

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 | info@chellopublishing.co.uk

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

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

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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.

Veggie Breakfast

Page
69

275
Cals



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.



Corn Chowder

Page
122190
Cals

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 re-gain? 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.

Chickpea Patties

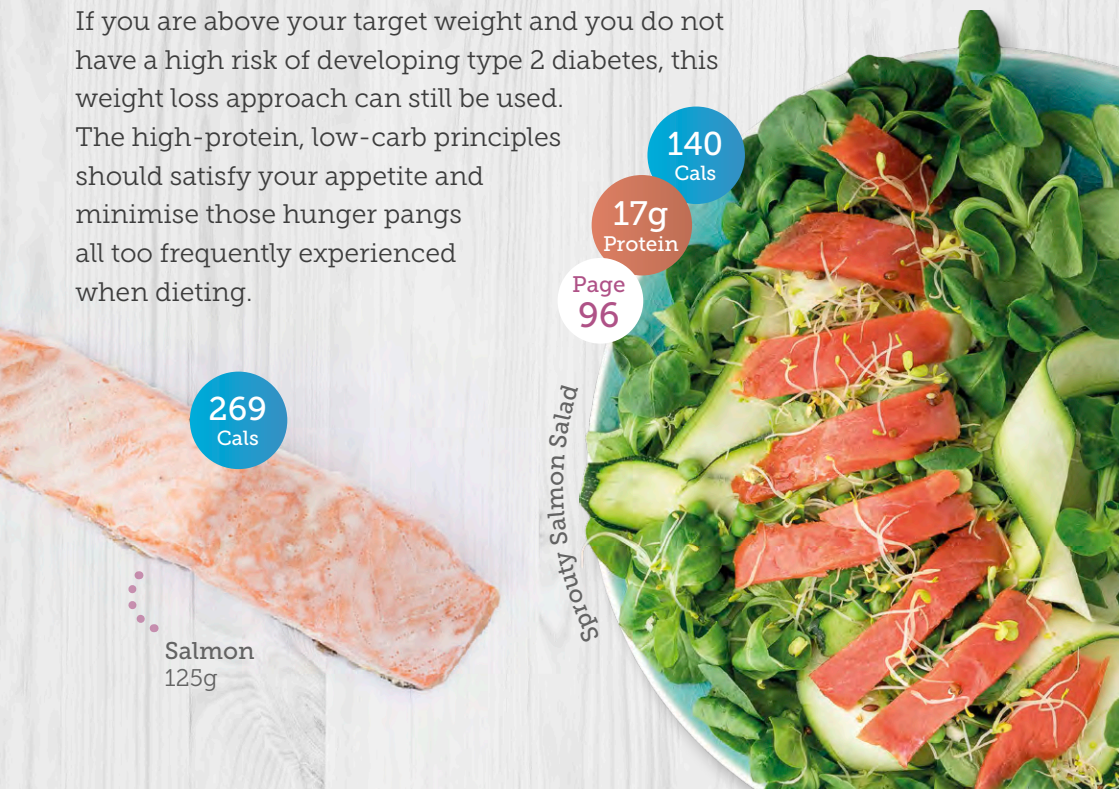
Page
90355
CalsPage
91355
Cals

Tuna & Roasted Veg

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.



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.

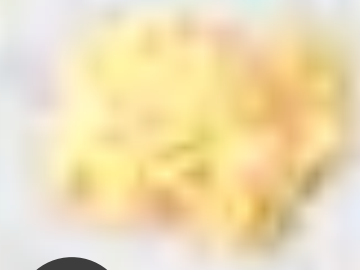


16g
Protein

Mackerel
75g

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.



HIGH
GI

Mashed Potato
80g

V



LOW
GI

Quinoa
80g

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.



27g
Carbs

Basmati Rice
100g

V



3g
Carbs

Cauliflower Rice
100g

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.

15g
Carbs

Page
145

Cheesy Oatcakes

1g
Carbs

Page
136

Kale Crisps

Almonds
10g

2g
Protein

Pistachios
10g

2g
Protein

Cashews
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.

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:



35g
Carbs

8g
Protein

Corn Flakes with
Skimmed Milk

swap
to

Yogurt, Nuts
& Blueberries



13g
Carbs

10g
Protein

Page
65



23g
Carbs

1g
Protein

Fruit Salad

swap
to

Cheesy
Breakfast
Mushroom



3g
Carbs

18g
Protein

Page
67



33g
Carbs

6g
Protein

Pancake with
Maple Syrup

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.

7g
Fibre

Kidney
Beans
80g



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.

18
Cals

Cherry
Tomatoes
80g



14g
Fat

Avocado
70g



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.

0
Cals

Water
Pint



208
Cals

2
Units

Lager
Pint



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.

3
Cals

Sugar free
Squash
Half Pint



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:

Cals

5-a-day

Fibre

SatFat

Fat

Protein

Carbs

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.

135
Cals

Page
60

Tofu Scramble

275
Cals

Page
100

Warm Cauli Salad

390
Cals

Page
119

Veg Noodle Stir-fry

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.



- ★ 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



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

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 eggcellent 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

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'.

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

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.



Thai Vegan Salad

Page
107

390
Cals



Page
128

285
Cals

Chicken Noodle Soup

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

Page
76

280
Cals

Thai Green Prawn Curry



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.



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 & Blueberries

Meal Plan 1

Breakfast

Yogurt, Nuts & Blueberries

Lunch

Prawn & Avocado Salad

Dinner

Okra & Lentil Curry

230
CalsPage
98

Prawn & Avocado Salad

Page
75255
Cals

Okra & Lentil Curry

Daily Plan Total:

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

Meal Plan 2

Breakfast

Smoked Salmon & Eggs

Lunch

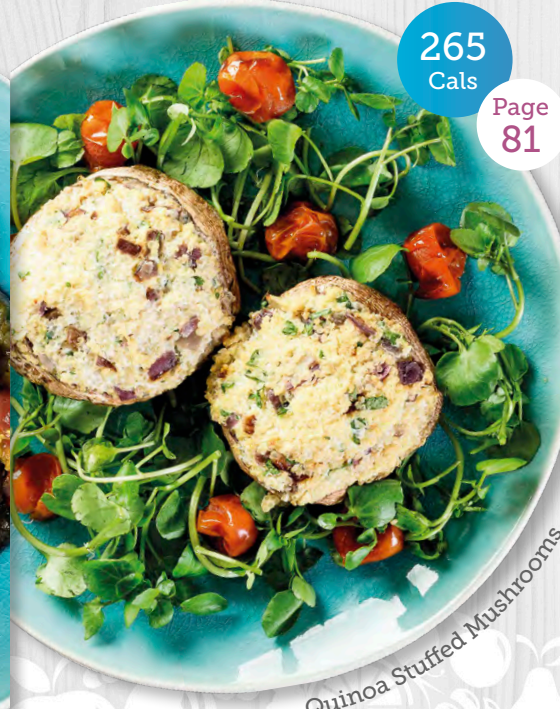
Carrot & Lentil Soup

Dinner

Quinoa Stuffed Mushrooms

290
CalsPage
71

Smoked Salmon & Eggs

265
CalsPage
81

Quinoa Stuffed Mushrooms

240
CalsPage
123

Carrot & Lentil Soup

Daily Plan Total:

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

Meal Plan 15

295
Cals

Page
72

Breakfast

Mushroom Pepper Omelette

Snacks

Lemony Courgette

Rosemary Olives

Dinner

Dijon Chicken with Mash

Mushroom Pepper Omelette

Lemony Courgette

Dijon Chicken with Mash

60
Cals

Page
136

75
Cals

Page
139



Rosemary Olives

Page
88

355
Cals

Daily Plan Total:

785
Cals

7½
5-a-day

17g
Fibre

14g
SatFat

44g
Fat

62g
Protein

32g
Carbs

Meal Plan 16

275
Cals

Page
69

Breakfast

Veggie Breakfast

Snacks

Roasted Pumpkin Seeds

Raspberries

Dinner

Tofu & Bean Stir-fry

Veggie Breakfast

120
Cals

Page
143

355
Cals

Page
117

Tofu & Bean Stir-fry

Roasted Pumpkin Seeds

20
Cals

Page
161

80g
Raspberries

Daily Plan Total:

8

5-a-day

770
Cals

36g
Carbs

44g
Protein

50g
Fat

10g
SatFat

18g
Fibre

Meal Plan 25

Breakfast

Egg & Mackerel Salad

Lunch

Carrot & Lentil Soup

Dinner

Hey Pesto! Smoothie

Snack

Mixed Nuts



Egg & Mackerel Salad

Page
105

370
Cals



Carrot & Lentil Soup

240
Cals

Page
123

120
Cals

Page
143



Mixed Nuts

Page
131

45
Cals



Hey Pesto! Smoothie

60
Cals

Page
137



Olives, Feta & Veg

Meal Plan 26

Breakfast

Huevos Rancheros

Lunch

Egg & Quinoa Salad

Snack

Olives, Feta & Veg



Huevos Rancheros

275
Cals

Page
83



Egg & Quinoa Salad

Page
108

390
Cals

Daily Plan Total:

775
Cals

7½
5-a-day

17g
Fibre

10g
SatFat

45g
Fat

47g
Protein

45g
Carbs

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.

26g
Carbs

41g
Protein

10g
Fat

2g
SatFat

11g
Fibre

Weight | 445g

5
5-a-day

355
Cals

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

11 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)
- ⅓ **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)
- ½ **Carrot** (chopped)
- ½ **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**
- ¼ **Onion** (chopped)
- ½ **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

Weight | 395g

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**.

65
Cals

1
5-a-day

3g
Fibre

1g
SatFat

4g
Fat

4g
Protein

3g
Carbs

Weight | 90g



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
Cals

1
5-a-day

2g
Fibre

0g
SatFat

6g
Fat

3g
Protein

1g
Carbs

Weight | 90g

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
Carbs

6g
Protein

1g
Fat

0g
SatFat

6g
Fibre

Weight | 180g



2
5-a-day

75
Cals

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
Carbs

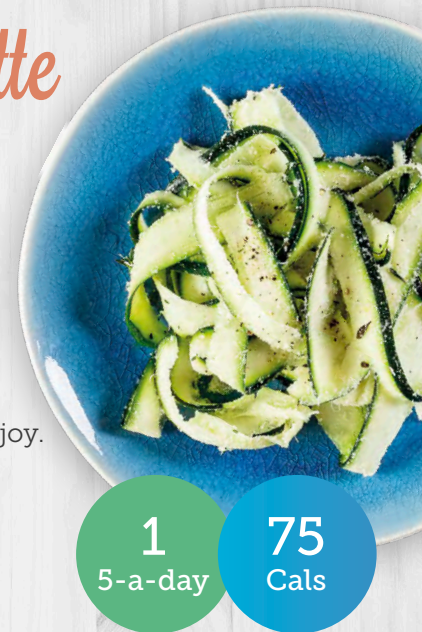
5g
Protein

5g
Fat

2g
SatFat

1g
Fibre


Weight | 110g



1
5-a-day


75
Cals

1g
Protein*Oatcake*
10g2g
Fat1g
SatFat1g
Fibre6g
Carbs45
Cals0
5-a-day1g
Protein*Crispbread*
11g0g
Fat2g
Fibre7g
Carbs31
Cals0
5-a-day2g
Protein*Rye Bread*
25g, thin slice0g
Fat1g
Fibre11g
Carbs55
Cals0
5-a-day4g
Protein*Rye Bread*
50g, 2 thin slices1g
Fat3g
Fibre23g
Carbs110
Cals0
5-a-day2g
Protein*Spelt Bread*
25g0g
Fat1g
Fibre12g
Carbs60
Cals0
5-a-day4g
Protein*Spelt Bread*
50g1g
Fat2g
Fibre24g
Carbs119
Cals0
5-a-day5g
Protein*Brie*
25g7g
Fat5g
SatFat0g
Fibre0g
Carbs86
Cals0
5-a-day10g
Protein*Brie*
50g15g
Fat9g
SatFat0g
Fibre0g
Carbs172
Cals0
5-a-day5g
Protein*Camembert*
25g6g
Fat4g
SatFat0g
Fibre0g
Carbs73
Cals0
5-a-day11g
Protein*Camembert*
50g11g
Fat7g
SatFat0g
Fibre0g
Carbs145
Cals0
5-a-day6g
Protein*Cheddar*
25g9g
Fat5g
SatFat0g
Fibre0g
Carbs104
Cals0
5-a-day13g
Protein*Cheddar*
50g17g
Fat11g
SatFat0g
Fibre0g
Carbs208
Cals0
5-a-day



Egg
60g, 1 egg, boiled

8g Protein
6g Fat
2g SatFat
0g Fibre
0g Carbs
86 Cals
0 5-a-day



Egg
120g, 2 eggs, boiled

17g Protein
12g Fat
3g SatFat
0g Fibre
0g Carbs
172 Cals
0 5-a-day



Quorn Chicken Pieces
75g

10g Protein
2g Fat
1g SatFat
5g Fibre
1g Carbs
72 Cals
0 5-a-day




Quorn Chicken Pieces
150g

21g Protein
4g Fat
2g SatFat
10g Fibre
2g Carbs
144 Cals
0 5-a-day



Tofu
40g, fried

9g Protein
7g Fat
1g SatFat
1g Fibre
1g Carbs
104 Cals
0 5-a-day



Tofu
80g, fried

19g Protein
14g Fat
2g SatFat
1g Fibre
2g Carbs
209 Cals
0 5-a-day



Anchovies (tinned in oil)
4g, drained

1g Protein
0g Fat
0g Fibre
0g Carbs
8 Cals
0 5-a-day



Anchovies (tinned in oil)
12g, drained

3g Protein
1g Fat
0g Fibre
0g Carbs
23 Cals
0 5-a-day



Cod (baked)
60g

14g Protein
0g Fat
0g Fibre
0g Carbs
60 Cals
0 5-a-day



Cod (baked)
125g

30g Protein
1g Fat
0g Fibre
0g Carbs
125 Cals
0 5-a-day



Crab (tinned in brine)
50g, drained

9g Protein
0g Fat
0g Fibre
0g Carbs
39 Cals
0 5-a-day



Crab (tinned in brine)
100g, drained

18g Protein
1g Fat
0g Fibre
0g Carbs
77 Cals
0 5-a-day

0g
Protein

0g
Fat

0g
Fibre

Orange

40g, 1/6 medium, peeled

3g
Carbs

14
Cals

1/2
5-a-day

1g
Protein

0g
Fat

1g
Fibre

Orange

80g, 1/3 medium, peeled

7g
Carbs

29
Cals

1
5-a-day

1g
Protein

0g
Fat

1g
Fibre

Peach

70g, destoned

5g
Carbs

23
Cals

1/2
5-a-day

1g
Protein

0g
Fat

3g
Fibre

Peach

140g, destoned

11g
Carbs

46
Cals

1
5-a-day

0g
Protein

0g
Fat

1g
Fibre

Pear

40g, cored

4g
Carbs

17
Cals

1/2
5-a-day

0g
Protein

0g
Fat

2g
Fibre

Pear

80g, cored

9g
Carbs

34
Cals

1
5-a-day

0g
Protein

0g
Fat

1g
Fibre

Pomegranate Seeds

20g, 1 heaped tbsp

3g
Carbs

17
Cals

0
5-a-day

1g
Protein

0g
Fat

1g
Fibre

Pomegranate Seeds

40g, 2 heaped tbsp

6g
Carbs

34
Cals

1/2
5-a-day

1g
Protein

0g
Fat

1g
Fibre

Raspberries

40g

2g
Carbs

10
Cals

1/2
5-a-day

1g
Protein

0g
Fat

3g
Fibre

Raspberries

80g

4g
Carbs

20
Cals

1
5-a-day

0g
Protein

0g
Fat

2g
Fibre

Strawberries

40g

2g
Carbs

12
Cals

1/2
5-a-day

0g
Protein

0g
Fat

3g
Fibre

Strawberries

80g

5g
Carbs

24
Cals

1
5-a-day



Basil
6 leaves



Mint
5 leaves



Rosemary
sprig



Coriander
large sprig



Parsley
large sprig



Thyme
sprig



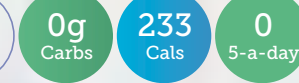
27g Protein

14g Fat

6g SatFat

0g Fibre

Beef, Sirloin
100g, fried



54g Protein

28g Fat

12g SatFat

0g Fibre

Beef, Sirloin
200g, fried



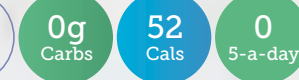
4g Protein

4g Fat

1g SatFat

0g Fibre

Bacon
18g, grilled



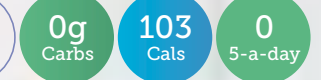
8g Protein

8g Fat

3g SatFat

0g Fibre

Bacon
36g, grilled



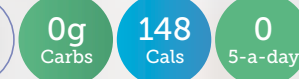
32g Protein

2g Fat

1g SatFat

0g Fibre

Chicken Breast (no skin)
100g, grilled



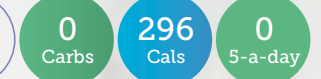
64g Protein

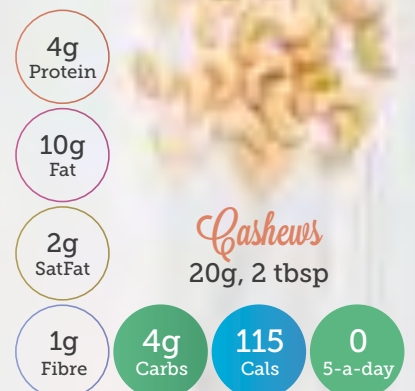
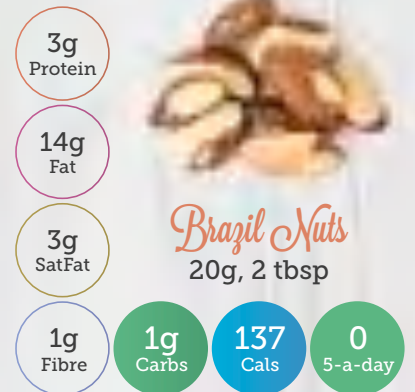
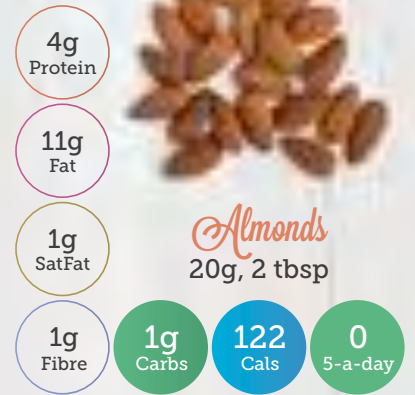
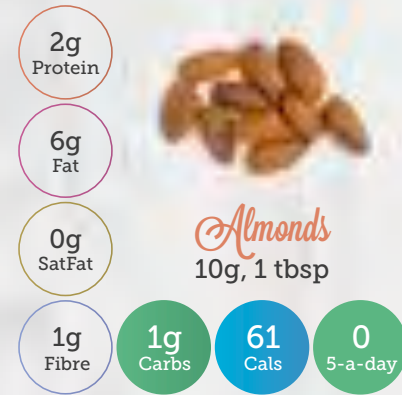
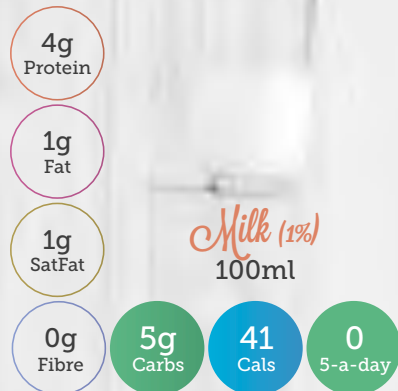
4g Fat


1g SatFat

0g Fibre

Chicken Breast (no skin)
200g, grilled







Bulgur Wheat (cooked)
80g

2g Protein
0g Fat
7g Fibre
16g Carbs
75 Cals
0 5-a-day



Bulgur Wheat (cooked)
160g

4g Protein
1g Fat
14g Fibre
32g Carbs
150 Cals
0 5-a-day




Pearl Barley (cooked)
80g

2g Protein
0g Fat
3g Fibre
22g Carbs
96 Cals
0 5-a-day




Pearl Barley (cooked)
160g

4g Protein
1g Fat
6g Fibre
44g Carbs
192 Cals
0 5-a-day



Quinoa (cooked)
80g

4g Protein
2g Fat
2g Fibre
15g Carbs
92 Cals
0 5-a-day



Quinoa (cooked)
160g

7g Protein
3g Fat
5g Fibre
30g Carbs
184 Cals
0 5-a-day



Almond Butter
5g, 1 tsp

1g Protein
3g Fat
0g SatFat
1g Fibre
0g Carbs
33 Cals
0 5-a-day



Almond Butter
15g, 1 tbsp

4g Protein
8g Fat
1g SatFat
2g Fibre
1g Carbs
98 Cals
0 5-a-day




Balsamic Vinegar
5ml, 1 tsp

0g Protein
0g Fat
0g Fibre
2g Carbs
8 Cals
0 5-a-day




Balsamic Vinegar
15ml, 1 tbsp

0g Protein
0g Fat
0g Fibre
6g Carbs
24 Cals
0 5-a-day



Butter
5g, 1 tsp

0g Protein
4g Fat
3g SatFat
0g Fibre
0g Carbs
37 Cals
0 5-a-day



Butter
15g, 1 tbsp

0g Protein
12g Fat
8g SatFat
0g Fibre
0g Carbs
112 Cals
0 5-a-day

0g
Protein0g
Fat*Sweet Potato*

40g, 1/4 small, boiled

1g
Fibre8g
Carbs34
Cals1/2
5-a-day1g
Protein0g
Fat*Sweet Potato*

80g, 1/2 small, boiled

2g
Fibre16g
Carbs67
Cals1
5-a-day1g
Protein1g
Fat*Sweetcorn*

40g

1g
Fibre6g
Carbs31
Cals1/2
5-a-day2g
Protein1g
Fat*Sweetcorn*

80g

2g
Fibre11g
Carbs62
Cals1
5-a-day0g
Protein0g
Fat*Tomato*

40g, small

0g
Fibre1g
Carbs6
Cals1/2
5-a-day0g
Protein0g
Fat*Tomato*

80g, 2 small

1g
Fibre2g
Carbs11
Cals1
5-a-day0g
Protein0g
Fat*Tomato, Cherry*

40g, 4 small

1g
Fibre1g
Carbs9
Cals1/2
5-a-day1g
Protein0g
Fat*Tomato, Cherry*

80g, 8 small

1g
Fibre3g
Carbs18
Cals1
5-a-day1g
Protein2g
Fat0g
SatFat*Tomato, Sun-dried (in oil)*

20g, drained

1g
Fibre2g
Carbs35
Cals0
5-a-day2g
Protein5g
Fat1g
SatFat*Tomato, Sun-dried (in oil)*

40g, drained

3g
Fibre3g
Carbs69
Cals0
5-a-day1g
Protein0g
Fat*Watercress*

20g, large handful

0g
Fibre0g
Carbs4
Cals0
5-a-day1g
Protein0g
Fat*Watercress*

40g, 2 large handfuls

1g
Fibre0g
Carbs9
Cals1/2
5-a-day

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