

Heart-Healthy Grill & Barbecue Cookbook for the Over-50s

Year-Round Low-Salt, Low-Sugar and Low-Fat Recipes
for Indoor and Outdoor Grilling — No-Fuss, Full of
Flavour



Leonora Key

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This book is intended for informational and inspirational purposes only and is not intended to be a substitute for professional medical advice. Always consult with your doctor before making any changes to your diet or health routine.

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Note to the Reader

This book has been created with great care, intention, and from the heart.

It is a companion on your journey to healthy ageing, offering recipes designed to support your memory, focus, and energy. The recipes are more than just food—they are small acts of self-respect, self-kindness, and everyday nourishment.

Please consult your GP or a qualified healthcare professional before making any significant changes to your diet or lifestyle—especially if you have ongoing health concerns or are taking regular medications. This is not a medical manual; it is a collection of simple, nourishing dishes to help you find your own rhythm of eating.

I hope you find comfort, joy, and inspiration here. Let these recipes be daily companions, not rigid rules, guiding you gently towards a table where food feels safe, satisfying, and joyful again.

With warmth and gratitude,

Leonora Key

Description

You deserve to enjoy summer meals that are simple, satisfying, and good for your heart.

If you're over 50 and looking for a lighter, healthier way to enjoy the pleasures of grilling, this book is for you.

The Heart-Healthy Grill Cookbook for the Over 50s offers a comforting collection of low-salt, low-fat, and low-sugar recipes designed to help you:

- **Support heart health without sacrificing flavour**
- **Cook safely indoors or outdoors—even on the balcony or in your oven**
- **Enjoy easy, fuss-free meals made with wholesome fish, veggies, and herbs**
- **Feel confident in the kitchen, even if you're new to grilling**

Whether you're cooking for yourself, your partner, or loved ones, this book brings you a relaxed and heart-smart approach to summer meals—with recipes that are as nourishing as they are delicious.

Inside, you'll find:

- Easy-to-follow grilling techniques, including safe alternatives for indoor cooking
- Fresh, seasonal recipes using foil packets, lean proteins, and colourful vegetables
- Helpful tips for reducing salt, sugar, and fat—without losing taste
- Encouragement and practical ideas every step of the way

Grill with confidence. Eat with joy. Feel better with every bite.

Let this book be your gentle guide to a heart-friendly summer—one flavourful meal at a time.

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Introduction

Welcome

Summer isn't just a season—it's a feeling.

A time for lightness, warmth, and meals that nourish without stress.

If you're holding this book, chances are you're not looking for another strict diet or complicated food rules.

You're looking for something gentler. A way to eat well, feel well, and take care of your heart—with ease and enjoyment.

This book was created for adults over 50—people who've lived, learned, and now want to cook not for trends or pressure, but for peace of mind, for balance, and for the simple joy of a good meal.

There are no “don'ts” here.

Just an invitation to reconnect with your body, to enjoy real food that's easy to prepare, full of flavour, and kind to your heart.

This isn't about dieting—it's about building a new friendship with your body.

One that's based on listening, loving, and living well—one delicious bite at a time.

What Makes This Book Special

This isn't just another summer cookbook.

It's a gentle guide made with care—for those of us who want to eat well, feel well, and live fully, without stress or restriction.

Here, you won't find complicated steps, trendy ingredients, or pressure to be perfect. What you will find is a relaxed approach to heart-healthy cooking that fits your life—whether you're using a barbecue, a small oven on the balcony, or just a pan in the kitchen.

Each recipe in this book is

- **Low in salt, sugar, and fat—but full of warmth and flavour**
- **Designed to be simple and approachable, even if you've never grilled before**
- **Built for flexibility—so you can cook indoors or outdoors, for one or for many**
- **Meant to support your heart, energy, and peace of mind**

This book isn't about cutting things out. It's about welcoming in a new way to cook that feels good, tastes good, and gives your body the kindness it deserves.

Whether you're cooking for yourself, for a partner, or for family, you'll find comfort here—not just in the meals, but in the way they make you feel.

Our Gentle Approach to Health

Eating well after 50 isn't about cutting everything out—it's about choosing what feels good and supports your body, without sacrificing the joy of food.

In this book, we focus on three gentle shifts that can make a big difference for your heart, your energy, and your comfort.

Less Salt, More Soul

Too much salt can weigh heavily on the heart—but that doesn't mean you have to live with bland food. We use herbs, citrus, garlic, and bold natural flavours to keep things bright and satisfying. Salt takes a step back, but flavour steps forward—full of depth, not deprivation.

Lower Sugar, Steadier Energy

We keep added sugars to a minimum, offering alternatives that let your blood sugar (and mood!) stay steady. Naturally sweet ingredients like roasted veg, fruits, and warm spices help bring gentle pleasure without the crash.

Light on Fat, Full of Satisfaction

Heavy fats can slow digestion and strain the heart. Here, we choose lighter oils, grill instead of fry, and let the food's natural richness shine through—so you still feel nourished, not weighed down.

Honouring Traditional American Flavours

We know that food is deeply personal—it carries memories, family traditions, and comfort. That's why you'll find gentle nods to classic American favourites throughout this book.

Think foil-wrapped fish like you used to make on camping trips, grilled corn on the cob with herbs instead of butter, or a lemony chicken that brings back Sunday dinners—just reimaged in a way that's **kinder to the heart**.

This isn't about being perfect. It's about choosing meals that help you feel clearer, lighter, and more at home in your own body—one bite at a time.

How to Use This Book

This book is meant to be as easy to enjoy as the recipes inside.

You'll find each recipe on its own page—organised simply, with clear labels for:

- **Cooking method (Barbecue, Oven, Foil Packet, or Hob)**
- **Time needed**
- **Number of servings**
- **And quick, easy-to-follow steps**

You don't need fancy equipment or special ingredients. Some days, you may feel like firing up the barbecue. On other days, your oven or a small electric grill on the balcony will do just fine. Every recipe is designed with flexibility in mind—so you can adapt to your space, your tools, and your energy level.

You can read the book straight through, or flick to whatever catches your eye. Use it to plan a full week of heart-friendly meals—or just for inspiration when you want something simple and satisfying.

Most of all, this book is here to **support you—not overwhelm you.**

Cooking can be joyful again—a small act of care for your body, your heart, and your peace of mind.

Grilling Made Gentle Tools, Safety & Options for Every Home

You don't need a big garden, a fancy smoker, or a complicated gas setup to enjoy summer grilling.

Grilling can be simple, safe, and incredibly satisfying—even from your kitchen or balcony. This section is here to help you feel confident and comfortable, no matter where or how you cook.

Grill Where You Are

Whether you have a classic charcoal barbecue, a small gas unit, a plug-in electric grill, or just an oven—this book is for you.

Most recipes can be easily adapted to:

- **Outdoor barbecue (charcoal, gas, or electric)**
- **Indoor grill (tabletop or hob-top pan)**

- **Oven (using a rack or foil packet)**
- **Balcony-safe options (like contact grills or grill pans)**

Each method can bring out beautiful flavours—it's not about the equipment, it's about the intention.

Simple Tools to Make It Easier

You don't need a lot of gadgets. A few reliable items can make grilling smoother and safer:

- **Long-handled tongs or spatula**
- **Heat-resistant gloves or oven mitts**
- **A basting brush (for marinades)**
- **Foil sheets or grill trays**
- **A kitchen timer (to keep things stress-free)**
- **Optional: a small wire rack for oven-style grilling**

Safety First, Always

No matter how or where you cook, a few gentle reminders go a long way:

- **Keep a damp towel nearby (just in case of heat or smoke)**
- **Always use foil when cooking in the oven or on the balcony**
- **Never leave food unattended, even if it's "just a few minutes."**
- **Let foil packets rest for a moment before opening—the steam can be hot!**
- **If using a grill pan indoors, crack a window or turn on the fan**

Adapt & Enjoy

If a recipe calls for grilling but it's raining—pop it in the oven. If your grill flares up—switch to foil and finish low and slow. There are no rules here, just options. You're in charge, and your comfort matters most.

Remember:

Grilling isn't about fire and flair—it's about bringing flavour to the table, safely and joyfully.

You've got this.

Loving the Journey So Far? There's Even More!

As a special thank you for embarking on this culinary journey with me, I've prepared a free bonus bundle. It's packed with thoughtful tools and gentle inspiration to help you keep savouring this season with heart.

Download your bonus pack now: <http://bit.ly/4nBQL7A>

(Or just scan the QR code on the very last page of this book!)

Consider it a quiet gift—from my kitchen to yours, simply here to gently support you in the background.

Leonora Key

A Gentle Note Before You Begin

You don't need to prove anything here.

This book isn't about being perfect.

It's not about tracking, counting, or doing everything "right."

It's about finding peace on your plate, and maybe even a little joy in the kitchen again.

You've already made a powerful choice—to care for yourself in a loving, sustainable way. That's worth celebrating.

You deserve meals that feel good before, during, and after you eat them.

Meals that support your heart without hurting your spirit.

Meals that remind you: **you're still allowed to enjoy life, to slow down, to savour.**

So take this book in your hands like a trusted friend.

Let it sit on your counter. Let it get splashes and flour dust.

Let it become part of your rhythm—not as something you follow, but something that follows you.

Here's to grilling with love, cooking with ease, and eating with joy.

Let's begin.

Wishing you flavour, balance, and joy.

With care and gratitude,

Leonora

A close-up photograph of a white ceramic bowl filled with a creamy white soup. The soup is garnished with several thin, round slices of green cucumber and a sprig of fresh green dill. Small black seeds are scattered on the cucumber slices. In the background, more cucumber slices are visible on a white surface. The bowl sits on a wooden surface, and some whole black peppercorns and a small piece of ginger are scattered on the wood in the bottom left corner.

Marinades Spice Mixes & Sauces



Time
5 min



Serves
Enough
for 450g



Cooking method
No-Cook



Difficulty
Very Easy

Zesty Lemon & Garlic Marinade

Method

- In a small bowl or jar, whisk all ingredients until well combined.
- Pour over your chosen protein or vegetables, coating evenly.
 - **Cover and refrigerate:** Fish or veg: 20–30 min.
 - **Chicken:** 1–2 hours
- Grill, bake, or pan-cook as desired.

Best For:

- Fish, Chicken, Courgette, Portobello Mushrooms

Smart Tip for the Over 50s:

- No added salt needed—the lemon juice, zest, garlic, and herbs bring the flavour forward.
- If you're used to salt, add a touch of white wine vinegar or fresh dill—it mimics that "zing" your taste buds expect.

Try This Instead:

Use this marinade for foil-pocket salmon with courgette and red onion—bake at 190°C (375°F) for 18–20 minutes.

Ingredients

- 3 tbsp extra-virgin olive oil
- Juice and zest of 1 lemon
- 1 garlic clove, minced
- ½ tsp dried oregano
- ¼ tsp ground black pepper

Optional: ½ tsp Dijon mustard (for extra tang)

Optional: a pinch of chilli flakes (for a gentle kick)

A bright, classic blend to wake up any dish—no salt required.



Time
5 min



Serves
Enough for ~2



Cooking method
No-Cook



Difficulty
Very Easy

Smoky Paprika & Cumin Rub

Method

- In a small bowl, combine all dry spices.
- Add olive oil and stir to form a thick paste.
- Rub the mixture directly onto vegetables or lean meat.
- Let it sit for 15–30 minutes before grilling or baking.

Best For:

- Chicken, Aubergine, Mushrooms, Sweet Potato

Smart Tip for 50+:

- This rub brings out deep flavour without salt. The smoked paprika adds richness, while cumin supports digestion and circulation.
- Excellent for batch prepping—store extra rub mix in a sealed jar for up to 2 weeks.

Try This Instead:

- Toss cubed sweet potatoes in this rub and roast at 200°C (400°F) for 25–30 minutes for a bold, heart-friendly side dish.

Ingredients

- 1 tbsp extra-virgin olive oil
- 1 tsp smoked paprika
- ½ tsp ground cumin
- ¼ tsp garlic powder
- ¼ tsp ground coriander
- A pinch of chilli flakes (optional)
- A pinch of black pepper

A warm, earthy dry rub for grilled vegetables and lean meats.



Time
5 min



Serves
Marinates
up to 450g



Cooking method
No-Cook



Difficulty
Very Easy

Herb & Dijon Vinaigrette Marinade

Method

- In a small bowl, whisk together oil, vinegar, mustard, and garlic until emulsified.
- Stir in herbs and pepper.
- Pour over fish or vegetables and marinate:
 - **Fish:** 20–30 minutes
 - **Veggies:** 30–45 minutes
- Grill or roast to taste.

Best For:

- Salmon, White Fish, Asparagus, Courgette, Bell Peppers

Smart Tip for the Over 50s:

- Dijon and vinegar provide a tangy lift that replaces the need for salt—especially helpful for those reducing sodium.
- Use with baking parchment or foil to retain moisture when baking.

Try This Instead:

- Use as a dressing over roasted vegetables and quinoa for a refreshing warm summer bowl.

Ingredients

- 2 tbsp extra-virgin olive oil
- 1 tbsp apple cider vinegar or white wine vinegar
- 1 tsp Dijon mustard
- 1 garlic clove, finely grated or minced
- 1 tbsp chopped fresh parsley
- ½ tsp dried thyme or Italian seasoning
- ¼ tsp black pepper

Optional: zest of ½ lemon for extra brightness

A garden-fresh blend that brings brightness to grilled fish and summer veg.



Time
7 min



Serves
Coats ~450g



Cooking method
No-Cook



Difficulty
Easy

Citrus-Ginger No-Soy Glaze

Method

- In a small jar or bowl, whisk all ingredients together until smooth.
- Pour over seafood, poultry, or plant protein.
- Marinate:
 - **Prawns or tofu:** 15–20 minutes
 - **Chicken:** 1 hour
- Best grilled on foil or baked at 190°C (375°F) until cooked through.

Best For:

- Prawns, Chicken Thighs, Tofu, Carrots, Sugar Snap Peas

Smart Tip for the Over 50s:

- No soy = great for those with sodium concerns or sensitivities.
- Ginger, citrus, and sesame oil work together to reduce inflammation and awaken the palate.

Try This Instead:

- Use this glaze to marinate sliced carrots and sugar snap peas, then roast or sauté for a vibrant, Asian-inspired side.

Ingredients

- 2 tbsp fresh orange juice (no pulp)
- 1 tbsp lime juice
- 1 tsp grated fresh ginger
- ½ tsp sesame oil
- 1 tbsp olive oil
- ½ tsp rice vinegar or apple cider vinegar
- ¼ tsp garlic powder
- A pinch of black pepper

Optional: ½ tsp maple syrup (for light sweetness)

A bright, anti-inflammatory marinade with Asian flair—no soy, no sugar, all balance.



Time
5 min



Serves
Marinates
~450g



Cooking method
No-Cook



Difficulty
Very Easy

Rosemary-Balsamic Blend

Method

- In a small bowl or jar, whisk all ingredients until emulsified.
- Pour over mushrooms, root vegetables, or lean protein.
- Marinate:
 - **Vegetables:** 30–45 minutes
 - **Chicken or tofu:** 1–2 hours
- Grill over a medium heat or roast at 190°C (375°F) until tender and browned.

Smart Tip for the Over 50s:

- Rosemary supports circulation and digestion—especially comforting in the evening.
- Balsamic adds depth that helps replace the “umami” effect of salt, especially when used with mushrooms.

Try This Instead:

- Marinate halved portobello mushrooms, then grill and slice thin—a perfect salt-free “steak” to serve over greens or grain bowls.

Ingredients

- 2 tbsp extra-virgin olive oil
- 1 tbsp balsamic vinegar
- 1 tsp Dijon mustard
- 1 garlic clove, minced
- ½ tsp dried rosemary (or 1 tsp fresh, finely chopped)
- ¼ tsp black pepper

Optional: ½ tsp maple syrup (balances acidity)

Best For:

- Portobello Mushrooms, Chicken, Courgette, Sweet Potato, Tofu

A deep, savoury marinade that brings cozy depth to vegetables, chicken, and mushrooms.



Time
5 min



Serves
Marinates
~450g



Cooking method
No-Cook



Difficulty
Very Easy

No-Salt Chilli & Lime Marinade

Method

- In a small bowl or jar, whisk all ingredients until well blended.
- Pour over seafood or veg, and coat evenly.
- Marinate:
 - **Fish or prawns:** 15–30 minutes
 - **Vegetables:** 30–45 minutes
- Grill or roast until lightly charred and cooked through.

Best For:

- Tilapia, Prawns, Courgette, Bell Peppers, Corn on the Cob

Smart Tip for the Over 50s:

- Lime juice and chilli create a flavour “pop” that tricks the palate into not missing salt at all.
- Ideal for warm days when you want bold flavour without heaviness.

Try This Instead:

- Use with sliced bell peppers and red onion for a quick fajita-style foil packet. Serve with avocado and fresh herbs.

Ingredients

- 2 tbsp olive oil
- Juice of 1 fresh lime
- ½ tsp lime zest (optional but brightens)
- ½ tsp chilli powder
- ¼ tsp ground cumin
- A pinch of smoked paprika
- A pinch of garlic powder
- A pinch of black pepper

Optional: a pinch of cayenne (for more heat)

A bright and zesty blend with a touch of heat—perfect for bold summer grilling.



Time
10 min



Serves
~180ml
(~¾ cup)



Cooking method
No-Cook



Difficulty
Very Easy

Cooling Yoghurt-Cucumber Dill Sauce

Method

- In a bowl, mix all ingredients until smooth.
- For best flavour, chill for 15–30 minutes before serving.
- Use as:
 - **Marinade:** coat chicken or fish and let rest for 30–60 minutes
 - **Dip or topping:** serve cold alongside grilled vegetables or meats
- **Best For:** Grilled Chicken, Salmon, Cucumbers, Cauliflower, Lentil Patties

Smart Tip for the Over 50s:

- Yoghurt provides calcium and probiotics for bone and gut health, while cucumber and dill aid digestion.
- Especially good on warmer days when you want a cool, calming flavour.

Try This Instead:

- Use this marinade for foil-packet salmon with courgette and red onion—bake at 190°C (375°F) for 18–20 minutes.

Ingredients

- 120g plain Greek yoghurt (or unsweetened coconut yoghurt for dairy-free)
- 60g finely grated cucumber (moisture squeezed out)
- 1 tbsp fresh lemon juice
- 1 tbsp chopped fresh dill (or ½ tsp dried)
- ½ small garlic clove, grated
- ¼ tsp black pepper

Optional: 1 tsp olive oil (for extra smoothness)

A refreshing, creamy blend that doubles as a marinade or a side—light, tangy, and soothing.



Time
5 min



Serves
Marinates
~450g



Cooking method
No-Cook



Difficulty
Very Easy

Apple Cider & Mustard Glaze

Method

- Whisk all ingredients together in a small bowl or jar.
- Pour over selected protein or vegetables, and toss to coat.
- Marinate:
 - **Chicken or tofu:** 1 hour
 - **Vegetables or salmon:** 30 minutes
- Grill, roast, or foil-bake until golden and slightly caramelised.

Best For:

- Chicken, Carrots, Brussels Sprouts, Tofu, Salmon

Smart Tip for the Over 50s:

- Apple cider vinegar is known for its blood sugar-balancing effects.
- The natural sweetness enhances browning and flavour without added salt or sugar overload.

Try This Instead:

- Drizzle over halved Brussels sprouts and roast at 200°C (400°F) for 20–25 minutes—serve warm with a sprinkle of pumpkin seeds.

Ingredients

- 2 tbsp apple cider vinegar
- 1 tbsp Dijon mustard
- 1 tsp maple syrup (or ½ mashed date)
- 1 tbsp olive oil
- ¼ tsp dried thyme or rosemary
- ¼ tsp black pepper

Optional: a pinch of ground cinnamon (for veg)

A gently sweet, tangy marinade that caramelises beautifully on the grill or in foil.



Time
5 min



Serves
Enough
for 2–3 uses



Cooking method
Dry Rub



Difficulty
Very Easy

Gentle Mediterranean Dry Rub

Method

- Mix all ingredients in a small jar or bowl.
- Store in an airtight container for up to 3 weeks.
- **To use:**
 - Rub 1–2 tsp per serving of vegetables, tofu, or poultry.
 - Add a little olive oil to turn it into a marinade paste if desired.
 - Use on foil-packet veg or sprinkle on after cooking for extra aroma.

Best For:

- Chicken, Aubergine, Cauliflower, Potatoes, Mushrooms

Smart Tip for the Over 50s:

- A flavourful dry rub means no need to reach for the salt shaker—especially helpful for heart health.
- Earthy Mediterranean herbs support digestion, circulation, and gently warm the system.

Ingredients

- 1 tsp dried thyme
- 1 tsp dried oregano
- 1 tsp garlic powder
- 1 tsp sweet paprika
- ½ tsp ground coriander
- ¼ tsp ground black pepper

Optional: a pinch of lemon zest (dried or fresh before use)

Optional: a pinch of cinnamon (for warmth)

A salt-free herb blend for effortless grilling with warmth and balance.



Time
3 min



Serves
~120ml
(~½ cup)



Cooking method
No-Cook



Difficulty
Very Easy

Zesty Mustard & Honey Glaze

Method

- In a small bowl, whisk together all ingredients until smooth.
- For a thinner texture, add 1–2 tsp warm water.
- Use immediately as a brush-on glaze during the last 5–7 minutes of grilling or roasting, or serve as a finishing drizzle.

Best For:

- Glazing grilled or oven-baked chicken, carrots, sweet potatoes, or salmon

Smart Tip for the Over 50s:

- Dijon and apple cider vinegar bring flavour without salt.
- Honey adds natural sweetness without blood sugar spikes when used lightly.
- A little goes a long way—especially when brushed over grilled veg or proteins.

Note from the heart:

- You don't need a lot of sweetness—just a spark to bring balance and joy.

Ingredients

- 2 tbsp Dijon mustard (low-sodium, if available)
- 1 tbsp whole grain mustard
- 1 tbsp apple cider vinegar
- 1 tbsp honey
- 1 tbsp olive oil
- ½ tsp garlic powder
- ¼ tsp smoked paprika (optional)

A naturally sweet-savory glaze for grilled vegetables, poultry, or salmon—no added sugar, just flavour and balance.



Time
5 min



Serves
~180ml
(~¾ cup)



Cooking method
No-Cook



Difficulty
Very Easy

Sweet & Tangy Pineapple Marinade

Method

- In a small bowl or jar, whisk together all ingredients until well blended.
- Use immediately as a marinade for poultry, tofu, or veg, or refrigerate for up to 5 days.
- For best flavour, marinate proteins for at least 30 minutes, or up to 4 hours in the fridge.

Best For:

- Summer poultry dishes, grilled tofu, fruit-glazed kebabs

Smart Tip for the Over 50s:

- Pineapple contains bromelain, a natural enzyme that supports digestion and helps tenderise lean meats gently.
- This marinade keeps things flavourful **without added sugar or salt**—ideal for heart health.

Note from the heart:

- Use this marinade as a glaze during the final minutes of grilling. Brush lightly over grilled turkey or skewers of pineapple and courgette for extra brightness.

Ingredients

- 120ml (~½ cup) unsweetened pineapple juice
- 1 tbsp apple cider vinegar
- 1 tbsp olive oil
- 1 tsp no-salt mustard (Dijon or yellow)
- 1 tbsp finely grated fresh ginger
- 1 garlic clove, minced
- ½ tsp onion powder

Optional: a pinch of chilli flakes or black pepper for heat

Tropical, juicy, and with just the right hint of zing—perfect for grilled chicken, turkey, or tofu.



Time
5 min



Serves
~120ml
(~½ cup)



Cooking method
No-Cook



Difficulty
Very Easy

Fresh Herb & Garlic Oil

Method

- In a small bowl or jar, combine all ingredients. Stir well or shake in a sealed jar.
- Let sit for 5–10 minutes to infuse the oil.
- Drizzle over hot grilled foods just before serving—or toss with roasted veg for added aroma.

Best For:

- Drizzling over grilled vegetables, fish, tofu, or poultry

Smart Tip for the Over 50s:

- This herb oil delivers big flavour **without salt**. Fresh herbs like parsley and basil offer antioxidants and support digestion.
- Use it to reduce reliance on heavy sauces or commercial condiments.

Try This Instead:

- Add a spoonful to steamed lentils, brown rice, or even cottage cheese for a **bright herbal lift**.

Ingredients

- 60ml (~¼ cup) extra virgin olive oil
- 1 tbsp fresh parsley, finely chopped
- 1 tbsp fresh basil or dill, finely chopped
- 1 small garlic clove, minced
- ½ tsp lemon zest

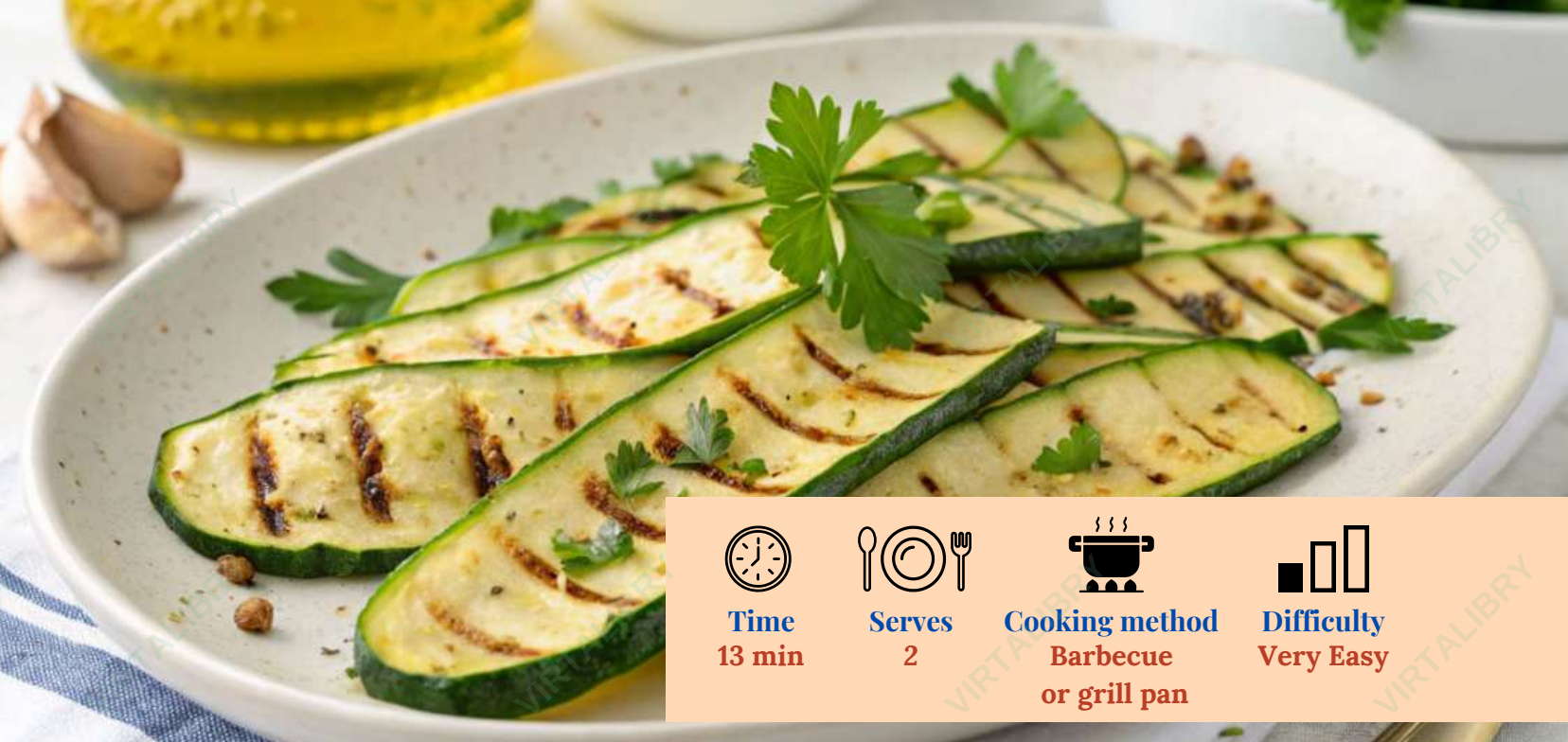
Optional: a pinch of black pepper or crushed red pepper flakes

Optional: ½ tsp apple cider vinegar (for brightness)

Simple, fragrant, and ready in minutes—this finishing oil adds depth and freshness to grilled veg, fish, or lean meats.



*Grilled
&
Foil-Packed
Vegetables*



Time
13 min



Serves
2



Cooking method
Barbecue
or grill pan



Difficulty
Very Easy

Grilled Courgette with Garlic & Olive Oil

Method

- Preheat your barbecue or grill pan to a medium-high heat.
- In a small bowl, combine olive oil, garlic, oregano, and pepper.
- Brush both sides of the courgette with the oil mixture.
- Grill for 3–4 minutes per side, until tender with golden grill marks.
- Serve warm with a sprinkle of parsley or a squeeze of lemon.

Smart Tip for the Over 50s:

- Swap oregano for za'atar or smoked paprika for a new twist.
- Also delicious layered in a wrap or served over cooked lentils.
- Grilling adds flavour without the need for salt or butter.

Nutritional Snapshot: Calories: 65; Protein: 1g; Carbohydrates: 4g; Fibre: 1g; Fat: 5 g; Salt: 0.25 g; Potassium: 290mg; Cholesterol: 0mg

Ingredients

- 2 medium courgettes, sliced lengthwise into 5mm planks
- 1 tbsp olive oil
- 1 garlic clove, finely minced
- ½ tsp dried oregano or Italian seasoning
- ¼ tsp black pepper

Optional: a squeeze of lemon juice

Optional: chopped fresh parsley for serving

Tender, smoky, and naturally sweet—this simple side brings summer to your plate.



Time
25 min



Serves
2



Cooking method
Barbecue
or oven roast



Difficulty
Very Easy

Grilled Bell Peppers with Balsamic Glaze

Method

- Preheat your barbecue or oven to 220°C (425°F).
- In a bowl, toss pepper strips with oil, vinegar, and seasonings.
- Grill on a vegetable grate or foil-lined tray for 12–15 minutes, turning once, until lightly charred and tender.
- Garnish with fresh herbs if desired. Serve warm or at room temperature.

Best For:

- Side dishes, grain bowls, grilled plates.

Smart Tip for the Over 50s:

- Bell peppers are naturally sweet and rich in vitamin C, antioxidants, and potassium—excellent for heart and immune support.
- The balsamic glaze adds richness and brightness, no salt needed.

Nutritional Snapshot: Calories: 130; Protein: 2g; Carbohydrates: 10g; Fibre: 3g; Fat: 9 g; Salt: 0.13 g; Potassium: 310mg; Cholesterol: 0mg

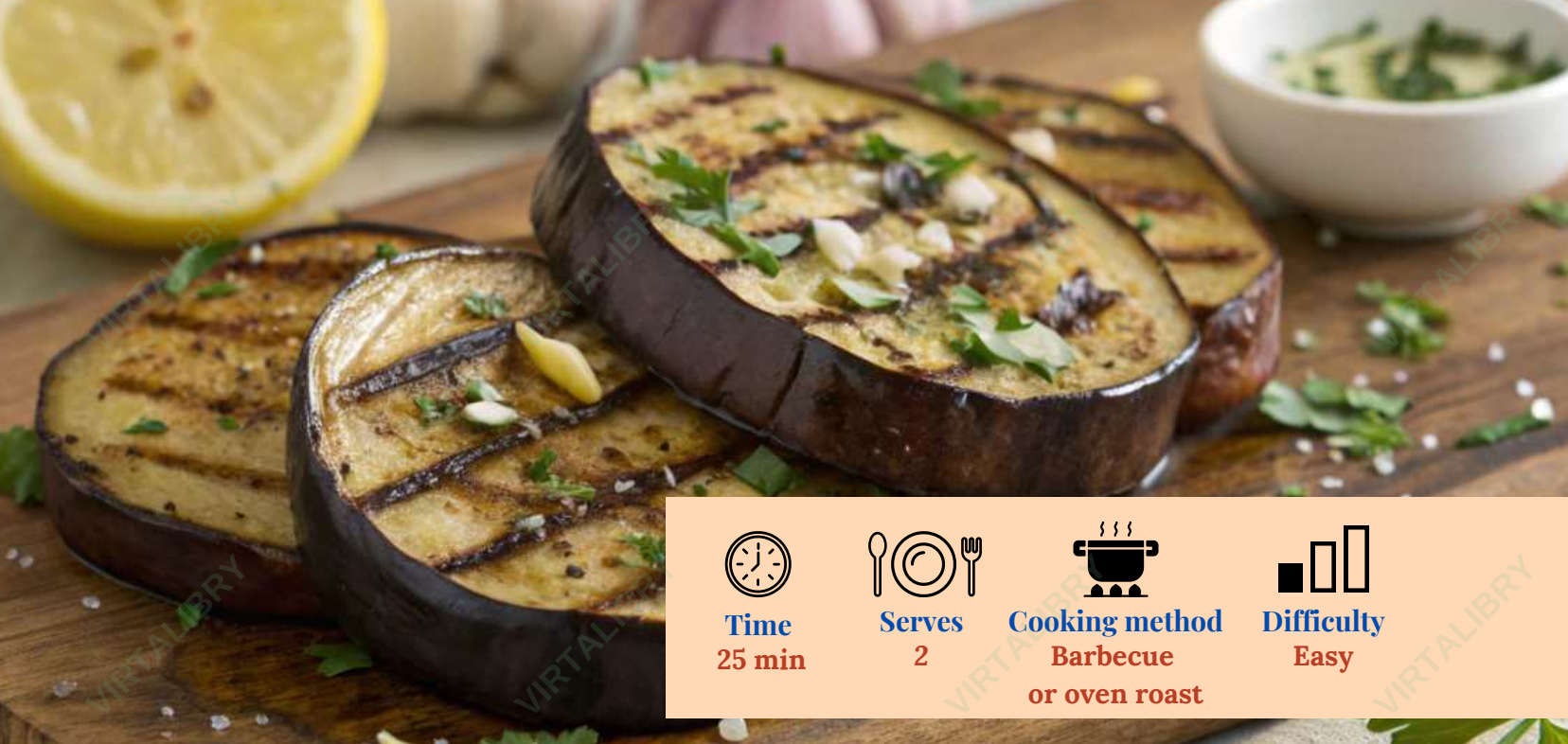
Ingredients

- 2 large bell peppers (red, yellow, or orange), sliced into strips
- 1 tbsp olive oil
- 1 tsp balsamic vinegar
- ½ tsp dried Italian seasoning
- ¼ tsp garlic powder
- A pinch of black pepper

Optional: fresh basil or parsley for garnish

Try This Instead:

- Use these peppers as a topping for grilled tofu, quinoa bowls, or mix them into a cold lentil salad.



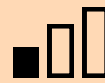
Time
25 min



Serves
2



Cooking method
Barbecue
or oven roast



Difficulty
Easy

Garlic-Rubbed Grilled Aubergine Slices

Method

- Lightly salt both sides of the aubergine slices and let sit for 10 minutes. Pat dry (this step reduces bitterness).
- Rub each slice with a cut garlic clove. Brush with olive oil and sprinkle with herbs and pepper.
- Grill over a medium heat (or bake at 220°C / 425°F) for 5–7 minutes per side, until golden and soft.
- Finish with a light squeeze of lemon juice if desired.

Best For: Side dish, meatless main, warm salad base

Smart Tip for the Over 50s:

- Aubergine absorbs flavour well and is naturally low in salt.
- Garlic and herbs provide anti-inflammatory support and deepen flavour without the need for salt.

Nutritional Snapshot: Calories: 140; Protein: 2g; Carbohydrates: 9g; Fibre: 5g; Fat: 10 g; Salt: 0.1 g; Potassium: 380mg; Cholesterol: 0mg

Ingredients

- 1 medium aubergine, sliced into 1cm rounds
- 1½ tbsp olive oil
- 1 garlic clove, halved
- ½ tsp dried oregano or thyme
- ¼ tsp black pepper

Optional: a squeeze of lemon after cooking

Try This Instead:

- Layer grilled aubergine slices with fresh tomato and basil for a warm, no-cheese “Caprese” plate.

Smoky, tender, and full of depth—like a steak, but plant-based and heart-friendly.



Time
15 min



Serves
2



Cooking method
Barbecue
or foil roast



Difficulty
Very Easy

Grilled Corn on the Cob with Lime & Smoked Paprika

Method

- Preheat your barbecue or oven to 220°C (425°F).
- In a small bowl, combine olive oil, lime juice, and seasonings.
- Brush the mixture over each corn on the cob.
- Wrap in foil and grill or bake for 10–12 minutes, turning once halfway through.
- Carefully unwrap and sprinkle with fresh herbs before serving.

Best For:

- Barbecue plates, warm side dishes, foil packs

Smart Tip for the Over 50s:

- Corn is naturally sweet and satisfying—no butter or salt needed.
- Smoked paprika gives it a “barbecue” flavour without added sodium or sugar.

Nutritional Snapshot: Calories: 150; Protein: 4g; Carbohydrates: 22g; Fibre: 3g; Fat: 7 g; Salt: 0.15 g; Potassium: 270mg; Cholesterol: 0mg

Ingredients

- 2 corn on the cobs, husked
- 1 tbsp olive oil
- 1 tsp lime juice
- ¼ tsp smoked paprika
- A pinch of garlic powder
- A pinch of black pepper

Optional: chopped coriander or parsley for serving

Try This Instead:

- Slice grilled corn off the cob and mix with black beans, red onion, and lime for a quick summer salad.

Sweet, smoky, and citrusy
—a better way to enjoy a summer favourite.



Time
20 min



Serves
2



Cooking method
Barbecue
or oven roast



Difficulty
Easy

Grilled Portobello Mushrooms with Herb Oil

Method

- In a small bowl, whisk together oil, garlic, herbs, and lemon juice.
- Brush mushrooms on both sides with the mixture.
- Grill cap-side down for 5–6 minutes, then flip and grill for 5–6 minutes more until tender and juicy.
- (Or roast at 220°C (425°F) for 15–20 min.)
- Serve warm with grain bowls, greens, or as a main.

Smart Tip for the Over 50s:

- Mushrooms are rich in umami, helping satisfy flavour cravings without salt.
- A great swap for meat on “lighter” days.

Try This Instead:

- Slice grilled mushrooms and serve in a whole grain wrap with spinach and hummus.

Nutritional Snapshot: Calories: 160; Protein: 3g; Carbohydrates: 6g; Fibre: 2g; Fat: 14 g; Salt: 0.15 g; Potassium: 460mg; Cholesterol: 0mg

Ingredients

- 2 large portobello mushrooms
- 1 tbsp olive oil
- 1 garlic clove, thinly sliced or minced
- ½ tsp dried thyme (or 1 tsp fresh)
- ¼ tsp black pepper
- Juice of ½ lemon

Optional: 1 tbsp chopped parsley for serving

Meaty, juicy, and deeply satisfying—a plant-based “main” that feels like a celebration.



Time
35 min



Serves
2



Cooking method
Foil Packet
(Barbecue or Oven)



Difficulty
Very Easy

Summer Veggie Foil Medley with Garlic & Basil

Method

- Preheat oven or barbecue to 200°C (400°F).
- Toss all vegetables with oil, garlic, basil, and pepper.
- Place in foil and fold into a sealed packet.
- Grill or roast for 20–25 minutes until vegetables are tender and slightly caramelised.
- Open the packet carefully. Serve warm or chilled.

Best For:

- Quick weeknight dinners, summer meal prep

Smart Tip for the Over 50s:

- This foil meal is rich in fibre and antioxidants.
- Basil adds a natural touch of “brightness”—great for mood and digestion.

Try This Instead:

- Mix with cooked farro or brown rice for a filling bowl, topped with avocado or yoghurt sauce.

Nutritional Snapshot: Calories: 145; Protein: 3g; Carbohydrates: 14g; Fibre: 4 g; Fat: 9 g; Salt: 0.15 g; Potassium: 520mg; Cholesterol: 0mg

Ingredients

- ½ courgette, sliced
- ½ red bell pepper, chopped
- ½ small red onion, thinly sliced
- 125g (~½ cup) cherry tomatoes, halved
- 1 tbsp olive oil
- 1 garlic clove, minced
- ½ tsp dried basil (or 1 tbsp fresh)
- Black pepper to taste

Optional: a squeeze of lemon or balsamic drizzle after cooking

A flexible, forgiving foil-packet blend—no rules, just colour, texture, and joy.



Time
12 min



Serves
2



Cooking method
Barbecue
or grill pan



Difficulty
Very Easy

Grilled Asparagus with Lemon

Method

- Preheat barbecue or grill pan to a medium heat.
- Place asparagus in a shallow bowl and toss with olive oil, lemon zest, and pepper.
- Grill for 2–3 minutes per side, turning once, until slightly charred but still crisp.
- Drizzle with lemon juice before serving. Top with Parmesan or almonds if desired.

Best For:

- Light summer dinners, brunch plates, veg pairings

Smart Tip for the Over 50s:

- Asparagus is rich in fibre, folate, and vitamin K—all essential for heart and brain health.

Try This Instead:

- Add a sprinkle of lemon zest after grilling for a brighter pop.

Nutritional Snapshot: Calories: 75; Protein: 2g; Carbohydrates: 5g; Fibre: 2 g; Fat: 5 g; Salt: 0.1 g; Potassium: 270mg; Cholesterol: 0mg

Ingredients

- 1 bunch fresh asparagus (ends trimmed)
- 1 tbsp olive oil
- Zest of ½ lemon
- Juice of ½ lemon
- ¼ tsp black pepper
- Optional: a pinch of garlic powder or crushed red pepper

Optional: shaved Parmesan or chopped almonds for serving

Crisp-tender, lemony, and full of bright flavour—a perfect side that's quick, classy, and heart-smart.



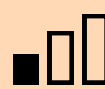
Time
25 min



Serves
2



Cooking method
Barbecue
or grill pan



Difficulty
Easy

Grilled Cauliflower Steaks with Garlic Oil

Method

- Remove green leaves from the cauliflower and trim the stem, keeping the core intact.
- Slice the cauliflower into 2cm thick “steaks” (this usually yields 2–3).
- In a small bowl, mix olive oil, garlic, paprika, and pepper.
- Brush both sides of each steak with the garlic oil.
- Grill over a medium heat for 5–7 minutes per side, until golden and fork-tender.
- Serve warm with a sprinkle of herbs or a squeeze of lemon.

Best For:

- Meatless mains, veg plates, simple weeknight barbecuing.

Try This Instead:

- Slice into smaller “steak bites” and skewer for a fun, tapas-style veg option.

Nutritional Snapshot: Calories: 120; Protein: 7g; Carbohydrates: 10g; Fibre: 4 g; Fat: 7 g; Salt: 0.5 g; Potassium: 380mg; Cholesterol: 10mg

Ingredients

- 1 medium head of cauliflower
- 1½ tbsp olive oil
- 1 garlic clove, finely minced
- ½ tsp smoked paprika
- ¼ tsp black pepper
- Optional: a pinch of red pepper flakes or lemon zest

Optional garnish: fresh parsley or tahini drizzle

Smart Tip for the Over 50s:

- Cauliflower is rich in vitamin C and fibre, and may support healthy digestion and cholesterol balance.



Time
20 min



Serves
2



Cooking method
Barbecue
or grill pan



Difficulty
Medium

Grilled Polenta Squares with Veggie Topping

Method

- Make polenta (if from scratch): Bring water to the boil, stir in polenta, reduce heat, and simmer until thickened (~10 minutes). Stir in olive oil and seasoning.
- Spread into a flat container or tray and chill until firm (30+ minutes).
- Cut into squares (about 5cm x 5cm) and brush lightly with oil.
- Grill over a medium heat for 4–5 minutes per side until golden and marked.
- Meanwhile, sauté the veg topping ingredients for 5–6 minutes until just tender.
- Top grilled polenta squares with warm veg and fresh herbs.
- **Try This Instead:** Use grilled mushrooms and rocket as a savoury topping, or spoon over a dollop of herbed ricotta for extra creaminess.

Nutritional Snapshot: Calories: 220; Protein: 8g; Carbohydrates: 30g; Fibre: 6 g; Fat: 8 g; Salt: 0.25 g; Potassium: 330mg; Cholesterol: 5mg

Ingredients

For the polenta base (or use shop-bought):

- 120g (~½ cup) dry polenta (or 1 roll of pre-cooked polenta)
- 475ml (~2 cups) water
- 1 tsp olive oil
- A pinch of garlic powder and black pepper

For the veggie topping:

- 60g (~½ cup) diced bell pepper (any colour)
- 60g (~¼ cup) cherry tomatoes, halved
- 1 small courgette, diced
- 1 tsp olive oil
- 1 tsp balsamic vinegar

Optional: chopped basil or parsley for garnish



Fish & Seafood



Time
20 min



Serves
2



Cooking method
Barbecue
or grill pan



Difficulty
Easy

Grilled Salmon with Dill & Lemon

Method

- Preheat your barbecue or grill pan to a medium-high heat.
- In a small bowl, mix olive oil, lemon juice and zest, garlic, dill, and pepper.
- Brush salmon fillets with the mixture on both sides.
- Grill skin-side down for 5–6 minutes, then flip and grill for another 2–4 minutes, until opaque and flaky.
- Serve warm with lemon wedges and a light veg side.

Best For:

- Heart-healthy dinners, summer gatherings, easy elegance

Try This Instead:

- Swap dill for fresh basil or tarragon, or add thin lemon slices under the fillet before grilling for extra aroma.

Nutritional Snapshot: Calories: 290; Protein: 26g; Carbohydrates: 1g; Fibre: 0 g; Fat: 20 g; Salt: 0.15 g; Potassium: 520mg; Cholesterol: 65mg

Ingredients

- 2 salmon fillets (110–140g each), skin on or off
- 1 tbsp olive oil
- Juice of ½ lemon
- 1 tsp lemon zest
- 1 tbsp fresh dill, chopped (or ½ tsp dried)
- 1 garlic clove, finely minced
- ¼ tsp black pepper

Optional: lemon wedges for serving

Rich, tender, and full of bright citrus-herb flavour—this go-to salmon recipe feels gourmet with almost no effort.



Time
25 min



Serves
2



Cooking method
Foil Packet
(Oven or Barbecue)



Difficulty
Very Easy

Lemon-Garlic Cod with Spinach

Method

- Preheat oven to 190°C (375°F).
- Lay each cod fillet on a sheet of foil. Surround with spinach.
- Drizzle with olive oil and lemon juice. Sprinkle with garlic, zest, pepper, and optional herbs.
- Seal each foil packet, leaving space for steam.
- Bake for 15–18 minutes, until the cod flakes easily and the spinach has wilted.
- Serve directly in the foil or over quinoa or mashed sweet potato.

Best For:

- Gentle dinners, anti-inflammatory plates, easy oven nights

Try This Instead:

- Add cherry tomatoes or courgette ribbons to the foil for more colour and fibre.
- Swap cod for haddock or tilapia if preferred.

Nutritional Snapshot: Calories: 210; Protein: 24g; Carbohydrates: 3g; Fibre: 1 g; Fat: 10 g; Salt: 0.15 g; Potassium: 520mg; Cholesterol: 55mg

Ingredients

- 2 cod fillets (110–140g each)
- 100g baby spinach (~4 cups)
- 1 tbsp olive oil
- Juice of ½ lemon
- 1 tsp lemon zest
- 1 garlic clove, finely minced
- ¼ tsp black pepper

Optional: a pinch of thyme or dill

- 2 large sheets of foil

*Soft, juicy, and subtly sweet
—an effortless*

*Mediterranean-inspired
dinner.*



Time
20 min



Serves
2



Cooking method
Foil Packet
(Barbecue or Oven)



Difficulty
Very Easy

Foil-Grilled Tilapia with Cumin & Lime

Method

- Preheat barbecue or oven to 200°C (400°F).
- Place each fillet on a piece of foil. Drizzle with olive oil and lime juice.
- Sprinkle with cumin, garlic powder, and pepper.
- Fold into a sealed packet and grill or bake for 12–15 minutes, until the fish is opaque and flakes easily.
- Serve warm with a side of foil-roasted veg or salad.

Best For:

- Easy weeknight dinners, light lunch, gentle introduction to fish.

Smart Tip for the Over 50s:

- Cumin supports digestion and circulation, while lime boosts flavour without sodium.

Try This Instead:

- Add sliced courgette or bell pepper directly into the foil packet for a one-pan meal.

Nutritional Snapshot: Calories: 220; Protein: 24g; Carbohydrates: 3g; Fibre: 0 g; Fat: 12 g; Salt: 0.13 g; Potassium: 510mg; Cholesterol: 60mg

Ingredients

- 2 tilapia fillets (~140g each)
- 1 tbsp olive oil
- Juice of 1 lime
- ½ tsp ground cumin
- ¼ tsp garlic powder
- ¼ tsp black pepper

Optional: lime zest or a pinch of chilli flakes

Zesty, quick, and gently spiced—a beginner-friendly recipe that feels like summer.



Time
18 min



Serves
2



Cooking method
Barbecue or
grill pan



Difficulty
Very Easy

Grilled Prawn Skewers with Lemon & Basil

Method

- In a bowl, mix olive oil, lemon juice and zest, garlic, basil, and pepper.
- Add prawns and toss to coat. Let marinate for 10–15 minutes.
- Thread prawns onto skewers.
- Grill over a medium heat for 2–3 minutes per side, until pink and opaque.
- Serve warm with lemon wedges and a side of grilled veg or quinoa.

Best For:

- Backyard meals, light barbecue, “easy wow” dinner

Smart Tip for the Over 50s:

- Swap citrus juice for 1 tsp apple cider vinegar and a pinch of fresh dill for a sharper herbal profile.

Nutritional Snapshot: Calories: 190; Protein: 20g; Carbohydrates: 3g; Fibre: 0 g; Fat: 10 g; Salt: 0.38 g; Potassium: 270mg; Cholesterol: 165mg

Ingredients

- 10–12 large prawns, peeled and deveined
- 1 tbsp olive oil
- Juice of ½ lemon
- 1 tsp lemon zest
- 1 tbsp chopped fresh basil (or ½ tsp dried)
- 1 garlic clove, finely minced
- ¼ tsp black pepper

Optional: a pinch of chilli flakes or smoked paprika

Optional: lemon wedges for serving

- 4–6 small wooden skewers (soaked if barbecuing)



Time
18 min



Serves
2



Cooking method
Barbecue
or grill pan



Difficulty
Easy

Grilled Tuna Steaks with Herb Oil

Method

- Preheat barbecue or grill pan to a medium-high heat.
- In a small bowl, mix olive oil, herbs, lemon zest, garlic powder, and pepper.
- Brush both sides of the tuna steaks with the herb oil.
- Grill for 3–4 minutes per side for medium-rare, or longer if you prefer it well done.
- Let rest briefly and serve warm with lemon or a peppery green like rocket.

Best For:

- Light dinners, high-protein meals, stylish barbecue plates

Try This Instead:

- Use basil and tarragon for a more Mediterranean-style finish.
- Add grilled cherry tomatoes or olives for colour and balance.

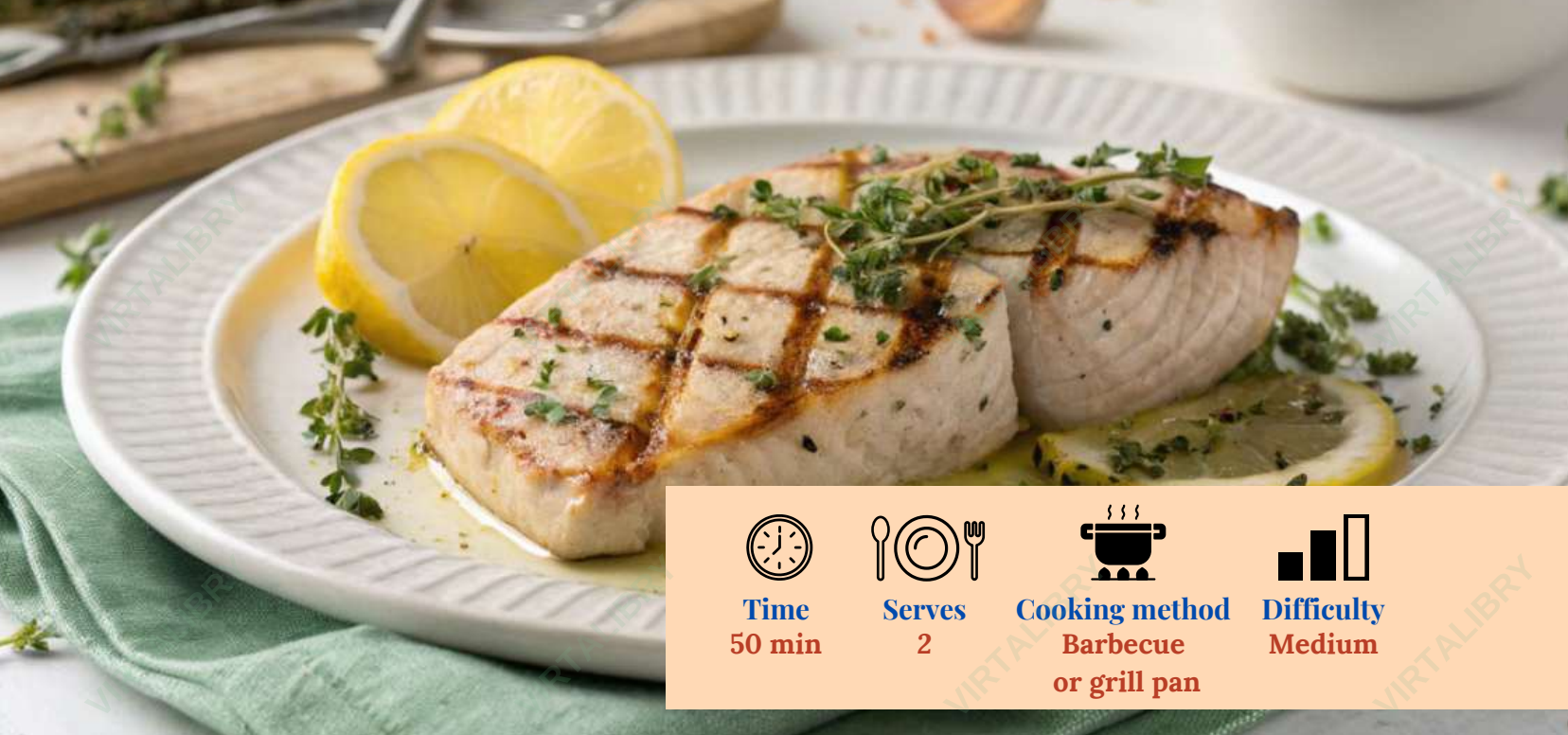
Nutritional Snapshot: Calories: 220; Protein: 25g; Carbohydrates: 1g; Fibre: 0 g; Fat: 12 g; Salt: 0.055 g; Potassium: 380mg; Cholesterol: 55mg

Ingredients

- 2 tuna steaks (about 110–140g each, 2.5cm thick)
- 1 tbsp olive oil
- 1 tbsp chopped fresh parsley
- 1 tsp chopped fresh rosemary or thyme
- ½ tsp lemon zest
- ¼ tsp garlic powder
- ¼ tsp black pepper

Optional: lemon wedges or rocket for serving

Hearty, flavourful, and ready in minutes—this steak-style fish is a protein-rich star of the summer barbecue.



Time
50 min



Serves
2



Cooking method
Barbecue
or grill pan



Difficulty
Medium

Grilled Swordfish with Lemon-Thyme Marinade

Method

- In a small bowl, whisk together olive oil, lemon juice, zest, garlic, thyme, and pepper.
- Place swordfish in a shallow dish or zip-top bag, and pour the marinade over. Marinate in the fridge for 30 minutes (no longer—swordfish is delicate!).
- Preheat your barbecue to a medium-high heat.
- Grill swordfish for 5–6 minutes per side, until opaque and marked. Don't overcook—the fish should be moist and flaky.
- Serve with grilled vegetables or a spoonful of herb couscous.

Best For:

- Elegant summer dinners, Mediterranean plates, or date-night barbecuing.

Nutritional Snapshot: Calories: 210; Protein: 35g; Carbohydrates: 2g; Fibre: 0 g; Fat: 10 g; Salt: 0.18 g; Potassium: 600mg; Cholesterol: 80mg

Ingredients

- 2 swordfish steaks (110–170g each)
- 1½ tbsp olive oil
- Juice of ½ lemon
- 1 tsp lemon zest
- 1½ tsp fresh thyme leaves (or ½ tsp dried)
- 1 garlic clove, minced
- ¼ tsp black pepper

Optional: a pinch of crushed red pepper flakes

Try This Instead:

- Use the same marinade on mahi-mahi, halibut, or grilled tofu for a delicious variation.



Time
15 min



Serves
2



Cooking method
Barbecue
or grill pan



Difficulty
Medium

Grilled Scallops with Citrus-Herb Drizzle

Method

- Preheat your barbecue to a medium-high heat and oil the grates or grill pan.
- Lightly brush the scallops with olive oil and season with pepper.
- Grill scallops for 2–3 minutes per side, until opaque and lightly golden. Do not overcook—they should be tender, not rubbery.
- While grilling, mix the citrus drizzle ingredients in a small bowl.
- Plate the scallops and spoon the drizzle over just before serving.

Best For:

- Elegant summer dinners, light starters, or special-occasion barbecuing.

Smart Tip for the Over 50s:

- The citrus dressing enhances flavour without salt or heavy butter sauces.

Nutritional Snapshot: Calories: 120; Protein: 25g; Carbohydrates: 5g; Fibre: 0 g; Fat: 3 g; Salt: 0.63 g; Potassium: 350mg; Cholesterol: 50mg

Ingredients

- 10–12 sea scallops (about 225–340g), patted dry
- 1 tsp olive oil For the Citrus-Herb Drizzle:
- 1 tbsp olive oil
- Juice of ½ lemon
- 1 tsp chopped fresh dill or parsley
- ½ tsp orange zest
- A pinch of black pepper

Optional: a tiny drizzle of honey or maple syrup for balance

Try This Instead:

- Serve over a bed of rocket or steamed quinoa for a refreshing, protein-packed meal.



Time
30 min



Serves
2



Cooking method
Foil-Bake
or Barbecue



Difficulty
Easy

Foil-Baked Halibut with Cherry Tomatoes & Olives

Method

- Preheat barbecue or oven to 190°C (375°F).
- Lay out two large sheets of foil. In the centre of each, place a halibut fillet.
- Top with cherry tomatoes, olives, garlic, herbs, lemon juice, and olive oil.
- Season with black pepper. Fold foil into sealed packets.
- Bake or grill for 18–20 minutes, until the fish flakes easily.
- Carefully open packets and serve with a spoonful of the flavourful juices.

Smart Tip for the Over 50s:

- Halibut is rich in lean protein and omega-3s—great for heart, joints, and brain.
- Tomatoes and olives bring antioxidants and deep flavour, reducing the need for salt.

Nutritional Snapshot: Calories: 250; Protein: 35g; Carbohydrates: 10g; Fibre: 3 g; Fat: 15 g; Salt: 0.63 g; Potassium: 680mg; Cholesterol: 65mg

Ingredients

- 2 halibut fillets (110–170g each)
- 250g (~1 cup) cherry tomatoes, halved
- 2 tbsp sliced black or green olives (low-sodium)
- 1 tbsp olive oil
- Juice of ½ lemon
- 1 small garlic clove, minced
- 1 tsp fresh thyme or oregano (or ½ tsp dried)
- A pinch of black pepper

Optional: fresh parsley for garnish

Try This Instead:

- Use cod or snapper instead of halibut, or add a few courgette ribbons or capers to mix it up.



Time
25 min



Serves
2



Cooking method
Barbecue
or grill pan



Difficulty
Easy

Grilled Salmon Burgers with Avocado & Sprouts

Method

- In a bowl, combine chopped salmon, onion, parsley, mustard, breadcrumbs, and pepper. Mix gently.
- Shape into 2 small patties. Chill in the fridge for 10–15 minutes to firm up.
- Grill over a medium heat for 4–5 minutes per side, until golden and cooked through.
- (Or use a non-stick frying pan brushed with oil.)
- Serve warm with a side salad, grilled veg, or over quinoa.

Smart Tip for the Over 50s:

- Sprouts add crunch and phytonutrients without added sodium.

Try This Instead:

- Swap salmon for trout or Arctic char. Or use Greek yoghurt-mustard sauce in place of avocado for a tangy twist.

Nutritional Snapshot: Calories: 280; Protein: 25g; Carbohydrates: 7g; Fibre: 3 g; Fat: 17 g; Salt: 0.3 g; Potassium: 520mg; Cholesterol: 55mg

Ingredients

- 225g fresh salmon fillet, skin removed, finely chopped
- 1 tbsp finely chopped red onion
- 1 tbsp chopped fresh parsley or dill
- 1 tsp Dijon mustard
- 1 tbsp wholemeal breadcrumbs (or ground oats)
- 1 tsp lemon juice
- ¼ tsp black pepper
- ½ ripe avocado, sliced
- 60g (~½ cup) alfalfa or broccoli sprouts

Optional: wholemeal bun or lettuce wraps



Time
25 min



Serves
2



Cooking method
Barbecue
or Oven



Difficulty
Easy

Grilled Fish Fingers with Lemon & Dill Dip

Method

- Slice the fillets into finger-sized sticks.
- Mix the ground oats/breadcrumbs with garlic powder, lemon zest, and paprika.
- Lightly brush the fish with olive oil, then roll in the dry coating to lightly cover.
- To barbecue or bake:
 - On a well-oiled barbecue tray or foil over a medium heat, cook for 3–4 minutes per side.
 - Or, bake at 200°C (400°F) for 10–12 minutes, flipping once.
- Mix the dip ingredients and serve chilled alongside.

For Tiny Tastes:

- Serve with soft-cooked peas or sweet potato mash for a comforting plate.

Nutritional Snapshot: Calories: 160; Protein: 17g; Carbohydrates: 7g; Fibre: 1 g; Fat: 7 g; Salt: 0.1 g; Potassium: 280mg; Cholesterol: 40mg

Ingredients

- 225g fresh white fish fillets (cod, haddock, or tilapia)
- 1 tbsp olive oil
- ⅓ cup finely ground oats or wholemeal breadcrumbs
- ¼ tsp garlic powder
- ¼ tsp paprika (optional)
- Zest of ½ lemon
- A small pinch of salt (or none)
- **For the Dip:**
- 2 tbsp plain Greek yoghurt
- 1 tsp fresh lemon juice
- ½ tsp chopped fresh dill (or ¼ tsp dried)

Optional: a tiny pinch of honey

*Light Poultry
&
Lean Meats*



Lemon & Dijon Chicken Breasts in Foil

Method

- Preheat oven or barbecue to 200°C (400°F).
- In a small bowl, whisk together olive oil, mustard, lemon juice, garlic, thyme, and pepper.
- Place chicken breasts on individual pieces of foil. Spoon the sauce over each.
- Add lemon slices on top (optional), fold into packets, and seal.
- Bake or grill for 25 minutes, or until the juices run clear and the chicken is fully cooked.
- Rest for 3 minutes before serving.

Smart Tip for the Over 50s:

- Dijon and lemon naturally brighten the flavour, making salt unnecessary.

Try This Instead:

- Add a few green beans or asparagus spears into the foil for a full one-packet meal.

Nutritional Snapshot: Calories: 220; Protein: 26g; Carbohydrates: 2g; Fibre: 0 g; Fat: 11 g; Salt: 0.23 g; Potassium: 400mg; Cholesterol: 70mg

Ingredients

- 2 small boneless, skinless chicken breasts (~140g each)
- 1 tbsp olive oil
- 1 tbsp Dijon mustard
- Juice of ½ lemon
- 1 garlic clove, minced
- ½ tsp dried thyme (or 1 tsp fresh)
- ¼ tsp black pepper

Optional: thin lemon slices for topping

Bright, tender, and oven-ready—perfect for quiet evenings or quick meals for two.



Time
25 min



Serves
2



Cooking method
Foil Packet (Oven
or Barbecue)



Difficulty
Easy

Lettuce-Wrapped Chicken Burgers with Mustard Slaw

Method

- In a bowl, mix minced chicken, onion, herbs, garlic powder, paprika, and pepper. Form into 2 patties.
- Grill over a medium heat for 5–6 minutes per side, or until the internal temperature reaches 74°C (165°F).
- In a separate bowl, combine the slaw ingredients and toss well.
- Serve burgers wrapped in lettuce leaves, topped with a spoonful of mustard slaw.

Smart Tip for the Over 50s:

- Swapping the bun for lettuce cuts sodium and refined carbs—easier on blood pressure and digestion.
- Mustard slaw adds crunch and flavour without mayo or sugar.

Try This Instead:

- Add thin avocado slices or pickled red onions for extra texture and flavour.

Nutritional Snapshot: Calories: 220; Protein: 24g; Carbohydrates: 5g; Fibre: 2 g; Fat: 11 g; Salt: 0.35 g; Potassium: 470mg; Cholesterol: 70mg

Ingredients

- 225g minced chicken breast (lean, 93–98%)
- 1 tbsp finely chopped red onion
- 1 tbsp chopped parsley or coriander
- ½ tsp garlic powder
- ½ tsp smoked paprika
- ¼ tsp black pepper
- 4 large butter lettuce leaves (or romaine)

For the Slaw:

- 60g (~½ cup) shredded green cabbage
- 1 tbsp plain Greek yoghurt
- 1 tsp Dijon mustard
- 1 tsp apple cider vinegar

Optional: a pinch of celery seed



Time
25 min



Serves
2



Cooking method
Barbecue
or grill pan



Difficulty
Easy

Grilled Turkey Skewers with Courgette

Method

- If using minced turkey, form into mini meatballs (8–10 pieces).
- Alternate turkey and courgette slices on soaked skewers.
- In a small bowl, mix olive oil, herbs, garlic, zest, and pepper.
- Brush the mixture over the skewers.
- Grill over a medium heat for 4–5 minutes per side, until the turkey is cooked through and the courgette is tender.
- Serve warm with a salad or grain bowl.

Try This Instead:

- Add chunks of bell pepper or red onion for colour and antioxidants.
- Or use fresh mint and parsley for a Middle Eastern twist.

Nutritional Snapshot: Calories: 240; Protein: 26g; Carbohydrates: 5g; Fibre: 1 g; Fat: 12 g; Salt: 0.21 g; Potassium: 410mg; Cholesterol: 70mg

Ingredients

- 225–285g lean minced turkey (or turkey breast, cubed)
- 1 small courgette, cut into thick half-moons
- 1 tbsp olive oil
- 1 tsp dried oregano or thyme
- 1 garlic clove, finely minced
- 1 tsp lemon zest
- ¼ tsp black pepper

Optional: a squeeze of lemon or tzatziki for serving

- 4 small wooden skewers (soaked if barbecuing)



Time
40 min



Serves
2



Cooking method
Oven-Baked
or Barbecue



Difficulty
Easy

Paprika & Herb Chicken Thighs

Method

- Preheat oven to 200°C (400°F) or heat barbecue to a medium-high heat.
- In a bowl, mix all spices with olive oil.
- Rub the mixture evenly over both sides of the chicken thighs.
- Place on a baking tray or grill.
- Bake for 25–30 minutes, or grill for 5–6 minutes per side, until cooked through and lightly crisped.
- Let rest for 3–5 minutes before serving.

Best For:

- Weeknight dinners, batch cooking, easy leftovers.

Smart Tip for the Over 50s:

- Paprika gives that “grilled flavour” without added salt or smoke.

Try This Instead:

- Slice leftovers over a salad or wrap in lettuce leaves with a spoonful of yoghurt sauce for a quick lunch.

Nutritional Snapshot: Calories: 260; Protein: 23g; Carbohydrates: 1g; Fibre: 0 g; Fat: 18 g; Salt: 0.21 g; Potassium: 330mg; Cholesterol: 110mg

Ingredients

- 4 boneless, skinless chicken thighs
- 1 tbsp olive oil
- 1 tsp smoked paprika
- ½ tsp dried oregano or Italian seasoning
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp black pepper

Optional: a pinch of chilli flakes (if desired)

Juicy, bold, and beautifully seasoned—without salt or heavy sauces.



Time
25 min



Serves
2



Cooking method
Barbecue
or grill pan



Difficulty
Easy

Grilled Chicken & Peach Salad

Method

- Brush peach halves lightly with olive oil.
- Grill the peach (cut-side down) and chicken breast over a medium heat—2–3 minutes per side until the peach has light grill marks and the chicken is warmed through.
- Slice grilled peach into wedges.
- In a bowl, toss the greens with the remaining olive oil, vinegar, and pepper.
- Top with sliced chicken, grilled peach, and optional feta or nuts.

Best For:

- Light summer dinners, easy lunch bowls, elegant picnic fare

Try This Instead:

- Swap peaches for nectarines or plums.
- Use leftover grilled turkey or salmon instead of chicken for a variation.

Nutritional Snapshot: Calories: 280; Protein: 26g; Carbohydrates: 10g; Fibre: 3 g; Fat: 15 g; Salt: 0.23 g; Potassium: 460mg; Cholesterol: 65mg

Ingredients

- 1 grilled chicken breast, sliced
- 1 ripe peach, halved and pitted
- 100g mixed salad greens (~4 cups) (e.g., rocket, spinach, romaine)
- 1 tbsp olive oil
- 1 tsp balsamic vinegar
- 1 tsp honey or Dijon mustard (optional)
- ¼ tsp black pepper

Optional: crumbled feta or toasted walnuts for topping

Sweet, smoky, and satisfyingly fresh—this vibrant salad pairs lean protein with juicy summer fruit and crisp greens.



Time
25 min



Serves
2



Cooking method
Barbecue
or grill pan



Difficulty
Easy

Grilled Chicken Skewers with Pineapple & Red Onion

Method

- Alternate chicken, pineapple, and red onion pieces onto the soaked skewers.
- In a small bowl, mix olive oil, lime/lemon juice, paprika, garlic powder, and pepper.
- Brush the skewers with the mixture.
- Grill over a medium heat for 4–5 minutes per side, turning occasionally, until the chicken is cooked through and the pineapple and onion are lightly caramelised.
- Serve warm with a side of grains or a green salad.

Smart Tip for the Over 50s:

- Pineapple naturally tenderises chicken with bromelain—and adds sweetness without sugar.

Try This Instead:

- Swap pineapple for peach or mango cubes, or sprinkle finished skewers with chopped fresh coriander or mint for a bright lift.

Nutritional Snapshot: Calories: 210; Protein: 30g; Carbohydrates: 20g; Fibre: 3 g; Fat: 8 g; Salt: 0.24 g; Potassium: 350mg; Cholesterol: 85mg

Ingredients

- 1 boneless, skinless chicken breast, cut into 2.5cm cubes
- 100g fresh pineapple chunks (~1 cup)
- ½ small red onion, cut into 2.5cm pieces
- 1 tbsp olive oil
- Juice of ½ lime or lemon
- ½ tsp smoked paprika
- ¼ tsp garlic powder
- Black pepper, to taste

Optional: a pinch of chilli flakes

- 4–6 small wooden skewers (soaked in water)



Time
25 min



Serves
2



Cooking method
Barbecue
or grill pan



Difficulty
Easy

Grilled Turkey Burgers with Mustard Slaw

Method

- In a bowl, mix all burger ingredients and form into two patties.
- In a separate bowl, combine the slaw ingredients and mix well. Set aside.
- Grill turkey patties over a medium heat for 4–5 minutes per side, until cooked through.
- Serve burgers on buns or lettuce wraps, topped with mustard slaw and optional extras.

Optional Extras:

- Thin tomato slices, avocado, or pickled onions

Smart Tip for the Over 50s:

- Minced turkey is lower in saturated fat than beef, and this version skips mayo for a tangy yoghurt slaw that's light on sodium and rich in probiotics.

Try This Instead:

- Add grated carrot or a few apple matchsticks to the slaw for natural sweetness and colour.

Nutritional Snapshot: Calories: 450; Protein: 35g; Carbohydrates: 45g; Fibre: 8 g; Fat: 15 g; Salt: 1.35 g; Potassium: 500mg; Cholesterol: 95mg

Ingredients

For the burgers:

- 225g lean minced turkey
- 1 tbsp finely chopped onion
- ½ tsp garlic powder
- ½ tsp smoked paprika
- ½ tsp Dijon mustard
- Black pepper, to taste
- **Optional:** 1 tbsp chopped fresh parsley

For the mustard slaw:

- 100g finely shredded cabbage (~1 cup)
- 1 tbsp Greek yoghurt
- 1 tsp Dijon mustard
- ½ tsp apple cider vinegar
- Black pepper, to taste

To serve:

- 2 wholemeal buns or lettuce wraps



Time
40 min



Serves
2



Cooking method
Foil-Bake
or Barbecue



Difficulty
Medium

Foil-Wrapped Turkey Breast with Cranberries & Sage

Method

- Preheat barbecue or oven to 190°C (375°F).
- In a small bowl, mix olive oil, mustard, sage, garlic powder, and pepper.
- Tear two sheets of foil. Place turkey fillets in the centre of each. Brush with the mixture.
- Top with chopped cranberries and a splash of stock or juice if using.
- Fold foil into packets, sealing tightly.
- Bake or grill for 25–30 minutes, until the turkey is cooked through and the juices run clear.
- Let rest for 2–3 minutes before serving.

Smart Tip for the Over 50s:

- Turkey breast is lean, protein-rich, and low in saturated fat. Cranberries and sage support digestion and offer a nostalgic note—without relying on salt or sugar.

Nutritional Snapshot: Calories: 220; Protein: 30g; Carbohydrates: 15g; Fibre: 3 g; Fat: 5 g; Salt: 0.28 g; Potassium: 360mg; Cholesterol: 75mg

Ingredients

- 2 boneless turkey breast fillets (~140g each)
- 1 tsp olive oil
- 1 tbsp dried unsweetened cranberries (low-sugar, chopped if large)
- ½ tsp dried sage (or 1 tsp fresh, finely chopped)
- ½ tsp garlic powder
- ½ tsp Dijon mustard
- Black pepper, to taste

Optional: 2 tbsp low-salt chicken stock or a splash of orange juice

Try This Instead:

Pair with foil-baked sweet potato wedges or green beans with almonds for a well-rounded, gentle plate.



Time
45 min



Serves
2



Cooking method
Foil-Bake
or Barbecue



Difficulty
Easy

FOIL-BAKED CHICKEN DRUMSTICKS WITH HERBS & LEMON

Method

- Preheat oven or barbecue to 190°C (375°F).
- In a bowl, combine olive oil, lemon juice and zest, garlic, herbs, and pepper.
- Toss the drumsticks in the mixture to coat well.
- Place into foil and seal tightly into a packet.
- Bake or grill for 30–35 minutes, until the chicken is fully cooked and tender.
- Carefully open the foil and serve warm with lemon wedges or fresh parsley.

Smart Tip for the Over 50s:

- Drumsticks are naturally moist and flavourful without needing salt or breading.
- The citrus and herbs support digestion and reduce the need for sauces.

Try This Instead:

- Add a few sliced carrots or sweet potato rounds to the foil for a full meal in one packet.

Nutritional Snapshot: Calories: 180; Protein: 25g; Carbohydrates: 2g; Fibre: 0 g; Fat: 12 g; Salt: 0.28 g; Potassium: 230mg; Cholesterol: 85mg

Ingredients

- 4 small chicken drumsticks, skin removed if desired
- 1 tbsp olive oil
- Juice of ½ lemon
- 1 tsp lemon zest
- 1 garlic clove, minced
- 1 tsp chopped fresh rosemary or thyme (or ½ tsp dried)
- ¼ tsp black pepper

Optional: a pinch of smoked paprika

Juicy, gently herbed, and lemon-bright—a no-fuss classic with heart-healthy flavour.



Foil-Wrapped Parcels



Time
40 min



Serves
2



Cooking method
Foil-Wrapped
Parcel



Difficulty
Easy

Foil-Wrapped Carrots with Cumin & Orange Zest

Method

- Preheat your oven or barbecue to 200°C (400°F).
- In a bowl, toss the carrots with the olive oil, ground cumin, orange zest, cinnamon, and pepper.
- Place the mixture in the centre of a large sheet of foil. Fold into a sealed parcel.
- Bake or grill for 25–30 minutes, until the carrots are tender and lightly golden.
- Carefully open the parcel (watch for steam!) and sprinkle with mint or parsley if desired.

Smart Tip for the Over 50s:

- Orange zest brightens flavour and helps balance natural sweetness without added sugar or salt.

Try This Instead:

- Make a “carrot taco”: serve warm roasted carrots in a lettuce leaf with a spoonful of yoghurt-cucumber sauce.

Nutritional Snapshot: Calories: 130; Protein: 2g; Carbohydrates: 13g; Fibre: 4 g; Fat: 8 g; Salt: 0.01 g; Potassium: 350mg; Cholesterol: 0mg

Ingredients

- 3 medium carrots, peeled and cut into sticks
- 1 tbsp olive oil
- ½ tsp ground cumin
- ¼ tsp orange zest (freshly grated)
- A pinch of cinnamon (optional, for depth)
- A pinch of black pepper

Optional: chopped mint or parsley for garnish

Naturally sweet, gently spiced—the kind of side that feels like a small reward.



Time
45 min



Serves
2



Cooking method
Foil-Wrapped
Parcel



Difficulty
Very Easy

Foil-Baked Chicken Sausage, Sweet Potato & Apple

Method

- Preheat oven or barbecue to 200°C (400°F).
- Toss the sweet potato and apple with the oil, herbs, and spices.
- Divide into 2 foil parcels. Add 1 sausage to each.
- Seal tightly and bake or grill for 30–35 minutes, until the sweet potato is tender.
- Open carefully (watch for steam!) and serve warm.

Best For:

- Quick autumn-inspired dinners, weeknight comfort meals

Smart Tip for the Over 50s:

- Chicken sausage gives flavour without heaviness, and sweet potatoes support stable blood sugar and are rich in fibre and potassium.

Try This Instead:

- Use sliced turkey kielbasa or plant-based sausage for variety. Add a few red onion slices for depth.

Nutritional Snapshot: Calories: 310; Protein: 18g; Carbohydrates: 23g; Fibre: 4 g; Fat: 17 g; Salt: 0.88 g; Potassium: 480mg; Cholesterol: 65mg

Ingredients

- 2 chicken sausages (nitrate-free, ~85g each)
- 1 small sweet potato, peeled and diced
- ½ apple (Granny Smith or Honeycrisp), chopped
- 1 tbsp olive oil
- ½ tsp dried rosemary or thyme
- ¼ tsp cinnamon (optional but cosy)
- ¼ tsp black pepper

Optional: a squeeze of lemon juice before serving

Apples add natural sweetness and moisture—no need for sauce.



Time
25 min



Serves
2



Cooking method
Foil-Bake, Oven,
or Barbecue



Difficulty
Very Easy

Foil-Wrapped Prawns with Garlic & Snap Peas

Method

- Preheat your barbecue or oven to 200°C (400°F).
- Tear two large sheets of foil. Divide the prawns and snap peas evenly between them.
- Drizzle with olive oil, lemon juice, zest, garlic, herbs, and pepper.
- Fold into sealed parcels, leaving space for steam.
- Grill or bake for 12–14 minutes, until the prawns are pink and the peas are tender-crisp.
- Carefully open and serve warm in the foil or over brown rice or quinoa.

Try This Instead:

- Foil parcels lock in flavour without needing extra oil or salt.
- Swap snap peas for courgette ribbons, thin asparagus, or green beans.
- For a tropical twist, add a few chunks of pineapple to the foil!

Nutritional Snapshot: Calories: 180; Protein: 21g; Carbohydrates: 5g; Fibre: 1 g; Fat: 9 g; Salt: 0.35 g; Potassium: 260mg; Cholesterol: 160mg

Ingredients

- 10–12 large prawns, peeled and deveined
- 100g (~1 cup) sugar snap peas (or snow peas)
- 1 tbsp olive oil
- 1 tsp lemon zest
- Juice of ½ lemon
- 1 garlic clove, finely minced
- 1 tbsp chopped parsley or fresh basil
- ¼ tsp black pepper

Optional: a pinch of red pepper flakes

Light, juicy, and ready in minutes—a perfect all-in-one parcel for fresh summer flavour.



Time
40 min



Serves
2



Cooking method
Foil-Bake or
Barbecue



Difficulty
Easy

Foil-Baked Butternut Squash with Cinnamon & Nutmeg

Method

- Preheat your barbecue or oven to a medium-high heat.
- In a bowl, toss the squash cubes with the oil, cinnamon, nutmeg, and optional pepper.
- Transfer to a large piece of foil and fold into a sealed parcel.
- Bake for 25–30 minutes, flipping once if barbecuing, until the squash is soft and the edges are golden.
- Serve warm, optionally topped with nuts or herbs.

Smart Tip for the Over 50s:

- Butternut squash is high in vitamin A and potassium—a gentle way to support immune function and blood pressure balance.
- The spices here warm the digestion and add flavour without sugar or salt.

Nutritional Snapshot: Calories: 110; Protein: 10g; Carbohydrates: 20g; Fibre: 3 g; Fat: 3 g; Salt: 0.04 g; Potassium: 400mg; Cholesterol: 0mg

Ingredients

- 200g peeled, cubed butternut squash (~1½ cups)
- 1 tsp olive oil or avocado oil
- ⅛ tsp ground cinnamon
- A pinch of ground nutmeg

Optional: a pinch of black pepper or maple dusting

Optional garnish: chopped walnuts or fresh thyme

Try This Instead:

- Add a few thin apple slices to the foil parcel for a naturally sweet, fruity twist that pairs beautifully with poultry or lentils.



Time
45 min



Serves
2



Cooking method
Foil-Wrapped
Parcel



Difficulty
Easy

Foil-Wrapped Tofu, Bell Peppers & Peanut-Ginger Glaze

Method

- Preheat oven or barbecue to 200°C (400°F).
- In a bowl, whisk together the glaze ingredients until smooth.
- Toss the tofu and veg gently with the glaze.
- Divide into 2 foil parcels and seal.
- Bake or grill for 25–30 minutes, until the vegetables are soft and the tofu is golden.
- Open the foil carefully. Sprinkle with fresh coriander and serve.

Smart Tip for the Over 50s:

- Tofu is high in plant-based protein and calcium, and gentle for digestion.
- The peanut and ginger combo adds depth, warmth, and supports anti-inflammatory balance.

Try This Instead:

- Use almond butter instead of peanut, or add a few snow peas for a snap of texture.

Nutritional Snapshot: Calories: 310; Protein: 15g; Carbohydrates: 12g; Fibre: 3 g; Fat: 22 g; Salt: 0.2 g; Potassium: 420mg; Cholesterol: 0mg

Ingredients

- 170g extra-firm tofu, pressed and cubed
- 1 red or yellow bell pepper, sliced
- ½ small red onion, sliced
- 1 tbsp chopped fresh coriander (optional)

For the glaze:

- 1 tbsp unsweetened natural peanut butter
- 1 tsp grated fresh ginger
- 1 tsp rice vinegar or apple cider vinegar
- ½ tbsp olive oil
- Juice of ½ lime
- 1 tbsp warm water (to thin)
- A pinch of black pepper

Optional: a pinch of chilli flakes



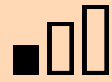
Time
45 min



Serves
2



Cooking method
Foil-Wrapped
Parcel



Difficulty
Very Easy

Herbed Baby Potatoes & Mushrooms in Foil

Method

- Preheat oven or barbecue to 200°C (400°F).
- In a bowl, toss the potatoes and mushrooms with the oil and seasonings.
- Divide into 2 foil parcels and seal well.
- Bake or grill for 30–35 minutes, until the potatoes are tender and golden.
- Carefully open the parcels and garnish with fresh herbs, if desired.

Best For:

- Side dish or main, meatless meals, pairing with fish or poultry

Smart Tip for the Over 50s:

- Potatoes provide comfort and potassium; mushrooms bring umami richness and B vitamins.
- No salt, no sauce—just natural goodness brought out by slow roasting.

Nutritional Snapshot: Calories: 250; Protein: 5g; Carbohydrates: 28g; Fibre: 4 g; Fat: 12 g; Salt: 0.01 g; Potassium: 620mg; Cholesterol: 0mg

Ingredients

- 200g baby potatoes (~1 cup), halved
- 100g mushrooms (cremini or button), halved or sliced (~1 cup)
- 1 tbsp olive oil
- ½ tsp dried thyme or rosemary
- ¼ tsp garlic powder
- ¼ tsp black pepper

Optional: a squeeze of lemon juice or balsamic after cooking

Optional: chopped parsley or chives for garnish

Try This Instead:

- Add a few slices of red onion or swap mushrooms for courgette for a summer twist.



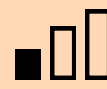
Time
30 min



Serves
2



Cooking method
Foil-Bake or
Barbecue



Difficulty
Easy

Foil-Wrapped White Fish with Courgette & Olives

Method

- Preheat your barbecue or oven to 190°C (375°F).
- In a bowl, toss the sliced courgette and olives with the olive oil, lemon juice, garlic, herbs, and pepper.
- Lay out two large sheets of foil. Place a fish fillet in the centre of each.
- Top the fish with the vegetable and olive mixture. Add any optional ingredients.
- Fold into sealed parcels, making sure to leave some space for steam to circulate.
- Bake or grill for 15–20 minutes, until the fish is opaque and flakes easily.
- Serve carefully in the foil parcel, or slide onto a plate.

Smart Tip for the Over 50s:

- This foil method locks in moisture without added salt or heavy sauces—great for heart-conscious eaters.

Nutritional Snapshot: Calories: 240; Protein: 35g; Carbohydrates: 8g; Fibre: 3 g; Fat: 15 g; Salt: 0.63 g; Potassium: 650mg; Cholesterol: 70mg

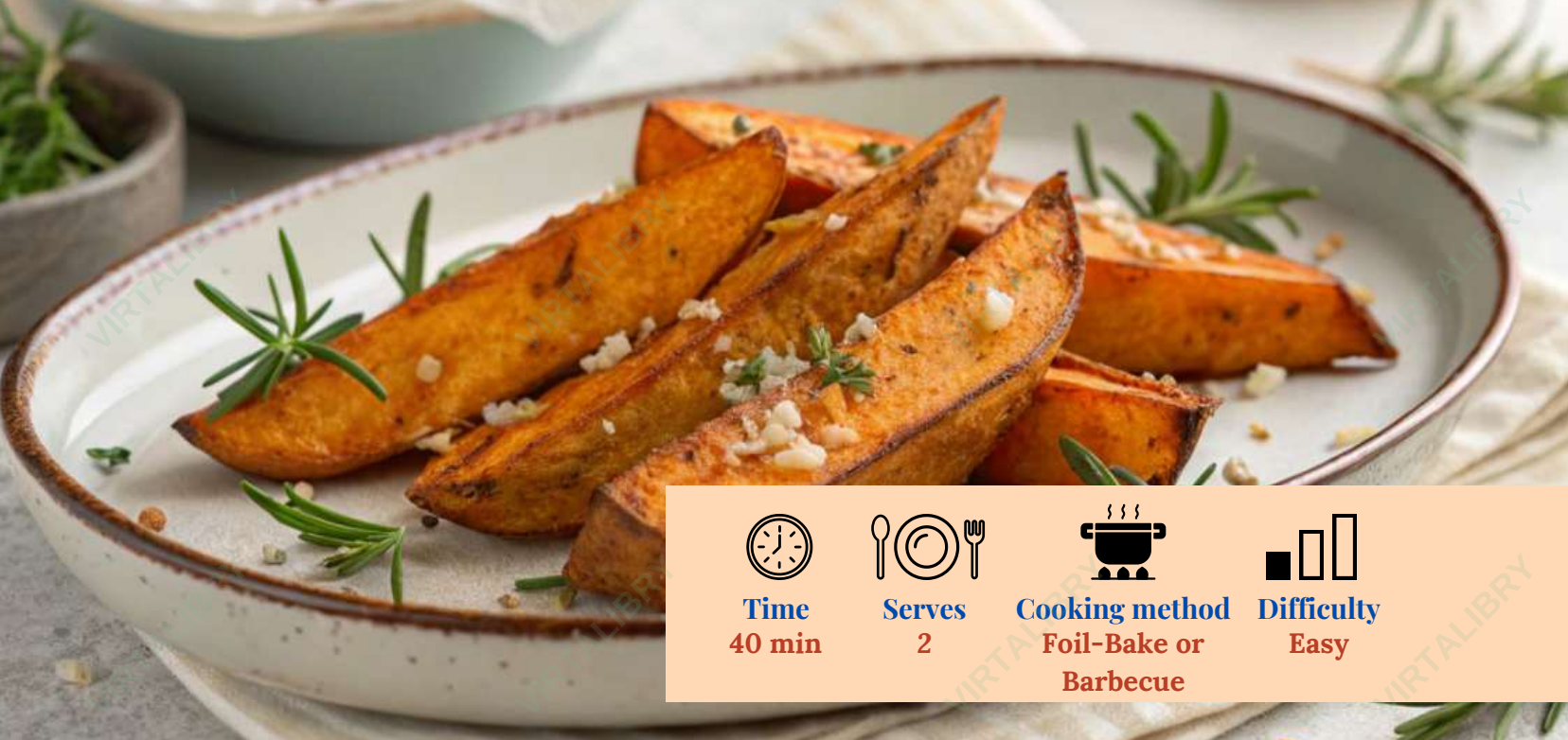
Ingredients

- 2 white fish fillets (e.g. cod, haddock, tilapia — 110–140g each)
- ½ small courgette, thinly sliced
- 1 tbsp sliced black or green olives (low-salt)
- 1 tbsp chopped fresh parsley (or ½ tsp dried)
- 1 tsp olive oil
- Juice of ½ lemon
- 1 small garlic clove, minced
- A pinch of black pepper

Optional: cherry tomatoes or thin red onion slices

Try This Instead:

- Swap courgette for thin asparagus or add a few sliced olives and capers for extra Mediterranean flair.



Time
40 min



Serves
2



Cooking method
Foil-Bake or
Barbecue



Difficulty
Easy

Foil-Baked Sweet Potato Wedges with Rosemary

Method

- Preheat your barbecue or oven to a medium-high heat.
- In a bowl, toss the sweet potato wedges with the olive oil, rosemary, garlic powder, and spices.
- Place in a piece of foil and fold into a sealed parcel.
- Bake for 25–30 minutes, flipping halfway through if barbecuing, until soft and lightly browned.

Best For:

- Backyard dinners, barbecue baskets, light comfort plates

Smart Tip for the Over 50s:

- Sweet potatoes are rich in fibre, potassium, and beta-carotene—all helpful for heart health and blood pressure support.

Try This Instead:

- Swap rosemary for cinnamon and nutmeg to create a warm, spiced version that pairs well with grilled chicken or turkey.

Nutritional Snapshot: Calories: 130; Protein: 4g; Carbohydrates: 25g; Fibre: 4 g; Fat: 3 g; Salt: 0.1 g; Potassium: 350mg; Cholesterol: 10mg

Ingredients

- 1 medium sweet potato, washed and cut into wedges
- 1 tsp olive oil
- ½ tsp dried rosemary (or 1 tsp fresh, finely chopped)
- ¼ tsp garlic powder
- A pinch of black pepper

Optional: a pinch of smoked paprika or cinnamon

Tender, caramelised, and naturally sweet—these foil-baked wedges are the perfect summer comfort side.



*Lighter Lunches
&
Picnic Plates*



Time
10 min



Serves
2



Cooking method
Light Barbecue
or Pan-Sear



Difficulty
Very Easy

Grilled Peach & Cottage Cheese Plate with Basil & Olive Oil

Method

- Lightly brush the cut sides of the peach with olive oil.
- Grill peach halves cut-side down for 3–5 minutes until grill marks appear and the fruit softens.
- Place each half on a small plate. Top with or serve alongside the cottage cheese.
- Add basil, pepper, and a very light touch of balsamic or honey if desired.
- Serve warm or slightly cooled.

Best For:

- Light lunches, no-cook dinners, joyful snacking

Smart Tip for the Over 50s:

- Peaches are rich in antioxidants and hydration—and grilling brings out their natural sweetness.
- Combined with cottage cheese, this creates a perfect protein + fibre + flavour balance for mid-day energy.

Nutritional Snapshot: Calories: 160; Protein: 9g; Carbohydrates: 10g; Fibre: 2 g; Fat: 9 g; Salt: 0.2 g; Potassium: 300mg; Cholesterol: 0mg

Ingredients

- 1 ripe peach, halved and pitted
- 125g low-fat cottage cheese (~½ cup) (unsalted, if possible)
- 1 tsp olive oil
- A few fresh basil leaves, torn
- ¼ tsp black pepper

Optional: a drizzle of balsamic or honey (just a touch)

Try This Instead:

- Use plums, nectarines, or even grilled figs.
- Add a few walnut crumbles for crunch.



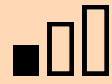
Time
15 min



Serves
2



Cooking method
Light Barbecue
Grill Pan



Difficulty
Easy

Avocado Toast with Grilled Courgette & Herbed Ricotta

Method

- Lightly brush courgette slices with olive oil and grill on both sides for 2–3 minutes until tender.
- Toast the bread slices.
- In a small bowl, mix ricotta with herbs and pepper.
- Spread ricotta on toast, top with avocado slices, then add warm grilled courgette.
- Finish with lemon zest or a tiny pinch of chilli if desired. Serve immediately.

Smart Tip for the Over 50s:

- Ricotta adds light, calcium-rich protein.
- Courgette and avocado provide fibre and healthy fats without heaviness.
- This dish is especially kind to digestion and feels satisfying, not sleepy.

Nutritional Snapshot: Calories: 270; Protein: 10g; Carbohydrates: 20g; Fibre: 5 g; Fat: 17 g; Salt: 0.3 g; Potassium: 460mg; Cholesterol: 15mg

Ingredients

- 2 slices wholemeal or sprouted-grain bread
- ½ ripe avocado
- 60g ricotta cheese (~¼ cup)
- 1 small courgette, sliced lengthwise
- 1 tbsp chopped fresh basil or parsley
- 1 tsp olive oil
- ¼ tsp black pepper

Optional: lemon zest or chilli flakes

Creamy, toasty, and garden-fresh—perfect for a light lunch with a grilled twist.



Time
25 min



Serves
2



Cooking method
Light Barbecue
or Grill Pan



Difficulty
Easy

Grilled Veggie Wrap with Hummus & Herbs

Method

- Brush veg lightly with olive oil. Grill or pan-sear until tender and charred (~4–5 min per side).
- Warm the wraps briefly to make them pliable.
- Spread hummus over each wrap.
- Layer with the grilled veg, fresh herbs, greens (if using), and pepper.
- Fold, roll, slice in half—and enjoy warm or packed for later.

Smart Tip for the Over 50s:

- Hummus adds plant-based protein and fibre, while grilled veg provides antioxidants and heart support.
- Wholemeal wraps keep you full without refined carbs.

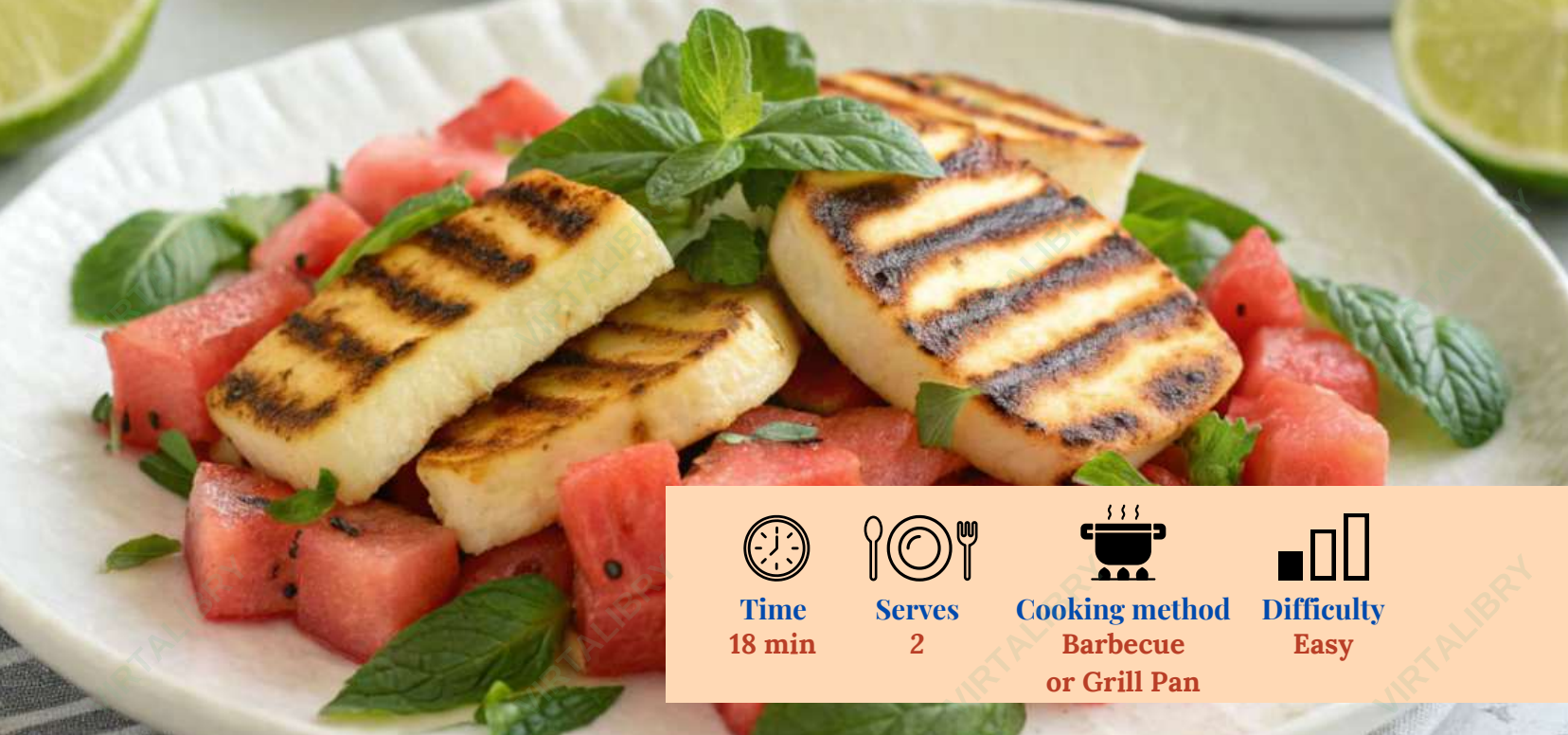
Nutritional Snapshot: Calories: 310; Protein: 10g; Carbohydrates: 28g; Fibre: 6 g; Fat: 15 g; Salt: 0.3 g; Potassium: 480mg; Cholesterol: 0mg

Ingredients

- 2 wholemeal or low-carb wraps (20–25cm)
- 125g hummus (~½ cup) (unsalted if possible)
- 1 small courgette, sliced
- ½ red bell pepper, sliced
- ¼ small red onion, sliced thin
- 1 tsp olive oil
- 1 tbsp chopped fresh parsley or mint
- Black pepper to taste

Optional: baby spinach or rocket leaves

Warm, creamy, and full of roasted flavour—lunch you can hold in one hand and love with your heart.



Time
18 min



Serves
2



Cooking method
Barbecue
or Grill Pan



Difficulty
Easy

Grilled Halloumi Salad with Watermelon

Method

- Preheat your barbecue or grill pan over a medium heat.
- Lightly brush the halloumi slices with olive oil.
- Grill for 2–3 minutes per side, until golden grill marks appear and the cheese softens.
- Arrange the watermelon and optional greens on a plate. Top with the grilled halloumi and fresh herbs.
- Finish with a squeeze of lime or a balsamic drizzle if desired.

Smart Tip for the Over 50s:

- Halloumi is naturally salty, so it adds flavour without added seasoning.
- Watermelon brings hydration and lycopene, which supports heart and skin health.
- The combo is fun, vibrant, and gentle for warm weather digestion.

Nutritional Snapshot: Calories: 220; Protein: 11g; Carbohydrates: 10g; Fibre: 1 g; Fat: 14 g; Salt: 0.75 g; Potassium: 240mg; Cholesterol: 45mg

Ingredients

- 110g halloumi cheese (~4 oz), sliced into 1cm slabs
- 100g seedless watermelon, cubed or balled (~1 cup)
- 1 tbsp fresh mint or basil, chopped
- 1 tsp olive oil

Optional: a squeeze of lime juice or a drizzle of balsamic glaze

Optional greens: rocket or baby spinach for serving

Try This Instead:

- Swap halloumi for grilled tofu or feta (low-salt) if preferred, or use grilled peaches instead of watermelon.



Time
25 min



Serves
2



Cooking method
Barbecue
or Grill Pan



Difficulty
Easy

Grilled Veggie Skewers with Lemon & Tahini Drizzle

Method

- Preheat your barbecue to a medium heat.
- Thread the veg onto the skewers. Brush lightly with olive oil and season with pepper and herbs.
- Grill for 4–6 minutes per side, turning until the vegetables are tender and lightly charred.
- In a small bowl, whisk together the drizzle ingredients until smooth and pourable.
- Serve skewers warm with the lemon & tahini drizzle over top.

Try This Instead:

- Add grilled tofu cubes to the skewers for a protein-packed version, or serve over a bed of quinoa or lentils.

Nutritional Snapshot: Calories: 180; Protein: 5g; Carbohydrates: 16g; Fibre: 5 g; Fat: 8 g; Salt: 0.09 g; Potassium: 470mg; Cholesterol: 0mg

Ingredients

For the skewers:

- ½ red bell pepper, cut into chunks
- ½ courgette, sliced into thick half-moons
- ½ red onion, cut into wedges
- 4–6 white or cremini mushrooms
- 100g cherry tomatoes (~½ cup)
- 1 tsp olive oil
- Black pepper, to taste

Optional: a pinch of cumin or oregano

- 4 wooden skewers (soaked)

For the drizzle:

- 1 tbsp tahini
- 1 tbsp fresh lemon juice
- 1 tsp olive oil
- 1–2 tsp water (to thin)
- A pinch of garlic powder or ground cumin

Optional: chopped parsley for topping



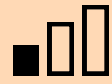
Time
30 min



Serves
2



Cooking method
Barbecue or
Grill Pan



Difficulty
Easy

Grilled Black Bean Burgers with Lime & Coriander Mayo

Method

- Mash the black beans in a bowl. Mix in the onion, bell pepper, garlic, breadcrumbs, 1 tbsp coriander, cumin, smoked paprika, salt, and pepper until just combined. Don't overmix.
- Form into two 2cm-thick patties.
- Combine the mayonnaise (or Greek yoghurt), lime juice, and 1 tbsp coriander in a small bowl; stir until smooth.
- Lightly oil the barbecue grates or grill pan. Grill the patties on a medium heat for 5-6 minutes per side, until firm and heated through.
- Place the burgers on wholemeal buns, lettuce wraps, or tomato slices. Top with the Lime & Coriander Mayo and extra coriander if desired.

Nutritional Snapshot: Calories: 220g; Protein: 10g; Carbohydrates: 28g; Fibre: 8 g; Fat: 8 g; Salt: 0.45 g; Potassium: 450mg; Cholesterol: 10mg

Ingredients

- 1 (425g) can black beans, rinsed and drained
- ¼ cup finely chopped red onion
- ¼ cup finely chopped bell pepper (any colour)
- 1 clove garlic, minced
- 2 tbsp wholemeal breadcrumbs (or ground oats)
- 1 tbsp chopped fresh coriander, plus more for garnish
- ½ tsp ground cumin
- ¼ tsp smoked paprika
- Salt and black pepper to taste

Optional: wholemeal buns, lettuce wraps, or large tomato slices for serving

For the Lime & Coriander Mayo:

- ¼ cup light mayonnaise (or Greek yoghurt for a lighter option)
- 1 tbsp fresh lime juice
- 1 tbsp chopped fresh coriander



Time
25 min



Serves
2



Cooking method
Barbecue or
Grill Pan



Difficulty
Easy

Grilled Chicken & Avocado Salad with Lime Dressing

Method

- Season the chicken with black pepper and grill for 5–6 minutes per side until fully cooked. Let rest, then slice.
- In a small bowl, whisk together the dressing ingredients.
- On plates or in bowls, arrange the greens, tomatoes, onion, and avocado. Top with the warm grilled chicken.
- Drizzle with the dressing just before serving.

Try This Instead:

- Swap grilled chicken for grilled prawns or tofu to mix it up, or sprinkle a few pumpkin seeds for extra crunch and magnesium.

Nutritional Snapshot: Calories: 310; Protein: 26g; Carbohydrates: 10g; Fibre: 5 g; Fat: 30 g; Salt: 0.18 g; Potassium: 610mg; Cholesterol: 110mg

Ingredients

For the salad:

- 1 boneless, skinless chicken breast (~140g), grilled and sliced
- 100g mixed greens or romaine (~4 cups)
- ½ avocado, sliced
- 100g cherry tomatoes (~½ cup), halved
- ¼ small red onion, thinly sliced

Optional: sliced cucumber or shredded carrot

For the Lime Dressing:

- 1 tbsp olive oil
- 1 tbsp fresh lime juice
- ½ tsp Dijon mustard
- A pinch of black pepper

Optional: ½ tsp honey for balance



Time
25 min



Serves
2



Cooking method
Barbecue
or No-Cook



Difficulty
Very Easy

Grilled Tuna Salad Lettuce Wraps

Method

- In a bowl, combine all the tuna salad ingredients and mix until well blended.
- Spoon the mixture into clean, dry lettuce leaves.
- Top with optional crunchy veg or avocado.
- Serve cold or at room temperature—perfect for warm days.
- For the grilled tuna option: Brush the tuna steak with olive oil, grill for 3–4 min per side, flake with a fork, and use in place of canned tuna.

Smart Tip for the Over 50s:

- This dish skips the bread but delivers plenty of protein, fibre, and potassium—with no heavy mayonnaise or added salt. Lettuce wraps are easier on digestion and support hydration.

Try This Instead:

- Use the filling in mini bell pepper boats or serve over a scoop of quinoa for a more filling grain bowl.

Nutritional Snapshot: Calories: 200; Protein: 21g; Carbohydrates: 6g; Fibre: 2 g; Fat: 17 g; Salt: 0.23 g; Potassium: 460mg; Cholesterol: 50mg

Ingredients

For the tuna salad:

- 1 small grilled tuna steak, flaked (or 1 (140g) can of tuna in water, drained well)
- 1 tbsp plain Greek yoghurt
- 1 tsp Dijon mustard
- 1 tsp lemon juice
- 1 tbsp finely chopped celery or cucumber
- ½ tsp chopped fresh dill or parsley
- Black pepper, to taste

To serve:

- 4–6 large butter lettuce or romaine leaves

Optional: sliced radish, grated carrot, or avocado slices



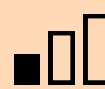
Time
15 min



Serves
2



Cooking method
Barbecue
or No-Cook



Difficulty
Very Easy

Salmon Salad with Olive Oil & Herbs

Method

- In a small bowl, whisk together the dressing ingredients.
- In a large bowl or on plates, arrange the greens, vegetables, and salmon.
- Drizzle with the dressing and toss gently or serve layered.
- Top with avocado and more herbs if desired.

Smart Tip for the Over 50s:

- If using fresh salmon, grill 1 small fillet for 4–5 minutes per side, then flake.

Try This Instead:

- Serve in a lettuce wrap, over quinoa, or stuffed into a grilled courgette boat for variation.

Nutritional Snapshot: Calories: 270; Protein: 13g; Carbohydrates: 24g; Fibre: 7 g; Fat: 13 g; Salt: 0.11 g; Potassium: 510mg; Cholesterol: 0mg

Ingredients

For the salad:

- 100g cooked or canned salmon (~1 cup) (skinless, boneless)
- 100g mixed greens (~4 cups) (e.g., rocket, baby spinach, romaine)
- ½ avocado, sliced or diced
- 100g cherry tomatoes (~½ cup), halved
- ¼ small red onion, thinly sliced

Optional: sliced cucumber or radish for crunch

Olive Oil & Herb Dressing:

- 1 tbsp extra virgin olive oil
- 1 tsp fresh lemon juice
- ½ tsp Dijon mustard
- 1 tbsp chopped fresh dill, parsley, or chives (or a mix)
- Black pepper, to taste



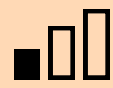
Time
25 min



Serves
2



Cooking method
Barbecue
or Skillet



Difficulty
Easy

Grilled Chickpea Patties with Tahini Sauce

Method

- In a bowl, mash the chickpeas until mostly smooth but with some texture remaining.
- Mix in the red onion, parsley, cumin, garlic powder, oat flour or breadcrumbs, lemon juice, and black pepper. Form into two patties.
- Preheat your barbecue or a skillet to a medium heat. Lightly oil the surface.
- Grill the patties for 4–5 minutes per side, until firm and lightly browned.
- Meanwhile, in a small bowl, whisk together the tahini sauce ingredients until smooth and pourable.
- Serve the warm patties with a drizzle of the tahini sauce.

Try This Instead:

- Add shredded carrot or grated courgette to the mix for extra moisture and nutrients.

Nutritional Snapshot: Calories: 260; Protein: 9g; Carbohydrates: 24g; Fibre: 6 g; Fat: 14 g; Salt: 0.28 g; Potassium: 360mg; Cholesterol: 0mg

Ingredients

For the patties:

- 200g cooked or canned chickpeas (low-salt)
- 2 tbsp finely chopped red onion
- 1 tbsp chopped fresh parsley
- ½ tsp ground cumin
- ½ tsp garlic powder
- 1 tbsp oat flour or wholemeal breadcrumbs
- 1 tsp lemon juice
- ¼ tsp black pepper

For the tahini sauce:

- 1 tbsp tahini
- 1 tsp lemon juice
- 1 tbsp water (or more to thin)

Optional: a pinch of garlic powder or cumin



Grilled Sweet Treats



Time
15 min



Serves
2



Cooking method
Barbecue
or Grill Pan



Difficulty
Very Easy

Grilled Banana Halves with Cinnamon & Almonds

Method

- Preheat your barbecue to a medium heat.
- Lightly brush the banana halves with oil. Sprinkle with cinnamon.
- Grill cut side down for 3–4 minutes until grill marks appear and the bananas soften slightly. Flip and grill for another 1–2 minutes.
- Transfer to a plate, top with almonds, and optionally drizzle or add yoghurt. Serve warm.

Smart Tip for the Over 50s:

- Bananas are rich in potassium and B6, supporting blood pressure and mood.
- Grilling enhances their sweetness naturally, so there is no need for added sugar—almonds provide healthy fat and a satisfying texture.

Try This Instead:

- Top with a spoonful of unsweetened Greek yoghurt and a few blueberries for extra fibre and colour.

Nutritional Snapshot: Calories: 160; Protein: 3g; Carbohydrates: 23g; Fibre: 5 g; Fat: 8 g; Salt: 0.01 g; Potassium: 370mg; Cholesterol: 0mg

Ingredients

- 1 ripe (but firm) banana, peeled and sliced in half lengthwise
- 1 tsp olive oil or avocado oil (for brushing)
- ¼ tsp ground cinnamon
- 1 tbsp sliced or chopped almonds (toasted if desired)

Optional: a light drizzle of honey or maple syrup

Optional: plain Greek yoghurt or coconut yoghurt, for topping

Warm, soft, and lightly spiced—a naturally sweet treat with a nutty crunch.



Time
13 min



Serves
2



Cooking method
Barbecue



Difficulty
Very Easy

Grilled Pineapple with Lime & Fresh Mint

Method

- Preheat your barbecue or grill pan to a medium heat.
- Lightly brush the pineapple with oil if using.
- Grill for 3–4 minutes per side until golden and lightly charred.
- Squeeze fresh lime juice on top. Sprinkle with mint and serve warm.

Smart Tip for the Over 50s:

- Pineapple provides natural enzymes and hydration.
- Lime adds brightness without added sugar.
- Mint soothes digestion and lifts mood.

Note from the heart:

- You don't need cake to feel like you've had dessert.
- Sometimes a slice of warm fruit, kissed by fire and herbs, is exactly the right amount of joy.

Nutritional Snapshot: Calories: 90; Protein: 1g; Carbohydrates: 20g; Fibre: 3 g; Fat: 2 g; Salt: 0.01 g; Potassium: 150mg; Cholesterol: 0mg

Ingredients

- 4 slices fresh pineapple (~1cm thick)
- Juice of ½ lime
- 1 tsp olive oil or avocado oil (optional, for brushing)
- 1 tbsp chopped fresh mint leaves

Optional: a pinch of cinnamon or chilli powder

Bright, juicy, and warm—a naturally sweet dessert that comes straight from the barbecue.



Time
13 min



Serves
2



Cooking method
Barbecue



Difficulty
Very Easy

Grilled Pear Halves with Walnuts & Lemon Drizzle

Method

- Preheat your barbecue or grill pan to a medium heat.
- Brush the cut side of the pear halves lightly with oil.
- Grill cut-side down for 3–4 minutes until soft with grill marks.
- Turn briefly to warm the skin side (optional).
- Transfer to a plate, drizzle with lemon juice, and sprinkle with walnuts and herbs or spices.

Smart Tip for the Over 50s:

- Pears are rich in soluble fibre—gentle on digestion.
- Grilling concentrates their natural sweetness.
- Walnuts support brain and heart health with omega-3s.

Nutritional Snapshot: Calories: 180; Protein: 3g; Carbohydrates: 20g; Fibre: 6 g; Fat: 10 g; Salt: 0.01 g; Potassium: 190mg; Cholesterol: 0mg

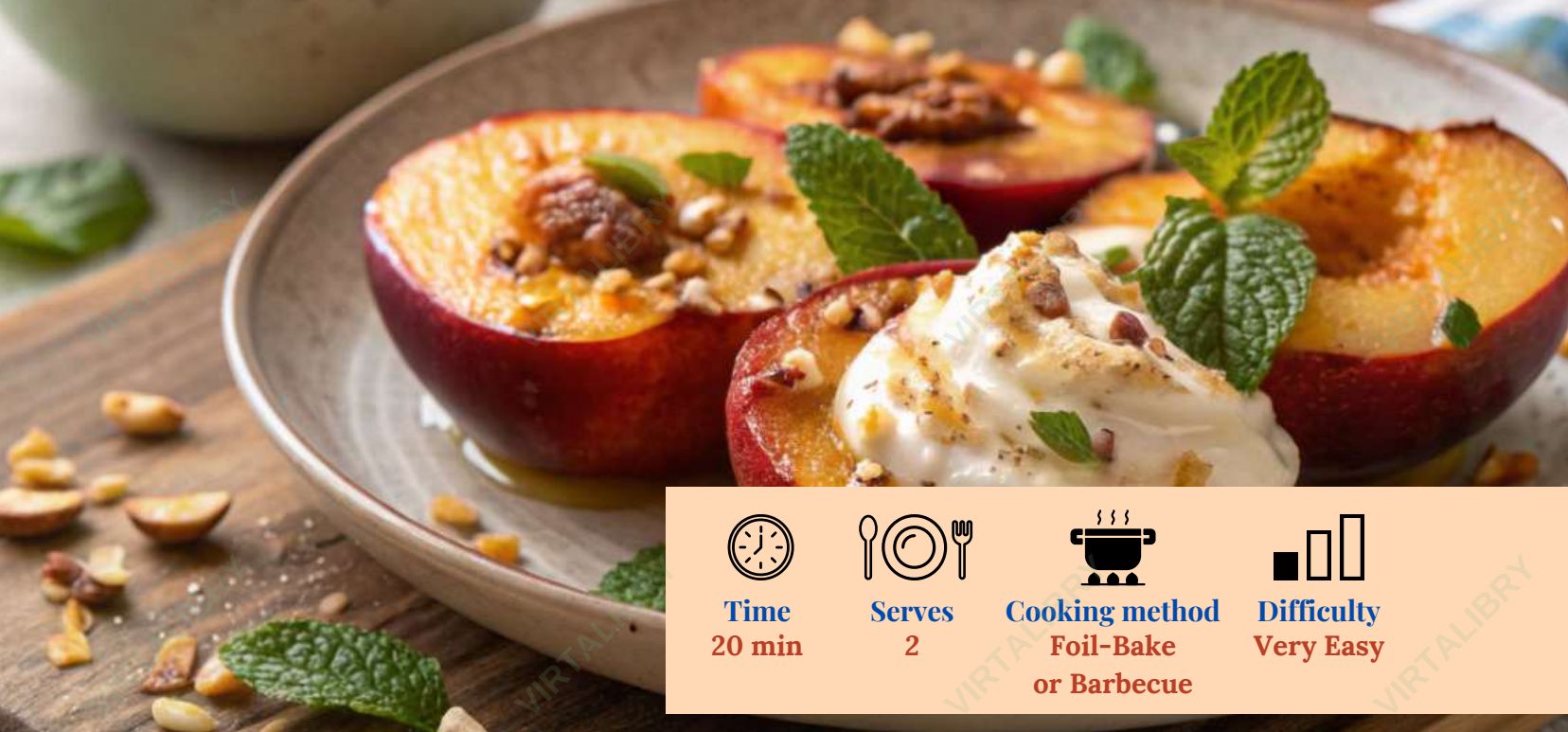
Ingredients

- 1 ripe but firm pear, halved and cored
- 1 tsp olive oil (or a light brush of avocado oil)
- Juice of ½ lemon
- 1 tbsp chopped walnuts

Optional: a pinch of cinnamon or fresh thyme

Note from the heart:

- Maybe you've never grilled a pear.
- Maybe this is your first time.
- But like many things in life after 50—trying something new, especially when it's this simple, can be its own reward.



Time
20 min



Serves
2



Cooking method
Foil-Bake
or Barbecue



Difficulty
Very Easy

Foil-Baked Nectarines with Honey & Mint

Method

- Preheat your barbecue or oven to 190°C (375°F).
- Place the nectarine halves, cut side up, on a sheet of foil. Drizzle with oil (if using) and honey. Sprinkle with cinnamon and mint.
- Fold the foil into a loose parcel, sealing the edges.
- Grill or bake for 15–18 minutes, until the nectarines are tender and the juices are bubbling.
- Carefully open the foil and transfer to serving plates. Top with yoghurt or cream if desired.

Smart Tip for the Over 50s:

- Nectarines are rich in vitamin C and beta-carotene, both supporting skin and immune health.
- Baking in foil enhances their natural sweetness, so just a hint of honey is plenty.

Nutritional Snapshot: Calories: 130; Protein: 1g; Carbohydrates: 25g; Fibre: 2 g; Fat: 1 g; Salt: 0.003 g; Potassium: 290mg; Cholesterol: 0mg

Ingredients

- 2 ripe nectarines, halved and pitted
- 1 tsp olive oil or melted unsalted butter (optional)
- 2 tsp honey (or maple syrup)
- 1 tbsp chopped fresh mint

Optional: a pinch of cinnamon or nutmeg

Optional: a dollop of plain Greek yoghurt or coconut cream for serving

Try This Instead:

- Add a spoonful of chopped toasted nuts or a sprinkle of granola for texture and crunch.



Time
20 min



Serves
2



Cooking method
Barbecue
or Grill Pan



Difficulty
Easy

Grilled Apple Slices with Cinnamon, Walnuts & Greek Yoghurt

Method

- Preheat your barbecue to a medium heat. Lightly brush the apple slices with oil and sprinkle with cinnamon.
- Grill slices for 4–5 minutes per side, until grill marks appear and the apples are tender but not mushy.
- Arrange on a plate, top with a spoonful of Greek yoghurt and chopped walnuts.
- Serve warm or at room temperature for a cosy, balanced dessert.

Smart Tip for the Over 50s:

- Apples support digestion and blood sugar balance thanks to fibre and polyphenols.
- Greek yoghurt adds protein without added sugar—a smart alternative to ice cream or whipped topping.

Nutritional Snapshot: Calories: 145; Protein: 5g; Carbohydrates: 18g; Fibre: 3 g; Fat: 7 g; Salt: 0.06 g; Potassium: 240mg; Cholesterol: 2mg

Ingredients

- 1 large apple (Fuji, Gala, or Honeycrisp), cored and sliced into 1cm rounds
- 1 tsp olive oil or avocado oil
- ¼ tsp ground cinnamon
- 2 tbsp plain unsweetened Greek yoghurt (2% or non-fat)
- 1 tbsp chopped walnuts

Optional: a pinch of nutmeg or a minimal drizzle of honey

Try This Instead:

- Swap walnuts for crushed almonds or pumpkin seeds for variety and crunch.



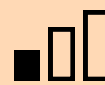
Time
10 min



Serves
2



Cooking method
Barbecue
or Grill Pan



Difficulty
Very Easy

Grilled Mango with Ginger & Coconut

Method

- Preheat your barbecue or grill pan over a medium heat.
- Brush the mango slices lightly with oil. Sprinkle with ginger.
- Grill for 2–3 minutes per side, until grill marks appear and the mango softens slightly.
- Transfer to plates, sprinkle with coconut and optional toppings. Serve warm.

Smart Tip for the Over 50s:

- Mango is rich in vitamins A and C, aiding immune support and skin health.
- Grilling concentrates sweetness and adds flavour without extra sugar. Coconut adds healthy fat and satisfying texture.

Try This Instead:

- Top with a small scoop of unsweetened coconut yoghurt or a dusting of crushed pistachios for flair.

Nutritional Snapshot: Calories: 140; Protein: 1g; Carbohydrates: 25g; Fibre: 3 g; Fat: 5 g; Salt: 0.01 g; Potassium: 280mg; Cholesterol: 0mg

Ingredients

- 1 ripe but firm mango, peeled and sliced into thick strips or cheeks
- ½ tsp olive oil or melted coconut oil (for brushing)
- A pinch of ground ginger (or fresh grated for a stronger flavour)
- 1 tbsp unsweetened shredded coconut

Optional: a drizzle of honey or maple syrup

Optional: fresh mint or lime zest for garnish

Warm, caramelised, and kissed with spice—this tropical treat melts in your mouth.

A Note of Thanks

Thank you for spending your time—and your table—with me. If this book found its way into your kitchen, I hope it brought more than just recipes.

I want to thank you—not just for reading, but for choosing to care for yourself in such a nourishing, human way. You’ve flipped through pages filled with flavour, colour, and intention. You’ve seen how simple ingredients and kind techniques can support your heart, your energy, and your peace of mind—without stress, guilt, or complexity. Because food isn’t just fuel—it’s also a source of pleasure and sometimes even healing.

And at 50+, we deserve meals that care back. Whether you try one recipe or twenty, whether you cook indoors or out, my hope is that these meals bring not just nourishment, but ease, confidence, and maybe even a little joy.

This cookbook is part of the **EatWell 50+ series**—a collection designed to offer gentle, realistic ways to eat well, feel better, and enjoy more ease in the kitchen and in life. Wherever you are on your wellness path, I’m grateful you let me walk a small part of it with you.

- *Let this book become part of your rhythm.*
- *Let it live on your counter.*
- *Let it get used, splashed, and stained with joy.*

Remember: there’s no perfect way to eat, no perfect way to cook. But there is your way—and if this book has helped you rediscover that, even a little, then it’s done its job.

- *Keep listening to your body.*
- *Keep feeding it with care.*
- *And most of all—keep savouring every bite.*

Wishing you flavour, balance, and joy.

With care and gratitude,

Leonora Key

About the Author

Hi, I'm Leonora Key—and I believe that nourishing yourself well after 50 isn't about willpower or perfection. It's about kindness. It's about rhythm. It's about choosing foods that love you back.

For me, food has always been more than just fuel. It's a gentle tool for healing, clarity, and joyful aging—especially when life shifts, energy dips, or focus feels harder to hold.

I don't come from culinary school. I come from a small kitchen filled with cinnamon, stories, and warmth—and a mother who taught me that healing begins with a wooden spoon and an open heart.

That's why I write cookbooks for real people who want real change. For those seeking small, lasting shifts—made with simplicity and love. For those who want to cook not to impress, but to feel well.

This book was born out of sunshine, simplicity, and the joy of summer cooking. I wanted to create something that captured the feeling of grilling outdoors—the breeze on your skin, the scent of herbs in the air, the ease of food shared under an open sky. Even if you're cooking indoors, I hope this book brings that same sense of lightness to your kitchen.

This cookbook is part of the **EatWell 50+ series**—a collection created to nourish body, brain, and spirit in the second half of life. Every page is designed to offer ease, warmth, and a soft place to land.

If this book brought you peace, clarity, or even one small shift in how you care for yourself—I'm truly honoured. You're why I write.

If you'd like to explore more of my work, see other books in the series, or follow what's next, please visit:

<https://www.amazon.com/author/key.leonora-book>



Thank you for making space for me in your kitchen — and in your story.

Stay well. Stay vibrant.

There's so much more to savour, discover, and enjoy—in your own way, and in your own time.

With gratitude and care,

Leonora Key

“For everything I know about love and nourishment — thank you, Mom.”

More Flavor, More Joy — Bonus Content Just for You

Because care doesn't end with the last page.
And good food... always leaves a little room for more.

As a thank you for reading, cooking, and taking this journey with me, I've prepared a **free bonus bundle**—filled with thoughtful tools and gentle inspiration to help you keep savouring this season with heart.

No sign-ups, no strings.

Just a quiet gift—from my kitchen to yours.

Here's what's inside:

- **Heart-Healthy Flavour, Grill & Barbecue Cheat Sheets**

Quick-reference guides for seasoning, doneness, low-salt swaps & more

- **Printable Wellness Journal Page**

A one-page check-in to gently track how food makes you feel—not numbers, but awareness

- **A Gentle Guide to Seasonal Cooking**

Simple tips for choosing better oils, fish, and seasonal produce

To download your bonus pack, visit:

<http://bit.ly/4nBQL7A>



Print it. Keep it nearby. Let it support you—in the background, gently.

And if you've enjoyed this book, you might find more comfort in the other titles from the **EatWell 50+ series**—each one is created to bring **more peace, more pleasure, and more possibility** to your plate.

Let's keep cooking with kindness. Let's keep it simple, joyful, and real.

From my kitchen to yours—always with care,
with flavour, balance, and joy—always,

Leonora