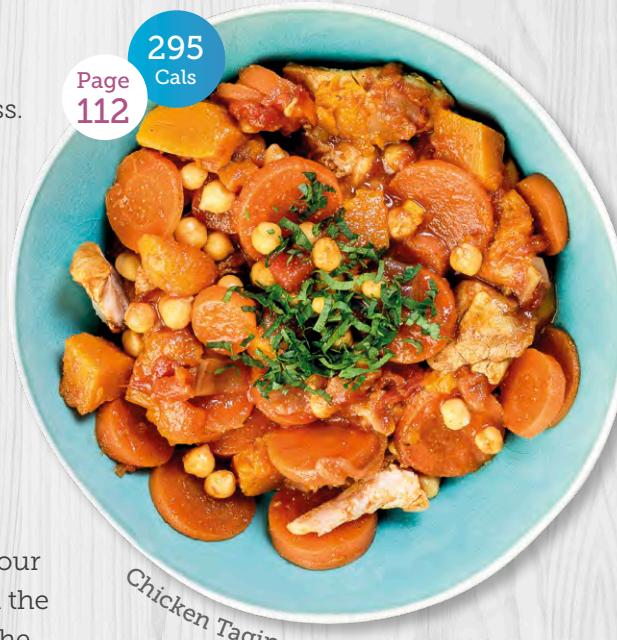
## Individual foods

If you already know your way around the kitchen and have a list of recipes you want to use, then turn to the back of the book for a list of ingredients. The nutritional content of each individual ingredient is shown, giving you the flexibility to build your own recipes. The visual method allows you to quickly select foods in appropriate portions to develop your own 800 calorie meal plans. You may find it useful to write down the details of your creations so you have a record of the nutritional information and can make the recipe again in future.



## A few things to note:

- ★ Planning ahead is key to success. Try to make time each week to write a shopping list and plan for all the meals and snacks you will eat that week.
- ★ Consider cooking in bulk. This is a great way to always have a meal in the fridge or freezer and to save money. Most of the recipes in this book can be cooked in bulk. A simple way to keep an eye on your calories and portion is to weigh the final dish and then divide into the number of portions you have made.
- ★ 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 weight, simply find that portion in the ingredients section. For example, the Quinoa Stuffed Mushrooms recipe on page 81 uses "1 large handful Watercress". Looking at Watercress on page 201, you will see that 1 large handful weighs 20g.



Chicken Tagine



1g Protein

0g Fat

0g Fibre

0g Carbs

4 Cals

0 5-a-day

- ★ If you like your dish spicier, or love the flavour of fresh mint, you can be heavy handed and add more to your taste. Adding these herbs and spices will not affect the calorie content.
- ★ Not all the recipes include salt & pepper, so adding such seasoning is down to personal preference. 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

White Fusilli  
Pasta 100g

# Ingredient Health Benefits

## Avocado

A source of potassium; important for regulating blood pressure

## Butternut Squash

Protects your immune system, due to its vitamin A content

## Chickpeas

A source of soluble fibre, important for bowel health and keeping you feeling full

## Kale

Power up your immune system with a serving of beta-carotene rich kale

## Red Cabbage

High in fibre and water, cabbage helps to prevent constipation



## Broccoli

High in vitamin K, which helps wounds heal properly

## Carrots

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

## Ginger

Known to alleviate discomfort and pain in the stomach

## Pak Choi

Low in calories and fat, so great if you are trying to lose weight

## Spinach

Rich in magnesium, to help calm the body and relax muscles

## 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'.

## Almonds

Heart healthy and great for skin, due to high vitamin E content



## Chia Seeds

A source of omega 3 fatty acids, thought to play a role in preventing dementia



## Olive Oil

Rich in monounsaturated fatty acids, shown to have a positive effect on health



## Pumpkin Seeds

A source of magnesium; important for healthy bones and teeth



## Salmon

High in omega 3 fatty acids which are proven to be protective against heart disease



## Tofu

Contains all 8 essential amino acids, used by the body to build proteins



## Cashews

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



## Eggs

An eggscellent source of good quality protein, for growth and repair of new cells



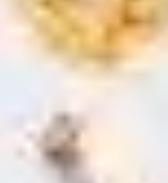
## Prawns

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



## Quinoa

Vegan and gluten free source of good quality protein and magnesium



## Sardines

High in vitamin D, beneficial to keep bones healthy



## Walnuts

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



## Buying ingredients

- ★ It is best to use wholegrain pasta and rice to boost fibre content.
- ★ Use olive oil where possible. Alternatives include rapeseed and groundnut (peanut) oil.
- ★ Where possible, use fresh, ripe fruit & vegetables.
- ★ Use good quality, organic produce as often as 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.
- ★ The thickness of shop bought tahini paste can vary, so you may wish to add more water to achieve the desired consistency.
- ★ A great way to add variety to your diet and ensure you always have your ingredients to hand is to order a fruit and vegetable box. Each delivery is different so you will receive a variety of different ingredients!



To see our recommended veg box companies, please visit:  
[www.carbsandcals.com/vegbox](http://www.carbsandcals.com/vegbox)

## Cooking Glossary

- Blanch:** Briefly cook vegetables in boiling water to seal in flavour and colour.
- Drizzle:** Pour a small amount of liquid (e.g. dressing) onto food item or 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:** Chop very finely.
- Parboil:** Boil ingredient until it is partially cooked.
- Ribbon:** Shave vegetables 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 slice:** Slice ingredient into thin slices using a sharp knife or spiralizer.
- Toasted nuts:** Nuts heated in a medium-hot frying pan (without the addition of oil) to bring out the richness and flavour. Toast for a couple of minutes until fragrant, or light brown in colour.

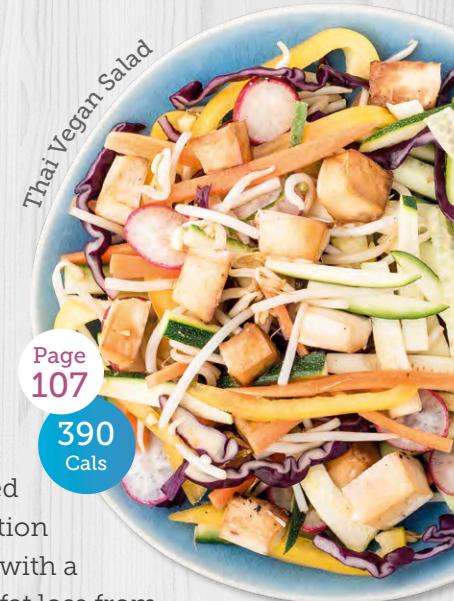


# What next?

Fantastic! You completed the first 8-12 weeks of your weight loss journey and have hopefully achieved your goal. You love seeing your weight go down and the health benefits this brings, and are motivated to continue losing weight. As already explained, a very low-calorie diet should only be followed for 8-12 weeks, as owing to the calorie restriction it is not nutritionally balanced. The core goal with a very low-calorie diet is rapid weight loss and fat loss from the liver and pancreas. The next phase is continuing to follow the dietary principles of a Mediterranean diet (with adequate nutrients including protein, vitamins and minerals), with a greater calorie allowance and even the occasional indulgence.

Calorie restriction is still fundamental for continued weight loss but how you achieve this is up to you. There are many different "miracle" diets popularised by the media that promise health benefits with quick weight loss results. Some diets are considered nutritionally unbalanced (with little or no evidence supporting their sensational health claims). They often advocate cutting out whole food groups entirely, which is unnecessary and potentially dangerous, and therefore do not provide all the nutrients your body requires.

Two nutritionally balanced dietary options include the 5:2 diet or a daily low-calorie diet of 1200-1600 calories. If you prefer to fast (500-600 calories) for 2 days per week and eat 'normally' for the remaining 5 days, then the 5:2 diet may be for you. Or if a higher daily calorie allowance sounds more appealing, then you may wish to plan out meals with a calorie goal per day to aim for.



## Making a 5:2 diet meal plan

Using a 5:2 approach to dieting allows many people to achieve weight loss without the feeling of constant deprivation. Similar to the 800 calorie diet, each meal on a fasting day needs to be nutrient rich, tickle your taste buds and keep you feeling full.

### How to devise a fasting day meal plan:

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:
  - ★ 300 cals for brunch
  - ★ 200 cals for dinner
2. Browse the book and decide which meals you enjoyed whilst on the 800 calorie diet and which ones kept you feeling full for the longest. If you noticed you got hungry mid-afternoon, you may want to have a high-protein salad at lunch to keep you feeling satisfied and energised through the afternoon. Alternatively, you may prefer a small light meal at lunch to allow for a larger evening meal.
3. Use this book alongside our 5:2 Diet Photos book for more enjoyable recipes and guidance, to make your fasting days feel like a feast, not a famine!



### Daily meal plan:

#### Brunch:

Smoked Salmon & Eggs

290 Cals

26g Protein



#### Dinner:

Prawn & Avocado Salad

230 Cals

3 5-a-day



#### Total:

520 Cals

## Making a 1200-1600 calorie meal plan

Following a 1200-1600 calorie diet plan can help you lose around ½kg-1kg (1-2lb) a week (more if you have lots to lose), without feeling that you are depriving yourself of everything. A Mediterranean style of eating ensures you continue to enjoy a healthy, nutritious and satisfying diet, while still achieving weight loss. You can choose how low you want to go. For example, for a gentle approach aim for 1600 calories per day, or if you are keen to continue losing weight at a quicker rate then aim for 1200 calories initially, moving to 1600 calories at a later stage.

### Example daily plan:

#### ★ Breakfast:

Yogurt, Nuts & Blueberries (230 cals, 15g protein)

#### ★ Lunch:

Tuscan Tomato Soup (270 cals), 2 slices rye bread (110 cals) & medium cappuccino (116 cals)

#### ★ Dinner:

Thai Green Prawn Curry (280 cals) with 200g (cooked weight) brown rice (264 cals)

**Total:** 1,270 cals

Use this book alongside our **SALADS**, **SMOOTHIES** and **SOUPS** books for more inspiration with meal ideas, and to help you stick to your dietary goal.

Page  
76  
280  
Cals

Thai Green Prawn Curry



## Physical Activity

Finally, incorporating physical activity into your daily routine is important for health and continued weight loss. Physical activity reduces insulin resistance and improves insulin sensitivity, both of which play a role in abnormal blood sugar levels. The current guidelines for exercise in adults are:

- ★ At least 150 minutes of **moderate aerobic activity** such as cycling or fast walking every week (e.g. 30 minutes, 5 days a week), **AND**
- ★ **Strength exercises** - two or more days a week. Working all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).

OR

- ★ 75 minutes of **vigorous aerobic activity**, such as running or a game of singles tennis every week, **AND**
- ★ **Strength exercises** - two or more days a week. Working all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).

OR

- ★ A mix of **moderate** and **vigorous aerobic** activity every week. For example, two 30-minute runs plus 30 minutes of fast walking equates to 150 minutes of moderate aerobic activity, **AND**
- ★ **Strength exercises** - two or more days a week. Working all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).

There is evidence to show that simply sitting down for long periods is harmful to our health, irrespective of how much exercise is taken. Studies have linked prolonged sitting with type 2 diabetes, heart disease and premature death and so the advice is to move more and sit less! Simple tips to keep you on your feet more include standing or walking while on the phone, using the stairs where possible, doing most types of housework (yes you read that right!) and taking up active hobbies such as gardening.

245  
CalsPage  
65

Yogurt Nuts &amp; Blueberries

# Meal Plan 1

## Breakfast

Yogurt, Nuts & Blueberries

## Lunch

Prawn & Avocado Salad

## Dinner

Okra & Lentil Curry

230  
CalsPage  
98

Prawn &amp; Avocado Salad

Page  
75255  
Cals

## Daily Plan Total:

730  
Cals7½  
5-a-day20g  
Fibre9g  
SatFat38g  
Fat43g  
Protein54g  
Carbs

# Meal Plan 2

## Breakfast

Smoked Salmon & Eggs

## Lunch

Carrot & Lentil Soup

## Dinner

Quinoa Stuffed Mushrooms

290  
CalsPage  
71

Smoked Salmon &amp; Eggs

Carrot &amp; Lentil Soup

240  
CalsPage  
123

Quinoa Stuffed Mushrooms



## Daily Plan Total:

6½  
5-a-day795  
Cals81g  
Carbs50g  
Protein32g  
Fat9g  
SatFat20g  
Fibre



**Meal Plan 25**

**Breakfast**  
Egg & Mackerel Salad  
370 Cals  
Page 105

**Lunch**  
Carrot & Lentil Soup  
240 Cals  
Page 123

**Dinner**  
Hey Pesto! Smoothie  
120 Cals  
Page 143

**Snack**  
Mixed Nuts  
45 Cals  
Page 131

**Daily Plan Total:**

775 Cals  
7 1/2 5-a-day

17g Fibre  
10g SatFat  
45g Fat  
47g Protein  
45g Carbs

**Meal Plan 26**

**Breakfast**  
Huevos Rancheros  
275 Cals  
Page 83

**Lunch**  
Egg & Quinoa Salad  
390 Cals  
Page 108

**Snack**  
Olives, Feta & Veg  
60 Cals  
Page 137

**Daily Plan Total:**

6 5-a-day  
725 Cals

44g Carbs  
46g Protein  
42g Fat  
10g SatFat  
17g Fibre

# Classic Cooked Breakfast

If you can't resist a fry-up, try this for only 260 cals!  
It's low-carb and has 2 of your 5-a-day



## Ingredients

- 2 Back Bacon rashers
- 80g Mushrooms (sliced)
- 8 Cherry Tomatoes (on the vine)
- 1 Egg (whisked)
- 1 handful Spinach

## Preparation

1. Dry fry the **bacon**, **mushrooms** and **tomatoes** for 10 mins.
2. Set aside the mixture on a warm plate, then add the **egg** to the same pan and stir until scrambled.
3. Serve with fresh **spinach** on the side.

260  
Cals

2  
5-a-day

1g  
Fibre

5g  
SatFat

16g  
Fat

20g  
Protein

5g  
Carbs

Weight | 190g

# Veggie Breakfast

This vibrant veggie ensemble is loaded with nutrients and 3½ of your 5-a-day

## Ingredients

- 1 Egg
- 80g Mushrooms (sliced)
- 8 Cherry Tomatoes (on the vine)
- 1 tsp Olive Oil
- 2 handfuls Spinach
- ½ Avocado (sliced)

## Preparation

1. Poach the **egg** in boiling water (with or without vinegar) for 4 mins.
2. Meanwhile, pan fry the **mushrooms** and **tomatoes** in 1 tsp **oil**, until they start to colour.
3. Add the **spinach** for a couple of minutes, until it starts to wilt.
4. Serve as a stack, with **spinach** on the bottom, **avocado**, mushroom and topped with the egg.
5. Finally, decorate the plate with the tomatoes and any juices from the pan.

5g  
Carbs

12g  
Protein

24g  
Fat

5g  
SatFat

5g  
Fibre

Weight | 245g

3½  
5-a-day

275  
Cals



# Thai Green Prawn Curry

Anyone curbing their carbs will go crazy for this creamy coconut curry



## Ingredients

- 1 tbsp Thai Green Curry Paste
- 1 tsp Olive Oil
- 1/3 Courgette (sliced lengthways)
- 40g Green Beans (quartered)
- 1 tbsp Coconut Cream
- 1 tsp Fish Sauce
- 100g King Prawns (raw)
- 40g Peas
- 1 sprig Coriander (large, chopped)

## Preparation

1. Heat the **curry paste** in 1 tsp **oil** for 1 min, before adding 50ml water to make a thin paste.
2. Add the **courgette** and **green beans**, cook for a minute, then stir in the **coconut cream** and **fish sauce**.
3. Bring to the boil, then combine the **prawns** and **peas** with the mixture.
4. Turn down the heat and simmer until the prawns are cooked.
5. Serve scattered with the **coriander**.

280  
Cals

2  
5-a-day

4g  
Fibre

10g  
SatFat

16g  
Fat

24g  
Protein

9g  
Carbs

Weight | 250g

# Jamaican Chicken Curry

The ultimate curry... with a whopping 36g protein, 4 of your 5-a-day, and nearly half your daily fibre needs!

## Ingredients

- 1 tsp Curry Powder
- 1 tsp Olive Oil
- 100g Chicken Breast (raw, skinless, cubed)
- 1/3 Red Onion (thinly sliced)
- 1/2 Red Chilli (chopped)
- 120g Tomato (chopped)
- 1/4 Red Pepper (sliced)
- 1/4 Yellow Pepper (sliced)
- 80g Natural Yogurt
- 100ml Chicken Stock (1/2 cube)
- 80g Kidney Beans (tinned)
- 1/4 Mango (cubed)
- 1 sprig Coriander (large, chopped)

## Preparation

1. Coat the chicken in **curry powder**. Heat 1 tsp **oil** in a pan, add the **chicken** and brown for 3 mins.
2. Stir in the **onion**, **chilli**, **tomato** and **peppers**. Fry for a further 5 mins.
3. Pour in the **yogurt** and **stock**. Bring to the boil, then simmer until the chicken is cooked.
4. Add the **beans** and **mango**. Cook gently until the beans are warmed through.
5. Sprinkle with chopped **coriander** to serve.

35g  
Carbs

36g  
Protein

10g  
Fat

3g  
SatFat

14g  
Fibre

Weight | 500g

4  
5-a-day

360  
Cals



# Chickpea Patties

Keep your energy flowing smoothly with the slow release carbs in these pleasant patties

## Ingredients

- 80g Chickpeas (tinned)
- 1 clove Garlic
- 1/3 Courgette
- 1 sprig Coriander
- pinch Cumin (ground)
- 1 Egg
- 2 tbsp Oats
- 1 tsp Olive Oil
- 8 Cherry Tomatoes
- 1 handful Spinach
- 1/4 Avocado (sliced)

## Preparation

1. Blitz the **chickpeas, garlic, courgette, coriander, cumin, egg and oats** in a food processor.
2. Use the mixture to form patties, then chill for 1 hour, until firm.
3. Fry the patties in 1 tsp **oil** on a low heat, until crisp on both sides. Set aside on a warm plate.
4. In the same pan, cook the **tomatoes** until they start to burst.
5. To serve, layer the **spinach** and patties, topped with sliced **avocado** and tomatoes.



355  
Cals

3 1/2  
5-a-day

10g  
Fibre

4g  
SatFat

20g  
Fat

18g  
Protein

26g  
Carbs

Weight | 340g

# Tuna & Roasted Veg

Get all 5 of your 5-a-day (and 41g protein!) with this succulent tuna steak on a colourful bed of veg

## Ingredients

- 80g Aubergine (cubed)
- 160g Butternut Squash (cubed)
- 1/3 Courgette (cubed)
- 2 cloves Garlic (in skin)
- pinch Oregano (dried)
- 1/2 Red Pepper (cubed)
- 1 sprig Rosemary (leaves, chopped)
- 1/2 Yellow Pepper (cubed)
- 2 tsp Olive Oil
- 140g Tuna Steak (fresh)
- 1 tsp Cajun Seasoning
- 1/2 Lime (juice only)

## Preparation

1. Combine **all the ingredients** (except the tuna, lime juice, Cajun seasoning and half the oil) and roast at 200°C for 20 mins.
2. Meanwhile, season the **tuna** on each side with the **Cajun seasoning**.
3. Fry the tuna in the remaining 1 tsp **oil** for 2 mins on each side.
4. Drizzle the **lime juice** over the tuna towards the end of cooking.
5. When the vegetables are cooked, squeeze the garlic out of its skin.
6. Serve the tuna on the veg, drizzled with pan juices.

5  
5-a-day

355  
Cals

26g  
Carbs

41g  
Protein

10g  
Fat

2g  
SatFat

11g  
Fibre

Weight | 445g



# Bean & Cheese Salad

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



## Ingredients

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

## Dressing

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

## Preparation

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

350  
Cals

5  
5-a-day

10g  
Fibre

7g  
SatFat

24g  
Fat

19g  
Protein

12g  
Carbs

Weight | 445g

# Egg & Mackerel Salad

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 tbsp Greek Yogurt
- 1 clove Garlic (minced)
- 1/4 Lemon (juice only)
- 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

28g  
Protein

26g  
Fat

6g  
SatFat

2g  
Fibre

Weight | 295g

1 1/2  
5-a-day

370  
Cals

# Chicken Tagine

Apricots add zesty sweetness to this lively dish



## Ingredients

- pinch Cinnamon (ground)
- pinch Coriander (ground)
- pinch Cumin (ground)
- 75g Chicken Thighs (raw, skinless, boneless)
- 40g Butternut Squash (cubed)
- 1 Carrot (chopped)
- 400ml Chicken Stock (½ cube)
- 80g Chickpeas (tinned)
- 100g Chopped Tomatoes (tinned)
- 3 Dried Apricots (chopped)
- 1 clove Garlic (minced)
- 1/3 Red Onion (chopped)
- 1 sprig Parsley (large, chopped)

## Preparation

1. Rub the **spices** into the **chicken** and pan fry until brown on all sides.
2. Transfer to a slow cooker, adding **all the remaining ingredients** except the parsley.
3. Cook on low for 4 hours.
4. Serve topped with **parsley**.

295  
Cals

5½  
5-a-day

13g  
Fibre

1g  
SatFat

6g  
Fat

25g  
Protein

37g  
Carbs

Weight | 505g

# Vegetable & Bean Chilli

A hearty veggie chilli with sweet potato fingers - perfect for dipping!

## Ingredients

- 40g Black Eye Beans (tinned)
- 40g Butter Beans (tinned)
- 1/2 Carrot (chopped)
- 1/2 Celery stalk (chopped)
- 100g Chopped Tomatoes (tinned)
- pinch Cinnamon (ground)
- pinch Coriander (ground)
- pinch Cumin (ground)
- 1 clove Garlic (minced)
- 40g Kidney Beans (tinned)
- 1 tsp Olive Oil
- 1/4 Onion (chopped)
- 1/2 Red Chilli (thinly sliced)
- 40g Sweetcorn (tinned)
- 300ml Vegetable Stock (½ cube)
- 100g Sweet Potato (fingers)
- 40g Greek Yogurt
- 1 sprig Coriander (large, chopped)

## Preparation

1. Add **all the ingredients** (except the sweet potato, yogurt and fresh coriander) to a slow cooker and cook on medium for 4 hours.
2. Later, bake the **sweet potato** in the oven at 180°C for 30 mins (or until golden), turning half way.
3. Serve the sweet potato topped with the bean chilli, **yogurt** and **fresh coriander**.

59g  
Carbs

16g  
Protein

10g  
Fat

3g  
SatFat

17g  
Fibre

Weight | 510g

4½  
5-a-day

380  
Cals



# Chicken & Cashew Stir-fry

Our highest-protein dish, popping a whopping 50g!



## Ingredients

1 tsp	Olive Oil
150g	Chicken Breast (raw, skinless, sliced)
1/2	Red Chilli (finely sliced)
1 inch	Ginger (finely chopped)
2	Spring Onions (sliced)
80g	Mangetout
1 tbsp	Cashews
160g	Broccoli (florets, blanched)
2 tsp	Fish Sauce
1/2	Lemongrass stalk (finely chopped)
1/2	Lime (juice only)
6	Thai Basil leaves (torn)
5	Mint leaves (chopped)

## Preparation

1. Heat a wok until very hot. Add 1 tsp oil and the chicken strips.
2. After 2 mins, add the chilli, ginger, spring onion, mangetout, cashews and broccoli. Fry for 3 mins, or until the chicken is cooked.
3. Stir through the fish sauce, lemongrass and lime juice, and cook for a further minute.
4. Top with Thai basil and mint to serve.

360  
Cals

3  
5-a-day

10g  
Fibre

2g  
SatFat

12g  
Fat

50g  
Protein

15g  
Carbs

Weight | 300g

# Veg Noodle Stir-fry

You can't go wrong with a classic nutty combo of cashews, noodles & veggies

## Ingredients

50g	uncooked Wholewheat Noodles
1/2	Red Chilli (sliced)
1 inch	Ginger (finely chopped)
1 clove	Garlic (minced)
1/4	Onion (sliced)
1 tsp	Olive Oil
1	Carrot (batons)
80g	Pak Choi (sliced)
1 tbsp	Cashews
40g	Green Beans (cooked)
2 tsp	Fish Sauce
2 tsp	Soy Sauce
1 tsp	Sesame Oil
1 sprig	Coriander (large, chopped)
1/2	Lime (juice only)

## Preparation

1. Cook the noodles according to pack instructions, drain and set aside.
2. Meanwhile, fry the chilli, ginger, garlic and onion in 1 tsp olive oil for 1 minute.
3. Add the carrot, pak choi, cashews and beans, and cook for 2 mins.
4. Stir in the noodles, fish sauce, soy sauce, and 1 tsp sesame oil, and heat for a further minute.
5. Mix through the coriander and lime juice, and serve.

54g  
Carbs

13g  
Protein

14g  
Fat

2g  
SatFat

10g  
Fibre

Weight | 340g

3  
5-a-day

390  
Cals



# Corn Chowder

This jolly soup is an invigorating mix of sweet and salty



## Ingredients

1 sprig **Thyme** (leaves, chopped)  
 1 **Celery** stalk (finely sliced)  
 1/4 **Onion** (diced)  
 100g **Potato** (cubed)  
 1 **Spring Onion** (sliced)  
 120g **Sweetcorn**  
 (removed from cob)  
 400ml **Vegetable Stock** (1/2 cube)

## Preparation

1. Add the **thyme** and **all the veg** (except half the sweetcorn) to a pan. Pour in just enough **stock** to cover the veg and bring to the boil.
2. Meanwhile, add the remaining corn to a food processor with 3 tbsp stock and blitz. Add this to the pan.
3. Top up the pan with the remaining veg stock and cook for 15 mins, or until the potatoes are soft.
4. Lightly mash the potato to thicken the chowder, then serve.

190  
Cals

2  
5-a-day

8g  
Fibre

0g  
SatFat

3g  
Fat

6g  
Protein

38g  
Carbs

Weight | 440g

# Carrot & Lentil Soup

Chilli & spices give this carrot soup a gentle kick

## Ingredients

1 tsp **Cumin Seeds**  
 1 tsp **Olive Oil**  
 1 1/2 **Carrots** (chopped)  
 1 **Celery** stalk (chopped)  
 1/4 **Onion** (chopped)  
 1 clove **Garlic** (minced)  
 1/2 **Red Chilli** (sliced)  
 30g dried **Red Split Lentils**  
 400ml **Vegetable Stock** (1/2 cube)  
 30g **Greek Yogurt**  
 1 sprig **Coriander** (chopped)

## Preparation

1. Dry fry the **cumin seeds** in a saucepan until aromatic.
2. Add 1 tsp **oil**, the **vegetables**, **garlic**, **chilli** and **lentils**, and fry for 3 mins.
3. Pour in the **stock**, bring to the boil and simmer for 15 mins, or until the lentils are swollen.
4. Blend until smooth if desired, or leave as a lovely broth.
5. Stir through the **yogurt** and serve topped with **coriander**.

33g  
Carbs

11g  
Protein

8g  
Fat

2g  
SatFat

9g  
Fibre

Weight | 450g

3  
5-a-day

240  
Cals

# Acid Raspberry Smoothie

Our lowest-calorie smoothie  
- quench your thirst for only 35 cals



## Ingredients

- 60g Frozen Raspberries
- 1/4 Lime (with skin)
- 250ml Water



35

Cals

1

5-a-day

4g

Fibre

0g

SatFat

0g

Fat

1g

Protein

7g

Carbs

Weight | 330g

# Hey Pesto! Smoothie

This extreme-green, savoury delight  
is our lowest-carb smoothie

## Ingredients

- 1/2 Celery stalk
- 1/6 Courgette
- 1/8 Cucumber
- 2 handfuls Kale
- 1 large handful Lambs Lettuce
- 2 handfuls Spinach
- 6 Basil leaves
- 1/2 Lemon (juice only)
- 80ml Water
- 5 Ice Cubes



4g

Carbs

4g

Protein

1g

Fat

0g

SatFat

4g

Fibre

3

5-a-day

45

Cals

# Spiced Broccoli

## Ingredients

80g Broccoli (florets, chopped)  
1 clove Garlic (finely sliced)  
pinch Chilli Flakes  
1/4 Lemon (juice only)

## Preparation

1. Heat 1 tsp oil on a medium heat and add the **broccoli**, **garlic** and **chilli flakes**.
2. Fry for 5 mins, then serve drizzled with **lemon juice**.

3g  
Fibre1g  
SatFat4g  
Fat4g  
Protein3g  
Carbs

Weight | 90g

65  
Cals1  
5-a-day

# Butterbean Dip

## Ingredients

80g Butter Beans (tinned)  
pinch Cumin (ground)  
1 clove Garlic  
1/4 Lemon (juice only)  
5 Mint leaves  
1 Celery stalk (quartered)

## Preparation

1. Whizz **all the ingredients** (except the **celery**) in a food processor. If the consistency is too thick, add a splash of water.
2. Serve with the **celery**.

12g  
Carbs6g  
Protein1g  
Fat0g  
SatFat6g  
Fibre

Weight | 180g

2  
5-a-day75  
Cals

# Celery & Nut Butter

## Ingredients

1 Celery stalk  
2 tsp Almond Butter

## Preparation

1. Half the **celery** stalk and serve filled with the **almond butter**.

70  
Cals1  
5-a-day2g  
Fibre0g  
SatFat6g  
Fat3g  
Protein1g  
Carbs

Weight | 90g

# Lemony Courgette

## Ingredients

1/3 Courgette (ribbons)  
1/4 Lemon (juice only)  
1/2 tsp Olive Oil  
10g Parmesan (grated)  
1 sprig Thyme (leaves, chopped)

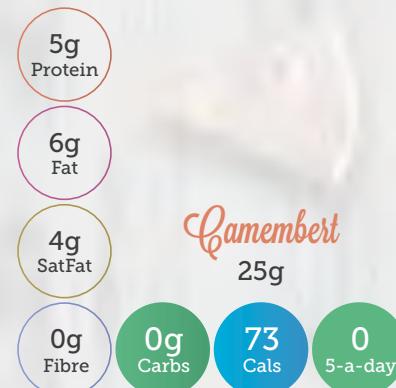
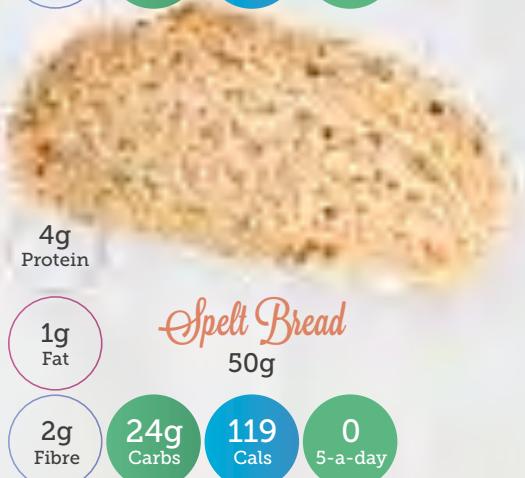
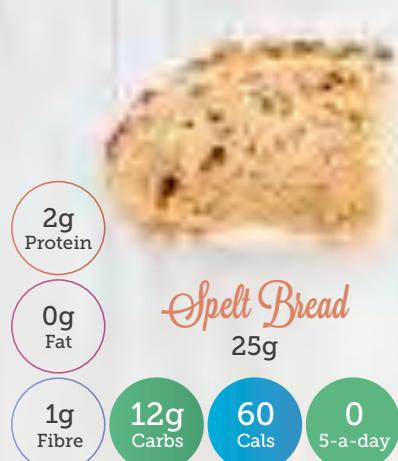
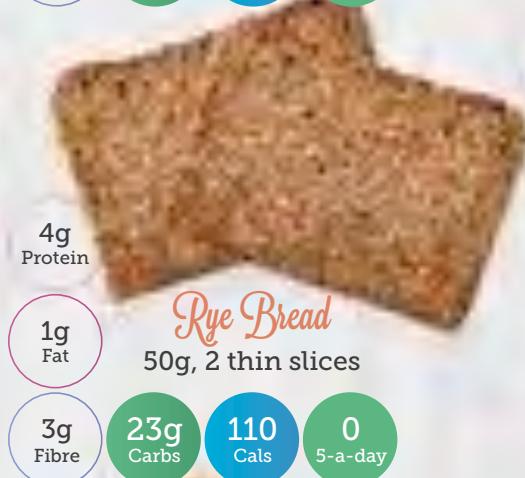
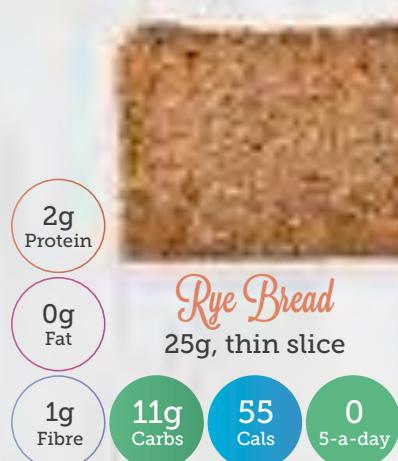
## Preparation

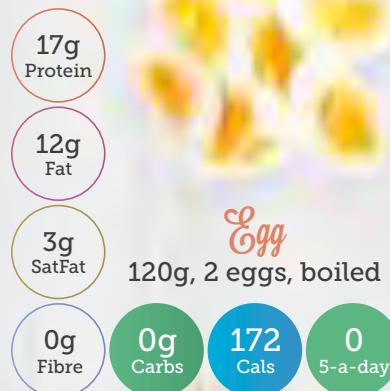
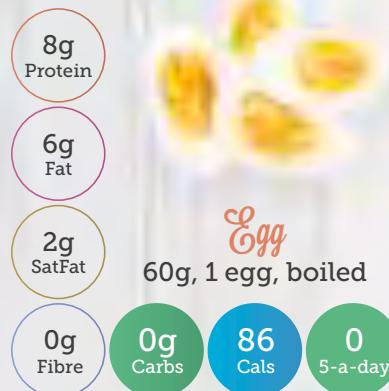
1. Mix **all the ingredients** together and enjoy.

2g  
Carbs5g  
Protein5g  
Fat2g  
SatFat1g  
Fibre

Weight | 110g

1  
5-a-day75  
Cals





0g  
Protein

0g  
Fat

0g  
Fibre

1g  
Protein

0g  
Fat

1g  
Fibre

1g  
Protein

0g  
Fat

1g  
Fibre

1g  
Protein

0g  
Fat

3g  
Fibre

Orange

40g, 1/6 medium, peeled

Peach

70g, destoned

Pear

40g, cored

Orange

80g, 1/3 medium, peeled

Peach

140g, destoned

Pear

80g, cored

0g  
Protein

0g  
Fat

1g  
Fibre

Pomegranate Seeds

20g, 1 heaped tbsp

Raspberries

40g

Strawberries

40g

1g  
Protein

0g  
Fat

1g  
Fibre

Pomegranate Seeds

40g, 2 heaped tbsp

Raspberries

80g

Strawberries

80g

1g  
Fibre

0g  
Protein

0g  
Fat

4g  
Carbs

17  
Cals

Pear

40g, cored

2g  
Fibre

0g  
Protein

0g  
Fat

9g  
Carbs

34  
Cals

Pear

80g, cored

1  
5-a-day

2g  
Fibre

0g  
Protein

0g  
Fat

2g  
Carbs

12  
Cals

Strawberries

40g

1/2  
5-a-day

3g  
Fibre

0g  
Protein

0g  
Fat

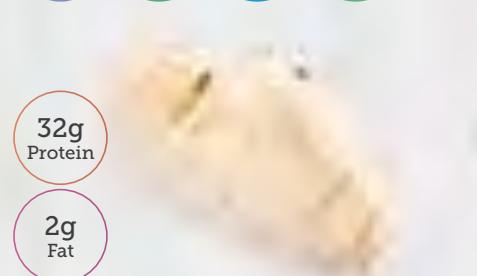
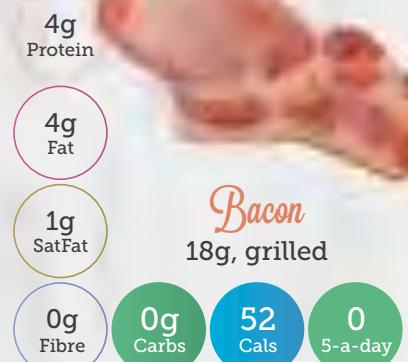
5g  
Carbs

24  
Cals

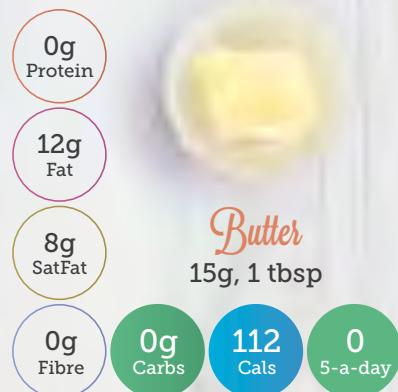
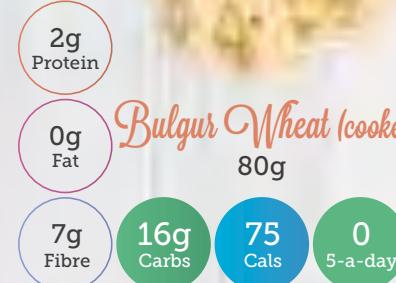
Strawberries

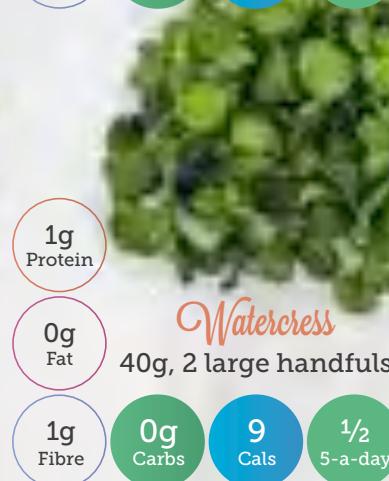
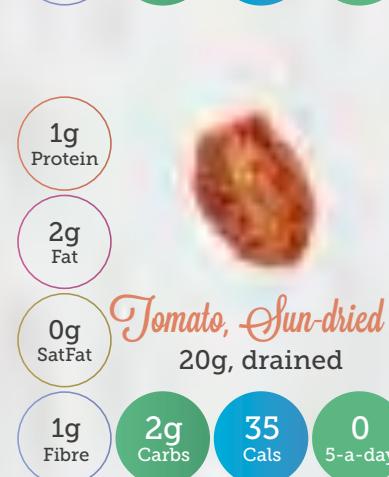
80g

1  
5-a-day









# Recipes

## A

- Acid Raspberry Smoothie 130
- Asparagus Frittata 53, 86
- Avocado & Egg 36, 41, 50, 62

## B

- Bean & Cheese Salad 104
- Beef & Mushroom Stir-fry 53, 116
- Beef & Pearl Barley Stew 56, 111
- Black Bean Soup 34, 125
- Butterbean Dip 42, 57, 139
- Butternut Squash Soup 56, 121

## C

- Carrot Classic Smoothie 37, 132
- Carrot & Lentil Soup 31, 54, 123
- Cauliflower Risotto 40, 80
- Cauli Smoothie 32, 133
- Celery & Nut Butter 37, 47, 138
- Cheesy Breakfast Mushroom 49, 67
- Cheesy Cod Fillets 34, 84
- Cheesy Oatcakes 50, 145
- Chia Seed Breakfast Pot 33, 52, 66
- Chicken & Cashew Stir-fry 33, 118
- Chicken, Kale & Chorizo 52, 93
- Chicken Noodle Soup 40, 128
- Chicken Tagine 39, 112
- Chickpea Patties 49, 90
- Classic Cooked Breakfast 42, 68
- Corn Chowder 35, 122
- Crab & Asparagus Salad 101

## D

- Devilled Eggs 140
- Dijon Chicken with Mash 44, 88

## E

- Egg & Mackerel Salad 54, 105
- Egg & Quinoa Salad 55, 108
- Egg, Salmon & Asparagus 48, 63
- Egg & Spinach on Rye 34, 61
- Egg White & Baked Beans 73

## F

- Fish Pie 37, 87
- Fragrant Crab Soup 32, 124
- Fruity Porridge 39, 70

## G

- Grass in a Glass Smoothie 51, 135
- Guacamole 52, 140

## H

- Hey Pesto! Smoothie 54, 131
- Homemade Beans 145
- Huevos Rancheros 55, 83

## J

- Jamaican Chicken Curry 41, 77

## K

- Kale Crisps 33, 36, 136

## L

- Lamb Dhansak 59, 78
- Lamb & Rosemary Stew 43, 114
- Lemony Courgette 32, 44, 139

## M

- Maple Yogurt & Almonds 48, 141
- Mexican Chicken Mole 42, 94
- Mixed Nuts 54, 143
- Moroccan Veg & Chickpeas 57, 85
- Mozzarella & Tomato 53, 144
- Mushroom Pepper Omelette 44, 72
- Mustard Chicken Salad 37, 102

## O

- Okra & Lentil Curry 30, 75
- Olives, Feta & Veg 55, 137
- Olive Steak Salad 41, 97

## P

- Parsnip Cauliflower Soup 51, 127
- Pick up a Pepper Smoothie 49, 134
- Pollock & Chickpeas 56, 82
- Prawn & Avocado Salad 30, 98
- Prawn & Kale Stir-fry 58, 115

## Q

- Quinoa & Almond Porridge 35, 51, 64
- Quinoa Stuffed Mushrooms 31, 81

## R

- Roasted Pumpkin Seeds 45, 143
- Roots & Lentil Salad 47, 109
- Rosemary Olives 44, 136

## S

- Salmon Kebabs 50, 92
- Smoked Salmon & Eggs 31, 71
- Soya Beans 59, 142
- Spiced Broccoli 56, 138
- Spicy Chickpeas 48, 142
- Spring Chicken Soup 59, 129
- Sprouty Salmon Salad 33, 96
- Sticky Salmon Salad 57, 106
- Sweet Potato Curry 36, 79

## T

- Thai Green Prawn Curry 48, 76
- Thai Vegan Salad 46, 107
- Tofu & Bean Stir-fry 45, 117
- Tofu Scramble 38, 47, 60
- Tom Yum Soup 39, 120
- Triple Tomato Salad 58, 95
- Tuna & Bean Salad 99
- Tuna Lettuce Wraps 36, 51, 144
- Tuna & Roasted Veg 35, 91
- Turkey Meatballs 89
- Turkey Rolls 43, 137
- Tuscan Tomato Soup 126

## V

- Vegetable & Bean Chilli 58, 113
- Veggie Breakfast 45, 69
- Veggie Stew 46, 110
- Veg Noodle Stir-fry 38, 119

## W

- Warm Cauli Salad 38, 100
- Warm Squash Salad 32, 103
- Wild Rice Kedgeree 43, 74

## Y

- Yogurt, Nuts & Blueberries 30, 40, 65
- Yogurt & Seeds 46, 141

# Ingredients

## A

- Alfalfa Sprouts 96, 97, 181
- Almond Butter 138, 173
- Almond Milk 64, 66, 165
- Almonds 141, 167
- Anchovies 153
- Apple 70, 132, 133, 135, 158
- Apricots Dried 112
- Artichokes 181
- Asparagus 63, 86, 88, 99, 101, 105, 181
- Aubergine 75, 85, 91, 110, 182
- Avocado 62, 69, 90, 98, 101, 125, 134, 135, 140, 182

## B

- Baby Corn 137, 140
- Bacon 68, 163
- Balsamic Vinegar 109, 173
- Bamboo Shoots 116, 182
- Basil 89, 93, 128, 131, 144, 162
- Beans
  - Black 125
  - Black Eye 102, 113, 184
  - Broad 184
  - Butter 100, 113, 126, 139, 185
  - Cannellini 73, 88, 99, 126, 145, 186
  - Green 76, 89, 104, 119, 191
  - Kidney 73, 77, 113, 125, 191
  - Mixed 94, 194
  - Soya 104, 115, 142, 198
- Beansprouts 107, 115, 116, 183
- Beef 111
  - Sirloin 97, 116, 163
  - Stock 78, 111, 114
  - Tomato 144
- Beetroot 85, 106, 109, 183
- Black Beans 125
- Blackberries 49, 158
- Black Eye Beans 102, 113, 184
- Blueberries 65, 66, 70, 158

**Brazil Nuts** 52, 167

**Bread**

Rye 61, 71, 146

Sourdough 73

Spelt 146

Wholemeal 84

**Brie** 147

**Broad Beans** 184

**Broccoli** 88, 108, 114, 118, 129, 138, 184

**Bulgur Wheat** 172

**Butter** 173

Beans 100, 113, 126, 139, 185

**Butternut Squash** 78, 87, 91, 103, 109, 110, 112, 121, 185

## C

**Cabbage** 107, 114, 124, 129, 185–186

**Cajun Seasoning** 91

**Camembert** 147

**Cannellini Beans** 73, 88, 99, 126, 145, 186

**Capers** 186

**Cappuccino** 47, 151

**Cardamom** 78

**Carrot** 83, 85, 87, 107, 110, 111, 112, 113, 114, 117, 119, 120, 123, 126, 129, 132, 133, 137, 187

**Cashews** 118, 119, 143, 167

**Cauliflower** 79, 80, 85, 87, 100, 117, 127, 133, 187

**Celery** 110, 111, 113, 114, 122, 123, 126, 129, 131, 132, 134, 138, 139, 187

**Cheddar** 67, 72, 84, 147

**Cheese** 147–150

Cheddar 67, 72, 84

Cottage 145

Cream 88, 93

Feta 137

Goat's 104, 109

Ricotta 81

**Cherry Tomatoes** 60, 68, 69, 72, 81, 82, 85, 89, 90, 95, 98, 101, 102, 104, 105, 108, 110, 137, 201

**Chestnut Mushrooms** 121

**Chia Seeds** 66, 170

**Chicken**

Breast 77, 88, 93, 102, 118, 128, 129, 163

Stock 77, 88, 112, 128, 129

Thighs 94, 112

**Chickpeas** 79, 82, 85, 90, 103, 112, 142, 188

**Chicory** 188

**Chilli** 77, 78, 79, 113, 115, 118, 119, 120, 121, 123, 125, 188

Bean Sauce 117

Flakes 85, 138, 140

Oil 124, 174

Powder 125

**Chipotle Paste** 125

**Chorizo** 93, 164

**Cinnamon** 64, 65, 66, 112, 113, 143

**Coconut**

Cream 76, 79

Milk 124, 165

**Cod** 84, 153

**Coffee** 151

**Coriander** 74, 75, 76, 77, 78, 79, 83, 85, 90, 107, 112, 113, 115, 119, 123, 124, 125, 140, 162

Seeds 85

**Cottage Cheese** 145, 148

**Courgette** 76, 85, 90, 91, 92, 96, 107, 117, 125, 131, 139, 189

**Crab** 101, 124, 153

**Crackers** 146

**Cream**

Cheese 88, 93

Coconut 76, 79

Whipping 87

**Crispbread** 146

**Cucumber** 71, 104, 107, 131, 133, 145, 189

**Cumin** 78, 83, 90, 103, 112, 113, 125, 139, 142

Seeds 85, 123

**Curry**

Paste 74, 75, 76, 79

Powder 77

## D

**Demerara Sugar** 73

**Dijon Mustard** 88, 92, 100, 109, 140, 177

**Dill** 63, 71, 87, 92, 97, 98, 99

**Dolcelatte** 148

## E

**Egg** 61, 62, 63, 68, 69, 71, 72, 74, 83, 86, 89, 90, 105, 108, 140, 152

Whites 73

**English Mustard** 177

**Espresso** 151

## F

**Fennel** 84, 133, 189

**Feta** 137, 148

**Fish** 63, 71, 74, 76, 82, 84, 87, 91, 92, 96, 98, 99, 101, 105, 106, 115, 120, 124, 144, 153–157

Sauce 76, 115, 118, 119, 128, 174

**Flour** 114

## G

**Galangal** 120

**Galia Melon** 159

**Garlic** 190

**Gherkins** 190

**Ginger** 78, 79, 106, 107, 115, 116, 118, 119, 120, 124, 128, 133, 190

**Goat's**

Cheese 104, 109, 149

Milk 165

**Grapefruit** 159

**Greek Yogurt** 66, 80, 105, 113, 123, 174

**Green Beans** 76, 89, 104, 119, 191

## H

**Haddock** 74

**Halloumi** 149

**Hazelnuts** 143, 168

**Hemp Milk** 165

**Honey** 145, 175

**Horseradish Sauce** 105, 175

## K

**Kaffir Lime Leaves** 120, 124

**Kale** 83, 84, 85, 93, 100, 103, 115, 126, 131, 135, 136, 191

**Kidney Beans** 73, 77, 113, 125, 191

## L

**Lamb** 78, 114, 164

**Lambs Lettuce** 96, 131, 193

**Leek** 84, 110, 126, 192

**Lemongrass** 118, 120

**Lemon Juice** 62, 63, 71, 74, 82, 87, 92, 96, 97, 98, 100, 101, 103, 105, 106, 108, 109, 131, 136, 137, 138, 139, 175

**Lemon Peel** 101

**Lentils** 192

Puy 109

Split 75, 78, 110, 123

**Lettuce** 192

Lambs 96, 131, 193

Little Gem 98, 144, 193

**Lime** 130

**Lime Juice** 91, 95, 107, 115, 118, 119, 120, 124, 125, 133, 134, 135, 140, 176

**Little Gem Lettuce** 98, 144, 193

## M

**Mackerel** 105, 154

**Mangetout** 118, 193

**Mango** 77, 101

**Maple Syrup** 66, 141

**Mayonnaise** 140, 144, 176

**Melon** 159

**Milk** 70, 74, 166

Almond 64, 66, 165

Coconut 124, 165

Goat's 165

Hemp 165

Oat 165

Rice 165

Soya 166

**Mince Turkey** 89

**Mint** 85, 118, 139, 162

**Mirin** 115, 176

**M**  
**Mole Sauce** 94  
**Mozzarella** 144, 149  
**Mushrooms** 68, 69, 72, 80, 111, 116, 128, 194  
  Chestnut 121  
  Portobello 67, 81  
**Mustard** 88, 92, 100, 109, 137, 140, 177  
  Seeds 75

**N**

**Natural Yogurt** 63, 65, 70, 92, 127, 141, 178  
**Nectarine** 39, 159  
**Nigella Seeds** 85  
**Noodles** 119, 128  
**Nutmeg** 143  
**Nuts** 167–169

**O**

**Oatcake** 145, 146  
**Oat Milk** 165  
**Oats** 70, 90  
**Oil** 174, 178, 180  
**Okra** 75, 195  
**Olive Oil** 178  
**Olives** 97, 98, 104, 136, 137, 195  
**Onion** 195–196  
  Spring 98, 107, 108, 118, 122, 124, 128, 144, 199  
**Orange** 106, 160  
**Oregano** 81, 91  
**Oyster Sauce** 116

**P**

**Pak Choi** 119, 124, 128, 197  
**Paprika** 83, 103, 110, 126, 136, 140, 142, 145  
**Parmesan** 80, 87, 139, 150  
**Parsley** 60, 72, 73, 81, 84, 86, 87, 94, 98, 99, 100, 101, 108, 112, 129, 135, 162  
**Parsnip** 88, 109, 111, 127, 196  
**Pasta** 171  
**Peach** 160  
**Peanut Butter** 107, 178

**Peanuts** 143, 168  
**Pear** 134, 135, 160  
**Pearl Barley** 100, 111, 114, 172  
**Peas** 76, 129, 196  
  Sugar Snap 108, 116, 199  
**Pecans** 65, 70, 168  
**Pepper** 60, 67, 72, 75, 77, 83, 85, 91, 92, 93, 94, 103, 107, 110, 115, 116, 124, 134, 197  
**Pesto** 179  
**Petit Pois** 80, 96  
**Pineapple** 98  
**Pine Nuts** 169  
**Pistachios** 169  
**Pollock** 82, 87  
**Pomegranate Seeds** 161  
**Portobello Mushrooms** 67, 81  
**Potato** 122  
  Sweet 79, 89, 113, 200  
**Prawns** 76, 87, 98, 115, 120, 154  
**Pumpkin Seeds** 100, 103, 108, 143, 170  
**Puy Lentils** 109

**Q**

**Quinoa** 64, 81, 108, 172  
**Quorn** 152

**R**

**Radicchio** 197  
**Radishes** 104, 107, 198  
**Raisins** 100  
**Raspberries** 45, 64, 130, 161  
**Red Leicester** 150  
**Red Wine** 114  
  Vinegar 109, 179  
**Rice**  
  Brown 171  
  Milk 165  
  Wild 74, 171  
  Wine Vinegar 107, 179  
**Ricotta** 81  
**Rocket** 60, 71, 89, 198  
**Rosemary** 80, 89, 91, 111, 114, 121, 126, 136, 162  
**Rye Bread** 61, 71, 146

**S**

**Salad Leaves** 101, 102, 105, 194  
**Salmon** 92, 106, 155  
  Smoked 63, 71, 96, 155  
**Sardines** 156  
**Scallops** 156  
**Seafood Sticks** 156  
**Sesame Oil** 106, 107, 119, 180  
**Sesame Seeds** 106  
**Sirloin Beef** 97, 116, 163  
**Smoked Salmon** 63, 71, 96, 155  
**Sourdough Bread** 73  
**Soya**  
  Beans 104, 115, 142, 198  
  Milk 166  
**Soy Sauce** 106, 107, 115, 116, 117, 119, 128, 145, 180  
**Spelt Bread** 146  
**Spinach** 61, 68, 69, 72, 78, 82, 87, 90, 99, 131, 134, 199  
**Split Lentils** 75, 78, 110, 123  
**Spring Onion** 98, 107, 108, 118, 122, 124, 128, 144, 199  
**Sprouts Alfalfa** 96, 97, 181  
**Squash** 78, 87, 91, 103, 109, 110, 112, 121, 185  
**Stilton** 150  
**Stock**  
  Beef 78, 111, 114  
  Chicken 77, 88, 112, 128, 129  
  Vegetable 75, 79, 80, 110, 113, 120, 121, 122, 123, 124, 125, 126, 127  
**Strawberries** 109, 132, 161  
**Sugar** 73  
  Snap Peas 108, 116, 199  
**Sumac** 82, 85  
**Sun-dried Tomatoes** 86, 95, 201  
**Sunflower Seeds** 170  
**Sweetcorn** 113, 122, 125, 200  
**Sweet Potato** 79, 89, 113, 200  
**Syrup** 66, 141

**T**

**Tabasco** 140  
**Tahini** 103, 108  
**Tarragon** 88, 102

**Tea** 151

**Thai Basil** 118  
**Thyme** 80, 89, 110, 111, 121, 122, 127, 129, 139, 145, 162  
**Tofu** 60, 107, 117, 152  
**Tomato** 77, 79, 87, 95, 97, 140, 200  
  Beef 144  
  Cherry 60, 68, 69, 72, 81, 82, 85, 89, 90, 95, 98, 101, 102, 104, 105, 108, 110, 137, 201  
  Purée 114  
  Sun-dried 86, 95, 201  
  Tinned 73, 78, 83, 94, 111, 112, 113, 126, 145  
**Trout** 157  
**Tuna** 91, 99, 144, 157  
**Turkey** 137, 164  
  Mince 89  
**Turmeric** 78

**V**

**Vanilla Pod** 64, 66  
**Vegetable Stock** 75, 79, 80, 110, 113, 120, 121, 122, 123, 124, 125, 126, 127  
**Vinegar**  
  Balsamic 109, 173  
  Red Wine 109, 179  
  Rice Wine 107, 179  
  White Wine 73, 99, 180

**W**

**Walnuts** 64, 169  
**Watercress** 67, 81, 97, 106, 109, 201  
**Whipping Cream** 87  
**White Wine Vinegar** 73, 99, 180  
**Wholegrain Mustard** 137, 177  
**Wild Rice** 74, 171  
**Wine** 114  
**Worcestershire Sauce** 111

**Y**

**Yogurt**  
  Greek 66, 80, 105, 113, 123, 174  
  Natural 63, 65, 70, 92, 127, 141, 178

# Meal plans to help you stick to your very low-calorie diet

The brains behind the #1 bestselling Carbs & Cals are back. This time with the perfect weight loss book for people following a very low-calorie diet, such as the blood sugar diet.

Featuring a range of beautifully designed, mouth-watering recipes, scrumptious snacks and 30 daily meal plans, this visual guide helps you stay within your calorie allowance. Be inspired! Planning very low-calorie meals has never been easier!

## Features

- 75 delicious, easy-to-prepare recipes
- 30 daily meal plans (all 800 cals or less)
- 20 low-calorie snacks
- 330 photos of ingredients to help you plan your own meals and snacks
- Values for carbs, calories, protein, fat, saturated fat, fibre and 5-a-day fruit & veg
- An informative introduction, explaining the scientific evidence behind the blood sugar diet and other very low-calorie diets

## Chapters

Contains a wide range of single-portion recipes including breakfasts, curries, salads, slow cooker dishes, stir-fries, soups, smoothies and snacks; as well as 56 pages of individual ingredients.



Total = 800  
Cals

For more information about our bestselling and multi-award-winning book & app, visit our website: [www.carbsandcals.com](http://www.carbsandcals.com)

# Carbs & Cals

ISBN 978-1-9082612-0-5



9 781908 261205

£9.99

Chello Publishing  
Limited

