

Diabetic Cookbook for Beginners

**120 Easy Low-Carb Recipes, a 5-Week Meal Plan for
Managing Type 2 Diabetes, Prediabetes and
Supporting Healthy Blood Sugar Levels**



Leonora Key

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Note to the Reader

This book is designed to support individuals managing diabetes with practical nutrition strategies, balanced meal planning, and healthy recipes. While every effort has been made to ensure accuracy and helpfulness, this book is not a substitute for professional medical advice, diagnosis, or treatment.

Please consult with your doctor, endocrinologist, or a registered dietitian before making any significant changes to your diet, particularly if you take insulin or other medications that affect your blood sugar.

Your health journey is unique. Let this book be your guide and inspiration, not your prescription.

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About This Book

Welcome, Friend!

Imagine waking up every morning feeling energised, light, and completely in control of your health. No more worrying about sudden blood sugar spikes, second-guessing your food choices, or feeling trapped by cravings. Instead, you'll enjoy meals that are not only delicious but also nourishing, helping you thrive and ensuring you feel your best every day.

If you've ever felt lost or overwhelmed while preparing meals that support diabetes management, know that you're not alone. And the good news is—you don't have to figure this out alone.

This book is your trusted guide. Inside, you'll find simple, delicious recipes inspired by trusted nutrition principles for diabetes management—carefully created to support stable blood sugar without sacrificing flavour. Every chapter is filled with practical tips and carefully crafted meals to help you stabilise blood sugar, boost energy, and nourish your body, so you can feel confident in your food choices again.

Whether you were recently diagnosed or have been managing diabetes for years, you'll discover valuable tools to support your journey, allowing you to live an active, fulfilling life without stress or deprivation.

I know firsthand how overwhelming it can feel to rethink your entire approach to food. There was a time when I had to completely transform my diet—searching for meals that met medical recommendations while still bringing joy to eating. It wasn't easy. But through experience, I discovered how to make healthy eating enjoyable, simple, and sustainable. That is exactly what I want to share with you.

This cookbook is here to support you with:

- ◆ A practical, easy-to-follow 35-day meal plan
- ◆ Over 120 low-carb recipes for breakfast, lunch, dinner, snacks & desserts
- ◆ Grocery tips, smart ingredient swaps & real-world meal prep advice
- ◆ Encouraging insights to help manage cravings, motivation & daily challenges
- ◆ Bonus content: downloadable charts, shopping lists & printable tools

I'm dedicated to empowering as many people as I can to take charge of their nutrition and achieve their best health. Beyond meal plans and recipes, you'll find strategies to help make healthy eating a lifelong habit—without ever feeling deprived.

This book is not about restriction. It's about empowerment. It's about freedom through nourishment—and giving your body the care it truly deserves.

Let's take the first step together — the **EatWell 50+** way.

Get ready to transform the way you eat, feel, and live!

To your health and joy at every age,

Leonora Key

Before You Begin: Understanding Diabetes

If you or someone you love is living with diabetes, you already know: what you eat every day matters. The food you choose can help you feel energised and steady, or tired and overwhelmed.

Diabetes affects how your body turns food into energy. Normally, your body uses a hormone called insulin to move sugar from your bloodstream into your cells. But with diabetes, this process doesn't work as it should. Sugar builds up in the blood instead of being used for fuel, leading to symptoms and long-term health risks.

Let's take a quick look at the most common types.

Types of Diabetes

Type 1 Diabetes

An autoimmune condition, often starting in childhood, where the body stops making insulin. Requires insulin therapy.

Type 2 Diabetes

The most common type. The body becomes resistant to insulin or doesn't make enough. Often linked to lifestyle, but also influenced by genetics. It can often be managed with diet, exercise, and support.

Gestational Diabetes

Occurs during pregnancy. Usually resolves after childbirth, but raises the risk of developing Type 2 later.

Prediabetes

Blood sugar is elevated, but not high enough for a diagnosis. A powerful warning sign—and an opportunity for prevention.

Why Diet Is So Powerful

Food is more than just fuel. It's your daily tool to help:

- ◆ Keep blood sugar steady
- ◆ Avoid energy crashes and cravings
- ◆ Support long-term health
- ◆ Prevent complications

This book is designed to make healthy eating not just easier, but more enjoyable. **With over 120 flavourful recipes** and a **step-by-step 35-day** plan, you'll be equipped to make every meal a step toward better health.

Eating Well with Type 2 Diabetes

Your Simple, Sustainable Guide

Type 2 diabetes is more common than ever—but that doesn't mean living with it has to feel confusing or restrictive. In fact, with the right food choices, you can stabilise your blood sugar, feel more energised, and enjoy food again.

The Type 2 Diabetes Diet isn't about giving things up. It's about choosing foods that help your body work better, without stress, guilt, or complicated rules.

This balanced approach focuses on whole, nourishing foods and realistic habits that fit your lifestyle (and your taste!).

It's flexible.

It's sustainable.

And most importantly, it works.

Food Groups Allowance Table

Product Group	Recommended / Allowed	Limit / Consume in Moderation	Avoid / Not Recommended
Bread and Pastries	Wholegrain bread, multigrain bread, bran bread	Pita bread, rye crispbreads (up to 60g per day)	White bread, pastries made with refined flour
Meat and Poultry	Skinless chicken, turkey, and rabbit	Lean beef, and veal	Fatty cuts of meat, sausages, processed meats, smoked products
Fish and Seafood	Whitefish, fatty fish (salmon, trout), seafood	Canned fish packed in water	Canned fish in oil, salted fish
Dairy Products	Skimmed milk, unsweetened Greek yoghurt, low-fat cottage cheese (up to 2% fat)	Hard cheese (up to 30% fat)	Double cream, flavoured yoghurts with added sugar
Grains and Pasta	Oatmeal, buckwheat, quinoa, brown rice, wild rice	Wholegrain pasta (up to 60g per day)	White rice, refined pasta, semolina
Legumes	Black beans, chickpeas, and lentils	Green peas, cooked mung beans (in small amounts)	None
Vegetables	Leafy greens (spinach, kale), cabbage, courgette, mushrooms, tomatoes	Carrots, beetroot (cooked), potatoes (up to 100g per day)	Mashed potatoes, canned vegetables high in sodium
Fruits and Berries	Berries (blueberries, raspberries, strawberries), green apples, avocado	Bananas (up to ½ per day), grapes (up to 5-6 berries)	Large quantities of grapes, raisins, high-sugar fruits (mango, melon)
Nuts and Seeds	Almonds, walnuts, sunflower seeds (up to 30g per day)	Cashews, peanuts (in small amounts)	None
Drinks	Water, herbal tea, black coffee (unsweetened)	Homemade sugar-free fruit infusions	Fruit juices, soda, and alcohol
Sweets	Homemade desserts with stevia, dark chocolate (85% cocoa or higher)	Dark chocolate (up to 10g per day)	Sweets, pastries, honey, sugar, syrups
Fats	Olive oil, avocado	Butter (up to 5g per day)	Lard, margarine, and oils used for deep frying

Core Components of the Diet

For optimal management of Type 2 diabetes, certain dietary principles can make a big difference. These guidelines aren't about restriction—they're about making small, smart choices that support your energy, balance, and long-term health.

◆ **Balanced Carbohydrates**

Below is a quick-reference Carb Counting Chart that shows common foods, their average carb content, and a few gentle suggestions for healthier alternatives. Remember, everyone's needs are different, so this is just a flexible starting point.

Carb Counting Chart

Food Item	Serving Size	Carbs (g)	Better Alternative
Oatmeal (cooked)	½ cup	27	Steel-cut Oats, Chia Pudding
Brown Rice (cooked)	½ cup	22	Quinoa, Cauliflower Rice
White Rice (cooked)	½ cup	23	Brown Rice, Quinoa
Wholegrain Bread	1 slice	12	Sprouted Grain Bread
White Bread	1 slice	15	Wholegrain Bread
Sweet Potato (baked)	½ medium	20	Butternut Squash, Cauliflower Mash
Regular Potato (boiled)	1 medium	37	Sweet Potatoes, Turnips
Apple (medium)	1 medium	25	Berries, Green Apple
Banana (medium)	1 medium	27	Berries, Citrus Fruits
Blueberries	½ cup	11	Nuts, Seeds
Chickpeas (cooked)	½ cup	22	Lentils, Black Beans
Black Beans (cooked)	½ cup	20	Lentils, Edamame
Greek Yoghurt (unsweetened)	6 oz	7	Coconut Yoghurt (unsweetened)
Milk (low-fat)	1 cup	12	Almond Milk (unsweetened)
Soda (regular)	12 oz can	39	Sparkling Water, Herbal Tea

Want a printable version of this chart and additional practical resources? Scan the QR code at the end of the book to access your free bonus toolkit.

◆ **Healthy Fats**

Enjoy unsaturated fats from sources like avocados, olive oil, nuts, and seeds. They help support heart health and keep you feeling satisfied.

◆ **Lean Proteins**

Choose lean meats, fish, eggs, tofu, and plant-based proteins like lentils and beans. These help maintain muscle and keep blood sugar steady.

◆ **Fibre-Rich Foods**

Vegetables, wholegrains, and moderate amounts of fruit are rich in fibre, which helps slow digestion and reduce blood sugar spikes.

◆ **Low-Sugar Alternatives**

Cut back on added sugars where you can. Natural sweeteners like stevia or monk fruit are great options when you need a little sweetness.

Smart Sweetener Swaps

Not all sugar substitutes are equal. Here are a few that work best for most people with diabetes:

- ✓ **Stevia** – 100% natural, zero GI, good for hot drinks and baking
- ✓ **Erythritol** – low-GI, gentle on digestion, great for desserts
- ✓ **Monk Fruit** – zero GI, mild taste, good for drinks and yoghurt
- ⚠ **Coconut sugar, honey, maple syrup** – natural, but still raise blood sugar
- ⚠ **Artificial sweeteners** – often controversial; use with caution

Want the full sweetener chart? You'll find it in your bonus toolkit online!

◆ **Hydration**

Staying well-hydrated helps your metabolism run smoothly and can even reduce cravings for sugary drinks.

Health Benefits of Eating Well with Type 2 Diabetes

When you choose foods that support your blood sugar, you're doing much more than managing diabetes—you're caring for your whole body.

Here are just a few ways this way of eating can help you feel better every day:

- ◆ **Weight Balance** – Eating balanced meals helps regulate appetite and support a healthy weight—one of the most important tools in diabetes management.
- ◆ **Improved Insulin Response** – Nutrient-rich foods help your body use insulin more efficiently.
- ◆ **Heart Support** – Healthy fats and fibre can improve cholesterol and reduce the risk of heart disease.
- ◆ **Steady Energy** – Fewer sugar crashes mean more consistent energy throughout the day.
- ◆ **Reduced Inflammation** – Whole, antioxidant-rich foods (like leafy greens, berries, and nuts) help lower inflammation that's often linked to diabetes complications.

Bringing the Diet Into Daily Life

Eating well doesn't have to be complicated, expensive, or restrictive. You don't need fancy superfoods or speciality products—just real, everyday ingredients from your local store.

Even small changes in your meals can lead to big results over time.

Simple Food Swaps for Everyday Living

Try a few of these easy swaps to support your blood sugar—no stress required:

- ✓ Swap **white bread** for wholegrain or sprouted grain options
- ✓ Use **quinoa or brown rice** instead of white rice
- ✓ Choose **olive oil** over butter or margarine
- ✓ Trade sugary drinks for **herbal teas** or infused water
- ✓ Enjoy **plain Greek yogurt** instead of flavoured yoghurts with added sugar

Small steps. Real food. Better balance.

Let this be your invitation to eat with more joy, confidence, and energy—one meal at a time.

Smart Shopping & Meal Planning Made Simple

Eating well with diabetes starts long before you sit down at the table. It begins with small, thoughtful choices at the store and in your kitchen — and it doesn't have to be hard. Here are a few easy ways to set yourself up for success:

- ◆ **Plan Ahead:** Map out your weekly meals to avoid last-minute, less-than-healthy choices.
- ◆ **Read the Labels:** Look out for hidden sugars and ultra-processed ingredients. If you can't pronounce it — pause and reconsider.
- ◆ **Stock Your Staples:** Keep healthy basics like lentils, nuts, brown rice, canned beans, frozen veggies, and herbs on hand.
- ◆ **Mind Your Portions:** Try smaller plates, pre-measured servings, or reusable meal containers to stay in control without counting every bite.

Better Ways to Cook — and Feel Good About It

The way you prepare food matters just as much as what you eat. Choosing healthier cooking methods helps protect nutrients, limit excess fats, and bring out delicious flavor — no heavy sauces or deep frying required.

Try these:

- ✓ **Baking & Roasting:** Perfect for veggies, lean meats, and even snack-friendly chickpeas.
- ✓ **Steaming:** Gentle and nutrient-preserving — especially great for fish, broccoli, and whole grains.
- ✓ **Grilling:** Boosts flavor with minimal added fat — enjoy that smoky goodness.
- ✓ **Sautéing with Healthy Oils:** A little olive or avocado oil goes a long way — just a teaspoon is often enough.
- ✓ **Air Frying:** A modern favorite! You'll get the crispy texture you love with very little oil. Try it for zucchini fries, salmon bites, or even apple slices.

By choosing the right cooking methods, you can enjoy full-flavor meals while supporting healthy blood sugar levels.

Beyond Food: Building a Healthy Lifestyle

Managing diabetes is about more than just food — it's about how you care for your whole self. These simple, everyday habits can help support your energy, balance, and long-term health:

- ◆ **Move a Little, Often:** Whether it's walking, stretching, dancing, or gardening — regular movement helps balance blood sugar and lifts your mood.
- ◆ **Eat Mindfully:** Slow down, savor your meals, and listen to your body's hunger cues — you'll enjoy your food more and naturally eat less.

◆ **Share the Journey:** Meals shared with others can reduce stress, spark joy, and create healthier routines together.

◆ **Manage Stress Gently:** Try deep breathing, nature walks, prayer, journaling, or your favorite hobby. Stress hormones impact blood sugar — calmness really counts.

When It Feels Hard: How to Stay on Track

Some days will feel easier than others — and that's okay. The key isn't perfection. It's compassion, patience, and having a few strategies in your back pocket. Here's how to overcome common challenges:

✓ If you feel overwhelmed: Focus on one small change at a time — even prepping tomorrow's breakfast counts as a win.

✓ If you slip up: Don't beat yourself up. One meal doesn't undo your progress. Breathe, reset, and move forward.

✓ If you lose motivation: Revisit your "why." Is it more energy? Less pain? Being present for your grandkids? Let that guide your next step.

This journey is yours — and you don't have to do it alone.

Cravings Happen — Here's How to Handle Them

Craving something sweet? It doesn't mean you've failed—it means you're human. Here are a few ways to care for your body and cravings at the same time:

◆ **Choose naturally sweet options** – Berries, a square of dark chocolate (85%+), or a small handful of nuts can do the trick.

◆ **Notice your triggers**– Are you hungry, bored, tired, or stressed? Naming the feeling can help you shift it.

◆ **Balance your plate**– Enough protein and fibre keeps your blood sugar—and mood—stable.

◆ **Drink up**– Sometimes, thirst shows up as a craving. Try water or calming herbal tea.

◆ **Wait 10 minutes**– Cravings fade. Walk, stretch, or simply pause—then decide.

Gentle swaps and simple awareness can go a long way toward calming cravings—without guilt.

If You Slip Up—Keep Moving

No one eats perfectly. Not you, not me, not even dietitians. A small treat or busy day isn't failure—it's life.

✓ Try the 80/20 mindset – Eat well most of the time, and let small indulgences be just that—small.

✓ No guilt needed– One-off day doesn't erase your progress. Your next choice matters more.

✓ Plan for life's moments – Birthdays, holidays, travel—they're part of living. Decide what you'll enjoy ahead of time.

✓ Keep better options nearby – Having healthy snacks on hand makes better choices easier.

Progress over perfection. Every step forward counts.

Stay Inspired, Stay Steady

Motivation isn't something we find once—it's something we build. Here's how to stay gently on track:

◆ Set tiny goals– Drink one extra glass of water, prep one meal, take one walk.

◆ Track what matters– Energy? Sleep? Mood? Those wins deserve to be noticed.

- ◆ Celebrate real victories– Better blood sugar, more energy, a peaceful morning—they all count.
- ◆ Lean on others– Whether it's a support group or a friend, don't do this alone.
- ◆ Remember your 'why'– What keeps you going? Write it down. Read it often.

Every healthy choice is a quiet act of courage. You're doing more than you think.

You're Not Alone in This

Healing happens in community. Don't be afraid to invite others into your journey.

- ◆ Talk to your people– Let friends or family know how they can support you.
- ◆ Join a community– In person or online, connection matters.
- ◆ Ask for guidance– Doctors, dietitians, coaches—your team is here to help.

With the right support, everything feels more possible.

Keep Moving Forward

Managing diabetes isn't about rules—it's about rhythm. And that rhythm includes rest, learning, and starting again.

- ◆ Every meal is a new moment to nourish your body.
- ◆ Setbacks are part of growth, not the end of progress.
- ◆ Your journey isn't a sprint—it's a life lived with care, one bite at a time.

You're not striving for perfection. You're choosing better—and that's powerful.

Next Step: Let's Cook!

You've got the knowledge. Now it's time to put it into action.

In the next section, you'll find a gentle, step-by-step **35-day meal plan** built with real ingredients, balanced meals, and flexible choices—no stress, no pressure.

Let's begin this next chapter—together.

Your 35-Day Guide to Balanced Eating with Diabetes

Welcome to Your Meal Plan

Managing diabetes isn't about cutting everything out—it's about finding what works for you, and building a way of eating that's both nourishing and sustainable.

This **35-day meal plan** is designed to help you apply everything you've learned so far—one simple, delicious day at a time.

With easy-to-follow meals and flexible options, this guide will support you in:

- ✓ Stabilising your blood sugar without guesswork
- ✓ Fuelling your body with real, balanced nutrition
- ✓ Managing your weight gently, without feeling deprived
- ✓ Reducing meal stress by having go-to choices on hand
- ✓ Creating habits that stick—long after these 35 days

How to Use This Plan

Think of this plan as a toolbox, not a rulebook. Here's how to make the most of it:

- ◆ Three meals a day (plus optional snacks) help support stable energy and blood sugar
- ◆ Meals are built around real foods: lean proteins, fibre-rich carbs, healthy fats, and low-GI choices
- ◆ Swap meals as needed—every day includes options so you can mix and match
- ◆ Have dietary restrictions? You'll find easy substitutions at the end of this section
- ◆ Portion awareness matters—listen to your body and adjust based on your hunger and activity level

level

You don't need to follow this plan perfectly to benefit from it. Even partial implementation can help you build healthier habits.

Diabetic-Friendly Weekly Meal Plan (Week 1)

Days/Meals	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday	Scrambled Egg Muffins with Spinach and Feta	Almond Butter and Celery Sticks with Chia	Lentil and Quinoa Bowl	Smoothie with Beetroot and Ginger	Grilled Chicken with Brussels Sprouts
Tuesday	Chia Seed Pudding with Berries	Roasted Spiced Chickpeas	Turkey and Veggie Wraps	Low-Sugar Lemonade	Mediterranean Baked Cod with Olives
Wednesday	Low-Carb Coconut Flour Pancakes	Smoked Salmon and Avocado Roll-Ups	Spinach and Feta Stuffed Peppers	Cucumber and Smoked Salmon Roll-Ups	Shakshuka
Thursday	Keto Blueberry Muffins with Almond Flour	Cheese and Nut Snack Pack with Dark	Buckwheat Porridge with Vegetables and Boiled	Homemade Guacamole with Flaxseed Crackers	Ratatouille
Friday	Tofu Scramble with Bell Peppers and Mushrooms	Mini Caprese Skewers with Balsamic Glaze	Wholemeal Wraps with Hummus and Vegetables	Berry Almond Milk Smoothie	Low-Carb Tex-Mex Chicken Fajitas
Saturday	Protein Smoothie with Peanut Butter and Cocoa	Sugar-Free Energy Balls with Nuts and Coconut	Baked Salmon with Roasted Asparagus	Roasted Bell Pepper & Avocado Dip	Turkey Meatballs with Tomato Sauce
Sunday	Healthy Cottage Cheese Pancakes with	Dark Chocolate Avocado Mousse	Cauliflower Fried Rice with Tofu	Chia and Flaxseed Energy Drink	Mushroom & Spinach Sauté with Nuts

Shopping List (Divided into 3 Trips)

Trip 1 (Beginning of the Week)	Trip 2 (Mid-Week Refresh)	Trip 3 (End of the Week)
• Eggs (1 dozen) • Spinach (200g) • Feta cheese (200g) • Almond butter (100g) • Celery (4 sticks) • Chia seeds (50g) • Lentils (200g) • Quinoa (200g) • Beetroot (2 small) • Ginger (1 small piece) • Chicken breast (500g) • Brussels sprouts (200g) • Berries (150g) • Turkey (300g) • Wholegrain wraps (4 pieces) • Cod (300g)	• Coconut flour (100g) • Dark chocolate bits (50g) • Cheese mix (150g) • Mushrooms (100g) • Smoked salmon (200g) • Avocados (2 large) • Almond flour (100g) • Blueberries (75g) • Cauliflower (1 medium head) • Tofu (200g) • Hummus ingredients (chickpeas, tahini, lemon) • Flaxseeds (50g) • Red peppers (2 pieces)	• Greek yoghurt (200g) • Nuts (almonds, walnuts, macadamia, 100g total) • Mini mozzarella balls (100g) • Basil (1 small bunch) • Lemon (2 pieces) • Coconut water (1 litre) • Herbs (parsley, coriander, thyme, rosemary) • Fish (salmon, 300g) • Tomatoes (4 large) • Buckwheat (200g) • Additional fresh produce (lettuce, rocket, microgreens, 200g total)

A Quick Note Before You Begin

Each recipe in the next section was created to be:

- ♦ Simple and satisfying
- ♦ Balanced in macronutrients
- ♦ Easy to prepare with everyday ingredients

No exotic superfoods or expensive products required. Just real food—thoughtfully chosen to help you feel better, eat well, and take charge of your health.

Ready?

Turn the page—and let's start your journey toward balanced, confident eating

Well Done — You've Completed Week 1!

This first week was designed to give you structure, confidence, and real-life flexibility — all while helping you nourish your body and stabilize your blood sugar.

And the best part? - You don't have to stop here.

This is just the beginning.

Week 1 helps you start strong, and we've made the next steps easy and inspiring.

Download your complete printable toolkit, including:

- ✓ Meal plans for **Weeks 2–5**
- ✓ The Energy & Clarity Journal for weekly reflection
- ✓ Printable charts & trackers for your fridge or binder



Your next step is just a click away.

You're doing something amazing — **keep going**. You've got this.

Making the 35-Day Plan Your Own

You've got the foundation — now it's time to make it work for you.

This 35-day plan was designed to give you structure, support, and confidence. But life isn't one-size-fits-all, and your meals shouldn't be either. Feel free to personalize this plan based on your tastes, lifestyle, and what's available in your kitchen.

Here's how to keep things simple and satisfying:

Smart Ingredient Swaps

- ◆ **Grains** → Quinoa, bulgur, or couscous instead of brown rice
- ◆ **Proteins** → Swap chicken with fish, tofu, or lean beef
- ◆ **Vegetables** → Use what's fresh and in season: zucchini, eggplant, bell peppers
- ◆ **Dairy** → Choose almond, soy, or coconut milk instead of cow's milk

Adjust to Fit Your Lifestyle

- ✓ **Need fewer carbs?** Add more non-starchy veggies and reduce grains
- ✓ **Need more fuel?** Boost energy with healthy fats like avocado or nuts
- ✓ **Eating plant-based?** Lentils, beans, tofu, and tempeh are great choices

Keep the Momentum Going

- ◆ Repeat the full 35-day plan when you're ready
- ◆ Mix and match meals to suit your mood and schedule
- ◆ Use this structure as a springboard for your own delicious ideas

Final Thoughts

Healthy eating isn't about being perfect. It's about showing up for yourself — with flexibility, curiosity, and care. Whether you follow this plan closely or make it entirely your own, you're building something that supports your body and fits your life.

Now... let's get cooking. Your journey is just getting started



Sweet Potato and Egg Casserole

Serves: 6; Prep time: 10 mins; Cook time: 35 mins

Ingredients

- 2 medium sweet potatoes
- 1 tbsp extra virgin olive oil
- ½ small onion, finely chopped
- 1 red pepper, diced
- 2 cloves garlic, minced
- 6 large eggs
- 60ml unsweetened almond milk
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ tsp smoked paprika
- ½ tsp dried oregano
- ¼ tsp red pepper flakes
- 60g shredded low-fat cheese
- 25g fresh parsley

Method

1. Preheat the oven to 190°C and grease a baking dish. Sauté sweet potatoes for 5-7 minutes until slightly soft. Add the onion, red pepper, and garlic, and cook for 3-4 minutes more.
2. In a bowl, whisk eggs, almond milk, salt, black pepper, paprika, oregano, and red pepper flakes.
3. Spread the cooked vegetables evenly in the baking dish. Pour the egg mixture over them and sprinkle with shredded cheese.
4. Bake for 25-30 minutes, or until the eggs are set and the top is golden.
5. Let cool for 5 minutes before serving and garnish with fresh parsley for extra flavour.

Nutritional Snapshot: Calories: 210; Protein: 10g; Carbohydrates: 15g; Fibre: 3g; Sugars: 5g; Fat: 12g; Salt: 0.23g; Potassium: 250mg



Scrambled Egg Muffins with Spinach and Feta

Serves: 6; Prep time: 10 mins; Cook time: 30 mins

Ingredients

Egg Mixture:

- 8 large eggs
- 60ml unsweetened almond milk
- ½ tsp sea salt
- ½ tsp black pepper
- ¼ tsp garlic powder
- ¼ tsp onion powder

Vegetables & Cheese:

- 200g fresh spinach, chopped
- 60g crumbled feta cheese
- 60g diced peppers
- 20g chopped spring onions

Healthy Fat:

- 1 tsp olive oil

Method

1. Preheat your oven to 175°C and lightly grease a 12-cup muffin tin.
2. In a bowl, whisk eggs, almond milk, salt, pepper, garlic powder, and onion powder until smooth.
3. Divide the chopped spinach, peppers, and spring onions evenly among the muffin cups. Pour the egg mixture over the vegetables, filling each cup about three-quarters full. Top with crumbled feta.
4. Bake for 18-20 minutes, or until the eggs are fully set and golden. Let cool for 5 minutes before serving.

Nutritional Snapshot: Calories: 120; Protein: 10g; Carbohydrates: 2-4g; Fibre: 1g; Sugars: 1g; Fat: 8g; Salt: 0.75g; Potassium: 200mg



Nutritious Sweet Potato Pancakes

Serves: 4; Prep time: 10 mins; Cook time: 15 mins

Ingredients

- 150g mashed sweet potato
- 2 large eggs
- 30g almond flour or oat flour
- ½ tsp cinnamon
- ½ tsp baking powder
- ¼ tsp sea salt
- ½ tsp vanilla extract
- 1 tbsp ground chia seeds
- 2 tbsp unsweetened almond milk (or low-fat milk)
- 1 tsp coconut oil or olive oil
- Fresh berries
- Greek yoghurt
- Chopped nuts

Method

1. Combine mashed sweet potato, eggs, almond flour, cinnamon, baking powder, salt, vanilla extract, chia seeds, and almond milk in a bowl. Mix until well combined.
2. Heat and lightly grease a non-stick frying pan over medium heat.
3. Spoon about 2 tablespoons of batter for each pancake onto the pan. Cook for 2-3 minutes per side, flipping once the edges set.
4. Serve with fresh berries, Greek yoghurt, or chopped nuts. These pancakes are a healthy, high-fiber, and low-glycaemic option.

Nutritional Snapshot: Calories: 180; Protein: 7g; Carbohydrates: 20g; Fibre: 4g; Sugars: 5g; Fat: 8g; Salt: 0.45g; Potassium: 300mg



Courgette Omelette with Mixed Vegetables

Serves: 4; Prep time: 10 mins; Cook time: 10 mins

Ingredients

- 1 medium courgette, grated
- 3 large eggs
- 60ml unsweetened almond milk (or regular milk)
- 30g shredded cheese (cheddar, mozzarella, or feta)
- 1 tbsp olive oil
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp garlic powder
- 1 tbsp chopped fresh herbs (parsley, dill, or basil)
- 30g diced peppers
- 25g mushrooms (sauté before adding)
- 25g chopped olives

Method

1. Preheat oven to 190°C and line a baking sheet with parchment paper. Grate the courgette and squeeze out all excess moisture. Chop any additional vegetables you are using.
2. In a bowl, whisk the eggs, almond milk, salt, pepper, and garlic powder. Stir in the courgette, cheese, and other vegetables.
3. Pour the mixture onto the prepared baking sheet and spread evenly. Bake for 12-17 minutes until set.
4. Let cool for 1 minute before slicing. Serve with fresh herbs, avocado slices, or leafy greens.

Nutritional Snapshot: Calories: 190; Protein: 12g; Carbohydrates: 8g; Fibre: 2g; Sugars: 3g; Fat: 13g; Salt: 0.3g; Potassium: 250mg



Healthy Cottage Cheese Pancakes with Berries

Serves: 2; Prep time: 10 mins; Cook time: 10 mins

Ingredients

- 100g cottage cheese
- 2 large eggs
- 40g almond flour
- 1 tbsp ground flaxseeds
- ½ tsp baking powder
- ½ tsp vanilla extract
- ½ tsp ground cinnamon
- 1 tsp stevia or monk fruit sweetener
- 1 tsp coconut oil
- 60g fresh mixed berries
- 1 tsp Greek yoghurt
- ½ tsp unsweetened shredded coconut
- 1 tsp crushed walnuts or almonds

Method

1. In a bowl, whisk cottage cheese, eggs, vanilla extract, and cinnamon until combined. Stir in almond flour, ground flaxseeds, baking powder, and sweetener until smooth. Let the batter sit for 2-3 minutes to thicken.
2. Heat a non-stick frying pan over medium-low heat with coconut oil. Pour 2 tbsp of batter for each pancake onto the pan. Cook for 2-3 minutes until the edges set and bubbles appear, then flip and cook for 1-2 more minutes until golden.
3. Serve pancakes stacked and topped with fresh berries, Greek yogurt, or nuts. Add a drizzle of sugar-free maple syrup or a sprinkle of cinnamon.

Nutritional Snapshot: Calories: 250; Protein: 18g; Carbohydrates: 12g; Fibre: 4g; Sugars: 0g; Fat: 14g; Salt: 0.55g; Potassium: 260mg



Baked Apples Stuffed with Cottage Cheese

Serves: 2; Prep time: 10 mins; Cook time: 25 mins

Ingredients

- 2 medium apples
- 100g cottage cheese
- 1 tbsp ground flaxseeds
- ½ tsp ground cinnamon
- ½ tsp vanilla extract
- ½ tsp lemon zest
- 1 tsp chopped walnuts or almonds
- ½ tsp ground nutmeg
- 1 tsp unsweetened shredded coconut
- ½ tsp stevia or monk fruit sweetener
- 1 tsp chia seeds (optional)

Method

1. Preheat oven to 175°C.
2. Wash and dry apples, then slice off the top. Use a spoon to carefully hollow out the core and some of the flesh, leaving a 1/4-inch shell.
3. In a bowl, mix cottage cheese, ground flaxseeds, cinnamon, vanilla extract, and lemon zest. Add chopped nuts, and optionally, a pinch of nutmeg or sweetener.
4. Fill each hollowed apple with the mixture, then top with extra cinnamon and crushed nuts.
5. Place the apples in a baking dish with 60ml of water. Bake, loosely covered with foil, for 20 minutes. Remove the foil and bake for 5 more minutes, or until the apples are tender but still hold their shape.

Nutritional Snapshot: Calories: 160; Protein: 10g; Carbohydrates: 18g; Fibre: 5g; Sugars: 18g; Fat: 6g; Salt: 0.38g; Potassium: 320mg



Tofu Scramble with Peppers and Mushrooms

Serves: 2; Prep time: 5 mins; Cook time: 10 mins

Ingredients

- 200g firm or extra-firm tofu
- 1/2 tbsp olive oil
- 60g diced red pepper
- 60g sliced mushrooms
- 30g diced red onion
- 1/2 tsp turmeric powder
- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- 1/4 tsp sea salt (or to taste)
- 1 tbsp nutritional yeast
- 2 tbsp unsweetened almond milk
- 1 handful baby spinach or kale
- 1/2 tsp cumin or curry powder (optional)
- 1 tsp of fresh lemon juice

Method

1. Drain and pat the tofu dry, then crumble it into bite-sized pieces. Heat olive oil in a non-stick frying pan over medium heat. Sauté the red onion for 1-2 minutes, then add the pepper and mushrooms, cooking for 3-4 minutes.
2. Stir in the crumbled tofu and seasonings like turmeric, garlic powder, black pepper, and paprika. Add almond milk for creaminess and cook for 4-5 minutes. Stir in spinach or kale until wilted.
3. Remove from heat and stir in lemon juice and fresh herbs. Serve with avocado slices or wholegrain toast, topped with seeds.

Nutritional Snapshot: Calories: 190; Protein: 14g; Carbohydrates: 10g; Fibre: 4g; Sugars: 4g; Fat: 10g; Salt: 0.8g; Potassium: 450mg



Low-Carb Coconut Flour Pancakes

Serves: 2 Prep time: 5 mins Cook time: 10 mins

Ingredients

- 30g coconut flour
- 2 large eggs
- 60ml unsweetened almond milk
- 1 tsp vanilla extract
- 1 tbsp melted coconut oil (or butter)
- 1/2 tsp baking powder
- 1/4 tsp cinnamon
- 1 tsp fruit sweetener
- 1 pinch sea salt
- 1 tsp flaxseeds (optional)
- 1 tbsp unsweetened shredded coconut (optional)
- 1 tbsp chopped nuts (optional)
- 1 tsp coconut oil

Method

1. In a bowl, whisk eggs, almond milk, vanilla, and melted coconut oil. Stir in coconut flour, baking powder, cinnamon, sweetener, and salt until combined. Let the thick batter rest for 2-3 minutes.
2. Heat a non-stick frying pan over medium-low heat with coconut oil. Spoon 2 tbsp of batter per pancake onto the pan, spreading slightly. Cook for 2-3 minutes, until bubbles form and edges set. Carefully flip and cook for 1-2 more minutes until golden.
3. Serve immediately with fresh berries, Greek yogurt, or unsweetened nut butter.

Nutritional Snapshot: Calories: 140; Protein: 6g; Carbohydrates: 8g; Fibre: 4g; Sugars: 1g; Fat: 10g; Salt: 0.45g; Potassium: 160mg



Chia Seed Pudding with Berries

Serves: 4 Prep time: 5 mins Cook time: 4 hours

Ingredients

- 60g chia seeds
- 500ml unsweetened almond milk
- 1 tsp vanilla extract
- ½ tsp cinnamon
- 120g fresh mixed berries (blueberries, raspberries, or strawberries, all low-glycaemic)
- 1-2 tsp monk fruit sweetener or erythritol
- 1 tbsp crushed nuts (almonds, walnuts, or pecans)
- 1 tsp unsweetened shredded coconut (optional)
- 1 tsp flaxseeds or hemp seeds

Method

1. Whisk the chia seeds, almond milk, vanilla extract, cinnamon, and sweetener. Stir well to prevent clumping.
2. Let it sit for 5 minutes, then stir again to distribute the chia seeds evenly.
3. Cover and refrigerate for at least 4 hours or overnight until thick and pudding-like.
4. Stir before serving. Top with fresh berries, crushed nuts, shredded coconut, or flaxseeds. Add a scoop of unsweetened Greek yoghurt or a spoonful of nut butter. Sprinkle with cacao nibs or chopped nuts. Blend the mixture before chilling for a smooth pudding.

Nutritional Snapshot: Calories: 180; Protein: 5g; Carbohydrates: 14g; Fibre: 9g; Sugars: 2g; Fat: 10g; Salt: 0.25g; Potassium: 200mg



Keto Blueberry Muffins with Almond Flour

Serves: 4 Prep time: 10 mins Cook time: 20-25 mins

Ingredients

- 150g almond flour
- ½ tsp baking soda
- ½ tsp baking powder
- ¼ tsp salt
- ½ tsp cinnamon
- 2 large eggs
- 60ml unsweetened almond milk (or coconut milk)
- 60ml coconut oil (or melted butter)
- ⅓ cup erythritol, monk fruit sweetener, or stevia
- 1 tsp vanilla extract
- 1 tsp lemon zest
- 75g fresh or frozen blueberries
- 1 tsp chia seeds

Method

1. Preheat the oven to 175°C and line 8 muffin cups with liners. In a bowl, whisk together almond flour, baking soda, baking powder, salt, and cinnamon. In a separate bowl, combine eggs, almond milk, melted coconut oil, sweetener, vanilla extract, and lemon zest.
2. Gradually mix the dry ingredients into the wet until the batter is thick. Gently fold in blueberries and chia seeds. Divide the batter evenly, filling each cup three-quarters full.
3. Bake for 20-25 minutes until golden brown. Let the muffins cool in the tin for 5 minutes before transferring them to a wire rack. Serve with Greek yogurt or almond butter for added protein.

Nutritional Snapshot: Calories: 120; Protein: 10g; Carbohydrates: 2-4g; Fibre: 1g; Sugars: 1g; Fat: 8g; Salt: 0.75g; Potassium: 200mg



Protein Smoothie with Peanut Butter and Cocoa

Serves: 1 Prep time: 5 mins Cook time: 5 mins

Ingredients

- 250ml unsweetened almond milk
- 1 scoop unsweetened protein powder
- 1 tbsp natural peanut butter
- 1 tbsp unsweetened cocoa powder
- 1 tsp chia seeds
- ½ tsp ground cinnamon
- 1 tsp monk fruit sweetener, erythritol, or stevia
- ½ tsp vanilla extract
- 125g ice cubes
- ½ small avocado
- 1 tsp flaxseeds (optional)
- 1 tbsp Greek yoghurt

Method

1. In a high-speed blender, combine almond milk, protein powder, peanut butter, cocoa powder, chia seeds, cinnamon, sweetener, vanilla extract, and ice cubes.
2. Blend on high speed for 30-45 seconds until smooth and creamy. If the smoothie is too thick, add a splash of almond milk.
3. Pour into a glass and enjoy immediately. For extra energy, top with cacao nibs or a drizzle of peanut butter. For added crunch, sprinkle with chopped nuts or coconut flakes.

Nutritional Snapshot: Calories: 380; Protein: 28g; Carbohydrates: 35g; Fibre: 5g; Sugars: 20g; Fat: 18g; Salt: 0.38g; Potassium: 400mg



Avocado and Berry Smoothie

Serves: 2 Prep time: 5 mins Cook time: 5 mins

Ingredients

Base Ingredients:

- ½ avocado (about 70g)
- 100g mixed berries (raspberries, blueberries, strawberries)
- 120ml water or unsweetened almond milk

- 1 tbsp flaxseeds (about 10g)

Optional Additions:

- ½ tsp vanilla extract
- ½ tsp cinnamon
- ½ tsp chia seeds
- 1 tsp lemon juice
- Ice cubes

Method

1. Peel the avocado and remove the pit. If using fresh berries, rinse them thoroughly.
2. Combine the avocado, mixed berries, water (or almond milk), and flaxseeds. Add any optional ingredients if using. Blend on a high speed for 30-60 seconds until smooth and creamy. If the smoothie is too thick, add a splash of water or extra almond milk to reach the desired consistency.
3. Pour into a glass and serve immediately. Garnish with a sprinkle of flaxseeds or a few whole berries for added texture.
4. **For Extra Protein:** Add ½ scoop unsweetened plant-based protein powder.

Nutritional Snapshot: Calories: 220; Protein: 4g; Carbohydrates: 20g; Fibre: 8g; Sugars: 7g; Fat: 14g; Salt: 0.03g; Potassium: 600mg



Chia and Flaxseed Energy Drink

Serves: 2 Prep time: 5 mins Cook time: 15 mins

Ingredients

Base Ingredients:

- 500ml filtered water
- 1 tbsp ground flaxseeds
- ½ tsp fresh lemon juice
- ¼ tsp ground cinnamon

For extra protein:

- Add 1 scoop unsweetened plant-based protein powder.

For a touch of

sweetness: Add ½ tsp stevia or monk fruit sweetener.

For an antioxidant

boost: Add ½ tsp of matcha powder.

For a refreshing

taste: Add a few fresh mint leaves.

Method

1. In a large glass or jar, combine water, flaxseeds, lemon juice, and cinnamon. Stir well to distribute the seeds evenly.
2. Allow the mixture to sit for 15 minutes, stirring occasionally. The seeds will absorb the liquid and form a gel-like consistency.
3. Stir or shake once more before serving. Enjoy chilled for a refreshing boost. This drink is excellent for lasting energy and hydration.

Nutritional Snapshot: Calories: 60; Protein: 2g; Carbohydrates: 5g; Fibre: 4g; Sugars: 1g; Fat: 4g; Salt: 0.01g; Potassium: 50mg



Beetroot and Ginger Smoothie

Serves: 2 Prep time: 5 mins Cook time: 5 mins

Ingredients

Base Ingredients:

- 120g frozen spinach
- 1 medium beetroot
- ½ scoop unsweetened vanilla protein powder
- 3 tbsp raw nuts
- ½ tsp freshly grated ginger

- 120ml unsweetened milk alternative

- ½ tsp vanilla extract

Optional Additions:

- ½ tsp cinnamon
- 1 tsp chia or flaxseeds
- 1 tsp lemon juice
- A few ice cubes

Method

1. In a high-speed blender, combine steamed beetroot, spinach, protein powder, nuts, ginger, milk alternative, and vanilla extract. Blend on high for 30-60 seconds until smooth and creamy. If the smoothie is too thick, add a splash of water or more milk.
2. Pour into a glass and serve immediately. Garnish with a sprinkle of cinnamon or chopped nuts for added flavour and texture.
3. Pair with a boiled egg or a handful of nuts for more satiety.

Nutritional Snapshot: Calories: 120; Protein: 10g; Carbohydrates: 2-4g; Fibre: 1g; Sugars: 1g; Fat: 8g; Salt: 0.75g; Potassium: 200mg



Berry Almond Milk Smoothie

Serves: 2 Prep time: 5 mins Cook time: 5 mins

Ingredients

- 250ml unsweetened almond milk
 - 150g mixed berries (strawberries, blueberries, raspberries, or blackberries – fresh or frozen)
 - 1 tbsp chia seeds or flaxseeds
 - ½ tsp ground cinnamon
 - ½ tsp vanilla extract
 - 125g ice cubes (optional)
- Optional Sweeteners:**
- ½ tsp stevia or monk fruit sweetener

Method

1. In a high-speed blender, combine almond milk, berries, chia seeds, cinnamon, vanilla extract, and ice cubes.
2. Blend on high for 30–45 seconds until smooth and creamy. If the mixture is too thick, add more almond milk.
3. Taste and adjust sweetness with stevia or monk fruit sweetener if needed. Pour into two glasses and serve immediately.

Nutritional Snapshot: Calories: 130; Protein: 3g; Carbohydrates: 15g; Fibre: 6g; Sugars: 3g; Fat: 5g; Salt: 0.25g; Potassium: 350mg



Green Smoothie with Avocado

Serves: 2 Prep time: 5 mins Cook time: 5 mins

Ingredients

- ½ ripe avocado
- 250ml unsweetened almond milk
- 100g fresh spinach
- ½ small cucumber, chopped
- ½ green apple, chopped
- 1 tbsp chia seeds
- ½ tsp ground cinnamon
- ½ tsp fresh grated ginger
- ½ tsp vanilla extract
- 125g ice cubes (optional)
- ½ tsp stevia or monk fruit sweetener

Method

1. In a blender, combine avocado, spinach, cucumber, apple, chia seeds, cinnamon, ginger, and vanilla extract.
2. Pour in the almond milk and add ice cubes. Blend on high for 30–45 seconds until smooth and creamy. If the smoothie is too thick, add a bit more almond milk.
3. Adjust sweetness with stevia or monk fruit sweetener if needed.
4. Serve with a handful of nuts or a boiled egg for additional protein, or with a slice of wholemeal toast for a more filling meal.

Nutritional Snapshot: Calories: 210; Protein: 6g; Carbohydrates: 18g; Fibre: 6g; Sugars: 5g; Fat: 14g; Salt: 0.25g; Potassium: 450mg



Coconut Water with Chia Seeds

Serves: 2 Prep time: 5 mins Cook time: 5 mins

Ingredients

Base Ingredients:

- 500ml unsweetened coconut water
- 2 tbsp chia seeds
- ½ tsp fresh lemon juice
- ¼ tsp ground cinnamon

For extra nutrients:

- Add 1 tsp ground flaxseeds for additional omega-3s and fibre.

For natural sweetness:

- Add ½ tsp stevia or monk fruit sweetener if desired.

For a tropical twist:

- Add a few fresh mint leaves or a small splash of unsweetened coconut milk.

Method

1. In a jar, mix 500ml of unsweetened coconut water with 2 tablespoons of chia seeds. Stir well to prevent clumping.
2. Let the mixture sit for 15 minutes, stirring occasionally until the seeds absorb the liquid and the consistency becomes gel-like.
3. Stir in lemon juice and cinnamon for added flavor. Serve chilled or with ice.

Nutritional Snapshot: Calories: 70; Protein: 2g; Carbohydrates: 8g; Fibre: 4g; Sugars: 1g; Fat: 3g; Salt: 0.13g; Potassium: 250mg



Turmeric Golden Milk

Serves: 2 Prep time: 5 mins Cook time: 5 mins

Ingredients

- 500ml unsweetened almond milk
- 1 tsp ground turmeric
- ½ tsp ground cinnamon
- ½ tsp fresh grated ginger
- ¼ tsp ground black pepper
- ½ tsp vanilla extract
- 1 tsp coconut oil

Optional Sweeteners:

- ½ tsp stevia or monk fruit sweetener
- 1 tbsp chia seeds (or flaxseeds)
- 1 scoop plant-based protein powder

Method

1. In a saucepan, combine almond milk, turmeric, cinnamon, ginger, black pepper, vanilla extract, and coconut oil. Stir well. Heat over medium-low heat for 5 minutes, stirring occasionally. Do not let it boil.
2. Blend the mixture for 15-20 seconds until smooth.
3. If desired, add stevia or monk fruit sweetener. Pour into two mugs and enjoy warm. Serve with a handful of nuts or a small serving of Greek yogurt for extra protein.

Nutritional Snapshot: Calories: 90; Protein: 10g; Carbohydrates: 4g; Fibre: 2g; Sugars: 3g; Fat: 8g; Salt: 0.38g; Potassium: 200mg



Low-Sugar Lemonade

Serves: 4 Prep time: 5 mins Cook time: 5 mins

Ingredients

- 1 litre filtered water
 - 120ml freshly squeezed lemon juice
 - 2 tbsp powdered erythritol, stevia, or monk fruit sweetener
 - ¼ tsp ground cinnamon
 - 4–6 fresh mint leaves
 - Ice cubes
- For extra citrus flavour:**
- Add zest of 1 lemon.
- For herbal infusion:**
- Add 1 sprig of fresh rosemary or basil.
- For a bubbly version:**
- Replace 250–500ml of water with sparkling water.

Method

1. Squeeze fresh lemons to get 120ml of juice, and strain to remove pulp. In a large jug, combine 1 litre of filtered water, the lemon juice, and your chosen sweetener. Stir until the sweetener is dissolved.
2. Add ice cubes to glasses and garnish with mint leaves or lemon slices. Serve with a light meal or snack, like almonds or a green salad.

Nutritional Snapshot: Calories: 5; Protein: 0g; Carbohydrates: 1g; Fibre: 0.2g; Sugars: 0.8g; Fat: 0g; Salt: 0.01g; Potassium: 50mg



Cucumber and Mint Detox Water

Serves: 4 Prep time: 5 mins Cook time: 1–2 hours

Ingredients

- 1 litre of filtered water
 - 1 small cucumber, thinly sliced
 - 8–10 fresh mint leaves
 - ½ lemon, thinly sliced
 - ½ tsp grated ginger
 - Ice cubes
- For more hydration:**
- Add 60ml of coconut water.
- For a touch of sweetness:**
- Add ½ tsp stevia or monk fruit sweetener.

Method

1. Wash and slice the cucumber and lemon. Lightly crush the mint leaves to release their oils. Grate ginger if using.
2. In a large jug, add the sliced cucumber, mint, lemon, and ginger. Pour in 1 litre of filtered water and stir.
3. Refrigerate for 1–2 hours to let the flavors infuse. Serve with ice and enjoy throughout the day for hydration

Nutritional Snapshot: Calories: 5; Protein: 0g; Carbohydrates: 1g; Fibre: 0.5g; Sugars: 0.5g; Fat: 0g; Salt: 0.01g; Potassium: 50mg



Waldorf Salad

Serves: 2 Prep time: 5 mins Cook time: 5 mins

Ingredients

Salad Base:

- 1 small green apple (Granny Smith), diced
- 100g thinly sliced celery
- 30g walnuts, chopped
- 50g seedless green or red grapes, halved
- 1 tbsp chia seeds or flaxseeds

For the Dressing:

- 60g Greek yoghurt
- 1 tbsp fresh lemon juice
- ½ tsp Dijon mustard
- ½ tsp ground cinnamon
- ¼ tsp sea salt (or to taste)
- ¼ tsp of black pepper

Method

1. Dice the apple, celery, and walnuts. If using grapes, halve them.
2. In a bowl, whisk Greek yogurt, Dijon mustard, cinnamon, salt, and pepper to create the dressing.
3. In a large bowl, combine the apples, celery, walnuts, and grapes. Pour the dressing over the salad and toss gently.
4. Serve and garnish with extra walnuts or fresh herbs. For added protein, mix in grilled chicken or tofu. For a nut-free version, use pumpkin or sunflower seeds.

Nutritional Snapshot: Calories: 180; Protein: 6g; Carbohydrates: 15g; Fibre: 5g; Sugars: 0g; Fat: 12g; Salt: 0.38g; Potassium: 300mg



Grilled Chicken Caesar Salad

Serves: 4 Prep time: 10 mins Cook time: 15 mins

Ingredients

- 100g chopped romaine lettuce
- 1 grilled chicken breast (about 200g), sliced
- 30g grated Parmesan cheese
- ½ avocado, sliced
- 45g cherry tomatoes, halved
- 1 tsp Worcestershire sauce
- 1 tbsp extra virgin olive oil
- 1 tbsp pumpkin or sunflower seeds
- 1 tbsp fresh lemon juice
- 60g Greek yoghurt
- 1 tsp Dijon mustard
- 1 garlic clove, minced
- ½ tsp black pepper
- ¼ tsp sea salt

Method

1. Season chicken breast with salt, pepper, and olive oil. Grill for 6-7 minutes per side until cooked through. Let it rest for 5 minutes before slicing.
2. Whisk Greek yogurt, olive oil, lemon juice, Dijon mustard, Worcestershire sauce, garlic, salt, and pepper for the dressing.
3. In a large bowl, combine romaine lettuce with the sliced chicken, Parmesan cheese, avocado, and cherry tomatoes. Drizzle with dressing and toss gently.
4. Serve immediately, garnished with extra Parmesan or lemon wedges.

Nutritional Snapshot: Calories: 320; Protein: 35g; Carbohydrates: 10g; Fibre: 4g; Sugars: 0g; Fat: 18g; Salt: 0.75g; Potassium: 600mg



Coleslaw

Serves: 4 Prep time: 10 mins Cook time: 10 mins

Ingredients

Salad Base:

- 270g green cabbage, shredded
- 90g purple cabbage, shredded
- 1 medium carrot, grated
- 25g spring onions, chopped
- 2 tbsp fresh parsley, chopped

For the Dressing:

- 120g Greek yoghurt
- 1 tbsp extra virgin olive oil
- 1 tbsp apple cider vinegar
- 1 tsp Dijon mustard
- ½ tsp garlic powder
- ½ tsp sea salt
- ¼ tsp black pepper
- 5g chia or flaxseeds
- 15g pumpkin seeds

Method

1. Shred the cabbage and grate the carrot. Chop the spring onions and parsley. Place all the vegetables in a large bowl.
2. In a smaller bowl, whisk together the Greek yogurt, olive oil, apple cider vinegar, Dijon mustard, garlic powder, salt, and pepper.
3. Pour the dressing over the vegetables and toss to combine. If desired, sprinkle with chia, flax, or pumpkin seeds. Let it sit for 5–10 minutes before serving to blend the flavors.

Nutritional Snapshot: Calories: 100; Protein: 4g; Carbohydrates: 8g; Fibre: 3g; Sugars: 5 g; Fat: 6g; Salt: 0.38 g; Potassium: 300mg



Quinoa and Roasted Vegetable Salad

Serves: 4 Prep time: 10 mins Cook time: 20 mins

Ingredients

For the Salad:

- 85g uncooked quinoa
- 125g courgette, chopped
- 150g peppers, chopped
- 90g cherry tomatoes, halved
- 60g aubergine, diced
- 25g red onion, sliced
- 1 tbsp olive oil
- ½ tsp sea salt
- ½ tsp black pepper

- ½ tsp dried oregano

For the Dressing:

- 2 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1 tsp Dijon mustard
- ½ tsp garlic powder
- ½ tsp ground cumin or paprika

Method

1. Rinse quinoa, then bring 250ml of water to a boil. Add the quinoa, reduce heat, and simmer, covered, for 12–15 minutes until absorbed. Fluff with a fork and let cool.
2. Preheat oven to 200°C. Toss chopped courgette, peppers, cherry tomatoes, aubergine, and red onion with olive oil, salt, pepper, and oregano. Roast for 15–20 minutes, or until tender.
3. In a bowl, whisk together olive oil, lemon juice, Dijon mustard, garlic powder, and cumin.
4. Combine the cooled quinoa and roasted vegetables in a large bowl. Drizzle with dressing and toss gently. Garnish with feta cheese, seeds, or fresh herbs.

Nutritional Snapshot: Calories: 220; Protein: 6g; Carbohydrates: 25g; Fibre: 5g; Sugars: 7 g; Fat: 12g; Salt: 0.45 g; Potassium: 450mg



Tuna Salad

Serves: 2 Prep time: 10 mins Cook time: 10 mins

Ingredients

For the Salad:

- 1 can (140g) of tuna in water
- 75g spinach and rocket
- 35g cucumber, diced
- 40g cherry tomatoes, halved
- 20g red onion, thinly sliced
- ½ avocado, diced
- 15g pumpkin or sunflower seeds

For the Dressing:

- 30g Greek yoghurt
- 1 tbsp extra-virgin olive oil
- 1 tsp Dijon mustard
- 1 tsp fresh lemon juice
- ½ tsp garlic powder
- ½ tsp dried oregano
- ¼ tsp sea salt
- ¼ tsp black pepper

Method

1. In a small bowl, whisk Greek yogurt, olive oil, Dijon mustard, lemon juice, garlic powder, oregano, salt, and pepper. Adjust seasoning to taste.
2. In a large bowl, combine mixed leaves, diced cucumber, cherry tomatoes, red onion, and avocado. Add the drained tuna on top, then sprinkle with pumpkin or sunflower seeds for crunch.
3. Drizzle the dressing over the salad and toss gently. Serve immediately as a light and satisfying meal.

Nutritional Snapshot: Calories: 290; Protein: 30g; Carbohydrates: 8g; Fibre: 5g; Sugars: 3 g; Fat: 16g; Salt: 0.8 g; Potassium: 500mg



Prawn Salad

Serves: 2 Prep time: 10 mins Cook time: 5 mins

Ingredients

For the Salad:

- 225g prawns, peeled
- 140g mixed salad leaves (spinach, rocket or romaine)
- ½ avocado, sliced
- 90g cherry tomatoes, halved
- 35g cucumber, sliced
- 25g red onion, thinly sliced
- 30g feta cheese, crumbled

- 1 tbsp pumpkin seeds

For the Dressing:

- 2 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1 tsp Dijon mustard
- ½ tsp garlic powder
- ½ tsp dried oregano
- Salt and black pepper (to taste)

Method

1. Heat a non-stick frying pan over medium heat. Season prawns with salt and pepper, then sauté in olive oil for 2-3 minutes per side until cooked.
2. In a separate bowl, whisk together olive oil, lemon juice, Dijon mustard, garlic powder, oregano, salt, and pepper for the dressing.
3. In a large bowl, layer mixed leaves, cherry tomatoes, cucumber, red onion, and avocado. Top with cooked prawns, feta, and seeds. Drizzle with the dressing and toss gently to combine.
4. Serve immediately!

Nutritional Snapshot: Calories: 220; Protein: 6g; Carbohydrates: 25g; Fibre: 5g; Sugars: 7 g; Fat: 12g; Salt: 0.45 g; Potassium: 450mg



Healthy Tabbouleh

Serves: 4 Prep time: 15 mins Cook time: 15 mins

Ingredients

- 185g cooked quinoa or cauliflower rice
- 50g fresh parsley, finely chopped
- 15g fresh mint leaves, finely chopped
- 150g cherry tomatoes, halved
- 65g cucumber, diced
- 15g red onion, finely diced
- 3 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp garlic powder
- ½ tsp ground cumin
- ¼ tsp sea salt
- ¼ tsp black pepper
- 100g cooked chickpeas
- 25g pumpkin seeds
- 70g small avocado, diced

Method

1. Rinse quinoa and cook according to package instructions (or sauté cauliflower rice for 3-5 minutes). Let cool.
2. Finely chop parsley, mint, cherry tomatoes, cucumber, and red onion.
3. In a bowl, whisk olive oil, lemon juice, garlic powder, cumin, salt, and pepper. Add pumpkin seeds and diced avocado.
4. In a large bowl, combine the cooked quinoa (or cauliflower rice), chopped vegetables, and dressing. Toss to combine. Serve immediately.

Serving Suggestions: Mix in nuts or feta cheese.

Nutritional Snapshot: Calories: 320; Protein: 35g; Carbohydrates: 10g; Fibre: 4g; Sugars: 0g; Fat: 18g; Salt: 0.75g; Potassium: 600mg



Asparagus Salad

Serves: 4; Prep time: 15 mins; Cook time: 15 mins

Ingredients

- 200g asparagus (1 bunch), trimmed and cut into 3-4 cm pieces
- ½ avocado, diced
- 100g cherry tomatoes, halved
- 40g red onion, thinly sliced
- 2 tbsp walnuts or almonds, chopped
- 1 tbsp pumpkin seeds
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- ½ tsp garlic powder
- ½ tsp dried oregano
- ¼ tsp sea salt (or to taste)
- ¼ tsp black pepper

Method

1. Bring a small pan of water to a boil and blanch the asparagus for 2-3 minutes until vibrant green. Immediately drain and run under cold water to stop cooking.
2. In a small bowl, whisk together olive oil, lemon juice, Dijon mustard, garlic powder, oregano, salt, and pepper for the dressing.
3. In a large bowl, combine the cooled asparagus, avocado, cherry tomatoes, red onion, walnuts, and pumpkin seeds. Drizzle with the dressing and toss gently. Serve immediately.

Nutritional Snapshot: Calories: 250; Protein: 6g; Carbohydrates: 10g; Fibre: 5g; Fat: 20g; Salt: 0.25g; Potassium: 500mg



Grilled Chicken Salad with Avocado Dressing

Serves: 4; Prep time: 15 mins; Cook time: 15 mins

Ingredients

- 2 chicken breasts, diced
- 1 tbsp olive oil
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp smoked paprika
- ½ tsp salt; ¼ tsp pepper
- 150g mixed salad leaves
- 150g cherry tomatoes, halved
- ½ cucumber, sliced
- 40g red onion, sliced
- 1 avocado, diced
- 60g Greek yoghurt
- 2 tbsp lime juice
- ½ tsp ground cumin
- 40g pumpkin seeds
- Fresh mint or parsley (optional)

Method

1. Season chicken with olive oil, garlic powder, onion powder, paprika, salt, and pepper. Grill or pan-fry over medium heat for 4-5 minutes per side until cooked. Let it rest, then slice thinly.
2. In a blender, combine avocado, Greek yogurt, lime juice, olive oil, and cumin. Blend until smooth, adding water if needed for a creamy consistency.
3. In a large bowl, combine mixed salad leaves, sliced chicken, cherry tomatoes, cucumber, red onion, and pumpkin seeds.
4. Drizzle the avocado dressing over the salad and toss gently. Top with fresh mint or parsley, if desired. Serve immediately.

Nutritional Snapshot: Calories: 320; Protein: 28g; Carbohydrates: 18g; Fibre: 18g; Sugars: 5g; Fat: 5g; Salt: 0.9g; Potassium: 680mg



Chickpea and Cucumber Salad with Lemon Dressing

Serves: 4; Prep time: 15 mins; Cook time: no cooking

Ingredients

- 400g tin of chickpeas, drained and rinsed
- 1 large cucumber, diced
- 150g cherry tomatoes, halved
- ½ red pepper, diced
- 40g red onion, finely chopped
- 2 tbsp fresh parsley, chopped
- 50g feta cheese, crumbled
- 40g toasted sunflower seeds
- 3 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp Dijon mustard
- 1 small garlic clove, crushed
- ½ tsp sea salt
- ¼ tsp black pepper
- ¼ tsp cumin

Method

1. Drain and rinse the chickpeas. In a large bowl, combine the chickpeas with diced cucumber, halved cherry tomatoes, diced red pepper, and chopped red onion and parsley.
2. In a separate small bowl, whisk together the olive oil, lemon juice, Dijon mustard, crushed garlic, salt, pepper, and cumin.
3. Pour the dressing over the vegetables and toss gently. Sprinkle with crumbled feta and toasted sunflower seeds. Serve immediately or chill for 10-15 minutes.

Nutritional Snapshot: Calories: 240; Protein: 8g; Carbohydrates: 26g; Fibre: 6g; Fat: 12g; Salt: 0.7g; Potassium: 450mg



Vegetable Soup with Lentils

Serves: 4; Prep time: 10 mins; Cook time: 25 mins

Ingredients

- 1 tbsp olive oil
- 1 medium onion, diced
- 2 garlic cloves, crushed
- 2 carrots, diced
- 2 celery sticks, chopped
- 1 red pepper, diced
- 1 courgette, diced
- 200g dry lentils, rinsed
- 400g tin of chopped tomatoes
- 1.5 litres vegetable stock
- 1 tsp dried oregano
- ½ tsp cumin
- ½ tsp black pepper
- ¼ tsp sea salt
- 1 tbsp lemon juice

Method

1. Heat olive oil in a large pot over medium heat. Sauté the onion, garlic, celery, carrots, and red pepper for 5 minutes.
2. Add the courgette, lentils, tomatoes, stock, oregano, cumin, black pepper, and salt. Bring to a boil, then reduce the heat and simmer for 20–25 minutes until the lentils are tender.
3. Remove from the heat, stir in the lemon juice, and adjust the seasoning if needed. Ladle into bowls and serve warm.

Nutritional Snapshot: Calories: 220; Protein: 12g; Carbohydrates: 32g; Fibre: 10g; Sugars: 22g; Fat: 3g; Salt: 0.7g; Potassium: 620mg



Creamy Cauliflower and Celery Soup

Serves: 6; Prep time: 15 mins; Cook time: 25 mins

Ingredients

- 1 medium cauliflower, chopped
- 3 celery sticks, chopped
- 1 medium onion, diced
- 3 garlic cloves, crushed
- 1 litre vegetable stock
- 250ml unsweetened almond milk
- 1 tbsp olive oil
- ½ tsp dried thyme
- ½ tsp black pepper
- ¼ tsp ground turmeric
- ¼ tsp sea salt
- 1 bay leaf
- 1 tbsp lemon juice
- 150g tofu, cubed (optional)

Method

1. Heat the oil in a large saucepan over a medium heat. Sauté the onion, garlic, celery, and cauliflower for about 5 minutes until softened.
2. Add the thyme, turmeric, salt, pepper, and bay leaf, then pour in the stock. Simmer for 15–20 minutes until the vegetables are tender (add tofu for extra protein if desired).
3. Discard the bay leaf, then blend until smooth and creamy. Stir in the almond milk and lemon juice. Adjust seasoning to taste and serve hot, garnished with chopped parsley, walnuts, or hemp seeds.

Nutritional Snapshot: Calories: 145; Protein: 6g; Carbohydrates: 14g; Fibre: 5g; Sugars: 9g; Fat: 7g; Salt: 0.9g; Potassium: 420mg



Chicken Soup with Vegetables and Quinoa

Serves: 4; Prep time: 15 mins; Cook time: 30 mins

Ingredients

- 2 medium chicken breasts, cubed
- 1 small onion, diced
- 3 garlic cloves, crushed
- 3 carrots, sliced
- 2 celery sticks, chopped
- 1 medium courgette, chopped
- 1 litre chicken stock
- 150g cherry tomatoes, halved
- 500ml water
- 90g quinoa, rinsed
- 1 tbsp olive oil
- ½ tsp dried thyme
- ½ tsp black pepper
- ¼ tsp sea salt (or to taste)
- 1 bay leaf
- 1 tbsp lemon juice

Method

1. Heat the oil in a large saucepan over a medium heat. Sauté the onion and garlic for 3 minutes, then add the carrots and celery and cook for a further 3–4 minutes.
2. Stir in the chicken, season with thyme, salt, and pepper, and cook for 5 minutes. Add the stock, water, and bay leaf, bring to the boil, then simmer for 10 minutes.
3. Stir in the quinoa, courgette, and cherry tomatoes. Simmer uncovered for 15 minutes until the quinoa and chicken are cooked through. Remove the bay leaf, stir in the lemon juice, and adjust seasoning to taste. Serve hot.

Nutritional Snapshot: Calories: 210; Protein: 22g; Carbohydrates: 19g; Fibre: 4g; Fat: 5g; Salt: 0.8g; Potassium: 500mg



Mushroom Soup with Coconut Milk and Herbs

Serves: 4; Prep time: 10 mins; Cook time: 20 mins

Ingredients

- 2 tbsp olive oil
- 1 medium onion, diced
- 3 garlic cloves, crushed
- 450g mushrooms, sliced
- 1 tsp dried thyme
- ½ tsp dried oregano
- ½ tsp ground turmeric
- ½ tsp black pepper
- ¼ tsp sea salt (or to taste)
- 1 bay leaf (optional)
- 1 litre vegetable stock
- 400ml tin of coconut milk
- 1 tbsp lemon juice
- 2 tbsp fresh parsley, chopped

Method

1. Heat the oil in a large saucepan over a medium heat. Sauté the onion and garlic for 3–4 minutes until softened.
2. Add the mushrooms, thyme, oregano, turmeric, and pepper. Cook for 5 minutes until the mushrooms release their juices.
3. Pour in the stock, add the bay leaf, and simmer for 10 minutes. Remove the bay leaf, then blend until smooth (blend only half if you prefer a chunkier texture).
4. Stir in the coconut milk and lemon juice, adjust the seasoning, and serve hot, garnished with fresh parsley.

Nutritional Snapshot: Calories: 180; Protein: 6g; Carbohydrates: 12g; Fibre: 4g; Sugars: 8g; Fat: 13g; Salt: 0.7g; Potassium: 450mg



Tomato Soup with Basil and Roasted Peppers

Serves: 4; Prep time: 10 mins; Cook time: 20 mins

Ingredients

- 1 tbsp olive oil
- 1 medium onion, diced
- 3 garlic cloves, crushed
- 4 ripe tomatoes, chopped
- 2 roasted red peppers, chopped
- 750ml vegetable stock
- ½ tsp dried oregano
- ½ tsp smoked paprika
- ¼ tsp black pepper
- ¼ tsp sea salt (or to taste)
- ½ tsp red pepper flakes
- 1 bay leaf
- 15g fresh basil leaves
- 1 tbsp lemon juice

Method

1. Heat the oil in a large saucepan over a medium heat. Sauté the onion and garlic for 3–4 minutes until fragrant.
2. Add the roasted peppers, tomatoes, stock, oregano, paprika, salt, pepper, red pepper flakes, and bay leaf. Simmer for 10 minutes.
3. Remove the bay leaf, then blend until smooth. Stir in basil and lemon juice, simmer for 2 minutes, and serve hot, garnished with fresh basil.
4. Top with pumpkin seeds, feta, or flaxseeds. Pairs well with wholemeal or almond flour bread, or a small portion of quinoa or roasted chickpeas for extra protein and fibre.

Nutritional Snapshot: Calories: 110; Protein: 3g; Carbohydrates: 15g; Fibre: 4g; Sugars: 11g; Fat: 4g; Salt: 0.8g; Potassium: 480mg



Pumpkin Soup with Ginger and Garlic

Serves: 6; Prep time: 10 mins; Cook time: 25 mins

Ingredients

- 1 tbsp extra-virgin olive oil
- 1 small onion, diced
- 3 garlic cloves, crushed
- 1 tbsp fresh ginger, grated
- 900g pumpkin purée
- 750ml vegetable stock
- 250ml unsweetened coconut milk
- ½ tsp ground turmeric
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- ½ tsp black pepper
- ¼ tsp sea salt
- 1 tbsp fresh lemon juice
- Pumpkin seeds, to garnish
- Extra coconut milk, to garnish

Method

1. Heat oil in a large saucepan. Sauté onion and garlic for 3–4 minutes, then add ginger and cook for 1 minute.
2. Stir in pumpkin purée, stock, turmeric, cinnamon, nutmeg, salt, and pepper. Bring to a simmer and cook for 15 minutes.
3. Blend until smooth, then stir in coconut milk. Heat gently for 2–3 minutes without boiling. Add lemon juice, adjust seasoning, and serve hot. Garnish with pumpkin seeds and a drizzle of coconut milk.
4. **Serving suggestion:** Tasty with wholemeal or almond flour bread for extra fibre.

Nutritional Snapshot: Calories: 150; Protein: 3g; Carbohydrates: 18g; Fibre: 5g; Sugars: 13g; Fat: 7g; Salt: 0.75g; Potassium: 500mg



Fish Soup with Salmon and Vegetables

Serves: 6; Prep time: 10 mins; Cook time: 25 mins

Ingredients

- 1 tbsp extra-virgin olive oil
- 1 small onion, diced
- 3 garlic cloves, crushed
- 2 medium carrots, sliced
- 2 celery sticks, chopped
- 1 medium courgette, chopped
- 1 litre vegetable stock
- 250g chopped tomatoes
- 450g salmon fillet, skin removed, cut into 2.5cm cubes
- ½ tsp dried thyme
- ½ tsp smoked paprika
- ¼ tsp sea salt (or to taste)
- ½ tsp black pepper
- 1 bay leaf
- 30g fresh parsley, chopped
- 1 tbsp lemon juice

Method

1. Heat oil in a large saucepan. Sauté onion and garlic for 3–4 minutes, then add carrots, celery, and courgette, and cook for 5 more minutes.
2. Stir in stock, tomatoes, thyme, paprika, salt, pepper, and a bay leaf. Simmer for 10 minutes until the vegetables are tender.
3. Add the salmon and poach gently for 5–7 minutes until cooked through. Remove the bay leaf. Stir in parsley and lemon juice, then adjust the seasoning. Serve hot.

Nutritional Snapshot: Calories: 220; Protein: 25g; Carbohydrates: 10g; Fibre: 3g; Sugars: 7g; Fat: 10g; Salt: 0.75g; Potassium: 600mg



Broccoli Soup with Feta Cheese

Serves: 6; Prep time: 10 mins; Cook time: 25 mins

Ingredients

- 1 tbsp extra-virgin olive oil
- 1 small onion, diced
- 3 garlic cloves, crushed
- 1 tsp dried thyme
- ½ tsp black pepper
- ¼ tsp sea salt
- ½ tsp ground turmeric
- 300g broccoli florets (or 1 medium head, chopped)
- 1 medium courgette, chopped
- 1 litre low-sodium vegetable stock (or chicken stock)
- 120ml unsweetened almond milk (or coconut milk)
- 75g feta cheese, crumbled
- 1 tbsp lemon juice

Method

1. Heat oil in a large saucepan. Sauté onion and garlic for 3–4 minutes. Stir in thyme, turmeric, salt, and pepper.
2. Add broccoli and courgette, pour in stock, and simmer for 15 minutes until tender.
3. Allow to cool slightly, then blend until smooth. Stir in feta and almond milk, heating gently for 2 minutes. Finish with lemon juice.
4. Serve hot, garnished with extra feta, a drizzle of olive oil, fresh parsley, pumpkin seeds, or toasted walnuts.

Nutritional Snapshot: Calories: 180; Protein: 9g; Carbohydrates: 14g; Fibre: 5g; Sugars: 9g; Fat: 10g; Salt: 0.8g; Potassium: 450mg



Spicy Carrot Soup with Turmeric

Serves: 6; Prep time: 10 mins; Cook time: 25 mins

Ingredients

- 1 tbsp extra-virgin olive oil
- 1 small onion, diced
- 3 garlic cloves, crushed
- 1 tbsp fresh ginger, grated
- 1 tsp ground turmeric
- ½ tsp ground cumin
- ¼ tsp cayenne pepper
- ¼ tsp black pepper
- ¼ tsp sea salt
- 350g carrots, peeled and chopped
- 850ml low-sodium vegetable stock
- 250ml unsweetened coconut or almond milk
- 1 tbsp lemon juice

Method

1. Heat the oil in a large saucepan over a medium heat. Sauté the onion for 3–4 minutes, then add the garlic and ginger and cook for 1 minute.
2. Stir in the turmeric, cumin, cayenne, salt, and pepper. Add the carrots, pour in the stock, and simmer for 15–20 minutes until tender.
3. Blend until smooth, stir in the coconut milk, and heat gently for 2 minutes without boiling. Add the lemon juice, adjust the seasoning, and serve hot.
4. Garnish with pumpkin seeds or fresh herbs.

Nutritional Snapshot: Calories: 160; Protein: 3g; Carbohydrates: 18g; Fibre: 5g; Sugars: 16g; Fat: 8g; Salt: 0.7g; Potassium: 500mg



Green Pea and Mint Soup

Serves: 6; Prep time: 10 mins; Cook time: 20 mins

Ingredients

- 1 tbsp extra-virgin olive oil
- 1 small onion, diced
- 2 garlic cloves, crushed
- ½ tsp black pepper
- ¼ tsp sea salt (to taste)
- ½ tsp ground cumin (optional)
- 1 litre low-sodium vegetable stock
- 500g green peas (fresh or frozen)
- ½ medium courgette, chopped
- 15g fresh mint leaves, chopped
- 120ml unsweetened almond milk (or coconut milk)
- 1 tbsp lemon juice

Method

1. Heat the oil in a large saucepan over a medium heat. Sauté the onion for 3–4 minutes, then add the garlic, cumin (if using), salt, and pepper, and cook for 30 seconds.
2. Add the stock, peas, and courgette. Simmer for 10 minutes until tender. Remove from the heat, stir in the mint, then blend until smooth.
3. Stir in the almond milk and warm gently for 2 minutes without boiling. Finish with lemon juice, adjust seasoning, and serve hot.
4. Garnish with extra mint, a drizzle of olive oil, or chopped walnuts.

Nutritional Snapshot: Calories: 160; Protein: 7g; Carbohydrates: 20g; Fibre: 6g; Sugars: 14g; Fat: 6g; Salt: 0.8g; Potassium: 500mg



Clam Chowder

Serves: 4; Prep time: 10 mins; Cook time: 30 mins

Ingredients

- 200g clams (fresh or canned, drained if using tinned)
- 500ml unsweetened almond milk
- 150g cauliflower florets
- 100g celery, diced
- 1 small onion, finely chopped
- 1 small carrot, diced
- 2 garlic cloves, crushed
- 375ml vegetable or seafood stock
- 1 tbsp olive oil
- ½ tsp dried thyme
- ½ tsp smoked paprika
- ½ tsp black pepper
- ½ tsp sea salt (or to taste)
- ½ tsp lemon juice
- 1 tsp cornflour

Method

1. Steam or boil cauliflower for 7–10 minutes until tender, then mash.
2. Heat oil in a large saucepan. Sauté onion, celery, carrot, and garlic for 3–4 minutes. Stir in thyme, smoked paprika, and pepper for 1 minute.
3. Add stock and almond milk, then stir in the mashed cauliflower. Simmer gently for 15 minutes.
4. Add clams and cook for 5 minutes until heated through. Stir in lemon juice, adjust seasoning, and serve hot. Garnish with fresh parsley.

Nutritional Snapshot: Calories: 180; Protein: 15g; Carbohydrates: 10g; Fibre: 3g; Sugars: 5g; Fat: 7g; Salt: 0.7g; Potassium: 450mg



Turkey Meatball Soup

Serves: 4; Prep time: 15 mins; Cook time: 30 mins

Ingredients

- 300g minced turkey or chicken
- 1 small onion, finely chopped
- 2 garlic cloves, crushed
- 1 egg, lightly beaten
- 2 tbsp ground flaxseed
- ½ tsp dried oregano
- ½ tsp dried thyme
- ½ tsp black pepper
- ½ tsp smoked paprika
- 1 celery stick, chopped
- ½ tsp sea salt
- 1 tbsp olive oil
- 1 medium carrot, diced
- 1 medium courgette, diced
- 1 litre low-sodium stock
- 400g tin chopped tomatoes
- 100g fresh spinach or kale

Method

1. In a bowl, mix ground turkey, onion, 1 clove of garlic, egg, flaxseed, oregano, thyme, salt, and pepper. Form into meatballs. Brown the meatballs in a pan for 3–4 minutes per side, then set aside.
2. In a large saucepan, heat oil. Sauté the remaining garlic, carrot, and celery for 3–4 minutes, then add courgette and smoked paprika. Cook for 1–2 minutes.
3. Pour in stock and tomatoes, bring to a boil, then simmer for 10 minutes. Add the meatballs and cook for another 10 minutes.
4. Stir in the spinach or kale and cook for 2–3 minutes until wilted. Season and serve hot.

Nutritional Snapshot: Calories: 220; Protein: 22g; Carbohydrates: 10g; Fibre: 4g; Sugars: 7g; Fat: 10g; Salt: 0.9g; Potassium: 550mg



Baked Salmon with Roasted Asparagus

Serves: 4; Prep time: 10 mins; Cook time: 15 mins

Ingredients

- 4 salmon fillets (about 140g each)
 - 1 tbsp olive oil
 - 2 garlic cloves, crushed
 - 1 tsp lemon zest
 - 1 tbsp lemon juice
 - ½ tsp sea salt
 - ½ tsp black pepper
 - ½ tsp smoked paprika
 - 1 tsp dried oregano
 - ½ tsp Dijon mustard
- For the asparagus:**
- 1 bunch asparagus, trimmed
 - 1 tbsp olive oil
 - ¼ tsp sea salt
 - ¼ tsp black pepper
 - ¼ tsp garlic powder
 - ½ tsp lemon juice

Method

1. Preheat oven to 200°C. Line a baking tray with parchment.
2. Mix olive oil, garlic, lemon zest and juice, salt, pepper, paprika, oregano, and Dijon. Pat salmon dry and brush with the mixture.
3. Place asparagus on the tray, drizzle with olive oil, and season with salt, pepper, and garlic powder.
4. Bake for 12–15 minutes until salmon flakes and asparagus is tender. Serve with a squeeze of fresh lemon.
5. Garnish with fresh parsley or Parmesan. Swap asparagus for green beans or Brussels sprouts, and serve with cauliflower mash, a cucumber and tomato salad, or toasted nuts for extra crunch.

Nutritional Snapshot: Calories: 310; Protein: 34g; Carbohydrates: 6g; Fibre: 3g; Sugars: 4g; Fat: 18g; Salt: 0.9g; Potassium: 700mg



Buckwheat Porridge with Vegetables and Boiled Cutlets

Serves: 2; Prep time: 10 mins; Cook time: 25 mins

Ingredients

- 90g raw buckwheat groats
- 300ml vegetable stock
- 1 tsp olive oil
- 1 small onion, chopped
- 1 small carrot, grated
- ½ red pepper, chopped
- ½ tsp ground turmeric
- 1 tbsp fresh parsley or dill, chopped
- 200g lean minced turkey or chicken
- 1 small egg
- 1 tbsp ground flaxseed
- 1 tsp garlic powder
- ½ tsp dried oregano
- ½ tsp black pepper
- ½ tsp sea salt

Method

1. In a bowl, combine the mince, egg, flaxseed, garlic powder, oregano, salt, and pepper. Shape into 4 cutlets. Simmer gently in boiling water for 15 minutes.
2. Meanwhile, heat oil in a pan and sauté onion, carrot, and red pepper for 3–4 minutes. Stir in buckwheat, turmeric, salt, and pepper. Add stock and simmer for 12–15 minutes until tender. Fluff with a fork and stir in herbs.
3. Serve the buckwheat porridge with 2 cutlets per portion, garnished with extra parsley or dill.

Nutritional Snapshot: Calories: 320; Protein: 25g; Carbohydrates: 36g; Fibre: 10g; Sugars: 6g; Fat: 7g; Salt: 0.6g; Potassium: 360mg



Burritos

Serves: 4; Prep time: 15 mins; Cook time: 15 mins

Ingredients

- 4 wholemeal tortillas (about 15cm each)
- 120g lean minced turkey or chicken (or 150g black beans)
- 1 tsp olive oil
- ½ red pepper, diced
- ½ courgette, diced
- ½ small red onion, chopped
- 1 small tomato, diced
- 80g cooked quinoa (or cauliflower rice)
- ½ tsp ground cumin
- ½ tsp smoked paprika
- ¼ tsp black pepper
- ¼ tsp sea salt
- ½ tsp garlic powder
- 25g reduced-fat cheese (optional)
- ½ avocado, mashed

Method

1. Heat oil in a frying pan. Sauté onion, red pepper, and courgette for 3-4 minutes. Add turkey (or beans), cumin, paprika, salt, pepper, and garlic powder. Cook for 6-7 minutes until the turkey is done. Stir in the tomato and quinoa, and cook for 2 minutes.
2. Warm tortillas in a dry pan. Spread with avocado, add the filling, and sprinkle with cheese. Roll up tightly, folding in the sides.
3. Toast in a hot, dry pan for 1-2 minutes per side until golden and crisp.

Nutritional Snapshot: Calories: 280; Protein: 22g; Carbohydrates: 28g; Fibre: 7g; Sugars: 8g; Fat: 10g; Salt: 0.1g; Potassium: 320mg



Lentil and Quinoa Bowl

Serves: 4; Prep time: 10 mins; Cook time: 25 mins

Ingredients

- 90g quinoa, rinsed
- 100g green or brown lentils
- 500ml vegetable stock
- ½ tsp sea salt
- ¼ tsp black pepper
- 150g cherry tomatoes, halved
- 80g cucumber, diced
- 80g red pepper, diced
- 40g red onion, finely chopped
- 2 tbsp fresh parsley, chopped
- 1 tbsp extra-virgin olive oil
- 1 tbsp lemon juice
- 1 tsp apple cider vinegar
- 1 tsp Dijon mustard
- 40g feta cheese, crumbled
- 25g toasted flaked almonds

Method

1. Bring stock to a boil. Add quinoa, lentils, salt, and pepper. Cover and simmer for 20-25 minutes until the liquid is absorbed. Remove from heat, fluff with a fork, and let cool.
2. Meanwhile, combine tomatoes, cucumber, red pepper, onion, and parsley in a large bowl. Whisk together olive oil, lemon juice, vinegar, and mustard for the dressing.
3. Add the cooked quinoa and lentils to the vegetables. Drizzle with the dressing and toss gently. Top with feta and almonds. Serve warm or chilled.

Nutritional Snapshot: Calories: 290; Protein: 12g; Carbohydrates: 38g; Fibre: 9g; Sugars: 10g; Fat: 8g; Salt: 0.6g; Potassium: 520mg



Spinach and Feta Stuffed Peppers

Serves: 4; Prep time: 15 mins; Cook time: 30 mins

Ingredients

- 4 large peppers, halved and deseeded
- 1 tbsp olive oil
- 1 small onion, finely chopped
- 2 garlic cloves, crushed
- 120g fresh spinach, chopped
- ½ tsp dried oregano
- ½ tsp black pepper
- ¼ tsp sea salt
- ½ tsp red pepper flakes (optional)
- 150g cooked quinoa
- 75g feta cheese, crumbled
- 2 tbsp fresh parsley, chopped
- 1 tbsp lemon juice
- 30g walnuts, chopped (optional)
- 25g mozzarella or Parmesan, grated

Method

1. Preheat oven to 190°C. Place the pepper halves cut-side up in a baking dish, drizzle with half the oil, and bake for 10 minutes to soften.
2. Meanwhile, heat the remaining oil in a pan. Sauté onion and garlic for 2–3 minutes, then add spinach, oregano, salt, pepper, and red pepper flakes. Cook for 2–3 minutes until the spinach wilts.
3. Remove from heat and stir in the quinoa, feta, parsley, lemon juice, and walnuts. Spoon the filling into the peppers and sprinkle with mozzarella or Parmesan.
4. Bake for 15–20 minutes until the peppers are tender and the cheese has melted.

Nutritional Snapshot: Calories: 230; Protein: 10g; Carbohydrates: 18g; Fibre: 5g; Sugars: 6g; Fat: 12g; Salt: 0.9g; Potassium: 450mg



Turkey and Veggie Wraps

Serves: 4; Prep time: 10 mins; Cook time: 5 mins

Ingredients

- 4 wholemeal tortillas (about 20cm each)
- 200g lean turkey breast slices (about 8 slices)
- 60g fresh spinach
- 80g cucumber, thinly sliced
- 80g red pepper, sliced
- 40g red onion, thinly sliced
- 30g carrots, shredded
- 1 small avocado, mashed
- 4 tsp Dijon mustard (or hummus)
- 2 tbsp Greek yoghurt
- ¼ tsp black pepper or smoked paprika
- 1 tsp lemon juice
- 30g reduced-fat cheese (cheddar or feta), shredded

Method

1. Mash the avocado with lemon juice and black pepper (or paprika). Prepare the vegetables by slicing the cucumber, pepper, and onion, and shredding the carrot.
2. Lay out the tortillas and spread with Dijon mustard and mashed avocado. Top with turkey slices, spinach, cucumber, pepper, onion, and carrots. Add yoghurt or cheese if using.
3. Fold in the sides and roll tightly. Secure with a toothpick if needed, then slice in half and serve fresh.

Nutritional Snapshot: Calories: 290; Protein: 24g; Carbohydrates: 28g; Fibre: 12g; Sugars: 6g; Fat: 6g; Salt: 1.0g; Potassium: 200mg



Wholemeal Wraps with Hummus and Vegetables

Serves: 4; Prep time: 10 mins; Cook time: no cooking

Ingredients

- 4 wholemeal or low-carb tortillas (about 20cm each)
- 200g hummus
- 60g fresh spinach
- 80g cucumber, thinly sliced
- 80g red pepper, sliced
- 60g carrots, shredded
- 40g red onion, thinly sliced
- 25g alfalfa sprouts or microgreens
- 1 tbsp lemon juice
- ¼ tsp black pepper
- ¼ tsp smoked paprika
- 30g feta cheese, crumbled
- ½ small avocado, mashed (optional)

Method

1. Prepare the vegetables by slicing or shredding. If using avocado, mash with lemon juice and black pepper.
2. Lay out the tortillas and spread each with 2 tbsp hummus. Optionally, spread mashed avocado over the hummus. Top with spinach, cucumber, pepper, carrots, onion, and sprouts. Sprinkle with feta and a pinch of smoked paprika.
3. Fold in the sides, roll tightly, and slice in half diagonally. Serve fresh, or wrap in parchment for a portable meal.
4. Add grilled tofu or smoked salmon for extra protein.

Nutritional Snapshot: Calories: 260; Protein: 10g; Carbohydrates: 32g; Fibre: 9g; Sugars: 6g; Fat: 8g; Salt: 0.7g; Potassium: 460mg



Cauliflower Fried Rice with Tofu

Serves: 4; Prep time: 15 mins; Cook time: 15 mins

Ingredients

- 400g cauliflower, riced (fresh or frozen)
- 1 tbsp olive oil (divided)
- 2 garlic cloves, crushed
- 1 tsp fresh ginger, grated
- 80g red pepper, diced
- 80g carrots, finely diced
- 80g green peas
- 25g spring onions, chopped
- 2 tbsp low-sodium soy sauce
- 1 tsp sesame oil
- 400g firm tofu, pressed and cubed
- ½ tsp smoked paprika
- ¼ tsp black pepper
- ¼ tsp sea salt

Method

1. Pat tofu dry, cut into cubes, and toss with paprika, salt, and pepper. Heat half the olive oil in a frying pan over medium heat. Cook the tofu for 5–7 minutes until golden, then set aside.
2. Heat the remaining oil, sauté garlic and ginger for 30 seconds, then add carrots and red pepper. Cook for 2 minutes.
3. Stir in the cauliflower rice, peas, and soy sauce. Cook for 3–5 minutes. Return the tofu to the pan, drizzle with sesame oil, and stir in spring onions. Cook for 2 more minutes.
4. Serve warm, garnished with fresh coriander or a dash of sriracha.

Nutritional Snapshot: Calories: 220; Protein: 15g; Carbohydrates: 18g; Fibre: 10g; Sugars: 6g; Fat: 12g; Salt: 1.0g; Potassium: 540mg



Shakshuka

Serves: 2; Prep time: 10 mins; Cook time: 20 mins

Ingredients

- 2 eggs
- 1 tbsp olive oil
- 1 small onion, diced
- 2 garlic cloves, crushed
- 1 red pepper, diced
- 2 medium tomatoes, chopped (or 400g tin chopped tomatoes, drained if needed)
- ½ tsp paprika
- ½ tsp ground cumin
- ½ tsp black pepper
- ½ tsp sea salt (to taste)
- ¼ tsp cayenne pepper
- 1 tsp tomato purée
- ½ tsp lemon juice
- 1 tbsp parsley, chopped
- 1 tbsp feta cheese, crumbled (optional)

Method

1. Heat oil in a deep frying pan over medium heat. Sauté onion and garlic for 2-3 minutes, then add pepper and cook for 3-4 minutes.
2. Stir in tomatoes, tomato purée, paprika, cumin, cayenne, salt, and pepper. Simmer gently for 10-12 minutes until thickened.
3. Make two wells in the sauce and crack in the eggs. Cover and cook for 5-7 minutes until the whites are set but the yolks are still runny.
4. Remove from heat, drizzle with lemon juice, and garnish with parsley and feta. Serve hot with avocado slices or low-carb bread.

Nutritional Snapshot: Calories: 180; Protein: 10g; Carbohydrates: 12g; Fibre: 4g; Sugars: 6g; Fat: 10g; Salt: 0.8g; Potassium: 600mg



Baked Ratatouille

Serves: 4; Prep time: 15 mins; Cook time: 35 mins

Ingredients

- 1 small aubergine, thinly sliced
- 1 small courgette, thinly sliced
- 1 red pepper, cut into strips
- 1 small red onion, thinly sliced
- 2 medium tomatoes, sliced
- 2 tbsp olive oil, divided
- 2 garlic cloves, crushed
- 400g tin chopped tomatoes
- 1 tbsp tomato purée
- ½ tsp sea salt
- ½ tsp black pepper
- ½ tsp dried basil
- ½ tsp dried oregano
- ½ tsp dried thyme
- ¼ tsp red pepper flakes (optional)

Method

1. Heat 1 tbsp oil in a pan and sauté garlic briefly. Add chopped tomatoes, purée, basil, oregano, salt, and pepper. Simmer for 10 minutes until thickened. Spread evenly in a baking dish.
2. Layer aubergine, courgette, fresh tomatoes, onion, and red pepper on top. Drizzle with remaining oil, sprinkle with thyme, and season. Cover with foil and bake at 190°C for 30 minutes.
3. Remove foil and bake for 10 more minutes until tender. Rest briefly before serving.

Nutritional Snapshot: Calories: 140; Protein: 3g; Carbohydrates: 15g; Fibre: 5g; Sugars: 7g; Fat: 7g; Salt: 0.8g; Potassium: 600mg



Grilled Chicken with Roasted Brussels Sprouts

Serves: 2; Prep time: 10 mins; Cook time: 25 mins

Ingredients

- 2 boneless, skinless chicken breasts (about 170g each)
- 1 tbsp olive oil
- 1 tsp Dijon mustard
- 1 tsp lemon juice
- ½ tsp garlic powder
- ½ tsp smoked paprika
- ½ tsp dried thyme
- ¼ tsp sea salt (to taste)
- ¼ tsp black pepper
- **For the Brussels sprouts:**
- 250g Brussels sprouts, halved
- 1 tbsp olive oil
- ½ tsp garlic powder
- ½ tsp black pepper
- ¼ tsp sea salt
- 1 tbsp balsamic vinegar (optional)

Method

1. Mix olive oil, mustard, lemon juice, paprika, thyme, garlic powder, salt, and pepper. Coat the chicken and let it sit for 10 minutes.
2. Preheat oven to 200°C. Toss Brussels sprouts with oil, garlic powder, salt, and pepper. Spread on a tray and roast for 20–25 minutes, turning once, until golden. Drizzle with balsamic vinegar.
3. Meanwhile, heat a grill pan or outdoor grill to medium-high. Cook the chicken for 4–5 minutes per side until cooked through. Let rest for 5 minutes before slicing.
4. Top with Parmesan or toasted walnuts for extra flavour and crunch.

Nutritional Snapshot: Calories: 350; Protein: 38g; Carbohydrates: 12g; Fibre: 5g; Sugars: 4g; Fat: 18g; Salt: 0.9g; Potassium: 800mg



Mediterranean Baked Cod with Olives

Serves: 2; Prep time: 10 mins; Cook time: 20 mins

Ingredients

- 2 cod fillets (about 150g each)
- 1 tbsp extra-virgin olive oil
- ½ tsp sea salt
- ½ tsp black pepper
- ½ tsp dried oregano
- ½ tsp smoked paprika
- ¼ tsp red pepper flakes (optional)
- 150g cherry tomatoes, halved
- 40g green olives, sliced
- 1 small red onion, thinly sliced
- 2 garlic cloves, crushed
- 1 tbsp lemon juice
- 1 tbsp capers
- 1 tbsp fresh parsley, chopped
- 1 tbsp feta cheese, crumbled

Method

1. Preheat the oven to 200°C (fan 180°C). Lightly oil a baking dish.
2. Pat the cod fillets dry, then rub with olive oil, salt, pepper, oregano, paprika, and red pepper flakes. Place in the baking dish.
3. In a bowl, mix the cherry tomatoes, olives, onion, garlic, lemon juice, and capers if using. Spoon this mixture over and around the cod. Bake uncovered for 15–20 minutes, until the fish flakes easily with a fork.
4. Remove from the oven, sprinkle with parsley and feta, and serve warm.
5. **Serving suggestion:** Add lemon zest or toasted pine nuts.

Nutritional Snapshot: Calories: 290; Protein: 35g; Carbohydrates: 10g; Fibre: 3g; Sugars: 5g; Fat: 12g; Salt: 0.2g; Potassium: 450mg



Healthy & Delicious Pizza

Serves: 2; Prep time: 15 mins; Cook time: 20 mins

Ingredients

- 100g almond flour
- 1 egg
- 1 tbsp olive oil
- ½ tsp sea salt
- ½ tsp dried oregano
- 120ml tomato sauce (no added sugar)
- 1 garlic clove, crushed
- ½ tsp dried basil
- 50g cheese, grated
- ½ red pepper, sliced
- 5–6 olives, sliced
- ¼ red onion, thinly sliced
- ½ tomato, thinly sliced
- 1 tbsp fresh basil
- ½ tsp red pepper flakes

Method

1. Preheat the oven to 200°C. Mix almond flour, egg, olive oil, salt, and oregano into a dough. Shape it into a 20cm crust and bake for 10 minutes until golden.
2. Meanwhile, heat 1 tsp olive oil in a pan, sauté garlic for 1 minute, then stir in tomato sauce and dried basil. Simmer for 5 minutes.
3. Spread the sauce over the crust, sprinkle with cheese, and arrange the pepper, tomato, olives, and onion.
4. Bake for 10 minutes until the cheese melts. Top with fresh basil, rest for 2–3 minutes, then slice and serve.
5. For added flavour, top with avocado or nuts.

Nutritional Snapshot: Calories: 280; Protein: 18g; Carbohydrates: 10g; Fibre: 4g; Sugars: 3g; Fat: 18g; Salt: 0.9g; Potassium: 450mg



Easy One-Pan Cabbage Roll Frying Pan

Serves: 4; Prep time: 15 mins; Cook time: 40 mins

Ingredients

- 300g minced chicken or turkey
- 300g white cabbage, shredded
- 1 small carrot, grated
- 1 small onion, finely chopped
- 1 egg
- 2 tbsp oat bran
- ½ tsp sea salt
- ½ tsp black pepper
- ½ tsp garlic powder
- 1 tsp olive oil
- For the Tomato Sauce**
- 400g tin chopped tomatoes
- 1 tbsp tomato purée
- 1 garlic clove, crushed
- ½ tsp dried basil
- ½ tsp dried oregano
- ½ tsp sea salt
- 1 tsp lemon juice

Method

1. In a bowl, combine the mince with cabbage, carrot, onion, egg, oat bran, salt, pepper, and garlic powder. Shape into small oval patties.
2. Heat 1 tsp oil in a frying pan and sear the patties for 2–3 minutes per side until lightly golden. Transfer to a deep pan.
3. In the same pan, sauté the garlic for 1 minute, then add the tomatoes, tomato purée, basil, oregano, and salt. Simmer for 5–7 minutes, then pour over the patties.
4. Cover and cook gently for 25–30 minutes until tender. Stir in lemon juice before serving.

Nutritional Snapshot: Calories: 230; Protein: 25g; Carbohydrates: 14g; Fibre: 5g; Sugars: 6g; Fat: 9g; Salt: 0.9g; Potassium: 600mg



Low-Carb Tex-Mex Chicken Fajitas

Serves: 4; Prep time: 15 mins; Cook time: 20 mins

Ingredients

- 400g chicken breast, sliced
- 1 small red onion, sliced
- 1 tbsp olive oil, divided
- 1 tsp lemon juice
- 1 tsp dried garlic
- 1 tsp smoked paprika
- ½ tsp ground cumin
- ½ tsp black pepper
- ½ tsp sea salt
- 1 red pepper, sliced
- 1 yellow pepper, sliced
- 1 small red onion, sliced
- ½ tsp dried oregano
- ½ tsp ground coriander
- 4 large lettuce leaves or tortillas
- ½ avocado, sliced
- 2 tbsp Greek yoghurt (optional)

Method

1. Mix ½ tbsp oil with lemon juice, garlic, paprika, cumin, salt, and pepper. Coat the chicken and marinate for 10–15 minutes.
2. Heat the remaining oil in a frying pan over a medium heat. Cook the chicken for 5–7 minutes until golden and cooked through, then set aside.
3. In the same pan, sauté the peppers and onion for 3–5 minutes until just tender. Stir in the oregano and coriander.
4. Fill lettuce leaves or warm tortillas with chicken and vegetables. Top with avocado and yoghurt if using, and serve immediately with a squeeze of lime juice.

Nutritional Snapshot: Calories: 280; Protein: 32g; Carbohydrates: 12g; Fibre: 5g; Sugars: 5g; Fat: 10g; Salt: 0.9g; Potassium: 700mg



Turkey Meatballs with Tomato Sauce

Serves: 4; Prep time: 15 mins; Cook time: 25 mins

Ingredients

- 400g minced turkey
- 1 small onion, chopped
- 2 garlic cloves, crushed
- 1 egg
- 25g oat bran or almond flour
- 1 tsp dried oregano
- ½ tsp smoked paprika
- ½ tsp sea salt
- ½ tsp black pepper
- 2 tsp olive oil, divided
- **For the Tomato Sauce**
- 400g tin chopped tomatoes
- 1 tbsp tomato purée
- ½ tsp dried basil
- ½ tsp dried oregano
- ¼ tsp red pepper flakes
- ½ tsp balsamic vinegar

Method

1. Mix the turkey with onion, garlic, egg, oat bran, oregano, paprika, salt, and pepper. Shape into 12 small meatballs. Heat 1 tsp oil in a frying pan, sear the meatballs for 3–4 minutes per side until golden, then set aside.
2. In the same pan, heat the remaining oil. Add garlic and onion, cook for 2–3 minutes, then stir in the tomatoes, tomato purée, basil, oregano, and red pepper flakes. Simmer for 10 minutes, stirring occasionally, then add balsamic vinegar.
3. Return the meatballs to the sauce, cover, and cook for 10 minutes until fully cooked through.

Nutritional Snapshot: Calories: 230; Protein: 28g; Carbohydrates: 10g; Fibre: 4g; Sugars: 5g; Fat: 9g; Salt: 0.9g; Potassium: 600mg



Courgette Lasagna with Ricotta and Spinach

Serves: 4; Prep time: 20 mins; Cook time: 35 mins

Ingredients

- 2 medium courgettes, sliced thin lengthways
- 1 egg
- 100g spinach, chopped
- 1 tsp sea salt
- 1 tsp olive oil
- 2 garlic cloves, crushed
- 1/2 tsp garlic powder
- 50g mozzarella, grated
- 400g tin chopped tomatoes
- 2 tbsp Parmesan, grated
- 1 tbsp tomato purée
- 1 tsp dried basil
- 1/2 tsp dried oregano
- 1/2 tsp black pepper
- 250g ricotta cheese
- 1 egg
- 100g spinach, chopped
- 1/2 tsp garlic powder
- 50g mozzarella, grated
- 2 tbsp Parmesan, grated
- 1 tsp fresh basil, chopped

Method

1. Slice courgettes lengthwise, salt lightly, and set aside for 10 minutes. Pat dry.
2. Sauté garlic in oil for 1 minute, then add tomatoes, purée, basil, oregano, salt, and pepper. Simmer 10–15 minutes until thick.
3. Mix ricotta, egg, spinach, and garlic powder.
4. Preheat oven to 180°C (fan 160°C). In a baking dish, layer sauce, courgettes, ricotta mix, and more sauce. Repeat, ending with courgettes and sauce. Top with mozzarella and Parmesan.
5. Cover and bake 25 minutes, then uncover for 10 minutes until golden. Rest 5 minutes, garnish with basil, and serve.

Nutritional Snapshot: Calories: 260; Protein: 18g; Carbohydrates: 12g; Fibre: 5g; Sugars: 6g; Fat: 15g; Salt: 1.0g; Potassium: 600mg



Mushroom & Spinach Sauté with Nuts

Serves: 2; Prep time: 10 mins; Cook time: 10 mins

Ingredients

- 1 tbsp olive oil or avocado oil
- 1 small onion, thinly sliced
- 2 garlic cloves, crushed
- 200g mushrooms (cremini, button, or shiitake), sliced
- 100g fresh spinach, chopped
- 1/4 tsp sea salt (or to taste)
- 1/4 tsp black pepper
- 1/2 tsp dried thyme (optional)
- 2 tbsp walnuts or almonds, chopped
- 1 tsp lemon juice

Method

1. Heat the oil in a frying pan over a medium heat. Cook the onion for 2–3 minutes until softened, then add the garlic and cook for 30 seconds.
2. Add the mushrooms and cook for 5 minutes until they release moisture and start to brown. Stir in the spinach, salt, pepper, and thyme if using, and cook for 2 minutes until wilted.
3. Remove from the heat, stir in the nuts, and drizzle with lemon juice. Serve warm as a side dish or light main course.
4. **Serving suggestion:** Pairs well with grilled chicken, fish, or tofu for a balanced meal.

Nutritional Snapshot: Calories: 120; Protein: 4g; Carbohydrates: 8g; Fibre: 3g; Sugars: 2g; Fat: 9g; Salt: 0.9g; Potassium: 450mg



Buffalo Chicken Stuffed Peppers

Serves: 4; Prep time: 10 mins; Cook time: 30 mins

Ingredients

- 4 medium peppers
- 250g cooked chicken breast, shredded
- 120g plain Greek yoghurt
- 60ml buffalo sauce
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp paprika
- ½ tsp black pepper
- ¼ tsp sea salt
- 50g reduced-fat mozzarella or cheddar, grated
- 1 tbsp olive oil
- 1 tbsp spring onions, chopped
- 1 tbsp blue cheese, crumbled (optional)
- ½ tsp red pepper flakes

Method

1. Preheat oven to 190°C. Halve peppers, remove seeds, and brush with oil.
2. Mix chicken with yoghurt, buffalo sauce, garlic and onion powder, paprika, salt, and pepper.
3. Fill peppers with mixture, top with cheese, and place in a baking dish. Cover with foil; bake 20 minutes. Uncover and bake 10 more until cheese is golden.
4. Cool slightly, garnish with spring onions, blue cheese, or red pepper flakes.
5. Serve with a green salad or roasted vegetables for balance.

Nutritional Snapshot: Calories: 280; Protein: 35g; Carbohydrates: 9g; Fibre: 3g; Sugars: 5g; Fat: 12g; Salt: 1.0g; Potassium: 600mg



Yoghurt-Marinated Chicken Breast

Serves: 2; Prep time: 30 mins; Cook time: 20 mins

Ingredients

- 2 boneless, skinless chicken breasts (about 150g each)
- 120g unsweetened Greek yoghurt
- 1 tbsp olive oil
- 2 garlic cloves, crushed
- 1 tsp lemon juice
- ½ tsp ground cumin
- ½ tsp smoked paprika
- ½ tsp dried oregano
- ¼ tsp ground turmeric
- ½ tsp sea salt (or to taste)
- ¼ tsp black pepper

Method

1. Mix yoghurt, oil, garlic, lemon juice, and spices into a marinade. Coat chicken, cover, and chill 30 minutes (up to 12 hours for extra flavour).
2. Cook one of three ways:
 - Oven – Preheat to 190°C (fan 170°C). Bake 18–20 minutes, turning once, until 75°C inside.
 - Grill – 5–6 minutes per side over medium heat.
 - Stovetop – Fry 6–7 minutes per side until golden and cooked through.
3. Rest 5 minutes before slicing. Serve with grilled veg, cauliflower rice, or a fresh salad.

Nutritional Snapshot: Calories: 220; Protein: 32g; Carbohydrates: 3g; Fibre: 1g; Sugars: 2g; Fat: 9g; Salt: 1.0g; Potassium: 450mg



Grilled Chicken with Avocado Salsa

Serves: 4; Prep time: 10 mins; Cook time: 15 mins

Ingredients

- 4 skinless chicken breasts
 - 2 tbsp olive oil
 - 1 tbsp lime juice
 - 2 garlic cloves, crushed
 - 1 tsp smoked paprika
 - ½ tsp ground cumin
 - ½ tsp dried oregano
 - ½ tsp sea salt
 - ¼ tsp black pepper
 - ¼ tsp red pepper flakes (optional)
- For the salsa:**
- 1 large avocado, diced
 - 150g cherry tomatoes, halved
 - 40g red onion, finely chopped
 - 1 tbsp fresh coriander, chopped
 - 1 tbsp lime juice
 - ½ tsp garlic powder
 - ¼ tsp sea salt
 - ¼ tsp black pepper

Method

1. Whisk oil, lime juice, garlic, paprika, cumin, oregano, salt, pepper, and red pepper flakes. Coat chicken and marinate 10 minutes (up to 2 hours chilled).
2. Mix avocado, tomatoes, onion, coriander, lime juice, garlic powder, salt, and pepper for salsa. Chill until serving.
3. Preheat grill to medium-high. Cook chicken 6–7 minutes per side until 75°C inside. Rest 5 minutes, then slice.
4. Serve topped with avocado salsa, alongside quinoa, cauliflower rice, or steamed vegetables.

Nutritional Snapshot: Calories: 330; Protein: 40g; Carbohydrates: 10g; Fibre: 5g; Sugars: 3g; Fat: 15g; Salt: 0.9g; Potassium: 800mg



Spicy Chicken Lettuce Wraps with Peanut Sauce

Serves: 4; Prep time: 15 mins; Cook time: 15 mins

Ingredients

- 500g minced chicken or turkey
- 1 tbsp olive oil
- 2 garlic cloves, crushed
- 1 tsp fresh ginger, grated
- 1 red pepper, diced
- 1 small carrot, shredded
- 1 tbsp low-sodium soy sauce
- 1 tbsp rice vinegar
- ½ tsp chilli flakes (optional)
- ½ tsp black pepper
- 2 tbsp spring onions, chopped
- 2 tbsp natural peanut butter
- 1 tbsp lime juice
- 1 tsp sesame oil
- 8 large lettuce leaves
- 2 tbsp peanuts, chopped

Method

1. Heat oil in a pan over medium heat. Sauté garlic and ginger 30 seconds, add chicken, and cook 5–7 minutes until browned. Stir in pepper, carrot, soy sauce, vinegar, chilli flakes, and black pepper; cook 2 minutes. Remove from the heat and mix in spring onions.
2. Whisk peanut butter, lime juice, sesame oil, and 2 tbsp water until smooth.
3. Fill lettuce leaves with chicken, drizzle with sauce, and sprinkle with peanuts. Serve with lime wedges, plus steamed broccoli, cauliflower rice, or cucumber salad.

Nutritional Snapshot: Calories: 320; Protein: 35g; Carbohydrates: 10g; Fibre: 3g; Sugars: 4g; Fat: 15g; Salt: 0.9g; Potassium: 700mg



Chicken Patties with Courgette and Herbs

Serves: 4; Prep time: 15 mins; Cook time: 25 mins

Ingredients

- 500g minced chicken
- 1 medium courgette, grated and squeezed
- 1 egg
- 1 small onion, chopped
- 2 garlic cloves, crushed
- 2 tbsp oat bran (optional)
- 2 tbsp fresh herbs, chopped
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ tsp paprika or turmeric (optional)
- 1 tsp olive oil

Method

1. Grate courgette, salt lightly, rest 5–10 minutes, then squeeze out liquid.
2. Mix chicken, courgette, onion, garlic, herbs, egg, spices, and oat bran (if using). Rest 10 minutes, then shape patties with wet hands.
3. Cook one of three ways:
 - Oven – 180°C (fan 160°C), bake 25 minutes, turning halfway.
 - Air fryer – 180°C, 12–15 minutes, turning once.
 - Stovetop – Pan with a little oil, 4–5 minutes per side, then cover and cook 5 minutes on low. Serve with salad, roasted vegetables, or mashed cauliflower.

Nutritional Snapshot: Calories: 280; Protein: 35g; Carbohydrates: 10g; Fibre: 3g; Sugars: 2g; Fat: 12g; Salt: 0.2g; Potassium: 350mg



Baked Garlic Parmesan Chicken Wings

Serves: 4; Prep time: 10 mins; Cook time: 40 mins

Ingredients

- 1kg chicken wings
- 2 tbsp olive oil
- 1 tsp sea salt
- ½ tsp black pepper
- 1 tsp smoked paprika
- ½ tsp dried oregano
- ½ tsp dried thyme
- ½ tsp garlic powder
- 2 tbsp unsalted butter
- ½ tsp red pepper flakes
- ¼ tsp sea salt
- ¼ tsp black pepper
- 3 tbsp Parmesan, grated
- 1 tbsp parsley, chopped

For the sauce

- 3 garlic cloves, crushed

Method

1. Preheat oven to 220°C (fan 200°C). Line a tray with parchment or a rack.
2. Toss wings with oil, salt, pepper, paprika, oregano, and thyme. Bake 35–40 minutes, turning once, until golden. For extra crunch, grill 3–4 minutes.
3. Melt butter in a pan, add garlic, garlic powder, chilli flakes, salt, and pepper. Cook 30 seconds, then stir in Parmesan and parsley.
4. Toss wings with the sauce and serve hot.

Nutritional Snapshot: Calories: 320; Protein: 32g; Carbohydrates: 2g; Fibre: 1g; Sugars: 0g; Fat: 20g; Salt: 1.0g; Potassium: 300mg



Greek-Style Chicken Kababs with Tzatziki Sauce

Serves: 4; Prep time: 45 mins; Cook time: 15 mins

Ingredients

- 500g chicken breast, cubed
 - 2 tbsp olive oil
 - 2 tbsp lemon juice
 - 1 tsp dried oregano
 - ½ tsp dried thyme
 - ½ tsp smoked paprika
 - ½ tsp black pepper
 - ½ tsp sea salt
 - 1 medium courgette, sliced
 - 1 red pepper, cubed
 - 1 red onion, cubed
- For the tzatziki:**
- 200g Greek yoghurt
 - ½ cucumber, grated and squeezed
 - 1 tbsp lemon juice
 - 1 garlic clove, crushed
 - 1 tbsp fresh dill or mint, chopped

Method

1. Whisk oil, lemon juice, oregano, thyme, paprika, salt, and pepper. Coat chicken and marinate 30 minutes (up to 2 hours).
2. For tzatziki, mix yoghurt, cucumber, lemon juice, garlic, and dill. Chill 20 minutes.
3. Soak wooden skewers if using. Thread chicken, courgette, pepper, and onion.
Grill – Medium-high, 10–12 minutes, turning.
Oven – 220°C (fan 200°C), 15–18 minutes, turning once; grill 2–3 minutes to char.
4. Serve hot with chilled tzatziki.

Nutritional Snapshot: Calories: 320; Protein: 38g; Carbohydrates: 8g; Fibre: 3g; Sugars: 4g; Fat: 14g; Salt: 1.0g; Potassium: 750mg



Chicken and Cauliflower Rice Stir-Fry

Serves: 4; Prep time: 10 mins; Cook time: 15 mins

Ingredients

- 2 tbsp olive oil, divided
- 500g chicken breast, diced
- 2 garlic cloves, crushed
- 1 tsp fresh ginger, grated
- 1 small onion, chopped
- 1 red pepper, diced
- 1 small carrot, julienned
- 1 small courgette, diced
- 250g cauliflower rice (fresh or frozen)
- 2 tbsp low-sodium soy sauce
- 1 tsp sesame oil
- ½ tsp black pepper
- ½ tsp red pepper flakes
- 1 tbsp rice vinegar
- 1 tbsp spring onions, chopped
- 1 tbsp sesame seeds

Method

1. Heat 1 tbsp oil in a wok or large pan. Cook chicken 5–6 minutes until golden, then set aside.
2. Add remaining oil, sauté garlic, ginger, and onion 1–2 minutes. Add pepper, carrot, and courgette; stir-fry 3–4 minutes.
3. Stir in cauliflower rice, soy sauce, sesame oil, pepper, and chilli flakes. Cook 3–4 minutes until tender.
4. Return chicken, stir 1–2 minutes, then garnish with spring onions and sesame seeds. Serve hot.

Nutritional Snapshot: Calories: 290; Protein: 40g; Carbohydrates: 10g; Fibre: 4g; Sugars: 4g; Fat: 10g; Salt: 0.9g; Potassium: 750mg



Grilled Steak with Chimichurri Sauce and Roasted Veggies

Serves: 4; Prep time: 15 mins; Cook time: 25 mins

Ingredients

- 500g lean steak
- 2 tbsp olive oil, divided
- 1 tsp garlic powder
- ½ tsp smoked paprika
- ½ tsp black pepper
- ½ tsp sea salt
- 1 tsp lemon juice
- ½ tsp red pepper flakes (optional)
- 1 tbsp olive oil
- Pinch of salt and black pepper

For the vegetables:

For the chimichurri:

- 1 medium courgette, sliced
- 1 red pepper, chopped
- 150g broccoli florets
- 30g parsley, chopped
- 15g coriander, chopped
- 2 garlic cloves, crushed
- 1 tbsp red wine vinegar

Method

1. Rub steak with 1 tbsp oil, garlic powder, paprika, salt, pepper, and lemon juice. Rest 10–15 minutes.
2. Mix parsley, coriander, garlic, vinegar, chilli flakes, 1 tbsp oil, salt, and pepper for chimichurri; set aside.
3. Preheat oven to 200°C (fan 180°C). Toss courgette, red pepper, and broccoli with 1 tbsp oil, salt, and pepper. Roast 15–20 minutes, stirring once.
4. Grill or pan-fry steak 4–5 minutes per side, then rest 5 minutes. Slice thinly against the grain.

Serve with chimichurri and roasted vegetables.

Nutritional Snapshot: Calories: 350; Protein: 38g; Carbohydrates: 9g; Fibre: 3g; Sugars: 4g; Fat: 18g; Salt: 0.9g; Potassium: 700mg



Spicy Beef and Cabbage Stir-Fry

Serves: 2; Prep time: 10 mins; Cook time: 15 mins

Ingredients

- 400g lean beef, cut into bite-sized pieces
- 1 tbsp olive oil
- 200g green cabbage, sliced
- 1 small red pepper, sliced
- 1 small carrot, julienned
- 2 garlic cloves, crushed
- 1 tsp fresh ginger, grated
- 2 spring onions, chopped
- 1 tsp sesame seeds (optional)
- 2 tbsp low-sodium soy sauce
- 1 tbsp rice vinegar
- 1 tsp sesame oil
- ½ tsp red pepper flakes
- ½ tsp black pepper
- ½ tsp turmeric

Method

1. Mix soy sauce, rice vinegar, sesame oil, chilli flakes, black pepper, and turmeric for the sauce.
2. Heat olive oil in a wok over medium-high. Stir-fry beef 6–8 minutes until browned. Add garlic and ginger; cook 30 seconds.
3. Add cabbage, red pepper, and carrot; stir-fry 7–9 minutes until tender-crisp.
4. Pour in sauce, cook 2–3 minutes, then remove from heat. Top with spring onions and sesame seeds. Serve hot.

Nutritional Snapshot: Calories: 350; Protein: 40g; Carbohydrates: 20g; Fibre: 5g; Sugars: 8g; Fat: 12g; Salt: 1.8g



Low-Carb Meatloaf with Almond Flour

Serves: 6; Prep time: 10 mins; Cook time: 50 mins

Ingredients

- 500g lean minced beef or turkey
- 50g almond flour
- 1 egg
- ½ medium onion, finely chopped
- 2 garlic cloves, crushed
- ½ small courgette, grated
- 1 tsp smoked paprika
- ½ tsp black pepper
- ½ tsp sea salt
- 1 tsp dried oregano
- ½ tsp chilli powder (optional)
- 2 tbsp sugar-free ketchup, divided
- 1 tbsp olive oil
- 1 tsp Dijon mustard
- 1 tsp apple cider vinegar
- ½ tsp paprika

Method

1. Preheat oven to 180°C (fan 160°C). Line or lightly grease a loaf tin.
2. Mix mince with almond flour, egg, onion, garlic, courgette, smoked paprika, oregano, chilli powder (optional), salt, pepper, 1 tbsp ketchup, and oil. Shape into a loaf in the tin.
3. Combine remaining ketchup with mustard, vinegar, and paprika; spread on top. Bake 45–50 minutes until 75°C inside.
4. Rest 5–10 minutes before slicing. Serve with cauliflower mash or courgette noodles.

Nutritional Snapshot: Calories: 280; Protein: 30g; Carbohydrates: 7g; Fibre: 3g; Sugars: 3g; Fat: 15g; Salt: 0.9g; Potassium: 600mg



Beef and Cauliflower Shepherd's Pie

Serves: 6; Prep time: 15 mins; Cook time: 35 mins

Ingredients

- 500g lean minced beef or turkey
- 1 tbsp olive oil
- 1 small onion, diced
- 2 garlic cloves, crushed
- 1 small carrot, diced
- 50g celery, chopped
- 1 tsp dried thyme
- 1 tsp smoked paprika
- ½ tsp black pepper
- ½ tsp sea salt
- 1 tsp Worcestershire sauce
- 120ml low-sodium beef stock
- 2 tbsp tomato purée
- 1 medium cauliflower, cut into florets
- 2 tbsp butter or olive oil
- 60g Greek yoghurt

Method

1. Boil the cauliflower 8–10 minutes until tender. Drain, mash with butter, yoghurt, salt, and pepper until smooth; set aside.
2. Heat oil in a pan, sauté onion and garlic for 2 minutes. Add carrot and celery, cook 3 minutes, then mince; brown 5–7 minutes, draining fat if needed.
3. Stir in thyme, paprika, salt, pepper, Worcestershire, tomato purée, and stock. Simmer 5 minutes.
4. Preheat oven to 200°C (fan 180°C). Spread beef in a baking dish, top with cauliflower mash, and bake 15 minutes until golden. Rest 5 minutes.

Nutritional Snapshot: Calories: 320; Protein: 35g; Carbohydrates: 10g; Fibre: 4g; Sugars: 4g; Fat: 15g; Salt: 0.9g; Potassium: 700mg



Balsamic Glazed Pork Chops with Roasted Garlic

Serves: 4; Prep time: 10 mins; Cook time: 25 mins

Ingredients

- 4 pork chops (about 150g each)
- 1 tbsp olive oil
- ½ tsp sea salt
- ½ tsp black pepper
- ½ tsp garlic powder
- ½ tsp dried thyme
- ½ tsp paprika
- 60ml balsamic vinegar
- 1 tsp Dijon mustard
- 1 tsp apple cider vinegar
- ½ tsp dried oregano
- ½ tsp red pepper flakes (optional)
- 1 tsp olive oil
- ¼ tsp sea salt
- ¼ tsp black pepper

For the balsamic glaze

- 1 whole garlic bulb

Method

1. Preheat oven to 200°C (fan 180°C). Slice the top off the garlic bulb, drizzle with oil, season, wrap in foil, and roast 20 minutes until soft.
2. Mix balsamic vinegar, mustard, apple cider vinegar, oregano, chilli flakes, and 1 tsp oil for glaze.
3. Season pork chops with salt, pepper, garlic powder, thyme, and paprika. Sear in oil 3–4 minutes per side until golden. Reduce heat, add glaze, and simmer 5 minutes, basting. Mash in roasted garlic, cook 2–3 minutes more, until pork reaches 63°C.
4. Rest 5 minutes, then serve drizzled with glaze and garlic.

Nutritional Snapshot: Calories: 320; Protein: 38g; Carbohydrates: 8g; Fibre: 2g; Sugars: 5g; Fat: 14g; Salt: 0.9g; Potassium: 700mg



Lamb and Aubergine Skillet with Mediterranean Spices

Serves: 4; Prep time: 15 mins; Cook time: 30 mins

Ingredients

- 450g lean minced lamb
- 1 medium aubergine, diced
- 1 tbsp olive oil
- 1 small onion, chopped
- 3 garlic cloves, crushed
- 1 red pepper, diced
- 200g chopped tomatoes
- 120ml low-sodium stock
- 1 tbsp tomato purée
- 1 tbsp lemon juice
- 25g fresh parsley, chopped
- 1 tsp ground cumin
- ½ tsp ground cinnamon
- ½ tsp paprika
- ½ tsp black pepper
- ½ tsp sea salt

Method

1. Heat oil in a large pan over medium-high. Cook the lamb 5–7 minutes until browned, drain the fat, and set aside.
2. In the same pan, sauté the onion for 2 minutes, then add garlic, red pepper, and aubergine; cook 5 minutes until softened.
3. Stir in cumin, cinnamon, paprika, salt, and pepper. Add tomatoes, purée, and stock. Return lamb, cover, and simmer 15 minutes.
4. Finish with lemon juice, garnish with parsley, and serve hot. Pair with cauliflower rice or sautéed greens.

Nutritional Snapshot: Calories: 320; Protein: 28g; Carbohydrates: 12g; Fibre: 5g; Sugars: 6g; Fat: 18g; Salt: 0.8g; Potassium: 740mg



American-Style Breaded Beef Cutlets

Serves: 4; Prep time: 15 mins; Cook time: 10 mins

Ingredients

- 500g beef tenderloin or top round steak
- 1 large egg
- 2 tbsp unsweetened almond milk (or water)
- 100g almond flour (or crushed pork rinds/flaxseed meal)
- ½ tsp garlic powder
- ½ tsp paprika
- ½ tsp dried oregano
- Sea salt and black pepper, to taste
- 3 tbsp ghee or avocado oil, for frying

Method

1. Slice beef into 1 cm cutlets and tenderise lightly.
2. Whisk egg with almond milk in one bowl; mix almond flour, garlic powder, paprika, oregano, salt, and pepper in another.
3. Dip cutlets in egg, then coat in flour mixture, pressing to stick.
4. Heat ghee or oil in a pan over medium heat. Fry 2–3 minutes per side until golden and crisp, then drain on paper.
5. Serve with roasted courgettes, cauliflower mash, or salad. Add a yoghurt–mustard–lemon dip for extra flavour.

Nutritional Snapshot: Calories: 320; Protein: 27g; Carbohydrates: 4g; Fibre: 2g; Sugars: 2g; Fat: 22g; Salt: 1.0g; Potassium: 700mg



Grilled Rabbit in Barbecue Sauce

Serves: 4; Prep time: 2–4 hrs; Cook time: 30 min

Ingredients

- 1.2kg rabbit, cut into portions
- 2 tbsp olive oil
- 1 tsp lemon juice
- 2 tsp apple cider vinegar
- ½ tsp sea salt
- ½ tsp black pepper
- 2 tbsp tomato purée
- 1 tbsp sugar-free mustard
- 2 garlic cloves, crushed
- ½ tsp smoked paprika
- ½ tsp dried oregano
- ½ tsp ground cumin
- ½ tsp red pepper flakes
- ½ tsp natural sweetener (optional)

For the barbecue sauce

Method

1. Mix olive oil, lemon juice, vinegar, salt, and pepper. Coat the rabbit, cover, and marinate 2–4 hours in the fridge.
2. For sauce, heat 1 tsp oil, sauté garlic 1 minute, then add tomato purée, tomatoes, vinegar, mustard, paprika, oregano, cumin, and chilli flakes. Simmer 10 minutes, add sweetener if desired, then cool.
3. Preheat grill to medium (180–200°C). Cook rabbit 5–7 minutes per side, turning. In the last 10 minutes, brush with sauce. Cook to 75°C inside, then rest 5 minutes.
4. Serve with grilled vegetables or cauliflower mash.

Nutritional Snapshot: Calories: 290; Protein: 38g; Carbohydrates: 8g; Fibre: 3g; Sugars: 4g; Fat: 10g; Salt: 0.9g; Potassium: 720mg



Venison with Creamy Mushroom

Serves: 4; Prep time: 15 mins; Cook time: 30 mins

Ingredients

- 600g venison fillet, portioned
- 1 tbsp olive oil
- ½ tsp sea salt
- ½ tsp black pepper
- 1 tsp lemon juice
- 200g mushrooms, sliced
- 1 small onion, chopped
- 2 garlic cloves, crushed
- 1 tbsp olive oil
- 100ml vegetable or chicken stock
- 120ml coconut cream (or single cream, 10%)
- 1 tsp mustard
- ½ tsp dried thyme
- ½ tsp ground nutmeg
- 1 tbsp fresh herbs, chopped

Method

1. Pat venison dry, season with salt, pepper, and lemon juice; rest 10 minutes.
2. Heat 1 tbsp oil in a pan over medium-high. Sear venison 3–4 minutes per side (60–65°C for medium). Transfer to a plate, cover with foil, and rest 5 minutes.
3. In the same pan, heat 1 tbsp oil. Sauté onion and garlic 2 minutes, add mushrooms, and cook 5–7 minutes until browned. Stir in stock, simmer 3 minutes, then add cream, mustard, thyme, and nutmeg; cook 5 minutes until thickened.
4. Return venison to the pan, coat in sauce, rest 1–2 minutes, then garnish with herbs and serve.

Nutritional Snapshot: Calories: 340; Protein: 38g; Carbohydrates: 6g; Fibre: 2g; Sugars: 2g; Fat: 18g; Salt: 0.8g; Potassium: 740mg



Slow Cooker Hearty Beef Stew

Serves: 6; Prep time: 20 mins; Cook time: 6–8 hrs

Ingredients

- 700g lean beef, cubed
- 1 tbsp olive oil
- 1 small onion, diced
- 3 garlic cloves, crushed
- 3 carrots, chopped
- 150g turnip, diced
- 150g swede (rutabaga), diced
- 200g chopped tomatoes
- 100g celery, sliced
- 375ml low-sodium beef stock
- 1 tbsp tomato purée
- 1 tsp Worcestershire sauce
- 1 tsp paprika
- ½ tsp dried thyme
- ½ tsp black pepper
- 2 tbsp fresh parsley, chopped

Method

1. Heat oil in a large pan over medium-high. Brown beef in batches 2–3 minutes per side; transfer to slow cooker.
2. In the same pan, sauté the onion and garlic for 2 minutes. Add tomato purée, Worcestershire, paprika, thyme, and pepper; cook 1 minute, then transfer to the cooker.
3. Add carrots, turnip, swede, celery, and tomatoes. Pour in stock, stir, cover, and cook on LOW 7–8 hours or HIGH 4–5 hours, until beef is tender.
4. Garnish with parsley and serve.

Nutritional Snapshot: Calories: 290; Protein: 30g; Carbohydrates: 16g; Fibre: 5g; Sugars: 6g; Fat: 10g; Salt: 0.8g; Potassium: 780mg



Bagel with Smoked Salmon

Serves: 2; Prep time: 10 mins; Cook time: 0 mins

Ingredients

- 2 wholemeal or low-carb bagels
- 100g smoked salmon
- 4 tbsp Greek yoghurt or cottage cheese
- 1 tsp lemon juice
- ½ tsp dried dill
- ¼ tsp garlic powder
- Pinch of black pepper
- ½ avocado, sliced
- ½ small red onion, sliced
- 4 cucumber slices
- 1 tbsp capers
- 1 tsp sesame seeds

Method

1. Slice the bagels in half and toast lightly in a toaster or dry pan until crisp.
2. Mix the yoghurt (or cottage cheese) with lemon juice, dill, garlic powder, and pepper. Spread evenly over the bagel halves.
3. Layer with smoked salmon, avocado, onion, cucumber, and capers if using. Sprinkle with sesame seeds for extra texture.
4. Top with the other half of the bagel, press gently, cut in half, and serve immediately.
5. **Serving suggestion:** Pair with roasted asparagus or cherry tomatoes for added fibre. Enjoy with green tea or black coffee.

Nutritional Snapshot: Calories: 320; Protein: 25g; Carbohydrates: 15g; Fibre: 6g; Sugars: 4g; Fat: 15g; Salt: 1.2g; Potassium: 500mg



Steamed Fish Patties

Serves: 4; Prep time: 15 mins; Cook time: 20 mins

Ingredients

- 500g white fish fillet, chopped
- 1 small onion, chopped
- 1 small carrot, grated
- 1 egg
- 2 tbsp oat bran or almond flour
- 1 tbsp parsley or dill, chopped
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ tsp dried thyme or basil
- 1 tsp lemon juice
- 1 garlic clove, crushed (optional)
- ½ tsp turmeric (optional)
- 1 tsp olive oil (for steaming)

Method

1. Blend fish into a paste, then mix with onion, carrot, egg, oat bran, herbs, salt, pepper, thyme, and lemon juice (plus garlic and turmeric if using). Rest for 5 minutes to firm.
2. With wet hands, shape into 8 patties; add 1 tbsp oat bran if too soft.
3. Preheat steamer, lightly oil rack, and steam patties 15–20 minutes until firm and cooked through.
4. Serve hot with herbs and lemon wedges, alongside a fresh salad with olive oil and lemon.

Nutritional Snapshot: Calories: 150; Protein: 25g; Carbohydrates: 5g; Fibre: 2g; Sugars: 2g; Fat: 4g; Salt: 0.6g; Potassium: 450mg



Spicy Prawn Stir-Fry with Courgette Noodles

Serves: 4; Prep time: 15 mins; Cook time: 10 mins

Ingredients

- 500g prawns, peeled and deveined
- 1 tbsp olive oil
- 1 tbsp low-sodium soy sauce
- 1 tbsp lime juice
- 2 garlic cloves, crushed
- ½ tsp ground ginger
- ½ tsp red pepper flakes
- 3 medium courgettes, spiralsised
- ½ tsp black pepper
- ½ tsp paprika
- 1 tbsp olive oil (for noodles)
- ½ tsp sea salt
- ½ tsp black pepper
- ½ tsp garlic powder
- 80g red pepper, julienned
- 1 tbsp parsley or coriander, chopped

Method

1. Mix soy sauce, lime juice, garlic, ginger, paprika, chilli flakes, and black pepper. Add prawns and marinate 5–10 minutes.
2. Heat 1 tbsp oil in a pan. Stir-fry courgette noodles with salt, pepper, and garlic powder for 2–3 minutes until just tender. Transfer to a plate.
3. In the same pan, heat 1 tbsp oil. Cook prawns 2–3 minutes per side until pink, add red pepper, and stir-fry 2 minutes. Return noodles, toss 1 minute, then remove from heat.
4. Serve hot, topped with parsley or coriander. Pair with avocado slices for extra healthy fats.

Nutritional Snapshot: Calories: 280; Protein: 35g; Carbohydrates: 10g; Fibre: 3g; Sugars: 4g; Fat: 12g; Salt: 0.5g; Potassium: 420mg



Mediterranean-Style Baked Trout with Herbs

Serves: 4; Prep time: 10 mins; Cook time: 20 mins

Ingredients

- 4 trout fillets (115–170g each)
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp lemon zest
- 3 garlic cloves, crushed
- ½ tsp sea salt
- ¼ tsp black pepper
- 1 tsp dried oregano
- ½ tsp dried thyme
- ½ tsp paprika
- 100g cherry tomatoes, halved
- 40g Kalamata olives, sliced
- 40g red onion, sliced
- 2 tbsp capers (optional)
- 2 tbsp fresh parsley, chopped

Method

1. Preheat the oven to 200°C (fan 180°C). Lightly grease a baking dish with 1 tbsp olive oil.
2. Place the trout fillets skin-side down. Mix the remaining oil with lemon juice, zest, garlic, salt, pepper, oregano, thyme, and paprika. Brush evenly over the fish.
3. Scatter the tomatoes, olives, onion, and capers around the trout. Bake for 15–20 minutes, until the fish flakes easily.
4. Sprinkle with parsley before serving.
5. **Serving suggestion:** Pair with roasted vegetables, a light salad, or steamed asparagus for extra fibre and antioxidants.

Nutritional Snapshot: Calories: 280; Protein: 22g; Carbohydrates: 6g; Fibre: 2g; Sugars: 2g; Fat: 14g; Salt: 0.8g; Potassium: 550mg



Cucumber and Smoked Salmon Roll-Ups

Serves: 4; Prep time: 15 mins; Cook time: 0 mins

Ingredients

- 1 large cucumber
- 170g smoked salmon
- 115g cream cheese (or Greek yoghurt)
- 1 tsp Dijon mustard
- 1 tsp lemon juice
- 1 tbsp fresh dill, chopped
- 1 tbsp fresh chives, chopped
- ¼ tsp black pepper
- ¼ tsp garlic powder
- 1 tsp capers, drained (optional)
- 1 tsp horseradish
- 1 tsp sesame seeds

Method

1. Slice the cucumber lengthwise into thin strips with a peeler or mandolin. Pat dry.
2. Mix cream cheese, mustard, lemon juice, dill, chives, pepper, and garlic powder until smooth (add capers or horseradish if desired).
3. Spread filling on cucumber strips, place smoked salmon at one end, and roll up. Secure with toothpicks if needed. Arrange on a plate, sprinkle with sesame seeds or herbs.
4. Serve immediately or chill up to 4 hours. Pair with mixed greens and lemon vinaigrette, or add avocado slices.

Nutritional Snapshot: Calories: 140; Protein: 12g; Carbohydrates: 3g; Fibre: 1g; Sugars: 2g; Fat: 9g; Salt: 0.8g; Potassium: 250mg



Coconut Curry Fish Stew with Vegetables

Serves: 4; Prep time: 15 mins; Cook time: 25 mins

Ingredients

- 450g white fish fillets, cut into chunks
- 1 tbsp olive oil
- 1 small onion, chopped
- 3 garlic cloves, crushed
- 1 tsp fresh ginger, grated
- 1 red pepper, sliced
- 250ml coconut milk
- 150g cherry tomatoes, halved
- 1 small courgette, chopped
- 375ml low-sodium stock
- 1 tbsp curry powder
- ½ tsp turmeric
- ½ tsp cumin
- ½ tsp paprika
- ½ tsp sea salt
- ¼ tsp black pepper

Method

1. Heat oil in a large pan over medium. Sauté onion 3–4 minutes, then add garlic and ginger; cook 1 minute.
2. Add pepper, courgette, and tomatoes. Stir in curry powder, turmeric, cumin, paprika, salt, and pepper; cook 2–3 minutes.
3. Pour in coconut milk and stock, bring to a boil, then simmer 10 minutes.
4. Add fish, submerge, and cook 6–8 minutes until opaque and flaky.
5. Serve hot, garnished with herbs, with a cucumber–avocado salad on the side.

Nutritional Snapshot: Calories: 280; Protein: 32g; Carbohydrates: 8g; Fibre: 3g; Sugars: 4g; Fat: 14g; Salt: 0.8g; Potassium: 700mg



Grilled Red Fish Skewers

Serves: 4; Prep time: 30 mins; Cook time: 10 mins

Ingredients

- 500g salmon or trout, cut into cubes
- 1 tbsp olive oil
- 1 tsp lemon juice
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ tsp smoked paprika
- ½ tsp dried thyme or oregano
- 1 pepper, cut into chunks
- 1 red onion, cut into pieces
- 8–10 skewers (wooden or metal)
- 1 tsp sesame seeds (optional)
- 1 tsp honey (optional)
- 1 tsp low-sodium soy sauce (optional)

Method

1. Mix oil, lemon juice, salt, pepper, paprika, and thyme (plus soy sauce and honey if using). Coat fish and marinate 20 minutes if desired.
2. Soak wooden skewers 15 minutes if using, then thread fish and vegetables alternately.
3. Preheat grill or grill pan to medium-high, oil lightly, and cook skewers 3–4 minutes per side until fish is opaque and flakes easily.
4. Serve hot, topped with sesame seeds (optional) and lemon wedges. Pair with avocado salad and steamed asparagus or broccoli.

Nutritional Snapshot: Calories: 280; Protein: 30g; Carbohydrates: 4g; Fibre: 1g; Sugars: 2g; Fat: 14g; Salt: 0.8g; Potassium: 600mg



Healthy She-Crab Soup

Serves: 4; Prep time: 12 mins; Cook time: 20 mins

Ingredients

- 1 tbsp olive oil or unsalted butter
- 1 small onion, chopped
- 1 celery stick, chopped
- 2 garlic cloves, crushed
- ½ tsp smoked paprika
- ½ tsp Old Bay seasoning
- ½ tsp dried thyme
- 1 tbsp almond flour
- 700ml low-sodium seafood stock
- 250ml almond or coconut milk
- 225g lump crab meat
- 1 tsp Worcestershire sauce
- ½ tsp sea salt
- ¼ tsp black pepper
- 1 tbsp lemon juice
- 1 tbsp fresh parsley, chopped

Method

1. Heat oil or butter in a saucepan over medium heat. Sauté onion, celery, and garlic 3–4 minutes until soft. Stir in paprika, Old Bay, and thyme; cook 1 minute. Add almond flour, stir to coat, and cook 1 minute more.
2. Gradually whisk in stock, then add almond or coconut milk. Simmer gently 8–10 minutes.
3. Add crab, Worcestershire, salt, pepper, and lemon juice; simmer 3–5 minutes until heated.
4. Adjust seasoning, garnish with parsley, and serve. Pair with wholemeal or almond bread if desired.

Nutritional Snapshot: Calories: 210; Protein: 22g; Carbohydrates: 6g; Fibre: 2g; Sugars: 2g; Fat: 10g; Salt: 1.0g; Potassium: 500mg



Loaded Cauliflower “Mac & Cheese”

Serves: 4; Prep time: 10 mins; Cook time: 20 mins

Ingredients

- 1 medium cauliflower, cut into florets
- 2 tbsp olive oil or butter
- 120ml double cream (or almond milk)
- 100g cheddar cheese, grated
- 25g Parmesan, grated
- ½ tsp garlic powder
- 60g cream cheese, softened
- ½ tsp onion powder
- ¼ tsp paprika
- ½ tsp sea salt
- ¼ tsp black pepper
- 2 tbsp crumbled turkey bacon (optional)
- 2 tbsp green onions or parsley, chopped

Method

1. Preheat oven to 190°C (fan 170°C). Lightly grease a baking dish.
2. Boil cauliflower 5–7 minutes until tender, drain well, and pat dry.
3. In a pan, melt butter or heat oil. Stir in cream, cream cheese, cheddar, and Parmesan until smooth. Season with garlic powder, onion powder, paprika, salt, and pepper.
4. Mix the cauliflower with the sauce, transfer to a dish, and sprinkle with turkey bacon if using. Bake 15 minutes, then grill 2–3 minutes until golden.
5. Top with green onions or parsley.

Nutritional Snapshot: Calories: 230; Protein: 10g; Carbohydrates: 7g; Fibre: 3g; Sugars: 3g; Fat: 18g; Salt: 0.9g; Potassium: 720mg



Roasted Broccoli with Garlic and Lemon

Serves: 4; Prep time: 10 mins; Cook time: 20 mins

Ingredients

- 1 large head of broccoli (about 4 cups/300g), cut into florets
- 2 tbsp olive oil
- 3 garlic cloves, crushed
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ tsp red pepper flakes (optional)
- 1 tbsp lemon juice
- 1 tsp lemon zest
- 2 tbsp Parmesan, grated (optional)

Method

1. Preheat the oven to 200°C (fan 180°C). Line a baking tray with parchment.
2. Pat the broccoli florets dry, then toss with olive oil, garlic, salt, pepper, and red pepper flakes if using. Spread evenly on the tray without crowding.
3. Roast for 18–20 minutes, turning halfway, until crisp and slightly charred. Toss with lemon juice, zest, and Parmesan if using. Serve warm.
4. **Serving suggestion:** A simple, diabetes-friendly side dish that pairs well with fish, chicken, or grilled meats.

Nutritional Snapshot: Calories: 110; Protein: 4g; Carbohydrates: 8g; Fibre: 3g; Sugars: 2g; Fat: 8g; Salt: 0.4g; Potassium: 200mg



Baked Sweet Potato Chips

Serves: 2; Prep time: 10 mins; Cook time: 30 mins

Ingredients

- 2 medium sweet potatoes, peeled and cut into thin fries
- 1 tbsp olive oil
- ½ tsp garlic powder
- ½ tsp smoked paprika
- ½ tsp sea salt (to taste)
- ¼ tsp black pepper
- ¼ tsp cayenne pepper (optional)

Method

1. Preheat the oven to 220°C (fan 200°C). Line a baking tray with parchment.
2. In a bowl, toss the sweet potato fries with oil, garlic powder, paprika, salt, pepper, and cayenne if using. Spread in a single layer on the tray without overlapping.
3. Bake for 25–30 minutes, turning halfway, until golden and crisp. Serve immediately.
4. *Serving suggestion:* Pair with a low-sugar dip such as Greek yoghurt mixed with lemon juice and herbs.

Nutritional Snapshot: Calories: 100; Protein: 2g; Carbohydrates: 22g; Fibre: 4g; Sugars: 5g; Fat: 3g; Salt: 0.2g; Potassium: 250mg



Roasted Brussels Sprouts with Balsamic Glaze

Serves: 4; Prep time: 10 mins; Cook time: 25 mins

Ingredients

- 450g Brussels sprouts, halved
- 2 tbsp olive oil
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ tsp garlic powder
- ½ tsp smoked paprika (optional)
- 2 tbsp balsamic vinegar
- 1 tsp Dijon mustard
- 1 tsp olive oil
- 1 tbsp walnuts or pecans, chopped
- 1 tbsp Parmesan, grated (optional)

Method

1. Preheat the oven to 200°C (fan 180°C). Line a baking tray with parchment or lightly grease it with oil.
2. Toss the Brussels sprouts with olive oil, salt, pepper, garlic powder, and smoked paprika if using. Spread in a single layer on the tray.
3. Roast for 20–25 minutes, turning once, until golden and crisp. Meanwhile, whisk the balsamic vinegar, mustard, and 1 tsp olive oil.
4. Drizzle the glaze over the roasted sprouts while still warm. Serve topped with walnuts, Parmesan, or lemon zest if desired.
5. A perfect side for poultry, fish, or lean meats.

Nutritional Snapshot: Calories: 120; Protein: 3g; Carbohydrates: 10g; Fibre: 4g; Sugars: 3g; Fat: 8g; Salt: 0.6g; Potassium: 400mg



Sautéed Garlic Spinach with Toasted Almonds

Serves: 4; Prep time: 5 mins; Cook time: 10 mins

Ingredients

- 280g fresh spinach, washed and trimmed
 - 2 tbsp olive oil
 - 3 garlic cloves, thinly sliced
 - ¼ tsp sea salt
 - ¼ tsp black pepper
 - 1 tsp lemon juice
 - ¼ tsp red pepper flakes
- For the toasted almonds:**
- 30g sliced almonds
- Optional add-ins:**
- 1 tsp lemon zest
 - 1 tbsp Parmesan, grated
 - ½ tsp sesame seeds

Method

1. Toast almonds in a dry pan over medium heat for 2–3 minutes until golden; set aside.
2. Heat olive oil in the same pan, cook garlic 30–60 seconds, then add spinach in batches, stirring 3–5 minutes until wilted.
3. Season with salt, pepper, and optional chilli flakes. Drizzle with lemon juice, toss, and remove from heat.
4. Top with almonds and, if desired, lemon zest, Parmesan, or sesame seeds. Serve as a light side with chicken, fish, or tofu.

Nutritional Snapshot: Calories: 130; Protein: 4g; Carbohydrates: 5g; Fibre: 3g; Sugars: 1g; Fat: 10g; Salt: 0.4g; Potassium: 550mg



Cauliflower Mash with Parmesan and Herbs

Serves: 4; Prep time: 10 mins; Cook time: 15 mins

Ingredients

- 600g cauliflower florets
- 2 tbsp unsalted butter or olive oil
- 25g Parmesan, grated
- 2 tbsp Greek yoghurt or double cream
- 2 garlic cloves, crushed
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ tsp dried thyme or oregano
- 1 tbsp fresh parsley, chopped

Method

1. Bring a large pan of salted water to the boil. Cook the cauliflower 10–12 minutes until tender, then drain and let steam off excess moisture.
2. Mash by hand or blend in a processor (for smooth texture) with butter, Parmesan, yoghurt or cream, garlic, salt, pepper, and thyme or oregano until creamy.
3. Adjust seasoning, garnish with parsley (or chives/lemon zest), and serve warm as a low-carb mash.
4. Pairs well with grilled chicken, salmon, or lean beef.

Nutritional Snapshot: Calories: 120; Protein: 6g; Carbohydrates: 8g; Fibre: 3g; Sugars: 3g; Fat: 8g; Salt: 0.6g; Potassium: 500mg



Spaghetti Squash with Garlic and Olive Oil

Serves: 4; Prep time: 10 mins; Cook time: 40 mins

Ingredients

- 1 medium spaghetti squash (700–900g)
- 2 tbsp olive oil
- 3 garlic cloves, finely chopped
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ tsp dried oregano or thyme
- ¼ tsp chilli flakes
- 2 tbsp fresh parsley or basil, chopped
- 1 tbsp grated Parmesan (optional)
- 1 tsp lemon zest
- 25g toasted pine nuts or walnuts
- 100g cherry tomatoes, halved

Method

1. Preheat oven to 200°C (fan 180°C/gas 6). Halve squash, scoop seeds, brush with 1 tbsp oil, season, and place cut-side down on a lined tray. Roast 35–40 minutes until tender.
2. Meanwhile, heat the remaining oil in a pan, sauté the garlic for 30 seconds, then add oregano and chilli flakes. Scrape roasted squash into strands, add to pan, and toss 2–3 minutes.
3. Remove from heat, mix with parsley, lemon zest, and cherry tomatoes. Sprinkle with Parmesan and nuts if desired. Serve warm as a light, low-carb pasta alternative.

Nutritional Snapshot: Calories: 120; Protein: 2g; Carbohydrates: 10g; Fibre: 3g; Fat: 8g; Salt: 0.15g; Potassium: 350mg



Stuffed Bell Peppers with Mushrooms and Feta

Serves: 4; Prep time: 15 mins; Cook time: 30 mins

Ingredients

- 4 medium peppers, halved
- 2 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, finely chopped
- 200g mushrooms, chopped
- 1 medium courgette, diced
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ tsp dried oregano or thyme
- ½ tsp smoked paprika
- 75g feta, crumbled
- 1 tbsp fresh parsley or basil, chopped
- 50g cooked quinoa
- 1 tbsp pine nuts or sunflower seeds

Method

1. Preheat oven to 190°C (fan 170°C/gas 5). Lightly oil a baking dish and place pepper halves cut side up.
2. Heat olive oil in a pan, sauté onion and garlic 2–3 minutes, then add mushrooms, courgette, salt, pepper, oregano, and paprika. Cook 5–7 minutes until soft. Remove from heat and stir in feta, herbs, and optional quinoa or nuts.
3. Fill peppers with mixture, cover with foil, and bake 20 minutes. Uncover and bake 10 minutes more until tender. Rest 5 minutes, then garnish with herbs.

Nutritional Snapshot: Calories: 180; Protein: 6g; Carbohydrates: 14g; Fibre: 5g; Sugars: 3g; Fat: 10g; Salt: 0.28g; Potassium: 450mg



Courgettes and Tomato Gratin with Basil

Serves: 4; Prep time: 15 mins; Cook time: 30 mins

Ingredients

- 2 medium courgettes, thinly sliced
- 2 medium tomatoes, thinly sliced
- 1 small onion, chopped
- 2 garlic cloves, finely chopped
- 2 tbsp olive oil
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ tsp dried oregano or thyme
- ¼ tsp chilli flakes
- 25g Parmesan, grated
- 25g mozzarella, grated (optional)
- 25g ground almonds or flaxseed
- 2 tbsp fresh basil, chopped
- 1 tsp lemon zest
- 1 tbsp walnuts or pine nuts, chopped

Method

1. Preheat oven to 190°C (fan 170°C/gas 5). Lightly oil a baking dish.
2. Heat 1 tbsp oil in a pan, fry the onion and garlic for 2–3 minutes until soft. Layer courgette and tomato in the dish, scatter onion and garlic, drizzle with remaining oil, and season with salt, pepper, oregano, and chilli flakes.
3. Mix Parmesan, mozzarella (optional), and ground almonds; sprinkle over vegetables. Cover and bake 20 minutes, then uncover and bake 10 minutes until golden.
4. Rest 5 minutes, then garnish with basil, lemon zest, and nuts

Nutritional Snapshot: Calories: 160; Protein: 6g; Carbohydrates: 10g; Fibre: 3g; Fat: 11g; Salt: 0.23g; Potassium: 450mg



Creamy Avocado and Cucumber Gazpacho

Serves: 4; Prep time: 10 mins; Chill time: 30 mins

Ingredients

- 1 large avocado, peeled and stoned
- 1 large cucumber, chopped
- 240ml almond or coconut milk
- 120g plain Greek yoghurt
- 1 garlic clove, crushed
- 2 tbsp lemon juice
- 2 tbsp fresh coriander or parsley
- 1 tbsp olive oil
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ tsp ground cumin (optional)
- ½ tsp chilli flakes
- 1 tbsp toasted pumpkin seeds
- 80g cherry tomatoes, diced
- 1 tbsp red onion, finely chopped
- 1 tsp lemon zest

Method

1. Place avocado, cucumber, milk, yoghurt, garlic, lime juice, coriander, olive oil, salt, pepper, and spices (if using) in a blender. Blitz until smooth, adding extra milk or water if too thick.
2. Chill in the fridge for 30 minutes. Stir, then ladle into four bowls. Garnish with pumpkin seeds, tomatoes, onion, lemon zest, and a drizzle of olive oil.

Nutritional Snapshot: Calories: 160; Protein: 6g; Carbohydrates: 9g; Fibre: 4g; Fat: 12g; Salt: 0.18g; Potassium: 450mg



Roasted Carrot and Ginger Soup

Serves: 4; Prep time: 10 mins; Cook time: 35 mins

Ingredients

- 450g carrots, chopped
- 1 small onion, chopped
- 2 garlic cloves, crushed
- 1 tbsp fresh ginger, grated
- 1 tbsp olive oil
- 700ml low-salt vegetable stock
- 1 tsp ground cumin
- ½ tsp turmeric
- ½ tsp sea salt
- ¼ tsp black pepper
- 120ml coconut milk (or Greek yoghurt)
- 1 tbsp lemon juice
- 1 tsp honey or sugar-free maple syrup (optional)
- ¼ tsp chilli flakes
- 1 tbsp pumpkin seeds

Method

1. Heat oven to 200°C (fan 180°C). Toss carrots with half the oil, cumin, turmeric, salt, and pepper; roast 25–30 mins, turning once. Meanwhile, soften the onion, garlic, and ginger in a pot with the remaining oil for 3–4 mins.
2. Add roasted carrots and stock, simmer 5 mins, then blend until smooth. Stir in coconut milk and lemon juice; sweeten with honey if using. Adjust seasoning.
3. Ladle into bowls, garnish with pumpkin seeds and chilli flakes, and serve hot.

Nutritional Snapshot: Calories: 140; Protein: 4g; Carbohydrates: 17g; Fibre: 5g; Fat: 6g; Salt: 0.32g; Potassium: 600mg



Grilled Portobello Mushrooms with Garlic Butter

Serves: 4; Prep time: 10 mins; Cook time: 10 mins

Ingredients

- 4 large Portobello mushrooms, stems removed
- 2 tbsp unsalted butter or olive oil
- 2 garlic cloves, crushed
- 1 tbsp lemon juice
- 1 tsp balsamic vinegar
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ tsp dried oregano or thyme
- 1 tbsp fresh parsley, chopped
- ½ tsp smoked paprika (optional)
- 1 tbsp grated Parmesan (optional)
- 1 tsp chilli flakes (optional)

Method

1. Melt butter or warm oil in a pan on low. Add garlic, cook 30 seconds, then stir in lemon juice, balsamic, salt, pepper, and oregano. Remove from heat.
2. Wipe mushrooms clean, brush with garlic butter, and grill gill side down 4–5 minutes. Flip, brush again, and cook 4–5 minutes more until tender.
3. Serve with parsley, plus Parmesan, paprika, or chilli flakes if desired. Enjoy in a lettuce wrap or bun as a low-carb burger, or as a side to chicken, fish, or tofu.

Nutritional Snapshot: Calories: 110; Protein: 4g; Carbohydrates: 7g; Fibre: 3g; Fat: 8g; Salt: 0.18g; Potassium: 500mg



Baked Asparagus with Parmesan

Serves: 4; Prep time: 5 mins; Cook time: 10 mins

Ingredients

- 450g fresh asparagus, trimmed
- 1 tbsp olive oil
- ¼ tsp salt
- ¼ tsp black pepper
- ¼ tsp garlic powder (optional)
- 25g grated Parmesan cheese
- 1 tbsp fresh lemon juice (optional)

Method

1. Preheat the oven to 200°C (fan 180°C). Line a baking tray with parchment paper or lightly oil it.
2. Spread the asparagus on the tray, drizzle with olive oil, and season with salt, pepper, and garlic powder (if using). Toss to coat.
3. Bake for 10–12 minutes until just tender. Sprinkle over the Parmesan and bake for 2–3 minutes more, until melted and lightly golden.
4. Drizzle with lemon juice if desired and serve hot.

Nutritional Snapshot: Calories: 80; Protein: 4g; Carbohydrates: 4g; Fibre: 2g; Fat: 6g; Salt: 0.05g; Potassium: 100mg



Black Bean & Avocado Salad

Serves: 4; Prep time: 15 mins; Cook time: no cooking

Ingredients

- 1 tin (400g) black beans, drained and rinsed
- 1 ripe avocado, diced
- 150g cherry tomatoes, halved
- 75g red pepper, diced
- 40g red onion, finely chopped
- 5g fresh coriander, chopped
- 1 tbsp olive oil
- 1 tbsp fresh lime juice
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp cumin (optional)

Method

1. Drain and rinse the beans. Dice the avocado, tomatoes, pepper, and onion.
2. In a large bowl, mix the beans with avocado, tomatoes, pepper, onion, and coriander.
3. Whisk together olive oil, lime juice, salt, pepper, and cumin (if using). Pour over the salad and toss gently.
4. Serve straight away or chill for 10–15 minutes to let the flavours develop.

Nutritional Snapshot: Calories: 180; Protein: 6g; Carbohydrates: 20g; Fibre: 7g; Fat: 9g; Salt: 0.08g; Potassium: 170mg



Mini Caprese Skewers with Balsamic Glaze

Serves: 4; Prep time: 10 mins; Cook time: no cooking

Ingredients

- 12 cherry tomatoes, halved
- 12 fresh basil leaves
- 12 mini mozzarella balls (bocconcini)
- 12 small skewers or cocktail sticks
- 2 tbsp balsamic vinegar
- ½ tsp Dijon mustard
- ½ tsp extra virgin olive oil
- ¼ tsp dried oregano
- ¼ tsp sea salt
- ¼ tsp black pepper
- 1 tsp crushed walnuts or almonds
- A pinch of red pepper flakes

Method

1. Halve the tomatoes and prepare the basil leaves and mozzarella.
2. Thread a basil leaf, a mozzarella ball, and a tomato half onto each skewer.
3. Whisk balsamic vinegar, mustard, olive oil, oregano (if using), salt, and pepper.
4. Drizzle over the skewers just before serving, then sprinkle with nuts or red pepper flakes for added crunch.

Nutritional Snapshot: Calories: 110; Protein: 7g; Carbohydrates: 4g; Fibre: 1g; Sugars: 3g; Fat: 7g; Salt: 0.15g; Potassium: 180mg



Cheese and Nut Snack Pack with Dark Chocolate Bits

Serves: 4; Prep time: 5 mins; Cook time: no cooking

Ingredients

- 60g cubed cheese (Cheddar, Gouda, or Mozzarella)
- 60g mixed nuts (almonds, walnuts, or pecans)
- 2 tbsp 85% dark chocolate bits (sugar-free)
- 1 tbsp unsweetened coconut flakes
- 1 tsp ground flaxseeds or chia seeds (optional)
- ½ tsp cinnamon (optional)
- A pinch of sea salt (optional)

Method

1. Cut the cheese into small cubes. Chop the nuts if large, and break the chocolate if needed.
2. Combine cheese, nuts, and chocolate in a bowl or container. Sprinkle with coconut, flaxseeds, cinnamon, or salt if desired, then toss gently.
3. Enjoy straight away or portion into four small containers for meal prep.

Nutritional Snapshot: Calories: 210; Protein: 8g; Carbohydrates: 7g; Fibre: 3g; Sugars: 4g; Fat: 17g; Salt: 0.12g; Potassium: 180mg



Homemade Guacamole with Flaxseed Crackers

Serves: 4; Prep time: 10 mins; Cook time: 20 mins

Ingredients

- 2 ripe avocados, mashed
- 1 small tomato, diced
- ¼ small red onion, chopped
- 1 garlic clove, minced
- 1 tbsp lime juice
- ½ tsp sea salt
- ¼ tsp black pepper
- 1 tbsp fresh coriander, chopped
- ½ tsp ground cumin
- ½ tsp chilli flakes (optional)
- For the Flaxseed Crackers:**
 - 100g ground flaxseeds
 - ½ tsp sea salt
 - ½ tsp garlic powder
 - ½ tsp dried oregano or thyme
 - 80ml water
 - 1 tsp olive oil

Method

1. Preheat oven to 175°C (fan 160°C). Mix flaxseeds with salt, garlic powder, and oregano, then stir in water and oil to form dough. Rest 5 minutes, roll thin between parchment, cut into squares, and bake 18–20 minutes. Cool before breaking apart.
2. Mash avocados, leaving some chunks. Stir in tomato, onion, garlic, lime juice, salt, pepper, coriander, and spices. Rest 5 minutes before serving.
3. Serve guacamole with flaxseed crackers or fresh vegetable sticks.

Nutritional Snapshot: Calories: 210; Protein: 6g; Carbohydrates: 10g; Fibre: 7g; Fat: 16g; Salt: 0.15g; Potassium: 500mg



Smoked Salmon and Avocado Roll-Ups

Serves: 4; Prep time: 10 mins; Cook time: 10 mins

Ingredients

- 8 slices smoked salmon
- 1 ripe avocado, mashed
- 2 tbsp cream cheese (or Greek yoghurt)
- 1 tsp lemon juice
- ½ tsp Dijon mustard
- ¼ tsp sea salt
- ¼ tsp black pepper
- 1 tbsp fresh dill or chives, chopped
- 1 tsp capers (optional)
- ½ tsp sesame seeds or flaxseeds (optional)

Method

1. Mash the avocado with cream cheese, lemon juice, mustard, salt, pepper, and herbs until smooth.
2. Lay out the salmon slices, spread with the avocado mixture, and sprinkle with capers or seeds if using. Roll up tightly, then cut each roll in half.
3. Arrange on a plate and garnish with extra dill or chives. Serve as a light appetiser or snack, alongside cucumber slices or a fresh green salad.

Nutritional Snapshot: Calories: 160; Protein: 10g; Carbohydrates: 3g; Fibre: 2g; Fat: 12g; Salt: 0.32g; Potassium: 350mg



Sugar-Free Energy Balls with Nuts and Coconut

Serves: 4 (12 energy balls); Prep time: 10 mins;
Cook time: no cooking

Ingredients

- 60g raw almonds (or walnuts, pecans)
- 60g unsweetened shredded coconut
- 30g ground flaxseeds or chia seeds
- 2 tbsp unsweetened almond or peanut butter
- 2 tbsp coconut oil, melted
- 1 tsp vanilla extract
- ½ tsp ground cinnamon
- 1 tsp cocoa powder
- 1 tsp dark chocolate bits (85% cocoa, optional)

Method

1. Mix chopped nuts, coconut, flaxseeds, cinnamon, and cocoa (if using). In a separate bowl, blend nut butter, melted coconut oil, and vanilla until smooth. Combine with the dry mix to form a sticky dough, adding a little water if needed.
2. Shape into 12 small balls, then roll in extra coconut or cocoa if desired. Chill in the fridge for at least 30 minutes before serving.

Nutritional Snapshot: Calories: 180; Protein: 6g; Carbohydrates: 8g; Fibre: 4g; Sugars: 4g; Fat: 14g; Salt: 0.02g; Potassium: 120mg



Roasted Bell Pepper & Avocado Dip

Serves: 4; Prep time: 10 mins; Cook time: 25 mins

Ingredients

- 2 large red peppers
- 1 ripe avocado
- 1 tbsp olive oil
- 1 small garlic clove, minced
- 1 tbsp fresh lime juice
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp cumin
- 1 tbsp fresh coriander, chopped (optional)

Method

1. Preheat the oven to 220°C (fan 200°C). Roast the peppers on a tray for 20–25 minutes, turning until skins are blistered. Cover and steam for 10 minutes, then peel, deseed, and chop.
2. Blend the roasted peppers with avocado, olive oil, garlic, lime juice, salt, pepper, and cumin (if using) until smooth.
3. Adjust seasoning to taste and garnish with coriander if desired. Serve with fresh vegetable sticks, wholegrain crackers, or as a spread.

Nutritional Snapshot: Calories: 90; Protein: 1g; Carbohydrates: 6g; Fibre: 3g; Fat: 7g; Salt: 0.1g; Potassium: 180mg



Blackberry Cobbler

Serves: 6; Prep time: 10 mins; Cook time: 25 mins

Ingredients

- 300g blackberries (fresh or frozen)
- 1 tbsp lemon juice
- 2 tbsp monk fruit syrup or erythritol
- 1 tsp vanilla extract
- 1 tsp ground chia or flaxseeds
- 50g almond flour
- 25g coconut flour
- ½ tsp baking powder
- ¼ tsp sea salt
- ½ tsp cinnamon
- 2 tbsp coconut oil or butter, cold
- 1 egg
- 3 tbsp almond or coconut milk
- 1 tbsp chopped walnuts or pecans (optional)

Method

1. Preheat oven to 180°C (fan 160°C). Mix blackberries with lemon juice, sweetener, vanilla, and chia seeds; rest 5 minutes.
2. In another bowl, combine almond flour, coconut flour, baking powder, salt, and cinnamon. Rub in cold fat until crumbly, then add egg and milk to form soft dough.
3. Spread blackberry mix in a baking dish. Drop spoonfuls of dough on top, leaving gaps, and sprinkle with nuts if using. Bake 25–30 minutes until golden and bubbling. Cool 5 minutes before serving.

Nutritional Snapshot: Calories: 180; Protein: 5g; Carbohydrates: 10g; Fibre: 4g; Sugars: 6g; Fat: 12g; Salt: 0.09g; Potassium: 220mg



Dark Chocolate Avocado Mousse

Serves: 4; Prep time: 10 mins; Cook time: no cooking

Ingredients

- 2 ripe avocados, pitted
- 25g unsweetened cocoa powder
- 2 tbsp dark chocolate chips, melted
- 2 tbsp monk fruit sweetener (or erythritol)
- 60ml unsweetened almond milk
- 1 tsp vanilla extract
- ¼ tsp cinnamon (optional)
- A pinch of sea salt
- 1 tsp instant espresso powder
- 1 tbsp chia seeds

Method

1. Melt the chocolate chips in short bursts in the microwave, stirring until smooth. Let cool slightly.
2. Blend the avocados with cocoa, almond milk, sweetener, vanilla, cinnamon, salt, espresso powder, and chia seeds. Add the melted chocolate and process until creamy, adding a little more milk if needed.
3. Chill for 30 minutes before serving, then garnish with berries, nuts, or a dusting of cocoa.

Nutritional Snapshot: Calories: 180; Protein: 4g; Carbohydrates: 9g; Fibre: 5g; Sugars: 4g; Fat: 14g; Salt: 0.05g; Potassium: 450mg



Keto Cheesecake Bites with Coconut Crust

Serves: 12 mini cheesecakes; Prep time: 15 mins;
Cook time: 15 mins

Ingredients

For the Coconut Crust

- 60g unsweetened shredded coconut
- 25g almond flour
- 2 tbsp melted butter (or coconut oil)
- 1 tbsp monk fruit sweetener
- ½ tsp vanilla extract

For the Cheesecake Filling

- 225g cream cheese, softened
- 25g monk fruit sweetener
- 1 tsp vanilla extract
- 1 tsp lemon zest
- 1 large egg
- ½ tsp cinnamon

Method

1. Preheat oven to 160°C (fan 140°C). Line or grease a 12-hole mini muffin tin.
2. Mix coconut, almond flour, melted butter, sweetener, and vanilla. Press into cups and bake 5 minutes until lightly golden.
3. Beat cream cheese with sweetener, then add vanilla, lemon zest, egg, and cinnamon. Spoon over bases, filling ¾ full.
4. Bake 10–12 minutes until set. Cool, then chill 1 hour before serving. Top with berries if desired.

Nutritional Snapshot: Calories: 120; Protein: 3g; Carbohydrates: 4g; Fibre: 2g; Sugars: 2g; Fat: 10g; Salt: 0.07g; Potassium: 50mg



Almond Flour Chocolate Chip Cookies

Serves: 12 cookies; Prep time: 10 mins;
Cook time: 15 mins

Ingredients

- 150g fine-ground almond flour
- ¼ tsp baking soda
- ¼ tsp sea salt
- ½ tsp cinnamon (optional)
- 60g unsalted butter, melted (or coconut oil)
- 50g granulated monk fruit sweetener
- 1 large egg, at room temperature
- 1 tsp vanilla extract
- 50g sugar-free dark chocolate chips
- 2 tbsp chopped walnuts (optional)

Method

1. Preheat oven to 160°C (fan 140°C). Line a baking tray with parchment.
2. Mix almond flour, baking soda, salt, and cinnamon. In another bowl, whisk melted butter, sweetener, egg, and vanilla. Combine to form dough, then fold in chocolate chips and optional walnuts.
3. Shape into tablespoon-sized balls, place on a tray, and flatten slightly. Bake 12–15 minutes until golden. Cool 5 minutes on a tray, then transfer to a rack.

Nutritional Snapshot: Calories: 120; Protein: 3g; Carbohydrates: 6g; Fibre: 3g; Sugars: 3g; Fat: 10g; Salt: 0.05g; Potassium: 60mg



Low-Carb Pumpkin Pie with Coconut Whipped Cream

Serves: 8; Prep time: 15 mins; Cook time: 45 mins

Ingredients

For the Crust

- 100g almond flour
- 30g coconut flour
- 2 tbsp monk fruit sweetener
- ½ tsp cinnamon
- ¼ tsp sea salt
- 60g butter (or coconut oil), melted
- 1 large egg

For the Filling

- 375g pumpkin purée

- 2 large eggs
- 120ml double cream (or coconut milk)
- 70g monk fruit sweetener
- 1 tsp vanilla extract
- 1 tsp cinnamon
- ½ tsp nutmeg

For the Coconut Cream

- 240ml chilled coconut cream
- 1 tbsp monk fruit sweetener

Method

1. Preheat oven to 175°C (fan 155°C). Mix almond flour, coconut flour, sweetener, cinnamon, and salt. Stir in melted butter and egg to form dough. Press into a 23 cm pie dish and bake 8–10 minutes until lightly golden. Cool.
2. Whisk pumpkin purée, eggs, cream, sweetener, vanilla, cinnamon, and nutmeg. Pour into the crust and bake 40–45 minutes until set. Cool 30 minutes, then chill 2 hours.
3. Whip coconut cream with sweetener until fluffy and serve with pie.

Nutritional Snapshot: Calories: 230; Protein: 6g; Carbohydrates: 9g; Fibre: 4g; Sugars: 5g; Fat: 20g; Salt: 0.08g; Potassium: 180mg



Raspberry and Greek Yoghurt Popsicles

Serves: 6; Prep time: 5 mins; Freezing time: 4–6 hrs

Ingredients

- 120g fresh or frozen raspberries
- 240g plain Greek yoghurt
- 120ml unsweetened almond milk
- 1 tsp vanilla extract
- 2 tbsp monk fruit sweetener
- ½ tsp lemon zest
- 1 tbsp chia seeds
- 1 tsp cinnamon
- 1 tbsp crushed nuts (optional)

Method

1. Blend raspberries, yoghurt, almond milk, sweetener, vanilla, and lemon zest until smooth (or pulse for a chunkier texture).
2. Pour into 6 popsicle moulds, stirring in chia seeds or nuts if using. Insert sticks and freeze for 4–6 hours until firm.
3. To serve, briefly run warm water over the moulds to release.

Nutritional Snapshot: Calories: 80; Protein: 6g; Carbohydrates: 6g; Fibre: 5g; Sugars: 3g; Fat: 9g; Salt: 0.03g; Potassium: 120mg



Sugar-Free Apple Cinnamon Muffins

Serves: 12 muffins; Prep time: 10 mins;
Cook time: 25 mins

Ingredients

- 200g almond flour
- 30g coconut flour
- 1 tsp baking powder
- ½ tsp bicarbonate of soda
- 1 tsp cinnamon
- ¼ tsp nutmeg (optional)
- ¼ tsp sea salt
- 2 large eggs
- 60g butter (or coconut oil), melted
- 70g monk fruit sweetener
- 120g unsweetened applesauce
- 60ml almond milk
- 1 tsp vanilla extract
- ½ medium apple, chopped
- 30g walnuts, chopped
- 1 tbsp ground flaxseeds

Method

1. Preheat oven to 175°C (fan 155°C). Line a 12-cup muffin tin.
2. Mix almond flour, coconut flour, baking powder, bicarb, cinnamon, nutmeg, and salt.
3. In another bowl, whisk eggs, melted butter, sweetener, applesauce, almond milk, and vanilla. Stir into the dry mix until just combined, then fold in the apple, walnuts, and flaxseeds.
4. Divide batter between cups and bake 20–25 minutes until a skewer comes out clean. Cool for 5 minutes, then transfer to a rack.

Nutritional Snapshot: Calories: 140; Protein: 4g; Carbohydrates: 9g; Fibre: 4g; Sugars: 5g; Fat: 10g; Salt: 0.08g; Potassium: 90mg



No-Bake Coconut Macaroons

Serves: 12 macaroons; Prep time: 10 mins;
Chilling time: 30 mins

Ingredients

- 120g shredded coconut
- 30g coconut flour
- 60ml sugar-free maple syrup
- 60ml melted coconut oil
- 1 tsp vanilla extract
- ¼ tsp sea salt
- 1 tbsp chia seeds (optional)
- 1 tsp cinnamon (optional)
- 2 tbsp sugar-free chocolate chips

Method

1. Mix shredded coconut, coconut flour, syrup, coconut oil, vanilla, and salt in a bowl. Stir in chia seeds, cinnamon, or chocolate chips if using.
2. Scoop small portions and shape into balls or mounds. Place on a parchment-lined tray and refrigerate for 30 minutes until set.
3. Store in an airtight container in the fridge for up to 1 week.

Nutritional Snapshot: Calories: 120; Protein: 2g; Carbohydrates: 5g; Fibre: 3g; Sugars: 2g; Fat: 10g; Salt: 0.02g; Potassium: 70mg



Diabetic-Friendly Brownies

Serves: 12 brownies; Prep time: 10 mins;
Cook time: 25 mins

Ingredients

- 100g almond flour
- 25g cocoa powder
- 100g monk fruit sweetener
- ½ tsp baking powder
- ¼ tsp sea salt
- 2 large eggs, at room temperature
- 60ml melted coconut oil
- 1 tsp vanilla extract
- 60ml almond milk
- 40g sugar-free dark chocolate chips
- 30g chopped walnuts (optional)

Method

1. Preheat the oven to 175°C (fan 155°C). Line a 20cm square tin with parchment.
2. Mix almond flour, cocoa, sweetener, baking powder, and salt in a bowl. In another, whisk eggs, coconut oil, vanilla, and almond milk. Combine wet and dry mixtures, then fold in chocolate chips and walnuts if using.
3. Pour into the tin and bake for 20–25 minutes until just set. Cool in the tin for 10 minutes, then transfer to a rack before slicing.

Nutritional Snapshot: Calories: 140; Protein: 4g; Carbohydrates: 8g; Fibre: 3g; Sugars: 5g; Fat: 12g; Salt: 0.05g; Potassium: 100mg



Diabetic-Friendly Lime Dessert

Serves: 2; Prep time: 10 mins; Chilling time: 2 hrs

Ingredients

- 240ml full-fat coconut milk
- 200g unsweetened Greek yoghurt
- 60ml fresh lime juice
- 1 tbsp lime zest
- 50g erythritol or monk fruit
- 1 tsp vanilla extract
- 1½ tsp gelatine
- 2 tbsp cold water
- 1 tsp chia seeds (optional)
- 1 tbsp crushed nuts (for topping)

Method

1. Bloom the gelatine in cold water for 5 minutes. Warm the coconut milk gently in a pan, stir in the sweetener until dissolved, then add the gelatine and mix until smooth.
2. Remove from the heat and stir in yoghurt, lime juice, zest, and vanilla. Divide between ramekins or glasses and chill for 2 hours until set.
3. Top with chia seeds or crushed nuts before serving.

Nutritional Snapshot: Calories: 130; Protein: 5g; Carbohydrates: 6g; Fibre: 2g; Sugars: 4g; Fat: 9g; Salt: 0.03g; Potassium: 120mg



Doughnuts

Serves: 8 doughnuts; Prep time: 10 mins; Cook time: 20 mins

Ingredients

- 100g almond flour
- 30g coconut flour
- 1 tsp baking powder
- ½ tsp cinnamon
- ¼ tsp sea salt
- ½ tsp nutmeg
- 2 large eggs
- 60ml unsweetened almond milk
- 50g erythritol or monk fruit
- 1 tsp vanilla extract
- 2 tbsp butter (or coconut oil), melted
- 40g sugar-free dark chocolate chips
- 1 tsp coconut oil
- 1 tsp cocoa powder
- 1 tbsp chia seeds

Method

1. Preheat oven to 175°C (fan 155°C). Grease a donut pan.
2. Mix almond flour, coconut flour, baking powder, cinnamon, nutmeg, and salt. In another bowl, whisk eggs, almond milk, sweetener, vanilla, and melted butter. Combine to a smooth batter.
3. Spoon or pipe into moulds, filling ¾ full. Bake 18–20 minutes until golden. Cool for 10 minutes, then transfer to a rack.
4. Melt chocolate chips with coconut oil, stirring until smooth. Dip doughnuts, sprinkle with coconut or nuts if desired, and let set.

Nutritional Snapshot: Calories: 150; Protein: 5g; Carbohydrates: 8g; Fibre: 4g; Sugars: 4g; Fat: 12g; Salt: 0.06g; Potassium: 100mg



Crème Brûlée

Serves: 4; Prep time: 10 mins; Cook time: 35 mins

Ingredients

- 240ml double cream (or coconut milk)
- 120ml unsweetened almond milk
- 3 large egg yolks
- 3 tbsp erythritol (plus 1 tbsp for topping)
- 1 tsp vanilla extract
- ¼ tsp sea salt

Optional Add-ins

- ½ tsp cinnamon
- ½ tsp espresso powder
- 1 tsp orange zest

Method

1. Preheat oven to 160°C (fan 140°C). Place 4 ramekins in a deep dish, adding hot water halfway up the sides.
2. Heat cream and almond milk until steaming, then stir in vanilla, salt, and any flavourings.
3. Whisk yolks with 3 tbsp sweetener until pale. Gradually whisk in warm cream, strain, and divide between ramekins. Bake 30–35 minutes until set but slightly wobbly.
4. Cool briefly, then chill 2+ hours. Before serving, sprinkle with erythritol and caramelize with a torch or under the grill 1–2 minutes.

Nutritional Snapshot: Calories: 180; Protein: 5g; Carbohydrates: 5g; Fibre: 1g; Sugars: 4g; Fat: 16g; Salt: 0.04g; Potassium: 80mg



Ginger Cookies

Serves: 12 cookies; Prep time: 10 mins;
Cook time: 15 mins

Ingredients

- 150g almond flour
- 2 tbsp coconut flour
- 100g erythritol or monk fruit
- 1 tsp bicarbonate of soda
- 1 tsp cinnamon
- 1 tsp ground ginger
- ¼ tsp nutmeg
- ¼ tsp cloves
- ¼ tsp sea salt
- 1 large egg
- 60g butter (or coconut oil), melted
- 2 tbsp unsweetened applesauce
- 1 tsp vanilla extract
- 1 tsp grated fresh ginger
- 1 tbsp chia or flaxseeds
- 2 tbsp chopped walnuts

Method

1. Preheat the oven to 175°C (fan 155°C). Line a baking tray with parchment.
2. Mix almond flour, coconut flour, sweetener, bicarb, and spices in a bowl. In another, whisk egg, butter, applesauce, vanilla, and fresh ginger. Combine wet and dry mixtures, then fold in seeds and nuts if using.
3. Scoop tablespoon-sized portions, roll into balls, and place on the tray. Flatten slightly and bake for 12–15 minutes until golden. Cool on the tray for 5 minutes before transferring to a rack.

Nutritional Snapshot: Calories: 110; Protein: 3g; Carbohydrates: 7g; Fibre: 3g; Sugars: 4g; Fat: 9g; Salt: 0.05g; Potassium: 80mg



Berry Shortbread Pie

Serves: 8; Prep time: 15 mins; Cook time: 35 mins

Ingredients

- 150g almond flour
- 30g erythritol or monk fruit sweetener
- ½ tsp baking powder
- ¼ tsp sea salt
- 1 large egg, at room temperature
- 60g unsalted butter, softened
- ½ tsp vanilla extract
- For the berry filling**
- 200g mixed berries
- 2 tbsp erythritol or monk fruit sweetener
- 1 tsp lemon juice
- 1 tbsp chia seeds
- ½ tsp cinnamon (optional)
- 1 tbsp crushed walnuts or shredded coconut

Method

1. Preheat oven to 175°C (fan 155°C). Mix almond flour, erythritol, baking powder, and salt. Stir in butter, egg, and vanilla to form dough. Press into a 23 cm pie tin, prick with a fork, and bake 10–12 minutes until golden. Cool.
2. Cook berries with erythritol, lemon juice, and cinnamon for 5–7 minutes until soft. Stir in chia seeds, cook 2 minutes to thicken, then cool. Spread into the crust and sprinkle with nuts or coconut if using.
3. Bake 15–20 minutes until bubbly. Cool 15 minutes, then refrigerate 1 hour. Serve chilled or gently warmed.

Nutritional Snapshot: Calories: 180; Protein: 5g; Carbohydrates: 10g; Fibre: 4g; Sugars: 6g; Fat: 14g; Salt: 0.06g; Potassium: 120mg

Conclusion

Your Journey to Better Health Starts Now

Congratulations on taking this important step toward a healthier, more balanced life! Managing diabetes with mindful eating and smart food choices isn't about limitations; it's about giving you control and freedom, while promoting sustainability and enjoyment.

By applying the principles from this book, you'll find that a diabetes-friendly lifestyle doesn't have to be complicated or overwhelming. With small, consistent changes, you can improve blood sugar management, increase energy, and effectively thrive at any age.

Remember, every meal is an opportunity to nourish your body, and every day is a new chance to experience progress. Be patient with yourself, celebrate your victories—big and small—and keep moving forward.

Wishing you health, happiness, and delicious meals ahead! May your journey be filled with balance, confidence, and joy in every bite.

Stay inspired to cook, learn, and most importantly—enjoy every step!

With my warmest wishes,

Leonora Key

Bonuses: Your Diabetes-Friendly Toolkit

Your journey to better health continues.

To support you every step of the way, I've created a printable toolkit you can access anytime:

- ◆ **Your 35-Day Guide to Balanced Eating with Diabetes — organized for easy reference**
- ◆ **Helpful Cheat Sheets for Balanced Blood Sugar — with smart swaps & cooking times**
- ◆ **The Energy & Clarity Journal for weekly reflection — to track how food makes you feel**



Use what works for you and leave the rest. Come back whenever you need extra support.

You're already making meaningful changes, and it's an honour to be part of your journey.

About the Author

Hi, I'm Leonora Key. For me, nourishing yourself well after 50 isn't about restriction or willpower. It's about kindness. It's about rhythm. And most of all, it's about choosing foods that support your body with care, clarity, and compassion.

Food has always been more than fuel for me. It's been a gentle teacher, a quiet healer, and a way to feel steady again, especially when life changes, blood sugar fluctuates, or energy feels unpredictable.

I didn't study in a culinary academy. I learned in a small kitchen filled with cinnamon, stories, and a mother who taught me that health begins not with rules, but with warmth — and a wooden spoon.

That's why I write cookbooks for real people — people navigating real changes. This book was created for anyone who's ever looked at a diagnosis and thought, "Where do I begin?"

Whether you were recently diagnosed with Type 2 diabetes, supporting a loved one, or simply trying to eat smarter, this guide is here to offer structure without stress — and nourishment without guilt.

This cookbook is part of the **EatWell 50+ series** — created to support vibrant aging and everyday wellness with joy, simplicity, and heart.

If this book helped you feel more confident in the kitchen, calmer at the grocery store, or simply more at ease with your food, I'd be truly honoured.

Your experience matters to me, and your support is invaluable. If you enjoyed this book, please consider leaving a quick review on Amazon. It helps me reach more people who might benefit from this guide. Thank you for welcoming me into your kitchen — and into your journey.

To discover more of my work, explore other books in the series, or download helpful bonus content, please visit:

Thank you for welcoming me into your kitchen — and into your journey.

Stay steady. Stay nourished.

There's so much more ahead, and you don't have to walk it alone.

With care and gratitude,

Leonora Key



"For everything I know about love, nourishment, and the courage to start over — thank you, Mom."