

Super Easy Diabetic Cookbook for Beginners with Pictures

**2000 Days of Healthy, Low-Carb & Low-Sugar
Recipes to Cook Every Day. The Complete
30-Day Meal Plan to Manage Type 2 Diabetes**

Cecily Goodwin

Dedication

This cookbook isn't your typical diabetes book. It's here to remind you that we can overcome this condition and become stronger!

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Editor's Letter

Diabetes Basics

What Does Eating for Diabetes Really Mean?

Sugar Elimination

Building a Meal Plan That Works for You

30-Day Diabetes Meal Plan

Diabetic-Friendly Recipes

Breakfast

Breakfast Burritos

Savory Oatmeal with Bacon

Breakfast Tostada

Broccoli & Ham Casserole

Mini Egg Quiches

Two-Ingredient Pancakes

Parfait

Blueberry Pancakes

Overnight Steel-Cut Oats

Peanut Butter Oatmeal Cakes

Vegetarian Omelette

Homemade Granola

Soups & Stews

Turkey & Rice Soup

Tomato Florentino Soup

Ham Bone Bean Soup

Chicken Soup with Cabbage

Creamy Mushroom Soup

Two-Bean Vegetable Stew

Butternut Squash Soup

Couscous Meatball Soup

Creamy Summer Soup

Chicken-Chile Soup

Chicken & Turkey

Bean & Chicken Burritos

Chickpea & Chicken Stew

Stuffed Chicken with Spinach

Turkey Burger

Chicken & Veggie Joes

Mushroom & Chicken Pizza

Chicken & Olive Empanadas

Parmesan-Chicken Cutlets

Thai Chicken Stir-Fry

Chicken-Vegetable Casserole

Stuffed Peppers

Turkey & Pepper Chili

Cornflake-Chicken Nuggets

Chicken-Veggie Lettuce Wraps

Zesty Lime Chicken Wings

BBQ Bacon-Wrapped Legs

Crispy Chicken Drumsticks

Garlic Herb Chicken Thighs

Roasted Whole Chicken

Bacon-Wrapped Chicken Tenders

Beef & Pork

Beef & Pork Meatballs

Beef Stroganoff

Herb Crusted Pork Tenderloin

Beef & Veggie Noodles

Easy Pepper & Rice Bake

Beef-Stuffed Vegetables

Cowboy-Style Pork

Potato Beef Burgers

Asian-Style Pork Chops

Breaded Pork Chops

Fish & Seafood

Crab Cakes

Tuna & Avocado Salad

Salmon with Sautéed Spinach

Garlic Butter Shrimp Pasta

Tomato Seafood Stew

Creamy Seafood Risotto

Cornmeal-Coated Catfish

Shrimp Fajitas

Cod with Tomato & Olive

Salmon Breakfast Wrap

Vegetables & Side Dishes

Veggie Bean Burger

Pico De Galo

Sauteed Spinach

Low-Carb Coleslaw

Vegetable Casserole

Chunky Chips

Quinoa Salad

Mashed Cauliflower

Parmesan Eggplant

Green Pancakes

Snacks, Sauces & Smoothies

Parmesan Roasted Chickpeas

Greek Vinaigrette

Avocado Dressing

Hummus

Smoked Salmon Spread

Parmesan Chips

Carrot Chips

Berry-Peach Smoothie

Mango Smoothie

Berry Smoothie

Stuffed Mushrooms

Ham English Muffin Pizzas

Mushroom Pate

Broccoli Tots

Desserts

Date Energy Bites

Pumpkin Pie Pudding

Tiramisu Mousse

Chocolate-Banana Ice Cream

Banana-Strawberry Ice Cream

Banana Bread

Pumpkin Muffins

Grilled Peaches

Banana Muffins

Chocolate Chip Blondies

Cheesecake Cupcakes

Chocolate-Peanut Butter Balls

Brownies

Peanut Butter Cookies

Conclusion

Leave Your Review

Extra Bonus: 50+ Video Recipes for Diabetics

Editor's Letter

There's a moment that stays with you—the one when someone close to you gets diagnosed with Type 2 Diabetes. For me, it was a turning point. I remember the worry, the confusion, and the endless questions. I realized how little I truly understood about the condition and how much that fear was tied to not knowing what to do next.

Instead of letting that fear take over, I made a choice: to learn. I wanted to support someone I loved, but I also needed to stop feeling helpless. The deeper I dug, the more I discovered that managing Type 2 Diabetes doesn't have to mean giving up joy at the table or living in constant stress. In fact, it can become a balanced, sustainable way of life.

I wanted meals to feel normal again—delicious, satisfying, and shared with the whole family. I didn't want "diabetic" to mean bland or restrictive. I started collecting recipes that were not only diabetes-friendly but truly enjoyable. Over time, these dishes became staples in our home. Everyone loved them—even the kids asked for seconds.

This book was born from that experience. It's more than just a cookbook; it's a guide to navigating Type 2 Diabetes with clarity, confidence, and comfort. You'll find simple explanations, meal planning tips, and tasty recipes that support stable blood sugar without sacrificing flavor.

If you're here because someone you care about has Type 2 Diabetes—or you've been diagnosed yourself—know that you're not alone. This book is here to help you replace stress with structure, fear with knowledge, and restriction with

delicious choices. Let's turn this challenge into a lifestyle that feels not only manageable, but truly nourishing.

To delicious moments ahead,
Cecily Goodwin

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Diabetes Basics

Diabetes is a long-term health condition that affects how your body turns food into energy. When we eat, our bodies break down most of the food into glucose—a type of sugar that enters the bloodstream. To help glucose move into cells and be used as fuel, the pancreas releases a hormone called insulin.

In people with diabetes, this process doesn't work as it should. Either the body isn't making enough insulin, or the cells are no longer responding properly to it. As a result, sugar builds up in the blood instead of being used for energy.

Over time, high blood sugar can damage organs and systems throughout the body. But there's good news: with proper care, including a healthy lifestyle and medical support, many people with diabetes live active, full lives.

It's important not to downplay the condition. Phrases like “a little sugar problem” or “borderline” can be misleading. Diabetes, in all its forms, should be taken seriously. Type 2 diabetes, which is the most common, is more likely to develop in people over 45, those with a family history of the condition, individuals who are overweight, physically inactive, or from certain ethnic backgrounds. High blood pressure and a history of gestational diabetes or prediabetes also increase the risk.

Type 1 diabetes is an autoimmune disease where the body attacks its own insulin-producing cells. It often shows up in childhood or teenage years and requires daily insulin therapy.

Gestational diabetes affects some women during pregnancy and usually disappears after childbirth. However, it significantly increases the risk of

developing Type 2 diabetes later in life. Interestingly, in more than 90% of cases, what is diagnosed during pregnancy is actually early-onset Type 2 diabetes, not a separate condition.

Common signs of diabetes include needing to urinate often, constant thirst, fatigue, blurry vision, and cuts or wounds that are slow to heal. Ignoring these symptoms can lead to serious health issues such as heart problems, nerve damage, kidney failure, and vision loss.

Living with diabetes means staying proactive: monitoring blood glucose, maintaining a balanced diet, exercising regularly, taking medications as needed, and attending regular health check-ups. By understanding how diabetes works and recognizing the warning signs, you can take control early and manage the condition effectively.

Diabetes is generally classified into three main types:

- *Type 1 diabetes* - caused by an immune reaction against the insulin-producing cells in the pancreas.
- *Type 2 diabetes* - when the body struggles to produce or use insulin effectively.
- *Gestational diabetes* - a temporary form that appears during pregnancy but may lead to Type 2 diabetes in the future.

What Does Eating for Diabetes Really Mean?

When it comes to living well with Type 2 Diabetes, food becomes one of your most powerful tools. But this doesn't mean strict rules or giving up everything you enjoy. A diabetic-friendly diet is about finding balance—especially when it comes to carbohydrates, which have the most direct impact on blood sugar.

Carbohydrates aren't your enemy, but they do need attention. Items like sugary drinks, candy, white bread, and highly processed grains can cause your blood sugar to rise quickly. By learning how to choose the right carbs—and in the right amounts—you can make a huge difference in your energy levels and long-term health.

Even though there's currently no cure for diabetes, research shows that nutrition plays a key role in managing the condition—and even preventing it in those at risk. Shifting the way you eat isn't just about restriction; it's about creating a way of eating that supports stable blood sugar and supports your overall well-being.

So, what should your plate look like?

There's no single perfect diabetic diet because every person is different. Your ideal plan should take into account your weight, medications, daily routine, health conditions, and personal food preferences. For that reason, it's always a good idea to speak with a registered dietitian or certified diabetes educator to personalise your approach.

Focus on Nourishing Foods from All Food Groups

- *Whole Grains*: Choose wholemeal/whole wheat bread, brown rice, oats, quinoa, barley, and cornmeal. These provide fibre and help you feel fuller longer.
- *Fruits*: Opt for fresh, whole fruits like apples, oranges, grapes, bananas, melons, and berries. Avoid fruit canned in syrup.
- *Vegetables*: Make non-starchy vegetables your go-to—leafy greens, bell peppers/sweet peppers/capsicum, tomatoes, broccoli, cauliflower. Starchy vegetables like peas, sweetcorn, and white potatoes can be eaten in moderation.
- *Proteins*: Include lean protein like skinless chicken or turkey, eggs, and fish. Plant-based options like lentils, chickpeas, tofu, and beans are excellent too.
- *Dairy*: Stick with low-fat or fat-free choices, including milk (or lactose-free versions), natural yogurt, and cheese.

Don't Forget Heart-Healthy Fats

Including healthy fats in your meals can help manage blood sugar and protect your heart. Look for:

- Avocados
- Oily fish like salmon, tuna, and mackerel
- Olive oil and rapeseed/canola oil
- A handful of unsalted nuts or seeds

When cooking, use these instead of saturated fats like butter, cream, lard, or stick margarine.

Limit or Avoid These

To keep your blood sugar steady, it's best to reduce or avoid:

- Sweets like cakes, pastries, candy, sweetened cereals, and ice cream
- Sugary drinks: soda/fizzy drinks, sweetened juices, and energy drinks
- Refined carbs such as white bread, white pasta, and white rice
- Large portions of starchy vegetables like white potatoes and sweetcorn
- Foods high in sodium and trans fats

Eating for diabetes doesn't mean eating separately from your family or missing out on flavour. With the right choices and smart planning, you can build meals that everyone at the table will enjoy—and that support your health at the same time.

Sugar Elimination

Let's be realistic—completely eliminating sugar from your diet isn't just unnecessary, it's nearly impossible. Natural sugars are present in fruits, dairy, and even vegetables. Plus, your body breaks down all carbohydrates into glucose, which is essential for energy. What matters most isn't cutting out sugar entirely, but learning how to control how much—and what kind—you consume.

Many packaged foods and drinks sneak in added sugars that can quickly push blood glucose levels too high. For those managing Type 2 Diabetes, keeping a close eye on total carbohydrates—which includes sugars, starches, and fiber—is one of the most effective strategies to maintain balance.

Hidden Sugars: Foods to Watch Out For

Sometimes the most sugar-packed items are the ones dressed up as “healthy.” Below are 15 common culprits that can raise blood sugar unexpectedly:

- *Fruit juices* - Whole fruit is a better option; juice removes fiber and concentrates sugar.
- *Iced teas* - Many bottled versions have as much sugar as soda/fizzy drinks.
- *Flavoured water & vitamin drinks* - Often sweetened heavily, sometimes with over 30g sugar per bottle.
- *Fancy coffee drinks* - Some can carry up to 25 tsp of sugar in a single cup.
- *Sports drinks* - Designed for athletes needing rapid sugar, not everyday hydration.
- *Chocolate milk* - Nutritious, but frequently high in added sugar.
- *Bottled smoothies* - Homemade versions are better; store-bought can pack up to 24 tsp per serving.

- *Canned or packaged fruit* - Often preserved in syrup, which adds loads of sugar and removes fibre.
- *BBQ sauce* - 2 tbsp can contain up to three tsp of sugar.
- *Tomato/spaghetti sauces* - Tomatoes are naturally sweet, but many brands add extra sugar.
- *Ketchup* - Up to 1 tsp of sugar per tbsp.
- *Canned soups* - Some include added sugars on top of the natural sugars in vegetables.
- *Granola* - Despite its healthy image, some types have more than 6 tsp of sugar per 100g.
- *Cereal bars* - Can be just as sweet as regular desserts.
- *Protein bars* - Many are closer to candy bars than health food, with a surprising sugar content.

Choosing the Right Sweetener

Finding a sugar replacement that fits your taste and health goals can take some experimenting. Here are the most common types:

- *Artificial sweeteners* - These synthetic options (like aspartame, sucralose, saccharin) contain no calories and don't affect blood sugar, though some people find the taste less pleasant.
- *Sugar alcohols* - Naturally found in some fruits and also manufactured. They have fewer calories than sugar but can still affect glucose, especially in larger quantities. Examples include xylitol, sorbitol, and lactitol. Some may cause digestive discomfort.
- *Natural sweeteners* - These include honey, maple syrup, molasses, and fruit-based nectars. They may seem more wholesome, but your body still treats them much like table sugar—so moderation is key.

- *Stevia* - A plant-based, calorie-free option that doesn't spike blood sugar. It's widely available under brand names like Truvia, Pur Via, or Splenda Naturals. Personally, I like using Splenda's brown sugar blend or powdered version—it offers flexibility without a noticeable aftertaste.

In the end, the “best” sweetener is the one that supports your health, fits your recipes, and works for your personal taste.

The goal isn't to fear sugar—it's to understand it, choose wisely, and enjoy your meals with greater awareness. Making informed swaps and paying attention to labels can help you build a lifestyle that supports both blood sugar balance and everyday pleasure.

Building a Meal Plan That Works for You

Managing diabetes doesn't mean giving up the joy of eating—it means becoming more mindful of what, how much, and when you eat. A well-structured meal plan helps keep your blood sugar steady, your energy levels up, and your confidence high.

Two of the most effective methods used to manage food portions and carbohydrate intake are the Plate Method and Carbohydrate Counting. Each person's needs are different, so working with your healthcare provider or a registered dietitian can help you figure out which method suits you best.

The Diabetes Plate Method

Simple, visual, and easy to use, this method helps guide your portion sizes without needing to track calories or grams.

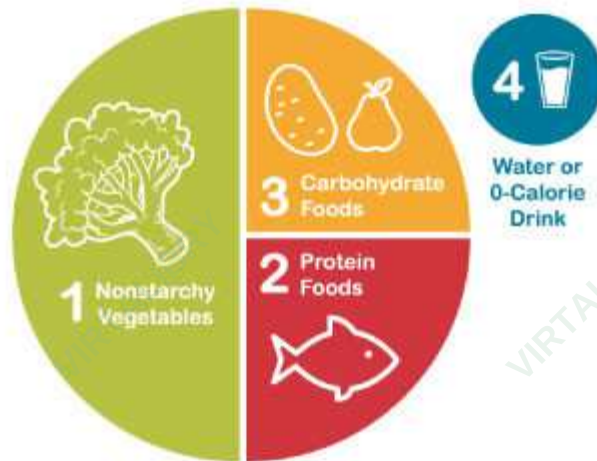
Here's how it works:

- Take a 9-inch (23 cm) plate.
- Fill half the plate with non-starchy vegetables (e.g., leafy greens, peppers/capsicum, broccoli, or cauliflower).
- Fill one-quarter of the plate with lean protein, such as grilled chicken, turkey, tofu, or eggs.
- The remaining one-quarter should be filled with whole grains or starchy foods like brown rice, quinoa, corn, peas, or sweet potatoes.

You can complement the meal with:

- A small piece of fruit or a bowl of berries
- A glass (240 ml / 8 fl oz) of milk or a non-dairy alternative

This method is especially handy for lunch and dinner and helps visually balance your meals without complicated math. Light snacks between meals—such as a handful of nuts, yogurt, or veggie sticks—can also be part of your routine.



Carb Counting Method

Carbohydrate counting is another popular tool, especially for people who take insulin or want more detailed control over their blood glucose. Since carbohydrates are broken down into glucose, keeping track of them can help prevent sudden spikes or dips.

To count carbs accurately, you need to:

- Learn which foods contain carbohydrates
- Read nutrition labels (or use a reliable app)
- Add up the total number of carbohydrate grams in each meal

Common sources of carbohydrates:

- Fruits and fruit juice
- Milk, yogurt, and beans
- Grains such as bread, pasta, oats, crackers, cereal, and rice
- Starchy vegetables like corn, peas, and potatoes

- Sweets: cakes, cookies, ice cream, and sugary beverages

Not all carbs are created equal. Whenever possible, swap refined carbs (like white bread or white rice) for complex carbs like whole grains, beans, or non-starchy vegetables. These digest more slowly and help keep blood sugar stable.

How Many Carbs Should You Eat?

There's no universal number that works for everyone. Factors like insulin sensitivity, medication, physical activity, and personal health goals all play a role.

As a general starting point:

- *Meals:* Aim for around 45 grams of carbohydrates (equivalent to 3 carbohydrate choices)
- *Snacks:* Target 15-30 grams (1-2 choices)

One “carb choice” = 15 grams of carbohydrates!

Some people may need slightly more or less depending on their individual response. That's why regular blood sugar monitoring and consultation with a healthcare provider are key to long-term success.

Meal planning isn't about perfection—it's about progress and consistency. With the right strategy, you can enjoy a full range of satisfying meals while keeping your health on track.

30-Day Diabetes Meal Plan

Taking control of your meals doesn't have to feel overwhelming. With a bit of planning and the right tools, you'll find that preparing nutritious meals can become a smooth and even enjoyable routine. This book is here to guide you—step by step.

Planning your meals in advance saves time, cuts down on last-minute decisions at the grocery store, and most importantly, helps you stay on track with your health goals.

Why a Meal Plan Helps

A structured meal plan plays a key role in managing Type 2 Diabetes. It allows you to:

- Keep your blood sugar stable
- Maintain healthy energy levels
- Support weight management
- Avoid sudden spikes or crashes in glucose

One of the most effective strategies is carbohydrate balancing—spreading your intake evenly throughout the day so your body has a steady supply of energy.

A Simple Daily Structure

Here's a general framework you can follow:

- Breakfast: aim for 30-45 g of carbohydrates (2-3 carb choices)
- Lunch: aim for 30-45 g of carbohydrates
- Dinner: aim for 30-45 g of carbohydrates
- Snacks (2 per day): each with around 15 g of carbohydrates

1 carbohydrate choice = 15 grams of carbs

Depending on your body's needs, activity level, and medication, these numbers can be adjusted with your healthcare team's guidance.

Weekly Planning Tips

- Use the recipes in this book to build weekly meal plans
- Mix and match dishes to keep things fresh and satisfying
- Create a grocery list based on your selected meals
- Prep in batches (e.g., chop veggies, cook grains) to save time on busy days
- Don't forget to plan snacks—this helps avoid impulsive choices

	Breakfast	Lunch	Dinner	Snacks	Daily Total
Day 1	Breakfast Burritos + 1 cooked turkey sausage	Turkey Burger	Cod with Tomato & Olive + 1 cup of cooked vegetable mix	1 medium pear + 1/2 cup Greek yogurt	1229 kcal Carbs: 103 g Sugar: 39 g
Day 2	Breakfast Burritos + 1 cooked turkey sausage	Stuffed Chicken with Spinach + 1/2 cup of cooked wild rice	Cod with Tomato & Olive + 1 cup of cooked vegetable mix	1 slice whole meat toast + peanut butter + Berry-Peach Smoothie	1295 kcal Carbs: 93 g Sugar 36 g

Day 3	<u>Two-Ingredient Pancakes</u> (4 pcs) + 1/2 cup Greek yogurt + 1/2 cup of blueberries	<u>Turkey & Rice Soup</u>	<u>Stuffed Chicken with Spinach</u> + 1/2 cup of cooked wild rice	1 slice whole wheat toast + peanut butter + 1 1/2 oz plain almonds	1352 kcal Carbs:104 g Sugar 27 g
Day 4	<u>Mini Egg Quiches</u> + 2 slices of fried bacon	<u>Turkey & Rice Soup</u>	<u>Cowboy-Style Pork</u>	<u>Date Energy Bites</u> (2 bites) + 1 cup of strawberries	1345 kcal Carbs: 99 g Sugar 40
Day 5	<u>Mini Egg Quiches</u> + 2 slices of fried bacon	<u>Cowboy-Style Pork</u>	<u>Parmesan-Chicken Cutlets</u> + <u>Chunky Chips</u>	<u>Date Energy Bites</u> (2 bites)	1326 kcal Carbs: 101 g Sugar 33
Day 6	<u>Savory Oatmeal with Bacon</u>	<u>Parmesan-Chicken Cutlets</u> + <u>Chunky Chips</u>	<u>Stuffed Peppers</u> (2 peppers)	1 oz of plain almonds + <u>Grilled Peaches</u>	1207 kcal Carbs: 119 g Sugar 25
Day 7	<u>Homemade Granola</u> + 1/2 cup Greek yogurt	<u>Stuffed Peppers</u> (2 peppers)	<u>Salmon with Sautéed Spinach</u>	<u>Grilled Peaches</u> + 1 oz of plain almonds	1341 kcal Carbs: 115 g Sugar 47
Day 8	<u>Homemade Granola</u> +	<u>Salmon with Sautéed Spinach</u> +	<u>Beef-Stuffed Vegetables</u> +	<u>Tiramisu Mousse</u>	1284 kcal Carbs: 94 g Sugar 36 g

	$\frac{1}{2}$ cup Greek yogurt	1 cup of couscous	<u>Pico De Galo</u>		
Day 9	<u>Breakfast Tostada</u>	<u>Beef-Stuffed Vegetables</u> + <u>Pico De Galo</u>	<u>Creamy Seafood Risotto</u>	<u>Tiramisu Mousse</u> + 2 clementines	1185 kcal Carbs: 114 g Sugar 36
Day 10	<u>Broccoli & Ham Casserole</u>	<u>Roasted Whole Chicken</u> + 1 cup of cooked vegetable mix	<u>Creamy Seafood Risotto</u>	1 oz of plain almonds + 1 cup of strawberries	1230 kcal Carbs: 119 g Sugar 24 g
Day 11	<u>Broccoli & Ham Casserole</u>	<u>Two-Bean Vegetable Stew</u> (1 $\frac{1}{2}$ cups) + 1 slice of brown bread	<u>Roasted Whole Chicken</u> + 1 cup of cooked vegetable mix	<u>Stuffed Mushrooms</u> (2 pieces) + $\frac{1}{2}$ cup Greek yogurt	1262 kcal Carbs: 123 g Sugar 26
Day 12	<u>Peanut Butter Oatmeal Cakes</u> (2 cakes)	<u>Two-Bean Vegetable Stew</u> (1 $\frac{1}{2}$ cups) + 1 slice of brown bread	<u>Cornflake-Chicken Nuggets</u> + 1/2 cup of cooked wild rice	<u>Stuffed Mushrooms</u> 2 pieces + 1 oz of plain almonds	1210 kcal Carbs: 129 g Sugar 29
Day 13	<u>Peanut Butter Oatmeal Cakes</u> (2 cakes)	<u>Cornflake-Chicken Nuggets</u> +	<u>Salmon Breakfast Wrap</u>	<u>Mushroom Pate</u> +	1213 kcal Carbs: 108 g Sugar 23

		1/2 cup of cooked wild rice		1 slice of brown bread	
Day 14	<u>Vegetarian Omelette</u> + 1 cooked turkey sausage	<u>Turkey Burger</u>	<u>Salmon Breakfast Wrap</u>	<u>Mushroom Pate</u> + 1 slice of brown bread	1365 kcal Carbs: 85 g Sugar 19
Day 15	<u>Overnight Steel-Cut Oats</u>	<u>Beef & Veggie Noodles</u> (2 cups)	<u>Tuna & Avocado Salad</u> (1 1/2 cups) + 3 crackers	1 medium pear + 1 oz of plain almonds	1237 kcal Carbs 132 g Sugar 32
Day 16	<u>Breakfast Burritos</u> + 1 cooked turkey sausage	<u>Beef & Veggie Noodles</u> (2 cups)	<u>Thai Chicken Stir-Fry</u> (3 cups)	<u>Mango Smoothie</u>	1242 kcal Carbs 96 g Sugar 33
Day 17	<u>Breakfast Burritos</u> + 1 cooked turkey sausage	<u>Couscous Meatball Soup</u> (1 1/2 cups)	<u>Cod with Tomato & Olive</u> + 1 cup of cooked vegetable mix	1 medium pear + 1/2 cup Greek yogurt	1235 kcal Carbs 107 g Sugar 34
Day 18	<u>Two- Ingredient Pancakes</u> (4 pcs) + 1/2 cup Greek yogurt +	<u>Couscous Meatball Soup</u> (1 1/2 cups)	<u>Cod with Tomato & Olive</u> + 1 cup of cooked vegetable mix	1 slice whole meat toast + peanut butter + 1 oz of plain almonds	1218 kcal Carbs 107 g Sugar 32

	1/2 cup of blueberries				
Day 19	<u>Mini Egg Quiches</u> + 2 slices of fried bacon	<u>Turkey Burger</u>	<u>Stuffed Chicken with Spinach</u> + 1 cup of couscous	1 slice whole meat toast + peanut butter + <u>Berry-Peach Smoothie</u>	1326 kcal Carbs 108 g Sugar 35
Day 20	<u>Mini Egg Quiches</u> + 2 slices of fried bacon	<u>Stuffed Chicken with Spinach</u> + 1 cup of couscous	<u>Cowboy-Style Pork</u>	<u>Date Energy Bites</u> (2 bites) + 1 cup of strawberries	1327 kcal Carbs 104 g Sugar 38
Day 21	<u>Savory Oatmeal with Bacon</u>	<u>Cowboy-Style Pork</u>	<u>Salmon with Sautéed Spinach</u> + 1 cup of cooked wild rice	<u>Date Energy Bites</u> (2 bites)	1355 kcal Carbs 121 g Sugar 28
Day 22	<u>Homemade Granola</u> + 1/2 cup Greek yogurt	<u>Salmon with Sautéed Spinach</u> + 1/2 cup of cooked wild rice	<u>Thai Chicken Stir-Fry</u> (3 cups)	<u>Mushroom Pate</u> + 1 slice of brown bread	1346 kcal Carbs 112 g Sugar 32
Day 23	<u>Homemade Granola</u> + 1/2 cup Greek yogurt	<u>Thai Chicken Stir-Fry</u> (3 cups) +	<u>Beef-Stuffed Vegetables</u> (2 pieces)	<u>Mushroom Pate</u> +	1344 kcal Carbs 134 g Sugar 40

		1 cup of couscous		1 slice of brown bread	
Day 24	<u>Breakfast Tostada</u>	<u>Chicken Soup with Cabbage</u> (2 cups) + 1 slice of brown bread	<u>Beef- Stuffed Vegetables</u> + 1 cup of couscous	<u>Tiramisu Mousse</u>	1280 kcal Carbs 112 g Sugar 17
Day 25	<u>Broccoli & Ham Casserole</u>	<u>Chicken Soup with Cabbage</u> (2 cups) + 1 slice of brown bread	<u>Parmesan- Chicken Cutlets</u> + <u>Chunky Chips</u>	<u>Tiramisu Mousse</u>	1264 kcal Carbs 117 g Sugar 16
Day 26	<u>Broccoli & Ham Casserole</u>	<u>Parmesan- Chicken Cutlets</u> + <u>Chunky Chips</u>	<u>Cornflake- Chicken Nuggets</u> + 1/2 cup of cooked wild rice	<u>Cheesecake Cupcakes</u> (2 pieces) + 1/2 cup of blueberries	1279 kcal Carbs 118 g Sugar 18
Day 27	<u>Peanut Butter Oatmeal Cakes</u> (2 cakes)	<u>Cornflake- Chicken Nuggets</u> + 1/2 cup of cooked wild rice	<u>Stuffed Peppers</u> (2 peppers)	<u>Cheesecake Cupcakes</u> (2 pieces) + 1/2 cup of blueberries	1289 kcal Carbs 106 g Sugar 29
Day 28	<u>Peanut Butter Oatmeal Cakes</u>	<u>Stuffed Peppers</u> (2 peppers)	<u>Salmon Breakfast Wrap</u>	<u>Pumpkin Pie Pudding</u>	1244 kcal Carbs 111 g Sugar 32

	(2 cakes)				
Day 29	<u>Vegetarian Omelette</u> + 1 cooked turkey sausage	<u>Beef & Veggie Noodles</u> (2 cups)	<u>Tuna & Avocado Salad</u> (1 ½ cups) + 3 crackers	<u>Pumpkin Pie Pudding</u> + 1 medium pear	1326 kcal Carbs 100 g Sugar 37
Day 30	<u>Overnight Steel-Cut Oats</u>	<u>Beef & Veggie Noodles</u> (2 cups)	<u>Tuna & Avocado Salad</u> 1 ½ cups + 3 crackers	1 oz of plain almonds + <u>Grilled Peaches</u>	1210 kcal Carbs 123 g Sugar 31

Diabetic-Friendly Recipes

Breakfast

Breakfast Burritos



Cooking Time: 30 minutes

Yield: 6 servings

Ingredients

- 12 large eggs
- 6 whole-wheat tortillas / wholemeal wraps (8-inch or 20 cm)
- 2 cups (60 g) baby spinach leaves
- 1 cup (90 g) chopped white/button mushrooms

- ½ cup (60 g) shredded pepper Jack cheese
- 1 tbsp finely chopped jalapeño
- 2 tsp olive oil
- ¼ tsp salt
- ½ tsp smoked paprika
- ¼ tsp ground black pepper

Instructions

1. In a large bowl, whisk together the eggs, salt, and black pepper.
2. Heat olive oil in a large nonstick pan over medium heat. Add paprika and jalapeño; cook for 1-2 minutes, stirring frequently.
3. Add chopped mushrooms and cook for another 3-4 mins.
4. Add the spinach and cook for 1-2 minutes, just until wilted.
5. Pour in the egg mixture and cook for about 5 minutes, stirring gently, until the eggs are mostly set but still moist.
6. Lay a tortilla on a flat surface. Spoon approximately ½ cup (120 ml) of the scrambled eggs onto the lower third of the wrap. Top with 1 tbsp (about 20 g) of shredded cheese.
7. Roll the tortilla tightly, folding in the sides to form a secure burrito.

Tips and Tricks

Store refrigerated for up to 3 days. Freeze tightly wrapped in foil for up to 3 months.

If pepper Jack isn't available, use grated mild cheddar and add a pinch of chili flakes.

Nutrition Facts (per burrito)

- Calories: 305
- Carbs: 21 g

- Protein: 20 g
- Fat: 16 g
- Sugar: 4 g
- Sodium: 485 mg
- Cholesterol: 380 mg

Savory Oatmeal with Bacon



Cooking Time: 20 minutes

Yield: 4 servings

Ingredients

- 2 cups (160 g) old-fashioned/jumbo rolled oats
- 2 cups (480 ml) water
- 4 large eggs
- 4 slices turkey bacon
- ½ cup (60 g) shredded Cheddar cheese
- 2 tbsp chopped chives
- ½ tsp salt

- ¼ tsp ground black pepper

Instructions

1. Cook the turkey bacon in a large pot over medium-low heat for about 7 minutes, turning as needed, until golden and crisp. Transfer to a paper towel-lined plate to drain.
2. In the same pot, toast the oats in the rendered fat for 30 seconds until fragrant. Add water, bring to a gentle simmer, then reduce heat and cook for 8-10 minutes, stirring occasionally, until thickened. Add a splash of water if needed. Season with salt and pepper.
3. Stir in half the shredded Cheddar and let it melt into the oats.
4. In a lightly oiled non-stick pan, cook the eggs to your preference—sunny-side up or over-easy.
5. Divide the oatmeal between bowls. Top each with an egg, a slice of bacon, remaining cheese, and chopped chives.

Tips and Tricks

Leftovers can be stored in the fridge for up to 1 day and reheated gently with a splash of water.

For a vegetarian version, skip the bacon and top with sautéed mushrooms or grilled tomatoes.

Nutrition Facts (per serving)

- Calories: 328
- Carbs: 29 g
- Protein: 18 g
- Fat: 16 g
- Sugar: 1 g
- Sodium: 774 mg

- Cholesterol: 192 mg

Breakfast Tostada



Cooking Time: 20 minutes

Yield: 1 serving

Ingredients

- 1 whole-wheat or corn tortilla (6-inch or 15 cm)
- ¼ cup (60 ml) mashed avocado
- ¼ cup (40 g) diced Roma tomato
- ¼ cup (25 g) shredded romaine lettuce
- ¼ cup (45 g) rinsed black beans
- 1 tbsp diced white onion
- 2 tbsp lime juice

- 2 tbsp water
- 1 large egg
- 1/4 tsp taco seasoning
- Pinch of salt

Instructions

1. In a microwave-safe bowl, mix black beans, 1 tbsp lime juice, water, and taco seasoning. Microwave on high for 2 minutes, then mash until smooth and thick. Set aside.
2. In another bowl, mash the avocado and mix with diced onion, Roma tomato, remaining lime juice, and a pinch of salt. Set aside.
3. Lightly coat both sides of the tortilla with cooking spray or oil. Toast in a nonstick skillet over medium heat for 3-4 minutes, flipping once, until crisp and browned. Transfer to a plate.
4. Crack the egg into the same pan, reduce heat to medium-low, and cook 2-3 minutes, flipping halfway if desired, until done.
5. To assemble, spread the black bean mix over the tortilla, top with avocado mixture, shredded lettuce, and the egg.

Tips and Tricks

You can keep it cooked in a fridge for up to 4 days.

Swap romaine lettuce for baby spinach or arugula (rocket) for a new texture.

You can prepare the black bean and avocado mixtures ahead of time and store them separately in the fridge.

Nutrition Facts (per tostada)

- Calories: 365
- Carbs: 40 g
- Protein: 15 g

- Fat: 19 g
- Sugar: 6 g
- Sodium: 615 mg
- Cholesterol: 186 mg

Broccoli & Ham Casserole



Cooking Time: 1 hour 10 minutes

Yield: 8 servings

Ingredients

- 4 cups (480 g) hash browns / grated potato
- 8 large eggs
- 2 cups (150 g) broccoli florets
- 6 oz (170 g) chopped cooked honey ham
- 1 cup (120 g) shredded Cheddar cheese
- ½ cup (120 ml) fat-free/skimmed milk
- 2 tbsp finely chopped chives

- 1/2 tsp ground black pepper
- 1/2 tsp salt
- 1/4 tsp garlic powder

Instructions

1. Bring salted water to a boil. Add broccoli and cook for 3 minutes until just tender. Drain, rinse under cold water, then drain again thoroughly.
2. Lightly grease a 2-quart (2-litre) baking dish. Spread thawed hash browns across the base and sprinkle with chives. Layer ham, broccoli, and cheese over the potatoes.
3. In a bowl, whisk eggs, milk, garlic powder, pepper, and salt. Pour evenly over layered ingredients. Cover with foil and refrigerate overnight.
4. Next day, preheat oven to 350°F (175°C).
5. Bake uncovered for 50-55 minutes until eggs are set and temperature reaches 160°F (71°C). Cover loosely with foil if browning too quickly. Let rest 5 minutes before slicing and serving.

Tips and Tricks

Store leftovers covered in the fridge for 3 days and reheat before serving.

For fewer carbs, use grated courgette/zucchini or riced cauliflower instead of hash browns.

Nutrition Facts (per serving)

- Calories: 219
- Carbs: 20 g
- Protein: 15 g
- Fat: 9 g
- Sugar: 2 g
- Sodium: 550 mg

- Cholesterol: 206 mg

Mini Egg Quiches



Cooking Time: 35 minutes

Yield: 8 servings

Ingredients

- 14 large eggs
- 1/3 cup (80 ml) heavy cream / double cream
- 2/3 cup (70 g) diced salami
- 1/3 cup (35 g) sliced sweet onion
- 1/3 cup (40 g) sliced pickled jalapeños
- 3 plum tomatoes, diced
- 2/3 cup (70 g) shredded mozzarella cheese

- 1/3 cup (40 g) shredded pepper Jack cheese / semi-soft cheese with chili
- 1 tbsp olive oil
- 1 tsp ground black pepper
- 1 tsp fine sea salt
- 1/2 tsp cayenne pepper

Instructions

1. Preheat oven to 350°F (175°C). Lightly grease a 15×11 in (38×27 cm) muffin tin or use silicone liners.
2. In a large bowl, mix tomatoes, salami, onion, jalapeños, cheeses, olive oil, cayenne, black pepper, and salt.
3. In another bowl, whisk eggs until smooth, then add heavy cream and whisk to combine.
4. Evenly distribute filling into muffin molds. Pour egg mixture over the top, filling each 3/4 full.
5. Bake for 25 minutes, or until tops are golden and centres set.
6. Let cool slightly, remove from tin, and serve warm with toast, bacon, fruit, or salad.

Tips and Tricks

Great for meal prep—store in the fridge for 3 days or freeze (wrapped) for up to 2 months. Reheat in the microwave or oven.

To make vegetarian, skip the salami and use sautéed spinach or mushrooms.

Nutrition Facts (per serving)

- Calories: 287
- Carbs: 4 g
- Protein: 17 g
- Fat: 21 g

- Sugar: 1 g
- Sodium: 250 mg
- Cholesterol: 110 mg

Two-Ingredient Pancakes



Cooking Time: 15 minutes

Yield: 2 servings

Ingredients

- 1 medium banana
- 2 large eggs

Instructions

1. Place the banana and eggs in a blender or mixing bowl. Blend or whisk until the mixture is smooth and well combined.

2. Lightly grease a nonstick skillet with oil or cooking spray and warm over medium heat.
3. Spoon about 2 tbsp (30 ml) of batter per pancake into the pan. Cook for 2-4 minutes, or until bubbles form on the surface and the edges begin to look set.
4. Gently flip and cook for another 1-2 minutes until golden and fully cooked through.
5. Repeat with the remaining batter, re-oiling the pan as needed. Serve warm.

Tips and Tricks

Store leftovers in an airtight container in the fridge for up to 2-3 days. Reheat gently in a pan or microwave.

Serve with Greek yogurt, ricotta or cottage cheese, and a drizzle of maple syrup. Top with sliced strawberries, raspberries, or blueberries for extra flavor and fibre.

Nutrition Facts (per serving)

- Calories: 124
- Carbs: 14 g
- Protein: 7 g
- Fat: 5 g
- Sugar: 7 g
- Sodium: 72 mg
- Cholesterol: 186 mg

Parfait



Cooking Time: 5 minutes

Yield: 4 servings

Ingredients

- 2 cups (480 ml) fat-free plain yogurt / natural yoghurt
- 2½ cups (375 g) whole strawberries
- ½ cup (45 g) Grape-Nuts-style cereal / high-fibre crunchy cereal
- 1 medium ripe banana
- 1 tsp ground cinnamon

Instructions

1. In a blender, combine 1 cup (240 ml) of yogurt, the banana, and cinnamon. Blend until smooth. Divide this mixture evenly between 4 glasses (parfait or wine glasses work well).
2. Layer the remaining ingredients on top of the blended base. Add about 1 generous cup (90 g) of strawberries per glass. Spoon $\frac{1}{4}$ cup (60 ml) of plain yogurt over the strawberries. Top with 2 tbsp (15 g) of cereal.
3. Serve immediately for a crisp texture, or refrigerate briefly before serving.

Tips and Tricks

Store covered in the fridge for up to 1-2 days.

For extra variety, swap strawberries with mixed berries or sliced peaches.

To keep the cereal crunchy, add it just before serving.

You can assemble the base layers ahead of time and add toppings later.

Nutrition Facts (per serving)

- Calories: 142
- Carbs: 30 g
- Protein: 6 g
- Fat: 1 g
- Sugar: 5 g
- Sodium: 113 mg
- Cholesterol: 3 mg

Blueberry Pancakes



Cooking Time: 40 minutes

Yield: 6 servings

Ingredients

- 2 large eggs
- 2 large egg whites
- $\frac{3}{4}$ cup (180 g) ricotta cheese
- $\frac{1}{4}$ cup (60 ml) unsweetened vanilla almond milk
- 1 medium ripe banana
- zest and juice of 1 lemon
- $\frac{1}{2}$ tsp vanilla extract

- 1 cup (100 g) almond flour
- ½ cup (75 g) fresh or frozen blueberries
- ½ cup (55 g) ground flaxseed
- 1 tsp baking powder

Instructions

1. In a blender, combine eggs, egg whites, ricotta, almond milk, banana, lemon zest and juice, and vanilla. Blend until smooth.
2. In a bowl, whisk almond flour, flaxseed, and baking powder. Add to blender and blend again until fully incorporated.
3. Lightly grease a nonstick or sauté pan and heat over medium. Pour just under ⅓ cup (75 ml) of batter into the pan and sprinkle 4-5 blueberries on top.
4. Cook 2-3 minutes until edges set and lightly brown. Flip and cook another 2-3 minutes.
5. Transfer to a plate and repeat with remaining batter to make about 6 pancakes.

Tips and Tricks

Leftover pancakes can be stored in the fridge for 2-3 days and reheated in a toaster or pan.

For extra fluffiness, don't overmix after combining dry and wet ingredients. Serve with Greek yogurt, maple syrup, or a dollop of cottage cheese.

Nutrition Facts (per serving)

- Calories: 240
- Carbs: 16 g
- Protein: 13 g
- Fat: 16 g

- Sugar: 6 g
- Sodium: 200 mg
- Cholesterol: 70 mg

Overnight Steel-Cut Oats



Cooking Time: 40 minutes

Yield: 4 servings

Ingredients

- 1½ cups (120 g) steel-cut oats
- 2 cups (480 ml) unsweetened almond milk
- 3 cups (720 ml) water
- 2 tsp vanilla extract
- 1 tbsp honey
- ¼ tsp salt

Instructions

1. In a large saucepan, combine the almond milk, water, salt, and vanilla. Bring to a gentle boil over medium-high heat.
2. Reduce heat to medium and whisk in the oats. Cook for about 4 minutes, stirring frequently, until they begin to soften and absorb some of the liquid.
3. Turn off the heat, cover the pot, and allow it to cool at room temperature for about 30 minutes.
4. Once cooled, either leave the oats in the covered pot or transfer to an airtight container. Refrigerate for at least 8 hours, or overnight (up to 12 hours).
5. When ready to serve, portion into bowls and drizzle with honey.

Tips and Tricks

Best enjoyed cold or gently reheated on the stovetop or in the microwave.

Top with sliced bananas, fresh berries, or chopped nuts for added texture and nutrition.

Can be stored in the fridge for up to 7 days or frozen for up to 2 months—great for weekly meal prep.

Nutrition Facts (per serving)

- Calories: 270
- Carbs: 46 g
- Protein: 8 g
- Fat: 6 g
- Sugar: 6 g
- Sodium: 279 mg
- Cholesterol: 60 mg

Peanut Butter Oatmeal Cakes



Cooking Time: 1 hour 5 minutes

Yield: 12 cakes

Ingredients

- 3 cups (240 g) old-fashioned rolled/jumbo oats
- 1½ cups (360 ml) low-fat/semi-skimmed milk
- 2 large eggs
- ¼ cup (60 g) unsweetened applesauce
- ½ cup (125 g) peanut butter
- ¼ cup (40 g) mini dark chocolate chips
- ¼ cup (30 g) powdered sweetener

- 1 tsp baking powder
- 1 tsp vanilla extract
- 1/2 tsp salt
- Extra peanut butter and chocolate chips for filling (approx. 1 tsp each per cake)

Instructions

1. Preheat oven to 375°F (190°C). Lightly grease a 12-cup muffin tin or use paper liners.
2. In a large bowl, combine oats and milk; let soak 20 minutes.
3. Add applesauce, sugar substitute, eggs, 1/4 cup (60 g) peanut butter, baking powder, vanilla, and salt. Stir well.
4. Spoon 2 heaping tbsp (approx. 30 ml) into each cup. Add 1 tsp peanut butter and 1 tsp chocolate chips to the center. Top with another 2 tbsp batter.
5. Bake 25 minutes or until a toothpick comes out clean. Cool in tin 10 minutes, then transfer to a wire rack.

Tips and Tricks

Store in an airtight container in the fridge for up to 2 days.

Freeze for up to 3 months. To reheat, microwave in 30-second intervals until warm.

You can swap peanut butter for almond or cashew butter if preferred.

Nutrition Facts (per cake)

- Calories: 213
- Carbs: 26 g
- Protein: 7 g
- Fat: 9 g

- Sugar: 11 g
- Sodium: 200 mg
- Cholesterol: 33 mg

Vegetarian Omelette



Cooking Time: 15 minutes

Yield: 1 serving

Ingredients

- 3 large eggs
- 1 medium tomato, diced
- ½ small onion, finely chopped
- 1 whole green chili, finely chopped
- 2 tbsp chopped fresh coriander/cilantro
- 1 tbsp olive oil
- 1 tsp lemon juice

- 1/2 tsp ground turmeric
- 1/2 tsp chili powder
- Pinch of ground black pepper & salt

Instructions

1. Heat 1/2 tbsp olive oil in a nonstick pan over medium heat. Add chopped onion, green chili, tomato, turmeric, chili powder, and coriander. Sauté for 2-3 minutes until soft and fragrant.
2. In a bowl, whisk eggs with a pinch of salt and pepper.
3. Add remaining 1/2 tbsp oil to the pan, pour in the eggs, and swirl to spread evenly.
4. Cook 1-2 minutes until the base sets, fold in half, and cook 1 more minute.
5. Slide onto a plate, drizzle with lemon juice, and serve with yogurt, sour cream, or a vegan alternative.

Tips and Tricks

Best served fresh, but you can refrigerate leftovers for up to 1-2 days. Reheat gently in a nonstick pan.

Add extra veggies like bell peppers, mushrooms, or spinach for variety.

Nutrition Facts (per serving)

- Calories: 357
- Carbs: 11 g
- Protein: 18 g
- Fat: 27 g
- Sugar: 5 g
- Sodium: 250 mg
- Cholesterol: 23 mg

Homemade Granola



Cooking Time: 35 minutes

Yield: 8 Servings

Ingredients

- 1½ cups (120 g) old-fashioned rolled/jumbo oats
- ½ cup (120 ml) unsweetened applesauce
- ½ cup (45 g) slivered almonds
- ½ tsp vanilla extract
- 1 tsp ground cinnamon

Instructions

1. Preheat the oven to 300°F (150°C). Line a baking sheet with parchment paper.
2. In a medium bowl, combine the applesauce, oats, almonds, cinnamon, and vanilla. Stir well until the oats are evenly coated.
3. Spread the mixture evenly across the prepared baking sheet in a single layer.
4. Bake for 35 minutes without stirring, until golden and lightly crisp.
5. Let cool on the tray for 10 minutes. The granola will continue to crisp as it cools.
6. Once cooled, transfer to an airtight container or serve immediately.

Tips and Tricks

For added texture, stir in pumpkin seeds or chopped walnuts before baking.

Mix in dried fruits like raisins or cranberries after baking to avoid burning.

Store in a sealed jar or container at room temperature for up to 7 days.

Serve with yogurt, milk, or as a crunchy topping for oatmeal or smoothie bowls.

Nutrition Facts (per serving)

- Calories: 110
- Carbs: 14 g
- Protein: 4 g
- Fat: 5 g
- Sugar: 2 g
- Sodium: 0 mg
- Cholesterol: 0 mg

Soups & Stews

Turkey & Rice Soup



Cooking Time: 35 minutes

Yield: 4 servings

Ingredients

- $\frac{3}{4}$ cup (75 g) chopped carrots
- $\frac{3}{4}$ cup (75 g) chopped celery
- 2 cups (150 g) sliced mushrooms
- $\frac{1}{4}$ cup (25 g) chopped shallots
- $\frac{1}{4}$ cup (30) g all-purpose/plain flour

- ¼ tsp salt
- ¼ tsp ground black pepper
- 4 cups (950 ml) low-sodium chicken broth/stock
- 1 cup (150 g) quick-cooking wild rice*
- 3 cups (400 g) shredded cooked turkey**
- 2 tbsp chopped fresh parsley
- ½ cup (120 g) reduced-fat sour cream
- 1 tbsp olive oil

Instructions

1. Heat olive oil in a large saucepan over medium heat. Add carrots, celery, mushrooms, and shallots. Sauté for about 5 minutes until softened, stirring occasionally.
2. Stir in flour, salt, and pepper. Cook for 2 minutes more, stirring constantly.
3. Gradually pour in chicken broth, stirring to avoid lumps. Bring to a boil.
4. Reduce to a simmer. Add rice, cover, and cook for 5-7 minutes or until tender.
5. Stir in cooked turkey, parsley, and sour cream. Simmer for 2 minutes until heated through.

Tips and Tricks

* Using regular wild rice? Add it with the broth and simmer longer per package directions.

** No turkey? Shredded chicken works too.

Store in an airtight container in the fridge for up to 3 days. Soup thickens as it cools—add broth or water when reheating.

Nutrition Facts (per serving)

- Calories: 378
- Carbs: 29 g
- Protein: 37 g
- Fat: 11 g
- Sugar: 3 g
- Sodium: 364 mg
- Saturates: 4 g
- Cholesterol: 80 mg

Tomato Florentino Soup



Cooking Time: 25 minutes

Yield: 5 servings

Ingredients

- 1 can (14.5 oz or 400 g) diced tomatoes
- 1 package (10 oz or 280 g) frozen chopped spinach
- ½ cup (75 g) chopped green bell/sweet pepper
- ½ cup (75 g) chopped onion
- 1 garlic clove, minced
- 1½ cups (360 ml) water*
- 1 tbsp minced fresh basil (or 1 tsp dried basil)

- 1 tsp chicken bouillon granules*
- 1/4 tsp ground black pepper
- 1 tsp olive oil

Instructions

1. Heat olive oil in a large saucepan over medium heat. Add the onion, bell/sweet pepper, and garlic. Cook for 3-4 minutes until softened.
2. Stir in water, bouillon granules, basil, diced tomatoes (with juice), and black pepper. Bring to a gentle boil.
3. Reduce the heat and simmer uncovered for 10 minutes.
4. Add the frozen spinach straight into the pot. Cook for an additional 5-7 minutes, stirring occasionally, until heated through.

Tips and Tricks

* If you have low-sodium chicken broth on hand, replace both the water and bouillon granules with 1½ cups (360 ml) of broth.
Store leftovers in the fridge for up to 3 days.

Nutrition Facts (per serving)

- Calories: 54
- Carbs: 8 g
- Protein: 3 g
- Fat: 1 g
- Sugar: 4 g
- Sodium: 177 mg
- Cholesterol: 90 mg

Ham Bone Bean Soup



Cooking Time: 1 hour 45 minutes

Yield: 10 servings

Ingredients

- 1 lb (450 g) dried navy beans
- 8 cups (2 litres) water
- 2 smoked ham hocks
- 2 cups (300 g) cubed cooked ham/gammon
- 2 medium onions, chopped
- 2 celery ribs/stalks, chopped
- 1 medium carrot, chopped

- 2 bay leaves
- 1 tsp dried thyme
- 1/2 tsp ground black pepper
- 1/2 tsp salt
- 1 tbsp olive oil

Instructions

1. Place beans in a large pot. Add water to cover by 2" (5 cm). Bring to a boil, boil for 2 minutes, then remove from heat. Cover and let sit for 1-4 hours. Drain and rinse.
2. In the same pot, heat oil. Add onions and celery. Sauté 3-5 minutes.
3. Add beans, water, carrot, bay leaves, thyme, pepper, and ham hocks. Bring to a boil. Reduce heat, cover, and simmer for 75-90 minutes or until beans are tender.
4. Discard bay leaves. Remove ham hocks, cut meat from bones, and return to soup. Add cubed ham/gammon and salt. Simmer a few more minutes.

Tips and Tricks

Store in the fridge up to 5 days or freeze for 3 months. Add broth or water when reheating, as the soup thickens upon cooling.

Use a ham bone if no hocks are available.

Use canned beans to save time—just add them in the last 30 minutes to keep their shape.

Nutrition Facts (per serving)

- Calories: 230
- Carbs: 31 g
- Protein: 20 g
- Fat: 4 g

- Sugar: 3 g
- Sodium: 521 mg
- Cholesterol: 25 mg

Chicken Soup with Cabbage



Cooking Time: 45 minutes

Yield: 10 servings

Ingredients

- 2 medium carrots, chopped
- 2 celery ribs/stalks, chopped
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 6 cups (1,5 litres) chicken broth/stock
- 2 medium red potatoes, cubed
- 1½ cups (130 g) shredded cabbage

- 1 tsp dried thyme
- 1½ tsp dried parsley flakes
- ½ tsp salt
- ½ tsp black pepper
- 2 cups (250 g) shredded cooked chicken
- 2 tbsp olive oil

Instructions

1. Heat olive oil in a large saucepan over medium heat. Add the carrots, celery, and onion. Cook for 5-7 minutes, stirring occasionally, until vegetables are crisp-tender.
2. Add the minced garlic and cook for 1 more minute.
3. Stir in the broth, potatoes, cabbage, thyme, parsley, salt, and pepper. Bring to a boil.
4. Reduce the heat, cover, and simmer for 10-15 minutes, or until the vegetables are tender.
5. Add the cooked chicken and heat through for 2-3 minutes.
6. Serve hot. Garnish with additional parsley if desired.

Tips and Tricks

Store in the fridge for up to 5 days or freeze for 3 months.

For a creamier soup, stir in 1 cup (240 ml) heavy cream or double cream before serving.

Skip red cabbage to avoid discoloration.

Nutrition Facts (per serving)

- Calories: 114
- Carbs: 8 g
- Protein: 10 g

- Fat: 5 g
- Sugar: 2 g
- Sodium: 677 mg
- Cholesterol: 25 mg

Creamy Mushroom Soup



Cooking Time: 25 minutes

Yield: 5 servings

Ingredients

- 1 lb (450 g) fresh mushrooms, sliced
- 2 cans (14.5 oz or 400 ml each) reduced-sodium chicken broth/stock
- ½ tsp onion powder
- ⅛ tsp black pepper
- 1 cup (240 ml) low-fat/semi-skimmed milk
- 5 tbsp all-purpose/plain flour
- ¼ tsp browning sauce (optional)

Instructions

1. Lightly coat a soup pot with nonstick cooking spray. Add the sliced mushrooms and sauté over high heat for 4-5 minutes, stirring frequently, until softened.
2. Pour in the chicken broth, then add onion powder and black pepper. Bring to a boil, then reduce heat to medium-low.
3. In a small bowl, whisk the milk and flour together until smooth. Slowly pour into the soup, stirring constantly.
4. Stir in the browning sauce, if using, and let the soup simmer for 5 more minutes, or until thickened to your liking.

Tips and Tricks

Store in an airtight container in the fridge for up to 3 days. Reheat gently on the stovetop, adding a splash of broth or milk if needed.

Use a hand blender for a smoother texture, or leave it chunky for more bite.

Nutrition Facts (per serving)

- Calories: 120
- Carbs: 12 g
- Protein: 7 g
- Fat: 4 g
- Sugar: 4 g
- Sodium: 420 mg
- Cholesterol: 5 mg

Two-Bean Vegetable Stew



Cooking Time: 1 hour 5 minutes

Yield: 8 servings

Ingredients

- 1 medium onion, chopped
- 2 celery stalks/ribs, chopped
- 1 medium carrot, peeled and diced
- 1 leek (white part only), chopped
- 3 garlic cloves, minced
- ½ cup (120 ml) dry white wine
- 28 oz (800 g) canned diced tomatoes

- Juice and zest of 1 lemon
- 1½ cups (360 ml) chicken or vegetable broth/stock
- 15 oz (400 g) canned cannellini beans, drained and rinsed
- 15 oz (400 g) canned chickpeas/garbanzo beans, drained and rinsed
- 1 tbsp olive oil
- ⅓ cup (8 g) chopped fresh oregano
- ½ tsp salt
- ¼ tsp black pepper

Instructions

1. Heat olive oil in a large saucepan over medium heat. Sauté onion and celery for 4 minutes.
2. Add carrot and leek, cook for 5-6 minutes until soft. Stir in garlic and cook 1 minute more.
3. Pour in the wine and cook for 3-4 minutes until mostly evaporated.
4. Add tomatoes and lemon zest, cook for 1 minute. Then pour in the broth and bring to a boil.
5. Reduce heat, cover, and simmer for 20 minutes to thicken.
6. Stir in cannellini beans and chickpeas. Simmer uncovered for 5 minutes.
7. Add lemon juice, oregano, salt, and pepper. Simmer for 1 more minute.

Tips and Tricks

Store in the fridge (up to 4 days) or freezer (up to 2 months).

For a thicker consistency, mash a small portion of the beans before serving.

Add chopped kale or spinach at the end of cooking for an extra boost of greens.

Nutrition Facts (per serving)

- Calories: 150
- Carbs: 24 g

- Protein: 7 g
- Fat: 3 g
- Sugar: 6 g
- Sodium: 370 mg
- Cholesterol: 0 mg

Butternut Squash Soup



Cooking Time: 50 minutes

Yield: 6 servings

Ingredients

- 2 cups (240 g) sliced carrots (about 4 medium carrots)
- $\frac{3}{4}$ cup (80 g) sliced leeks or chopped onion
- 3 cups (400 g) diced butternut squash (about 1 small squash)
- 2 tbsp roasted pumpkin seeds/pepitas, for garnish
- 2 cans (14.5 oz or 400 ml each) reduced-sodium chicken broth/stock
- 1 tbsp butter or margarine

- ¼ cup (60 ml) regular or fat-free half-and-half or light cream/single cream
- ¼ tsp ground nutmeg
- ¼ tsp ground white pepper

Instructions

1. Melt butter or margarine in a large saucepan over medium heat. Add squash, carrots, and leeks (or onion). Cover and cook for about 8 minutes, stirring occasionally.
2. Pour in broth, bring to a boil, then reduce heat. Simmer covered for 20-25 minutes until vegetables are very tender.
3. Working in batches, blend the mixture until nearly smooth, then return to the saucepan.
4. Stir in white pepper and nutmeg. Heat gently until just boiling. Add cream and warm through without boiling.
5. Ladle into bowls and garnish with roasted pumpkin seeds.

Tips and Tricks

Refrigerate for up to 4 days or freeze for 2 months.

For dairy-free, use unsweetened almond or oat milk instead of cream.

Nutrition Facts (per serving)

- Calories: 82
- Carbs: 12 g
- Protein: 3 g
- Fat: 3 g
- Sugar: 4 g
- Sodium: 364 mg
- Cholesterol: 9 mg

Couscous Meatball Soup



Cooking Time: 1 hour 5 minutes

Yield: 10 servings

Ingredients

- 1 large onion, finely chopped
- 1 lb (450 g) lean ground beef (90% lean)
- 1 package (8.8 oz or 250 g) pearl couscous
- 2 tsp dried basil
- 2 tsp dried oregano
- ½ tsp salt
- ½ tsp crushed red pepper flakes

- ¼ tsp black pepper
- 2 tsp olive oil
- 1 tbsp white wine vinegar
- 1 bunch collard greens, chopped (about 8 cups or 200 g)
- 1 bunch kale, chopped (about 8 cups or 200 g)
- 2 cartons (32 oz or 1 litre each) vegetable stock/broth

Instructions

1. In a bowl, mix ground beef with basil, oregano, and salt. Shape into ½-inch (1.25 cm) meatballs.
2. Spray a large skillet with cooking spray. Brown the meatballs over medium heat, turning to cook evenly. Drain and set aside.
3. In the same skillet, heat canola oil and sauté onion for 3-4 minutes. Add collard greens and kale, cook for 5-6 minutes until wilted.
4. In a large pot or Dutch oven, combine greens, onion, meatballs, stock, vinegar, red pepper flakes, and black pepper. Bring to a boil.
5. Reduce heat, cover, and simmer for 10 minutes. Stir in couscous, cover again, and cook for 10-12 minutes until tender, stirring once.

Tips and Tricks

Store refrigerated for 4 days or freeze for 2 months.

Add a parmesan rind for extra flavor, removing before serving.

If using regular couscous, cook only 5-7 minutes after adding.

Nutrition Facts (per serving)

- Calories: 280
- Carbs: 25 g
- Protein: 18 g
- Fat: 12 g

- Sugar: 4 g
- Sodium: 490 mg
- Cholesterol: 40 mg

Creamy Summer Soup



Cooking Time: 45 minutes

Yield: 4 servings

Ingredients

- 1½ lb (700 g) zucchini/courgette, halved lengthwise and sliced ¼ inch (6 cm) thick
- 2 tbsp extra-virgin olive oil
- 1 small onion, finely chopped
- 1 garlic clove, thinly sliced
- 1 tbsp unsalted butter
- 1½ cups (360 ml) water

- 2/3 cup (160 ml) vegetable stock or low-sodium broth
- Pinch of salt & ground black pepper
- Raw julienned zucchini/courgette, for garnish

Instructions

1. In a large saucepan, melt butter with olive oil over medium-low heat. Add onion and garlic, season lightly with salt and pepper, and sauté for 6-7 minutes until softened.
2. Add zucchini/courgette and cook, stirring often, for about 8 minutes until tender.
3. Pour in vegetable stock and water. Simmer gently for 10 minutes until very soft.
4. Blend the soup in batches until smooth.
5. Return to saucepan, adjust seasoning, and reheat if needed.
6. Serve warm or chilled, optionally topped with julienned zucchini/courgette.

Tips and Tricks

For extra smoothness, strain the soup through a fine mesh sieve after blending. Store in an airtight container in the fridge for up to 3 days.

Nutrition Facts (per serving)

- Calories: 110
- Carbs: 8 g
- Protein: 2 g
- Fat: 8 g
- Sugar: 5 g
- Sodium: 120 mg
- Cholesterol: 5 mg

Chicken-Chile Soup



Cooking Time: 30 minutes

Yield: 6-8 servings

Ingredients

- 4 cups (600 g) shredded rotisserie chicken
- 2 (15 oz or 425 g) cans hominy, rinsed and drained
- 2 quarts (2 litres) chicken stock or low-sodium broth
- 2 poblano chiles, stemmed, seeded, and thinly sliced
- 1 onion, chopped
- 2 garlic cloves, thinly sliced

- 3 tbsp olive oil
- 1½ tsp ground coriander
- Pinch of kosher salt
- To serve: chopped fresh coriander/ cilantro, sliced radishes, lime wedges

Instructions

1. Heat olive oil in a large saucepan over medium heat. Add poblano chiles, onion, garlic, coriander, and a pinch of salt. Cook about 7-8 minutes, stirring occasionally, until chiles soften.
2. Pour in chicken stock and bring to a boil.
3. Add shredded chicken and hominy. Simmer for 5 minutes.
4. Season to taste and ladle into bowls.
5. Serve hot, garnished with coriander/cilantro, radishes, and lime wedges.

Tips and Tricks

Store covered in the fridge for up to 2 days.

Substitute poblano chiles with mild green peppers if needed, but the soup will have a milder flavor.

For extra creaminess, stir in plain Greek yogurt or crème fraîche before serving.

Nutrition Facts (per serving)

- Calories: 310
- Carbs: 18 g
- Protein: 25 g
- Fat: 17 g
- Sugar: 3 g
- Sodium: 580 mg
- Cholesterol: 65 mg

Chicken & Turkey

Bean & Chicken Burritos



Cooking Time: 15 minutes

Yield: 4 burritos

Ingredients

- 1 cup (180 g) black beans, drained and rinsed
- 1 cup (160 g) diced tomatoes
- 2 cups (250 g) shredded cooked chicken breast

- 1 mashed ripe avocado
- 1 cup (40 g) shredded lettuce
- 6 tbsp (40 g) low-fat shredded cheddar cheese
- 4 whole-wheat tortillas
- ½ cup (120 g) pico de gallo or salsa

Instructions

1. Lay out 1 whole-wheat tortilla. Spread 3 tbsp of mashed avocado on the base.
2. Add 2 tbsp of pico de gallo, followed by ¼ cup (45 g) of black beans, ½ cup (60 g) of shredded chicken, 1½ tbsp (10 g) of cheese, ¼ cup (40 g) of diced tomatoes, and ¼ cup (10 g) of shredded lettuce.
3. Roll the tortilla tightly, tucking in the ends as you go. Repeat with the remaining tortillas.

Tips and Tricks

Swap black beans with pinto beans for variety if preferred.

Use store-bought rotisserie chicken for a quick prep shortcut.

Store wrapped burritos in the fridge for up to 3 days.

Nutrition Facts (per burrito)

- Calories: 370
- Carbs: 36 g
- Protein: 37 g
- Fat: 14 g
- Sugar: 4 g
- Sodium: 500 mg
- Cholesterol: 65 mg

Chickpea & Chicken Stew



Cooking Time: 35 minutes

Yield: 4 servings

Ingredients

- 1 large yellow onion, chopped
- 1 medium zucchini/courgette, chopped
- 4 garlic cloves, finely chopped
- 1 tbsp olive oil
- ¼ cup (60 ml) lemon juice
- 1 tsp ground cumin

- 1 tsp paprika
- 1/2 tsp ground black pepper
- 3/4 tsp salt, divided
- 1 lb (450 g) skinless chicken breast, cut into 1-inch (2.5 cm) cubes
- 1 can (14 oz or 400 g) diced tomatoes
- 1 can (15 oz or 425 g) chickpeas/garbanzo beans, rinsed and drained
- 1/4 cup (10 g) chopped flat-leaf parsley

Instructions

1. On a cutting board, mash garlic with 1/2 tsp salt until a paste forms. Transfer to a bowl and whisk in lemon juice, cumin, paprika, and black pepper. Stir in chicken and let sit while prepping vegetables.
2. In a large skillet, heat oil over medium-high heat. Add onion and zucchini/courgetti, and cook for 6-8 minutes until golden and tender.
3. Transfer chicken to the pan with a slotted spoon (keep marinade). Cook 4 minutes until browned.
4. Add tomatoes with juice, chickpeas, reserved marinade, and 1/4 tsp salt. Lower heat to medium and cook for 5-7 minutes until chicken is cooked through.
5. Sprinkle with chopped parsley before serving.

Tips and Tricks

Serve with couscous or steamed broccoli for a full meal.

Store it in an airtight container in the fridge for up to 3 days or freeze for up to 2 months.

Nutrition Facts (per serving)

- Calories: 296
- Carbs: 20 g

- Protein: 32 g
- Fat: 10 g
- Sugar: 6 g
- Sodium: 490 mg
- Cholesterol: 65 mg

Stuffed Chicken with Spinach



Cooking Time: 40 minutes

Yield: 4 servings

Ingredients

- 1 cup (100 g) white/button mushrooms, finely chopped
- ½ cup (120 ml) frozen chopped spinach, thawed and drained
- 4 wedges light garlic and herb cheese (such as Laughing Cow)
- 4 boneless, skinless chicken breasts (4 oz or 115 g each)
- 1 clove garlic, minced
- ¼ tsp ground black pepper
- ½ tsp paprika

- 1 tbsp olive oil

Instructions

1. Preheat the oven to 350°F (175°C). Spray a baking dish with nonstick spray.
2. Heat olive oil in a sauté pan over medium-high heat. Sauté spinach for 3 minutes. Add mushrooms and cook for 4-5 minutes. Add minced garlic and sauté for 30 seconds more.
3. Pound each chicken breast between two pieces of plastic wrap until ¼ inch (6 mm) thick.
4. Spread 1 cheese wedge over one side of each breast. Add ¼ of the spinach-mushroom mixture. Roll tightly and secure with a toothpick. Repeat with the remaining chicken.
5. Place rolled chicken in the prepared baking dish. Sprinkle with pepper and paprika.
6. Bake uncovered for 30-40 minutes, or until fully cooked and juices run clear. Remove toothpicks before serving. Slice into rounds if desired.

Tips and Tricks

Store leftovers in an airtight container in the fridge for up to 3 days.

Use fresh spinach if preferred, but sauté just until wilted before mixing with mushrooms.

For extra flavor, add a pinch of Italian seasoning or dried thyme to the filling.

Nutrition Facts (per serving)

- Calories: 200
- Carbs: 3 g
- Protein: 27 g
- Fat: 8 g

- Sugar: 1 g
- Sodium: 260 mg
- Cholesterol: 70 mg

Turkey Burger



Cooking Time: 30 minutes

Yield: 8 servings

Ingredients

- 1 lb (500 g) ground turkey breast
- 1 slice whole-wheat/wholemeal bread
- 1 medium onion, finely grated
- 2 small carrots, finely grated
- 4-6 garlic cloves, crushed
- 1 large egg, beaten
- Pinch of ground black pepper

- 8 whole-wheat buns/wholemeal rolls
- 5 oz (150 g) shredded lettuce
- 4 medium tomatoes, thinly sliced
- 1 small onion, thinly sliced

Instructions

1. Crumble bread into a bowl, stir in beaten egg, and let soak until absorbed.
2. Add ground turkey, grated onion and carrot, garlic, and black pepper. Mix thoroughly.
3. Shape into 8 patties (about 3 in (8 cm) wide, 1 in (2.5 cm) thick). Chill on a tray, covered, for at least 20 minutes (up to 2 hours).
4. Grill over medium heat for 6-8 minutes per side, until fully cooked.
5. Toast the buns if desired. Assemble each burger with a patty, shredded lettuce, tomato slices, and onion rings.

Tips and Tricks

Add 1 tsp of ground cumin or a pinch of chili flakes to the mixture for extra flavor.

Freeze raw or cooked patties between parchment sheets; thaw in fridge or microwave and reheat thoroughly.

Nutrition Facts (per 1 burger)

- Calories: 297
- Carbs: 34 g
- Protein: 29 g
- Fat: 4 g
- Sugar: 7 g
- Sodium: 800 mg
- Cholesterol: 70 mg

Chicken & Veggie Joes



Cooking Time: 35 minutes

Yield: 8 servings

Ingredients

- ¾ lb (340 g) ground chicken
- 1 small onion, minced
- 2 garlic cloves, minced
- 1 red or green bell/sweet pepper, chopped
- ¾ cup (130 g) diced zucchini/courgette
- 1 can (14½ oz or 400 g) diced tomatoes, drained
- ½ cup (120 ml) low-sugar BBQ sauce

- 1 tsp chili powder
- 1/2 tsp paprika
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 4 whole-wheat/wholemeal hamburger buns

Instructions

1. Heat a large skillet over medium heat. Add ground chicken, onion, garlic, chili powder, paprika, salt, and pepper. Cook for 5-6 minutes, stirring often, until the chicken is browned.
2. Add bell/sweet pepper and zucchini/courgette. Cook for another 5 minutes on low heat until vegetables are tender.
3. Stir in diced tomatoes and BBQ sauce. Simmer uncovered for 10 minutes.
4. Serve over half of a toasted bun.

Tips and Tricks

You can freeze the cooked filling in airtight containers for up to 2 months.

Add a pinch of cayenne pepper for extra heat.

For a lower-carb version, serve over lettuce wraps instead of buns.

Nutrition Facts (per serving)

- Calories: 145
- Carbs: 17 g
- Protein: 10 g
- Fat: 4.5 g
- Sugar: 6 g
- Sodium: 340 mg
- Cholesterol: 30 mg

Mushroom & Chicken Pizza



Cooking Time: 30 minutes

Yield: 6 servings

Ingredients

- 1 cup (240 ml) shredded cooked skinless chicken breast
- $\frac{3}{4}$ cup (75 g) shredded Asiago cheese
- 1 medium onion, thinly sliced
- 1 package (8 oz or 225 g) sliced mushrooms
- 2 tbsp (30 ml) light balsamic vinaigrette
- 1 stone-baked or whole wheat pizza crust (10 $\frac{1}{2}$ oz or 300 g)

Instructions

1. Preheat the oven to 400°F (200°C).
2. Heat the balsamic vinaigrette in a large skillet over medium-high heat. Add the onion and cook for 5 minutes, stirring occasionally.
3. Add the mushrooms and cook for another 5 minutes, stirring occasionally.
4. Spread the onion and mushroom mixture evenly over the pizza crust. Top with shredded chicken and Asiago cheese.
5. Bake for 15-20 minutes, or until the crust is crisp and the cheese is melted and golden.

Tips and Tricks

For a crispier base, bake the crust alone for 5 minutes before adding toppings.

Store leftovers in an airtight container in the fridge for up to 3 days.

Swap Asiago for Parmesan or Pecorino if needed - but adjust the quantity for saltiness.

Nutrition Facts (per serving)

- Calories: 280
- Carbs: 20 g
- Protein: 21 g
- Fat: 14 g
- Sugar: 3 g
- Sodium: 470 mg
- Cholesterol: 45 mg

Chicken & Olive Empanadas



Cooking Time: 1 hour 5 minutes

Yield: 16 empanadas

Ingredients

- 1 lb (450 g) whole wheat pizza dough
- 8 oz (225 g) boneless chicken breasts
- 4 cups (960 ml) low-sodium chicken broth
- 1 medium yellow onion, finely diced
- 1 tbsp paprika
- 1 tsp ground cumin
- 1 tsp chili powder

- 1 tbsp vegetable oil
- 1 egg
- 1 tbsp water
- 16 pitted green olives (e.g. Manzanilla)

Instructions

1. In a large saucepan, place chicken and broth over high heat. Bring to a boil, reduce heat, and simmer 15-20 minutes until cooked. Let cool in the broth for 20 minutes.
2. Shred chicken and mix with 2 tbsp (30 ml) of broth.
3. In a sauté pan over medium heat, cook onion with oil, paprika, cumin, chili powder, and ½ cup (120 ml) broth. Reduce heat and simmer 10-15 minutes until soft and most liquid evaporates. Stir in chicken.
4. Preheat oven to 400°F (200°C). Lightly coat a baking sheet with spray.
5. Divide dough into 16 balls and roll each into a 6 in (15 cm) circle.
6. Add 2 tbsp of filling and one olive to each. Moisten bottom edge with water, fold into a half-moon, and seal with a fork. Beat egg with 1 tbsp water and brush tops. Bake for 20 minutes until golden.

Tips and Tricks

Freeze raw or baked empanadas with parchment between layers in airtight containers for up to 3 months.

Serve warm with yogurt dip or salsa.

Nutrition Facts (per empanada)

- Calories: 100
- Carbs: 14 g
- Protein: 6 g
- Fat: 2,5 g

- Sugar: 1 g
- Sodium: 300 mg
- Cholesterol: 20 mg

Parmesan-Chicken Cutlets



Cooking Time: 20 minutes

Yield: 6 servings

Ingredients

- 1½ lb (700 g) skinless chicken breasts, butterflied and pounded to ¼ inch (6 mm) thickness
- ⅓ cup (35 g) freshly grated Parmesan cheese
- ½ cup (80 g) cornmeal
- ½ tsp garlic powder
- ¼ tsp ground black pepper
- 3 egg whites

Instructions

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment or lightly coat with nonstick spray.
2. In a shallow bowl, combine the cornmeal, Parmesan cheese, garlic powder, and black pepper.
3. In another bowl, lightly whisk the egg whites.
4. Dip each chicken cutlet into the egg whites, then dredge in the cornmeal mixture, pressing gently to adhere.
5. Place the coated cutlets on the prepared baking sheet and spray lightly with cooking spray.
6. Bake for 15-20 minutes, flipping once halfway through, until golden and cooked through.

Tips and Tricks

For extra crispiness, finish under the broiler for 1-2 minutes at the end of baking.

Store cooked cutlets in the fridge in an airtight container for up to 3 days.

Reheat in an oven or air fryer to retain texture.

Nutrition Facts (per serving)

- Calories: 200
- Carbs: 10 g
- Protein: 28 g
- Fat: 4.5 g
- Sugar: 0 g
- Sodium: 140 mg
- Cholesterol: 70 mg

Thai Chicken Stir-Fry



Cooking Time: 30 minutes

Yield: 2 servings

Ingredients

- 2 boneless, skinless chicken breasts, thinly sliced
- 1 medium red bell/sweet pepper, deseeded and cubed
- 2 garlic cloves, sliced
- 1 red chili/chilli, finely sliced
- 1 bunch spring/green onions, sliced
- 1 tbsp reduced-salt soy sauce
- Zest and juice of 1 lime

- 1 bunch fresh basil
- 1 tsp sunflower oil or rapeseed oil
- 1-inch (2.5 cm) piece fresh ginger, peeled and grated

Instructions

1. Heat the oil in a large frying pan or wok over high heat until hot and shimmering. Add the chicken and stir-fry for 2-3 minutes until golden. Remove with a slotted spoon and set aside.
2. In the same pan, add garlic, ginger, and chili. Stir-fry for 1 minute. Add spring/green onions and red/sweet pepper, and continue to cook for another 2 minutes.
3. Return the chicken to the pan. Stir in lime zest and juice, soy sauce, and basil. Cook for 2-3 more minutes until the chicken is cooked through and the vegetables are tender-crisp.

Tips and Tricks

For a flavor twist, substitute chicken with sliced lean pork, beef, prawns, or tofu.

Store leftovers in an airtight container in the refrigerator for up to 2 days.

Nutrition Facts (per serving)

- Calories: 234
- Carbs: 10 g
- Protein: 39 g
- Fat: 4 g
- Sugar: 7.5 g
- Sodium: 920 mg
- Cholesterol: 0 mg

Chicken-Vegetable Casserole



Cooking Time: 45 minutes

Yield: 6 servings

Ingredients

- 12 oz (350 g) cooked chicken breast, diced
- 5 oz (140 g) whole wheat/wholemeal penne pasta
- 2 heads broccoli, chopped
- 1 small zucchini/courgette, chopped
- 1 yellow or orange bell/sweet pepper, chopped
- 2 tbsp unsalted butter
- 2 tbsp all-purpose/plain flour

- 1 cup (240 ml) skim/semi-skimmed milk
- 1 tbsp grated Parmesan cheese
- 1/3 cup (35 g) shredded Monterey Jack cheese/mild cheddar
- 1 tsp Italian seasoning
- Pinch ground black pepper

Instructions

1. Preheat oven to 350°F (180°C). Spray a 9×13 in (23×33 cm) baking dish with nonstick spray.
2. In a small saucepan over medium heat, melt butter. Stir in flour and cook 1 minute. Gradually whisk in milk and cook 8-10 minutes until thickened. Reduce heat, add white pepper, Italian seasoning, and Parmesan.
3. Cook pasta per package directions. In the last minute, add broccoli. Drain well.
4. In a large bowl, mix pasta, broccoli, chicken, zucchini/courgette, and bell/sweet pepper. Add sauce and combine.
5. Transfer to prepared dish. Top with Monterey Jack cheese and cover with foil.
6. Bake 20 minutes. Remove foil and bake 10 more minutes until cheese is melted and golden.

Tips and Tricks

Roast the bell/sweet pepper beforehand for more flavor.

Store leftovers in an airtight container in the fridge for up to 3 days.

Nutrition Facts (per serving)

- Calories: 320
- Carbs: 29 g
- Protein: 28 g

- Fat: 9 g
- Sugar: 6 g
- Sodium: 175 mg
- Cholesterol: 52 mg

Stuffed Peppers



Cooking Time: 1 hour 35 minutes

Yield: 6 servings

Ingredients

- 1 lb (450 g) lean ground chicken
- 1 cup (200 g) red or brown lentils
- 2 cups (480 ml) water
- 2 cloves garlic, minced
- 1 tbsp grated fresh ginger
- 1 tsp ground turmeric
- 1 tbsp chopped fresh cilantro/coriander

- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/4 tsp cayenne pepper
- 6 small bell/sweet peppers (any color)
- 1/2 cup (120 ml) low-sodium chicken broth/stock

Instructions

1. Preheat the oven to 350°F (180°C).
2. In a saucepan, combine lentils, water, ginger, garlic, and turmeric. Bring to a boil, reduce heat, and simmer for 20 minutes. Let cool.
3. In a mixing bowl, combine ground chicken, cilantro/coriander, salt, black pepper, and cayenne pepper.
4. Cut the tops off the bell/sweet peppers and remove seeds and membranes. Trim bottoms slightly if needed so they stand upright, avoiding holes.
5. Stir the cooled lentils into the chicken mixture.
6. Gently fill each pepper with the mixture and place the tops back on.
7. Arrange peppers upright in a baking dish. Pour chicken broth/stock into the bottom of the dish.
8. Cover loosely with foil and bake for 1 hour, or until internal temperature reaches 165°F (74°C).

Tips and Tricks

You can prepare the stuffed peppers ahead and refrigerate overnight. Store leftovers in an airtight container in the fridge for up to 3 days.

Nutrition Facts (per serving)

- Calories: 230
- Carbs: 23 g

- Protein: 25 g
- Fat: 4.5 g
- Sugar: 4 g
- Sodium: 290 mg
- Cholesterol: 55 mg

Turkey & Pepper Chili



Cooking Time: 35 minutes

Yield: 4 servings

Ingredients

- 1 lb (450 g) lean ground turkey
- 1 small yellow onion, peeled and diced
- 1 bell/sweet pepper, any color, diced
- 1 can (14.5 oz or 410 g) no-salt-added diced tomatoes
- 1 tbsp chili powder
- 1 tsp ground cumin
- ½ tsp salt

- 1/2 tsp ground black pepper

Instructions

1. Spray a stock pot with nonstick cooking spray and heat over high heat.
2. Add ground turkey and sauté for 7-8 minutes, stirring occasionally, until fully cooked.
3. Stir in the diced onion, bell/sweet pepper, tomatoes, chili powder, cumin, salt, and pepper.
4. Bring the mixture to a boil, then reduce the heat and simmer for 15 minutes.
5. Serve hot. Optionally, cool to room temperature and store in the fridge or freezer.

Tips and Tricks

Add cooked beans, brown rice, or quinoa to increase fiber and make it more filling.

Store in an airtight container in the refrigerator for up to 1 week or freeze in 1-cup portions for up to 3 months.

Try topping with shredded lettuce, low-fat cheese, or avocado for variation.

Nutrition Facts (per serving)

- Calories: 170
- Carbs: 11 g
- Protein: 28 g
- Fat: 2 g
- Sugar: 5 g
- Sodium: 430 mg
- Cholesterol: 55 mg

Cornflake-Chicken Nuggets



Cooking Time: 20 minutes

Yield: 4 servings

Ingredients

- 1 lb (450 g) chicken breast tenders, rinsed and patted dry
- 2 egg whites
- $\frac{3}{4}$ cup (45 g) cornflake crumbs
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ tsp salt

- ¼ tsp cayenne pepper
- 1 tbsp olive oil

Instructions

1. Place egg whites in a shallow bowl. In another bowl, mix cornflake crumbs, garlic powder, salt, and cayenne pepper.
2. Dip each chicken tender into the egg whites, then coat evenly with the crumb mixture.
3. Heat oil in a medium nonstick skillet over medium heat.
4. Add half of the chicken tenders and cook for 3-4 minutes on each side, or until golden brown and fully cooked through.
5. Remove and repeat with the remaining chicken.

Tips and Tricks

For extra crunch, press the crumbs gently into the chicken before cooking.

Store leftovers in an airtight container in the fridge for up to 2 days. Reheat in the oven to maintain crispiness.

Nutrition Facts (per serving)

- Calories: 230
- Carbs: 10 g
- Protein: 27 g
- Fat: 8 g
- Sugar: 1 g
- Sodium: 350 mg
- Cholesterol: 65 mg

Chicken-Veggie Lettuce Wraps



Cooking Time: 25 minutes

Yield: 6 servings

Ingredients

- 1½ lb (700 g) skinless chicken breasts, cubed
- ¾ cup (70 g) chopped fresh mushrooms
- 1 can (8 oz or 250 g) water chestnuts, drained and diced
- 1½ cups (150 g) shredded carrots
- ½ cup (50 g) julienned green/spring onions
- 12 Bibb or Boston lettuce leaves
- ⅓ cup (40 g) sliced almonds, toasted

- 1 tbsp + 1½ tsp peanut or sunflower oil
- 1 tbsp minced fresh gingerroot
- 2 tbsp rice vinegar
- 2 tbsp reduced-sodium teriyaki sauce
- 1 tbsp reduced-sodium soy sauce
- ½ tsp garlic powder
- ¼ tsp crushed red pepper flakes

Instructions

1. Heat 1 tbsp peanut or sunflower oil in a large nonstick skillet over medium-high heat. Add cubed chicken and cook for 3 minutes. Drain excess liquid.
2. Add mushrooms, water chestnuts, and gingerroot. Cook 4-6 minutes, stirring occasionally, until chicken is fully cooked. Drain again if needed.
3. In a small bowl, whisk together vinegar, teriyaki sauce, soy sauce, garlic powder, red pepper flakes, and remaining oil.
4. Add sauce to skillet with shredded carrots and onions. Stir to combine.
5. Spoon mixture into lettuce leaves and top with toasted almonds. Fold or roll to serve.

Tips and Tricks

Use iceberg lettuce if Bibb or Boston lettuce is unavailable.

Store any leftover filling in an airtight container in the refrigerator for up to 2 days.

Nutrition Facts (per serving)

- Calories: 230
- Carbs: 12 g
- Protein: 26 g

- Fat: 9 g
- Sugar: 5 g
- Sodium: 278 mg
- Cholesterol: 63 mg

Zesty Lime Chicken Wings



Cooking Time: 45 minutes

Yield: 10 wings

Ingredients

- 10 medium chicken wings (about 1 ½ lb or 700 g)
- 1 tsp paprika
- ⅛ + ⅛ tsp salt
- ⅛ + ⅛ tsp black pepper
- 1 tsp baking powder
- 18 sprigs fresh cilantro/coriander (leaf)
- 1 tbsp full-fat sour/soured cream

- 2 tbsp mayonnaise
- 1 tbsp olive oil
- 1 clove garlic
- 1 tsp lime zest
- 1 tbsp lime juice

Instructions

1. Preheat oven to 350°F (180°C). Line a baking sheet with parchment/greaseproof paper.
2. Pat wings dry with paper towels. In a bowl, toss with paprika, salt, pepper, and baking powder.
3. Arrange wings on the baking sheet. Bake 20 minutes, then increase heat to 425°F (220°C). Flip and bake another 20-25 minutes until crispy.
4. Meanwhile, blend cilantro/coriander, sour cream, mayonnaise, garlic, olive oil, lime zest and juice, salt, and pepper until smooth.
5. Toss wings in 1 cup (240 ml) of the lime sauce.
6. Garnish with chopped cilantro/coriander and lime, if desired.

Tips and Tricks

If using frozen wings, add 5 minutes to bake time.

Store leftovers in the fridge for up to 3 days.

Nutrition Facts (per 3-4 wings)

- Calories: 325
- Carbs: 3 g
- Protein: 22 g
- Fat: 25 g
- Sugar: 1 g
- Sodium: 677 mg

- Cholesterol: 52 mg

BBQ Bacon-Wrapped Legs



Cooking Time: 45 minutes

Yield: 5 servings

Ingredients

- 5 chicken legs, skin removed
- 5 bacon strips
- 2 tbsp olive oil
- 1 tbsp paprika
- 1 tbsp chili/chilli powder
- 1 tsp garlic powder
- ¼ cup (60 ml) low-carb sugar-free BBQ sauce

- Salt and black pepper, to taste

Instructions

1. Preheat the oven to 400°F (200°C). Line a baking tray or dish with parchment paper.
2. In a medium bowl, combine olive oil, paprika, chili/chilli powder, and garlic powder. Mix well to form a spice rub.
3. Pat the chicken legs dry with paper towels. Season them with salt and pepper.
4. Wrap each chicken leg with one strip of bacon. Brush the bacon-wrapped legs evenly with the spice rub mixture.
5. Place the chicken legs on the prepared baking tray. Bake for 40 minutes, brushing with the BBQ sauce halfway through.
6. Switch the oven to broil and cook for 3 minutes per side to crisp the bacon. Ensure the internal temperature of the chicken reaches 165°F (74°C) before serving.

Tips and Tricks

For a crispier texture, broil the chicken legs briefly at the end of baking.

Store leftovers in an airtight container in the fridge for up to 3 days.

Nutrition Facts (per serving)

- Calories: 130
- Carbs: 3 g
- Protein: 7 g
- Fat: 10 g
- Sugar: 0 g
- Sodium: 677 mg
- Cholesterol: 52 mg

Crispy Chicken Drumsticks



Cooking Time: 30 minutes

Yield: 4 servings

Ingredients

- 3 lb (1.5 kg) chicken drumsticks (about 8-10 pieces)
- 1 tbsp avocado oil (or any vegetable oil)
- 1 tsp sea salt
- 1 tsp paprika
- 1 tsp garlic powder

Instructions

1. Preheat the oven to 450°F (230°C).
2. Line a rimmed baking sheet with foil and place a baking rack on top.
3. In a large bowl, combine chicken drumsticks with avocado oil, salt, paprika, and garlic powder. Mix until well coated.
4. Arrange the drumsticks on the baking rack, ensuring they are not overcrowded.
5. Bake for 25 minutes.
6. Remove from the oven, flip the drumsticks, and switch the oven to broil.
7. Broil for 5-10 minutes, flipping once, until the skin is crispy and the internal temperature reaches 165°F (74°C), ideally 185-190°F (85-88°C) for extra tenderness.
8. Let rest for 5 minutes before serving.

Tips and Tricks

For extra crispiness, broil on both sides for a few minutes.

Store in an airtight container in the fridge for up to 3 days. Reheat in the oven or air fryer.

Nutrition Facts (per serving)

- Calories: 394
- Carbs: 0 g
- Protein: 40 g
- Fat: 24 g
- Sugar: 0 g
- Sodium: 345 mg
- Cholesterol: 190 mg

Garlic Herb Chicken Thighs



Cooking Time: 30 minutes

Yield: 6 servings

Ingredients

- 6 boneless, skinless chicken thighs (about 1½ lb or 700 g)
- 10 garlic cloves, peeled and halved
- 1 tbsp olive oil
- 2 tbsp brandy or chicken broth/stock
- 1 cup (240 ml) chicken broth/stock
- 1 tsp minced fresh rosemary or ¼ tsp dried rosemary (crushed)
- ½ tsp minced fresh thyme or ⅛ tsp dried thyme

- 1 tbsp minced fresh chives
- 1/2 tsp salt
- 1/4 tsp black pepper

Instructions

1. Sprinkle the chicken thighs with salt and black pepper on both sides.
2. Heat olive oil in a large heavy-bottomed skillet over medium-high heat. Add the chicken thighs and brown for about 3-4 minutes per side. Remove and set aside.
3. Remove the skillet from heat and add halved garlic cloves and brandy or chicken stock. Return to heat and cook, stirring, until the liquid is almost evaporated, about 1-2 minutes.
4. Pour in the chicken broth/stock, rosemary, and thyme. Stir to combine.
5. Return the chicken to the pan and bring everything to a boil. Reduce heat and simmer for 6-8 minutes, or until the internal temperature of the chicken reaches 165°F (74°C).
6. Sprinkle with fresh chives before serving.

Tips and Tricks

Store leftovers in an airtight container in the refrigerator for up to 3 days.

If using dried herbs, crush them slightly in your palm before adding to release their oils.

Nutrition Facts (per serving)

- Calories: 203
- Carbs: 2 g
- Protein: 22 g
- Fat: 11 g
- Sugar: 0 g

- Sodium: 346 mg
- Cholesterol: 76 mg

Roasted Whole Chicken



Cooking Time: 1 hour 50 minutes

Yield: 4 servings

Ingredients

- 1 large whole chicken (3-3.5 lb or 1.4-1.6 kg), patted dry
- 2 tbsp (30 g) butter
- 1 tsp dried thyme
- ½ tsp salt
- 1 tsp garlic powder
- ½ tsp smoked paprika
- ¼ tsp black pepper

- 8 garlic cloves, peeled
- 2 lemons, quartered
- 1 onion, quartered
- Handful of fresh thyme
- 1 cup (240 ml) water

Instructions

1. Preheat the oven to 400°F (200°C).
2. In a small bowl, combine butter, dried thyme, salt, garlic powder, paprika, and black pepper until a smooth paste forms. Rub the seasoned butter over the entire chicken, including inside the cavity.
3. Stuff the chicken cavity with a few lemon wedges, onion pieces, garlic cloves, and sprigs of fresh thyme.
4. In the bottom of a Dutch oven, spread the remaining lemon wedges, garlic, onion, and thyme. Pour in the water.
5. Place the chicken breast-side up on top of the aromatics in the Dutch oven. Cover and bake for 40 minutes.
6. Remove the lid and continue baking for another 45-60 minutes, or until the internal temperature of the breast reaches 165°F (74°C).
7. Let it rest for 10 minutes before carving.

Tips and Tricks

Refrigerate leftovers for up to 3 days or freeze for 3 months.

For crispier skin, broil uncovered during the last 5 minutes.

Nutrition Facts (per ¼ chicken)

- Calories: 469
- Carbs: 11 g
- Protein: 85 g

- Fat: 9 g
- Sugar: 1 g
- Sodium: 536 mg
- Cholesterol: 223 mg

Bacon-Wrapped Chicken Tenders



Cooking Time: 30 minutes

Yield: 4 servings

Ingredients

- 1 lb (450 g) chicken breast, cut into 8 strips
- 8 slices bacon
- 1 tsp garlic powder
- 1 tsp paprika
- 1/2 tsp onion powder
- 1/4 tsp salt
- 1/8 tsp black pepper

Instructions

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment/greaseproof paper or foil.
2. In a small bowl, mix garlic powder, paprika, onion powder, salt, and black pepper.
3. Sprinkle the seasoning evenly over both sides of the chicken strips.
4. Wrap each seasoned chicken strip with one slice of bacon and place them seam side down on the prepared baking sheet.
5. Bake for 20 minutes or until the chicken is fully cooked and the bacon is browned.
6. For crispier bacon, broil the tenders for 1-2 minutes at the end, watching closely to prevent burning.
7. Let rest for 3-5 minutes before serving.

Tips and Tricks

For crispier bacon, broil briefly at the end of baking.

Keep leftovers in an airtight container in the fridge for up to 3 days or freeze for up to 3 months.

Nutrition Facts (per 2 tenders)

- Calories: 223
- Carbs: 1 g
- Protein: 35 g
- Fat: 8 g
- Sugar: 1 g
- Sodium: 560 mg
- Cholesterol: 96 mg

Beef & Pork

Beef & Pork Meatballs



Cooking Time: 35 minutes

Yield: 12 servings

Ingredients

- 1½ lb (700 g) lean ground beef
- 1½ lb (700 g) ground pork
- ¾ cup (50 g) panko breadcrumbs
- ¾ cup (15 g) chopped fresh parsley
- 1 cup (150 g) finely chopped onion

- 1/2 cup (50 g) grated Parmesan cheese
- 3 large eggs, lightly beaten
- 3 garlic cloves, minced
- 1 tbsp Italian seasoning
- 1 1/2 tsp salt
- 1 tsp ground black pepper

Instructions

1. Preheat the oven to 450°F (230°C). Position racks in the upper and lower thirds. Line 2 large rimmed baking sheets with foil or parchment/greaseproof paper and lightly grease.
2. In a large bowl, combine the eggs, onion, breadcrumbs, parsley, Parmesan, garlic, Italian seasoning, salt, and pepper. Add the ground beef and pork. Gently mix with your hands until just combined (avoid overmixing).
3. Shape into 48 meatballs using about 2 tbsp each. Place them on the prepared baking sheets, spaced about 1 inch (2.5 cm) apart.
4. Bake for 15 minutes, or until the internal temperature reaches 165°F (74°C) and the meatballs are golden brown.

Tips and Tricks

You can prepare and shape the meatballs up to 24 hours in advance. Refrigerate until ready to bake.

Store cooked meatballs in an airtight freezer-safe container for up to 3 months.

Nutrition Facts (per 4 meatballs)

- Calories: 216
- Carbs: 6 g
- Protein: 26 g

- Fat: 10 g
- Sugar: 1 g
- Sodium: 450 mg
- Cholesterol: 118 mg

Beef Stroganoff



Cooking Time: 30 minutes

Yield: 5 servings

Ingredients

- 1 lb (450 g) beef tenderloin/fillet, sliced into 2-inch (5 cm) strips
- 5 oz (140 g) whole grain/whole-wheat pasta
- 1½ cups (110 g) sliced white/button mushrooms
- ½ medium onion, minced
- 1 tbsp all-purpose/plain flour
- ½ cup (120 ml) dry white wine
- 1 tsp Dijon mustard

- 14½ oz (410 ml) low sodium beef broth/stock
- ½ cup (120 g) fat-free sour cream
- 1 tsp olive oil
- ¼ tsp salt
- ¼ tsp ground black pepper

Instructions

1. Cook the pasta according to package instructions, omitting salt. Drain and set aside.
2. In a large sauté pan, heat olive oil over high heat. Sauté the beef for about 3 minutes, then remove and set aside.
3. Add mushrooms and onion to the same pan. Cook for about 5 minutes until lightly browned.
4. Stir in flour and cook for 1 minute. Deglaze with wine, scraping up browned bits. Cook for 2 minutes.
5. Add Dijon mustard and beef broth/stock. Bring to a boil, reduce heat, and simmer for 5 minutes.
6. Return the beef and any juices to the pan. Simmer for 3 minutes. Stir in sour cream, salt, and pepper. Simmer for 30 seconds without boiling.
7. Serve warm over the noodles.

Tips and Tricks

Store leftovers in an airtight container in the fridge for up to 3 days.

Let the beef rest after searing to keep it tender and juicy.

Nutrition Facts (per serving)

- Calories: 300
- Carbs: 25 g
- Protein: 28 g

- Fat: 8 g
- Sugar: 4 g
- Sodium: 260 mg
- Cholesterol: 55 mg

Herb Crusted Pork Tenderloin



Cooking Time: 2 hours 25 minutes

Yield: 7 servings

Ingredients

- 2 pork tenderloins
- 2 minced garlic cloves
- 2 tbsp of Dijon mustard
- 1 ½ tbsp of olive oil
- 2 tsp of ground black pepper
- 1 tsp of dried parsley
- 1 tsp of dried rosemary

- 1 tsp of dried thyme

Instructions

1. In a small bowl, mix Dijon mustard, garlic, parsley, thyme, rosemary, and black pepper.
2. Rub the mixture evenly over both pork tenderloins. Cover and refrigerate for at least 2 hours.
3. Preheat the oven to 400°F (200°C).
4. In a large skillet, heat the olive oil over high heat. Brown the pork tenderloins on all sides.
5. Transfer the pork to a baking dish, keeping the tenderloins separated.
6. Bake uncovered for 20 minutes, or until the internal temperature reaches 160°F (71°C) to 170°F (77°C).
7. Remove from oven and let rest for 10-15 minutes before slicing and serving.

Tips and Tricks

Let the meat rest after baking to retain juices and improve tenderness.

Store leftovers in an airtight container in the fridge for up to 2 days.

Nutrition Facts (per serving)

- Calories: 165
- Carbs: 1 g
- Protein: 24 g
- Fat: 7 g
- Sugar: 0 g
- Sodium: 140 mg
- Cholesterol: 65 mg

Beef & Veggie Noodles



Cooking Time: 40 minutes

Yield: 6 servings

Ingredients

- 1 lb (450 g) lean ground beef/lean minced beef
- 3 cups (210 g) egg noodles (uncooked)
- 4 cups (600 g) frozen mixed vegetables
- 1 cup (150 g) chopped onion
- 2 cloves garlic, minced
- 2 tsp togarashi (Japanese pepper blend)
- 4 cups (950 ml) low-sodium beef broth/stock

- 1 cup (240 ml) water
- 1 tsp extra virgin olive oil

Instructions

1. In a large sauté pan or skillet, heat the olive oil over medium-high heat. Add the beef, onions, and garlic. Cook until the beef is browned.
2. Add the frozen vegetables and togarashi. Stir to combine.
3. Add the noodles and mix thoroughly. Pour in the broth/stock and enough water to cover the ingredients.
4. Bring to a boil. Reduce heat to medium and cook uncovered for about 15 minutes, or until noodles are tender and most of the liquid is absorbed.
5. Stir well and serve warm.

Tips and Tricks

Try swapping beef with ground/minced turkey or ground buffalo/minced bison for a leaner alternative.

Refrigerate leftovers in an airtight container for up to 3 days. Reheat on the stove over medium heat, adding a splash of water or broth if needed.

Nutrition Facts (per serving)

- Calories: 285
- Carbs: 28 g
- Protein: 23 g
- Fat: 8 g
- Sugar: 5 g
- Sodium: 165 mg
- Cholesterol: 50 mg

Easy Pepper & Rice Bake



Cooking Time: 55 minutes

Yield: 6 servings

Ingredients

- 1 lb (450 g) lean ground/minced beef
- 1 tsp olive oil
- 1 small red bell/sweet pepper, diced
- 1 small orange bell/sweet pepper, diced
- 1 small green bell/sweet pepper, diced
- 24 oz (680 g) jarred marinara/tomato pasta sauce (no salt added)
- 3 cups (500 g) cooked brown rice

- 2 oz (55 g) reduced-fat shredded cheddar or Mexican-style cheese

Instructions

1. Preheat the oven to 400°F (200°C).
2. Heat a large non-stick skillet over medium heat. Add the ground/minced beef and cook, stirring often, for 8-10 minutes until browned and crumbly. Transfer to a bowl using a slotted spoon.
3. In the same skillet, add olive oil and the diced peppers. Cook over medium heat for 7-8 minutes, stirring often, until softened.
4. Return the beef to the skillet. Add the marinara/tomato pasta sauce and cooked brown rice. Stir to combine.
5. Transfer the mixture to a 9×13 inch (23×33 cm) baking dish. Sprinkle the top with shredded cheese.
6. Bake for about 20 minutes, or until the cheese is melted and bubbly. Let rest for a few minutes before serving.

Tips and Tricks

Try using lean ground/minced turkey for an even lighter version.

Store leftovers in an airtight container in the fridge for up to 3 days.

Nutrition Facts (per serving)

- Calories: 320
- Carbs: 43 g
- Protein: 25 g
- Fat: 5 g
- Sugar: 8 g
- Sodium: 135 mg
- Cholesterol: 40 mg

Beef-Stuffed Vegetables



Cooking Time: 40 minutes

Yield: 6 servings

Ingredients

- 3 zucchini/courgettes, halved lengthwise
- 2 tsp canola or rapeseed oil
- ½ lb (225 g) lean ground/minced beef
- ½ cup (75 g) chopped onion
- ½ cup (75 g) chopped red bell/sweet pepper
- 1 tbsp grated Parmesan cheese
- ½ tsp dried basil

- 1/2 tsp dried oregano
- 1/4 tsp ground black pepper
- 1/2 cup (120 ml) no-salt-added tomato sauce/passata
- 1/4 cup (30 g) shredded reduced-fat mozzarella cheese

Instructions

1. Preheat oven to 400°F (200°C). Lightly coat a baking sheet with cooking spray.
2. Scoop out the flesh from each zucchini/courgette half. Set shells aside and finely chop the scooped flesh.
3. In a medium skillet, heat oil over medium-high heat. Sauté the ground/minced beef, onion, and red pepper for 68 minutes until browned.
4. Add chopped flesh, Parmesan, basil, oregano, black pepper, and 1/3 cup (80 ml) tomato sauce/passata. Cook 35 minutes, stirring.
5. Fill the shells with the mixture. Spoon remaining sauce on top. Place on baking sheet and cover with foil.
6. Bake for 30 minutes. Remove foil, top with mozzarella, and bake 510 more minutes until tender and melted. Let rest 5 minutes before serving.

Tips and Tricks

Refrigerate leftovers for up to 3 days. Reheat at 350°F (175°C) until hot. For extra flavor, add a pinch of crushed red pepper flakes to the beef.

Nutrition Facts (per serving)

- Calories: 122
- Carbs: 8 g
- Protein: 12 g
- Fat: 5 g

- Sugar: 4 g
- Sodium: 101 mg
- Cholesterol: 28 mg

Cowboy-Style Pork



Cooking Time: 45 minutes

Yield: 4 servings

Ingredients

- 2 cans (14 oz or 400 g each) cannellini beans, drained
- 2 medium onions, finely chopped
- 1 red bell/sweet pepper, finely chopped
- 2 cloves garlic, chopped
- 14 oz (400 g) pork fillet/tenderloin, trimmed and diced
- 2 cans (14 oz or 400 g) chopped tomatoes
- 1 tbsp tomato purée/paste

- 1 tsp blackstrap molasses
- 1 heaped tsp smoked paprika
- 1 tsp chili powder

Instructions

1. Heat 2 tbsp of oil in a large saucepan over medium heat. Add the onions and cook for 34 minutes until softened.
2. Add the red pepper and garlic; cook for another 2 minutes, stirring occasionally.
3. Add the diced pork and cook for 34 minutes until lightly browned on all sides.
4. Stir in the chopped tomatoes, tomato purée/paste, molasses, smoked paprika, and chili powder. Bring to a gentle simmer and cook for 15 minutes.
5. Add the drained beans, stir, and simmer for another 5 minutes. Serve warm.

Tips and Tricks

You can substitute kidney beans, black-eyed peas, or a mixed bean blend for variety.

Try diced chicken or turkey as a lean alternative to pork.

Freeze for up to 3 months or refrigerate for up to 3 days.

Nutrition Facts (per serving)

- Calories: 368
- Carbs: 35 g
- Protein: 34 g
- Fat: 7 g
- Sugar: 15 g

- Sodium: 330 mg
- Cholesterol: 75 mg

Potato Beef Burgers



Cooking Time: 40 minutes

Yield: 4 servings

Ingredients

- 2 large baking potatoes, washed and dried
- 12 oz (340 g) extra-lean ground sirloin/lean minced beef
- ½ tsp dried thyme
- 4 slices fat-free sharp Cheddar cheese, folded into cubes
- ⅛ cup (30 ml) water
- 4 slices beefsteak tomato
- 4 romaine lettuce leaves

Instructions

1. Preheat the oven to 450°F (230°C). Lightly coat a baking sheet with cooking spray.
2. Slice each potato into 8 rounds (about 1/2 inch (1.25 cm) thick). Place on the baking sheet and bake for 25-30 minutes until lightly browned and tender.
3. In a mixing bowl, combine the ground sirloin/minced beef with thyme. Form into 8 equal-sized balls.
4. Fold each cheese slice into a cube. Sandwich one cheese cube between two beef balls and press to seal. Flatten into a thick patty (about 1 1/2 inches (4 cm) thick). Repeat to make 4 patties.
5. Lightly coat a deep skillet with cooking spray and heat over medium-high heat. Cook patties for 3 minutes per side. Add water to the skillet, cover, and cook for 6 more minutes until cooked through.
6. Assemble the burgers: place one potato slice on the bottom, then layer with a burger patty, tomato slice, lettuce leaf, and top with another potato slice.

Tips and Tricks

Swap Cheddar for your favorite reduced-fat cheese for variation.

Unassembled, cooked patties can be stored in the fridge for up to 3 days.

Nutrition Facts (per serving)

- Calories: 242
- Carbs: 26 g
- Protein: 26 g
- Fat: 3 g
- Sugar: 2 g

- Sodium: 369 mg
- Cholesterol: 40 mg

Asian-Style Pork Chops



Cooking Time: 45 minutes

Yield: 2 servings

Ingredients

- ¼ cup (60 ml) low-sodium soy sauce
- ¼ tsp white pepper
- 1 tsp sesame oil
- 1½ tsp cornstarch/cornflour
- ¼ tsp Chinese five spice powder
- 1 tbsp (15 ml) Shaoxing wine*
- 2 center-cut pork chops, about 1 inch (2.5 cm) thick

- 2 tbsp vegetable oil

Instructions

1. In a shallow dish, combine soy sauce, white pepper, sesame oil, cornstarch/cornflour, five spice powder, and Shaoxing wine (or substitute).
2. Add pork chops and marinate for 20 to 60 minutes at room temperature.
3. Heat vegetable oil in a large skillet over medium-high heat. Sear the pork chops for about 5 minutes per side, or until fully cooked through. Discard excess marinade.
4. Let rest for 5 minutes before serving.

Tips and Tricks

* You can substitute Shaoxing wine with dry sherry (the closest in flavor), unsweetened apple juice for a non-alcoholic option, or a small amount of rice vinegar mixed with a pinch of sugar if needed.

Great served with steamed vegetables or stir-fried rice.

Store leftovers in an airtight container in the fridge for up to 3 days. Reheat gently in a skillet or microwave.

Nutrition Facts (per serving)

- Calories: 369
- Carbs: 3 g
- Protein: 30 g
- Fat: 25 g
- Sugar: 1 g
- Sodium: 600 mg
- Cholesterol: 90 mg

Breaded Pork Chops



Cooking Time: 35 minutes

Yield: 4 servings

Ingredients

- ¼ cup (30 g) all-purpose/plain flour
- 1 large egg, lightly beaten
- 1 tsp Dijon mustard
- ¾ cup (40 g) whole-wheat/wholemeal panko breadcrumbs
- 1 tsp ground black pepper
- ½ tsp salt
- 4 boneless pork chops, ¾ inch (2 cm) thick

Instructions

1. Preheat the oven to 400°F (200°C). Place a wire rack on a large rimmed baking sheet and coat with cooking spray.
2. Set up three shallow dishes for breading: one with flour, one with beaten egg mixed with mustard, and one with panko and pepper.
3. Season pork chops on both sides with salt. Dredge each chop in flour, shaking off the excess. Dip into the egg-mustard mixture, then coat in the panko mixture, pressing to help it stick.
4. Place the breaded pork chops on the prepared wire rack. Spray the tops lightly with cooking spray.
5. Bake for 18-20 minutes, or until golden brown and cooked through. The internal temperature should reach 145°F (63°C). Let rest for a few minutes before serving.

Tips and Tricks

For extra crispiness, use a wire rack to allow hot air to circulate during baking. Serve with steamed broccoli and baked sweet potato for a balanced dinner. Store leftovers in the fridge for up to 3 days. Reheat in the oven to maintain crispiness.

Nutrition Facts (per serving)

- Calories: 194
- Carbs: 12 g
- Protein: 22 g
- Fat: 6 g
- Sugar: 0 g
- Sodium: 326 mg
- Cholesterol: 94 mg

Fish & Seafood

Crab Cakes



Cooking Time: 30 minutes

Yield: 2 servings

Ingredients

- 8 oz (225 g) lump crab meat (canned, fresh, or pasteurised)
- ½ cup (50 g) almond flour
- ¼ cup (30 g) diced green bell pepper
- 2 small shallots, finely chopped
- 2 tbsp mayonnaise

- 1 large egg
- 2 tbsp (10 g) chopped green/spring onions
- 1 tbsp Worcestershire sauce
- 2 tsp Old Bay seasoning
- ¼ tsp ground black pepper
- ½ tsp salt

Instructions

1. In a large mixing bowl, combine crab meat, almond flour, green pepper, shallots, egg, mayonnaise, onions, Worcestershire sauce, seasoning, salt, and pepper until well mixed.
2. Shape the mixture into 4 equal patties. Place them on a plate and refrigerate for 15 minutes to help them firm up.
3. Heat olive oil in a large non-stick skillet over medium heat. Cook patties for about 5 minutes per side, or until golden and cooked through.
4. Serve warm with lemon wedges or a light yogurt-based tartar sauce, if desired.

Tips and Tricks

Store cooked crab cakes in an airtight container in the fridge for up to 3 days. These pair well with a simple green salad or roasted vegetables.

Nutrition Facts (per 2 cakes)

- Calories: 388
- Carbs: 7.4 g
- Protein: 31 g
- Fat: 27 g
- Sugar: 3 g

- Sodium: 1806 mg
- Cholesterol: 264 mg

Tuna & Avocado Salad



Cooking Time: 5 minutes

Yield: 5 servings

Ingredients

- 2 pouches (6.4 oz or 180 g each) tuna packed in water
- ½ cup (120 ml) pico de gallo or fresh tomato salsa
- 1 medium avocado, halved and pitted

Instructions

1. Scoop out the avocado flesh into a medium bowl. Mash with a fork or potato masher until smooth.

2. Stir in the pico de gallo or fresh tomato salsa and mix well.
3. Add the tuna and stir again until fully combined.
4. Serve as a salad or enjoy with whole wheat/wholemeal crackers or pittas, or even wrapped in lettuce leaves.

Tips and Tricks

Use fresh pico de gallo from the produce section or deli for the best flavor.

Add chopped jalapeño or fresh cilantro for extra zest.

Best enjoyed immediately, but can be stored in an airtight container in the fridge for up to 1 day (avocado may darken slightly).

Nutrition Facts (per serving)

- Calories: 130
- Carbs: 4 g
- Protein: 18 g
- Fat: 5 g
- Sugar: 1 g
- Sodium: 300 mg
- Cholesterol: 30 mg

Salmon with Sautéed Spinach



Cooking Time: 15 minutes

Yield: 4 servings

Ingredients

- 4 salmon fillets (total 1½ lb or 700 g)
- ½ tsp salt
- ¼ tsp ground black pepper
- 4 garlic cloves, minced
- 1 package (10 oz or 280 g) fresh spinach
- Juice of ½ lemon
- ¼ tsp dried basil

- 2 tbsp olive oil, divided

Instructions

1. In a large skillet, heat 1 tbsp of the olive oil over medium heat.
2. Season the salmon fillets evenly with salt and pepper. Cook for 8-10 minutes, turning once, until the fish flakes easily with a fork. Remove and set aside on a serving platter.
3. In the same skillet, add the remaining 1 tbsp olive oil. Stir in the garlic, spinach, lemon juice, and basil. Sauté for 2-3 minutes, or until the spinach is wilted.
4. Spoon the spinach mixture over or alongside the salmon and serve immediately.

Tips and Tricks

Use skinless salmon fillets for faster cooking and easier plating.

Add a spoonful of plain Greek yogurt or light crème fraîche on the side for extra creaminess.

Store leftovers in the fridge for up to 2 days. Reheat gently to avoid overcooking the salmon.

Nutrition Facts (per serving)

- Calories: 297
- Carbs: 4 g
- Protein: 37 g
- Fat: 15 g
- Sugar: 0.3 g
- Sodium: 475 mg
- Cholesterol: 78 mg

Garlic Butter Shrimp Pasta



Cooking Time: 20 minutes

Yield: 4 servings

Ingredients

- 1½ lb (700 g) large shrimp/king prawns, fresh or frozen, peeled and deveined
- 6 oz (170 g) whole wheat/wholemeal pasta
- 1 tbsp olive oil
- 3 garlic cloves, minced
- 2 tbsp dry white wine or reduced-sodium chicken broth/stock
- 1 tbsp (15 g) butter

- 1/8 tsp salt
- 1 tbsp chopped fresh chives or parsley
- 1/2 cup (80 g) cherry tomatoes, halved

Instructions

1. If using frozen shrimp/prawns, thaw, peel, and devein them. Rinse and pat dry.
2. Cook the pasta according to package instructions. Drain and set aside.
3. In a large skillet (12 inch or 30 cm), heat the olive oil over medium-high heat. Add the garlic and cook for 15 seconds.
4. Add the shrimp and sauté for 2–4 minutes, stirring, until opaque. Remove with a slotted spoon.
5. In the same skillet, add the wine or broth/stock, butter, and salt. Cook over medium heat until the butter melts and the pan is deglazed.
6. Return the shrimp to the pan, stir to coat, then toss in the cooked pasta. Mix until evenly combined.
7. Divide into bowls or plates. Top each serving with halved cherry tomatoes and a sprinkle of chives or parsley. Serve immediately.

Tips and Tricks

Swap pasta for zucchini/courgette noodles for a lighter option.

Add a pinch of chili flakes to the butter sauce for heat.

Store in the fridge for up to 2 days. Reheat gently and add fresh cherry tomatoes before serving.

Nutrition Facts (per serving)

- Calories: 341
- Carbs: 34 g

- Protein: 29 g
- Fat: 9 g
- Sugar: 2 g
- Sodium: 1039 mg
- Cholesterol: 222 mg

Tomato Seafood Stew



Cooking Time: 30 minutes

Yield: 4 servings

Ingredients

- 8 oz (225 g) skinless cod/sea bass fillets, cut into 1½ inch (4 cm) chunks
- 6 oz (170 g) raw shrimp/king prawns, peeled and halved lengthwise
- ⅓ cup (50 g) chopped onion
- 2 celery stalks, sliced
- ½ tsp minced garlic
- 2 tsp extra virgin olive oil
- 1 cup (240 ml) reduced-sodium chicken broth/stock

- ¼ cup (60 ml) dry white wine (or extra broth/stock)
- 1 can (14.5 oz or 410 g) no-salt-added diced tomatoes, drained
- 1 can (8 oz or 225 g) no-salt-added tomato sauce/sieved tomatoes
- 1 tsp dried oregano, crushed
- ¼ tsp salt
- ⅛ tsp ground black pepper
- 1 tbsp chopped fresh parsley, for garnish

Instructions

1. In a large saucepan, heat olive oil over medium heat. Add the onion, celery, and garlic. Cook, stirring occasionally, for about 5 minutes, or until softened.
2. Stir in the broth and wine. Bring to a boil, reduce heat, and simmer for 5 minutes.
3. Add the drained tomatoes, tomato sauce/sieved tomatoes, oregano, salt, and pepper. Return to a boil, then lower heat, cover, and simmer for 5 more minutes.
4. Gently stir in the fish and shrimp. Bring to a gentle boil, then reduce heat to low, cover, and simmer for 3–5 minutes until the fish flakes easily and shrimp are opaque.
5. Garnish with chopped parsley and serve warm.

Tips and Tricks

Try mahi-mahi or halibut instead of cod, or add scallops mussels for variation. Refrigerate leftovers in an airtight container for up to 2 days. Reheat gently to avoid overcooking seafood.

Nutrition Facts (per serving)

- Calories:165

- Carbs: 12 g
- Protein: 19 g
- Fat: 4 g
- Sugar: 2 g
- Sodium: 459 mg
- Cholesterol: 87 mg

Creamy Seafood Risotto



Cooking Time: 40 minutes

Yield: 4 servings

Ingredients

- 1 onion, finely chopped
- 1 low-sodium fish stock cube, dissolved in $3\frac{3}{4}$ cups (900 ml) hot water
- 1 red bell/sweet pepper, finely chopped
- 1 zucchini/courgette, finely chopped
- 1 garlic clove, crushed

- Pinch of black pepper
- 1/2 oz (15 g) parsley, finely chopped (plus 1 tbsp for serving)
- 3/4 cup (150 g) Arborio/risotto rice
- 12 oz (350 g) mixed frozen seafood, defrosted (typically mussels 37%, squid 25%, prawns/shrimp 25%)
- 1 tbsp 0% fat Greek yogurt
- 1 tsp olive oil

Instructions

1. Heat oil in a large pan over medium heat. Sauté the onion for 5 minutes until soft. Keep the fish stock warm in a separate saucepan.
2. Add red pepper, courgette/zucchini, garlic, white pepper, and half the parsley. Cook for 1 minute, then stir in the rice and cook for 2 minutes.
3. Gradually add hot stock, 1–2 ladles at a time, stirring often and keeping the risotto gently bubbling.
4. After 20 minutes, add remaining stock and seafood. Cook for 3–4 minutes, until the rice is al dente and seafood fully cooked.
5. Stir in the rest of the parsley and yogurt. Cover and let stand 2 minutes. Garnish with parsley and black pepper before serving.

Tips and Tricks

Stir regularly to release starch and create a creamy texture.

Freeze once cooled. Defrost in the fridge and reheat until hot. Do not reheat or refreeze more than once.

Nutrition Facts (per serving)

- Calories: 267
- Carbs: 39 g
- Protein: 20 g

- Fat: 3 g
- Sugar: 6 g
- Sodium: 1500 mg
- Cholesterol: 100 mg

Cornmeal-Coated Catfish



Cooking Time: 30 minutes

Yield: 4 servings

Ingredients

- 1 large egg, lightly beaten
- 2 tbsp lemon juice
- ½ cup (60 g) all-purpose/plain flour
- ¼ cup (30 g) yellow cornmeal/cornflour
- 1 tsp Cajun seasoning (or seafood seasoning or smoked paprika)
- ½ tsp garlic powder
- ½ tsp salt

- 4 catfish fillets (6 oz or 170 g each)
- 3 tbsp olive oil

Instructions

1. Pat the catfish fillets dry with paper towels.
2. In a shallow bowl, mix the egg with lemon juice.
3. In another bowl, combine flour, cornmeal/cornflour, Cajun seasoning, garlic powder, and salt.
4. Dip each fillet into the egg mixture, then dredge in the cornmeal coating, pressing gently to adhere. Let rest for 5–10 minutes.
5. In a large skillet, heat oil over medium heat. Fry 2 fillets at a time for 5–6 minutes per side, or until the fish flakes easily with a fork and is golden brown.
6. Transfer to a paper towel-lined plate before serving.

Tips and Tricks

Substitute Cajun seasoning with lemon-pepper or smoked paprika for a different flavor profile.

Serve with tartar sauce, coleslaw, or a light potato salad.

Best enjoyed fresh, but leftovers can be refrigerated and reheated in the oven for crispness.

Nutrition Facts (per serving)

- Calories: 430
- Carbs: 20 g
- Protein: 30 g
- Fat: 25 g
- Sugar: 1 g
- Sodium: 568 mg

- Cholesterol: 133 mg

Shrimp Fajitas



Cooking Time: 50 minutes

Yield: 6 servings

Ingredients

- 1½ lb (700 g) raw shrimp/king prawns, peeled and deveined
- 1 each medium green, red, and yellow bell/sweet pepper, sliced into ½-inch (1 cm) strips
- 1 sweet onion, sliced into ½-inch (1 cm) strips
- 2 garlic cloves, minced
- 2 tbsp olive oil
- 2 tsp chili powder

- 1 tsp ground cumin
- ¾ tsp salt
- 12 corn tortillas, 6-inch or 15 cm, warmed
- Optional toppings: lime wedges, low-fat sour cream, fresh cilantro/coriander, sliced avocado

Instructions

1. Preheat oven to 425°F (220°C).
2. In a large bowl, toss shrimp/prawns, peppers, onion, and garlic with olive oil, chili powder, cumin, and salt.
3. Spread mixture onto two greased sheet pans (15×10×1 inch / 38×25×2.5 cm).
4. Roast for 10 minutes, switching pan positions halfway through.
5. Preheat broiler. Broil each pan 3–4 inches (8–10 cm) from heat for 4–5 minutes, until shrimp turn pink and vegetables are lightly browned.
6. Serve in warm tortillas with desired toppings.

Tips and Tricks

Remove tails before baking for easier serving.

Add jalapeños, corn, or lime juice for more flavor.

Store leftovers in the fridge for up to 3 days and reheat gently.

Nutrition Facts (per serving)

- Calories: 280
- Carbs: 31 g
- Protein: 22 g
- Fat: 8 g
- Sugar: 5 g
- Sodium: 484 mg

- Cholesterol: 138 mg

Cod with Tomato & Olive



Cooking Time: 40 minutes

Yield: 4 servings

Ingredients

- 4 cod fillets (4 oz or 120 g each)
- 8 cherry tomatoes, halved
- ¼ cup (60 ml) dry white wine or reduced-sodium chicken stock/broth
- 3 garlic cloves, finely chopped
- 3 tbsp (30 g) pitted olives, halved
- 2 tbsp olive oil, divided
- ½ tsp ground black pepper

- 1/2 tsp salt
- Arugula/rocket, for serving

Instructions

1. In a large skillet, heat 1 tbsp of olive oil over medium heat. Season the cod with salt and pepper. Sauté for 4–6 minutes, turning once, until golden and just cooked through. Transfer to a plate and cover with foil to keep warm.
2. In the same skillet, heat the remaining 1 tbsp oil. Add cherry tomatoes, white wine or stock/broth, and garlic. Cook over medium heat for 4–5 minutes, stirring, until the wine reduces slightly.
3. Add the olives and cook for 1 minute more.
4. Place cod over a bed of arugula/rocket. Spoon the warm tomato-olive sauce over the fish.

Tips and Tricks

Use sea bass or haddock as an alternative to cod.

Add chopped fresh parsley or basil to the sauce just before serving.

Refrigerate leftovers in an airtight container for up to 2 days. Reheat gently over low heat to avoid drying out the fish.

Nutrition Facts (per serving)

- Calories: 247
- Carbs: 4 g
- Protein: 29 g
- Fat: 11 g
- Sugar: 2 g
- Sodium: 381 mg
- Cholesterol: 71 mg

Salmon Breakfast Wrap



Cooking Time: 10 minutes

Yield: 1 serving

Ingredients

- 1 low-carb flour tortilla/wrap (8-inch or 20 cm)
- 2 oz (55 g) smoked salmon
- 2 tsp low-fat cream cheese
- 1¼ oz (35 g) red onion, thinly sliced
- A handful of arugula/rocket
- ½ tsp fresh or dried basil (or dill as a variation)
- Pinch of black pepper

Instructions

1. Warm the tortilla in the oven or microwave. Wrap it in 2 damp paper towels to prevent drying out.
2. In a small bowl, mix the cream cheese with basil and black pepper. Spread evenly over the tortilla.
3. Layer with smoked salmon, arugula/rocket, and sliced red onion.
4. Roll tightly into a wrap and serve immediately.

Tips and Tricks

Swap basil for fresh dill for a more classic flavor pairing.

Best enjoyed the same day. Store in an airtight container in the fridge if preparing a few hours ahead.

To prep in advance: pre-slice onion and pre-mix the cream cheese with herbs.

Nutrition Facts (per serving)

- Calories: 291
- Carbs: 18 g
- Protein: 24 g
- Fat: 15 g
- Sugar: 3 g
- Sodium: 1100 mg
- Cholesterol: 50 mg

Vegetables & Side Dishes

Veggie Bean Burger



Cooking Time: 45 minutes

Yield: 4 Burgers

Ingredients

- 2 cups (260 g) grated sweet potato
- 1 cup (175 g) sliced tomatoes
- 1 cup (170 g) canned black beans (rinsed, no-salt-added)
- ½ cup (45 g) old-fashioned rolled/porridge oats
- ½ cup (50 g) chopped scallions/spring onions

- ½ cup (120 g) plain unsweetened almond milk yogurt
- 4 whole-wheat/wholemeal buns
- ¼ cup (60 ml) mayonnaise
- 4 lettuce leaves
- 2 tbsp lemon juice
- 2 tbsp extra-virgin olive oil
- 2 tbsp chopped fresh dill
- 1 tbsp tomato paste (no-salt-added)
- 1 tsp curry powder
- ⅛ tsp salt

Instructions

1. Grate the sweet potato and squeeze out excess moisture using paper towels. In a large bowl, combine with ground oats (blend oats in a food processor first), scallions/spring onions, beans, tomato paste, mayo, curry powder, and salt. Mix and mash everything together using your hands. Shape into four ½-inch (1.25 cm) thick patties and refrigerate for 30 minutes.
2. In a small bowl, mix yogurt, lemon juice, and dill to make the sauce.
3. Heat the oil in a cast-iron skillet over medium heat. Cook the patties for about 3 minutes per side until golden-brown.
4. Assemble the burgers: spread the yogurt-dill sauce on both sides of each bun. Add a patty, lettuce leaf, and tomato slices. Close with the top half of the bun.

Tips and Tricks

Store cooked patties in an airtight container in the fridge for up to 3 days.

The yogurt sauce keeps well for 2 days, covered, in the fridge.

Nutrition Facts (per 1 burger)

- Calories: 454
- Carbs: 54 g
- Protein: 12 g
- Fat: 22 g
- Sugar: 9 g
- Saturates: 3 g
- Sodium: 432 mg

Pico De Galo



Cooking Time: 10 minutes

Yield: 1 Batch

Ingredients

- 6-8 vine-ripened tomatoes, finely diced
- ½ white onion, finely diced
- 1 bunch fresh cilantro/coriander, chopped
- 1 serrano pepper with seeds, finely chopped (or jalapeño/habanero as alternative)
- ¼ cup (60 ml) lime juice
- ½ tsp salt

Instructions

1. Add the diced tomatoes, onion, serrano pepper, and chopped cilantro/coriander to a bowl.
2. Pour over the lime juice and sprinkle with salt. Toss everything together until evenly combined.
3. Cover and refrigerate for 1 hour to allow the flavors to meld.
4. Serve chilled as a topping, dip, or salad side.

Tips and Tricks

For a milder salsa, remove the pepper seeds before chopping.

Store in an airtight container in the fridge for up to 7 days.

Great on tacos, grilled meat, or mixed into salads.

Nutrition Facts (per ½ cup / 100 g)

- Calories: 31
- Carbs: 7 g
- Protein: 1.4 g
- Fat: 3 g
- Sugar: 4 g
- Sodium: 153 mg
- Cholesterol: 0 mg

Sauteed Spinach



Cooking Time: 10 minutes

Yield: 6 Servings

Ingredients

- 20 oz (600 g) fresh baby spinach or mature spinach (trimmed)
- 2 tbsp olive oil
- 4 garlic cloves, thinly sliced
- 1 tbsp lemon juice
- ¼ tsp crushed red pepper flakes
- ¼ tsp salt

Instructions

1. In a Dutch oven or large sauté pan, heat the olive oil over medium heat.
2. Add the sliced garlic and cook for 12 minutes until it turns lightly golden.
3. Add the spinach and stir to coat in the oil. Cover and cook for 35 minutes until wilted.
4. Remove from heat and stir in the lemon juice, salt, and crushed red pepper. Toss to combine.

Tips and Tricks

For best results, use baby spinach for a milder taste and softer texture. If using mature spinach, remove thick stems before cooking.

Store leftovers in an airtight container in the fridge for up to 3 days.

Nutrition Facts (per serving)

- Calories: 65
- Carbs: 4 g
- Protein: 3 g
- Fat: 5 g
- Sugar: 1 g
- Sodium: 172 mg
- Cholesterol: 0 mg

Low-Carb Coleslaw



Cooking Time: 10 minutes

Yield: 6 Servings

Ingredients

- 14 oz (400 g) pre-shredded coleslaw mix
- ½ cup (120 ml) mayonnaise
- ¼ cup (60 ml) sour cream (full-fat)
- 1 tbsp apple cider vinegar
- ½ tsp powdered Stevia or granulated sweetener
- 1 tsp dried parsley
- ½ tsp garlic powder

- ¼ tsp ground black pepper
- ½ tsp salt

Instructions

1. Place the coleslaw mix in a large mixing bowl and set aside.
2. In a smaller bowl, whisk together the mayonnaise, sour cream, vinegar, sweetener, parsley, garlic powder, pepper, and salt until well combined.
3. Pour the dressing over the coleslaw mix and stir until everything is evenly coated.
4. Chill for 1530 minutes before serving for best flavor.

Tips and Tricks

Store in an airtight container in the fridge for up to 2 days.

Add a pinch of mustard powder or celery seeds for an extra tang.

Nutrition Facts (per serving)

- Calories: 165
- Carbs: 5 g
- Protein: 1 g
- Fat: 16 g
- Sugar: 3 g
- Sodium: 340 mg
- Cholesterol: 8 mg

Vegetable Casserole



Cooking Time: 1 hour 20 minutes

Yield: 12 Servings

- **Ingredients**

- 1 can (12 oz or 350 ml) fat-free evaporated milk
- 8 oz (225 g) reduced-fat cream cheese
- $\frac{3}{4}$ cup (85 g) shredded reduced-fat Cheddar cheese
- 16 oz (450 g) frozen cauliflower, broccoli, and carrots (mixed)
- $\frac{1}{4}$ cup (40 g) finely chopped onion
- 2 tbsp all-purpose/plain flour
- 2 tbsp chopped fresh parsley

- 2 garlic cloves, minced
- 2/3 cup (60 g) whole-wheat/wholemeal breadcrumbs
- 1/4 tsp ground black pepper

Instructions

1. Preheat the oven to 400°F (200°C). Lightly grease a 2-quart (2-litre) square baking dish with cooking spray or oil.
2. Place the thawed vegetables into the baking dish and set aside.
3. In a medium saucepan, combine onion, milk, garlic, flour, and pepper. Cook over medium heat, stirring constantly, until thickened and bubbly.
4. Remove from heat. Stir in the Cheddar and cream cheese, whisking until the sauce is smooth.
5. Pour the sauce over the vegetables and stir gently to coat. Sprinkle the breadcrumbs evenly on top and lightly spray with cooking spray.
6. Bake for 40-45 minutes, or until the top is golden and the filling is bubbling.
7. Sprinkle with chopped parsley before serving.

Tips and Tricks

To thaw vegetables quickly, place them in a colander and run under cool water. Let drain for 15 minutes.

Store in an airtight container in the fridge for up to 3 days.

Nutrition Facts (per serving)

- Calories: 104
- Carbs: 10 g
- Protein: 7 g
- Fat: 4 g
- Sugar: 6 g

- Sodium: 163 mg
- Cholesterol: 13 mg

Chunky Chips



Cooking Time: 35 minutes

Yield: 4 Servings

Ingredients

- 32 oz (900 g) potatoes, peeled and cut into chunks
- 1 tbsp olive oil

Instructions

1. Preheat the oven to 400°F (200°C).
2. Place the potato chunks in a large saucepan, cover with water, and bring to a boil. Parboil for 2 minutes.

3. Drain well and spread the potatoes on a non-stick or parchment-lined/greaseproof-lined baking tray. Drizzle with olive oil and toss to coat evenly.
4. Bake for 25-30 minutes, turning once, until golden and crispy.

Tips and Tricks

For extra crispiness, let the potatoes air dry for a few minutes after draining. Store leftovers in an airtight container in the fridge for up to 3 days. Reheat in the oven at 375°F (190°C) to restore crispness.

Nutrition Facts (per serving)

- Calories: 199
- Carbs: 37 g
- Protein: 4 g
- Fat: 3 g
- Sugar: 2 g
- Sodium: 10 mg
- Cholesterol: 0 mg

Quinoa Salad



Cooking Time: 30 minutes

Yield: 6 Servings

Ingredients

- 1 cup (170 g) quinoa, rinsed
- 2 cups (480 ml) water
- ½ cup (80 g) roasted peanuts
- ⅓ cup (50 g) chopped red onion
- ⅓ cup (40 g) chopped cucumber
- ⅓ cup (40 g) chopped carrot

- 1/3 cup (50 g) chopped bell/sweet pepper
- 1/4 cup + 1/3 cup (15 g + 20 g) finely chopped coriander/cilantro
- 3 garlic cloves, minced
- 3 tbsp lemon juice
- 2 tbsp olive oil
- 1 tbsp vinegar (white or apple cider)
- 1/2 tsp salt

Instructions

1. Rinse thoroughly and drain. In a saucepan, combine with water and salt. Bring to a boil, then reduce heat and simmer covered for 15 minutes or until water is absorbed. Let cool and fluff with a fork.
2. In a small bowl, whisk together minced garlic, lemon juice, oil, vinegar, and 1/4 cup (15 g) coriander/cilantro.
3. In a large mixing bowl, combine cooked quinoa, chopped vegetables, peanuts, and remaining coriander/cilantro. Pour over the dressing and toss until well mixed. Serve at room temperature or chilled.

Tips and Tricks

Add crunch with toasted pumpkin seeds, almonds, or walnuts.

Store in an airtight container in the fridge for up to 1 day. Stir before serving.

Nutrition Facts (per serving)

- Calories: 230
- Carbs: 24 g
- Fat: 13 g
- Protein: 8 g
- Sugar: 1 g

- Sodium: 209 mg
- Cholesterol: 0 mg

Mashed Cauliflower



Cooking Time: 15 minutes

Yield: 6 Servings

Ingredients

- 1 medium head cauliflower (approx. 1½ lb or 700 g), cut into florets
- 3 tbsp (45 g) margarine or butter
- 2 tbsp (30 ml) skim/semi-skimmed milk
- 2 tbsp grated Parmesan cheese
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp ground black pepper

Instructions

1. Place cauliflower florets in a large saucepan and cover with water. Bring to a boil, then cover and simmer over medium heat for 15-20 minutes until tender.
2. Drain well and transfer to a mixing bowl.
3. Add margarine, milk, Parmesan, and seasonings. Using a hand mixer or immersion blender, blend until smooth and creamy.

Tips and Tricks

For a richer flavor, use butter instead of margarine.

Store in an airtight container in the fridge for up to 3 days. Reheat gently before serving.

Nutrition Facts (per serving)

- Calories: 170
- Carbs: 21 g
- Protein: 6 g
- Fat: 6 g
- Sugar: 7 g
- Sodium: 129 mg
- Cholesterol: 6 mg

Parmesan Eggplant



Cooking Time: 30 minutes

Yield: 6 Servings

Ingredients

- 1 medium eggplant (sliced into 1/4 inch (6 mm) rounds)
- 2 large beaten eggs
- 1/4 cup (30 g) all-purpose/plain flour
- 1/2 cup (60 g) plain bread crumbs
- 1 tbsp grated Parmesan cheese
- 1 tsp dried oregano
- 1 cup (240 ml) light spaghetti sauce

- ½ cup (60 g) shredded part-skim mozzarella cheese

Instructions

1. Preheat the oven to 375°F (190°C). Line two large baking sheets (10 × 15 in or 25 × 38 cm) with parchment paper or lightly coat with cooking spray.
2. Set up three shallow bowls: one with flour, one with beaten eggs, and one with a mixture of bread crumbs, Parmesan, and oregano.
3. Dredge each eggplant slice in flour, then dip in egg, then coat in the breadcrumb mixture. Place in a single layer on the baking sheets. Lightly spray the tops with cooking spray.
4. Bake for 20-25 minutes, until golden and crispy.
5. Spoon spaghetti sauce over the slices, top with mozzarella, and return to the oven for 5-7 minutes, until cheese is melted.

Tips and Tricks

Store in an airtight container in the fridge for up to 3 days.

For extra crispiness, broil the slices for 2 minutes after adding cheese.

Great served with a side salad or steamed vegetables.

Nutrition Facts (per serving)

- Calories: 194
- Carbs: 19 g
- Protein: 13 g
- Fat: 9 g
- Sugar: 3 g
- Sodium: 308 mg
- Cholesterol: 137 mg

Green Pancakes



Cooking Time: 10 minutes

Yield: 12 Pancakes

Ingredients

- 2 medium zucchini/courgettes, grated
- 1 cup (150 g) frozen corn (thawed)
- 4 large eggs
- $\frac{3}{4}$ cup (90 g) all-purpose/plain flour
- $\frac{1}{2}$ cup (60 g) shredded reduced-fat mozzarella cheese
- 3 tbsp olive oil
- $\frac{1}{2}$ tsp garlic powder

- 1/2 tsp dried Italian seasoning
- 1/4 tsp black pepper
- 1/4 tsp salt

Instructions

1. In a large bowl, combine the grated zucchini/courgette, corn, eggs, garlic powder, Italian seasoning, salt, and black pepper.
2. Stir in the mozzarella and flour until well mixed.
3. Heat 1 tbsp of oil in a large non-stick frying pan over medium-high heat. Drop 1/4 cup (60 ml) of batter per pancake, flatten slightly with a spatula.
4. Cook for about 2 minutes per side, until golden and cooked through. Repeat with remaining batter, adding more oil as needed.

Tips and Tricks

Store leftovers in an airtight container in the fridge for up to 3 days.

Reheat in a skillet or air fryer for a crispy texture.

You can add chopped herbs or swap mozzarella for grated Cheddar for a flavor twist.

Nutrition Facts (per serving)

- Calories: 108
- Carbs: 10 g
- Protein: 5 g
- Fat: 6 g
- Sugar: 1 g
- Sodium: 110 mg
- Cholesterol: 63 mg

Snacks, Sauces & Smoothies

Parmesan Roasted Chickpeas



Cooking Time: 30 minutes

Yield: 6 servings

Ingredients

- 1 can (14 oz or 400 g) chickpeas, drained and rinsed
- 1 tbsp olive oil
- 1/2 tsp salt
- 1 1/2 tbsp grated Parmesan cheese
- 1/2 tsp garlic powder

- 1/2 tsp dried oregano
- 1/2 tsp lemon zest
- 1/8 tsp cayenne pepper
- 1/8 tsp ground black pepper

Instructions

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment or use a non-stick tray.
2. Pat the chickpeas dry well with paper towels to remove moisture.
3. In a bowl, toss chickpeas with olive oil and half the salt.
4. Spread in a single layer and roast for 10 minutes. Stir and roast another 10 minutes or until golden and crisp.
5. While roasting, mix Parmesan, garlic powder, oregano, lemon zest, cayenne, black pepper, and the rest of the salt in a small bowl.
6. Remove chickpeas from the oven, place in a clean bowl, and toss with the Parmesan mix while hot.
7. Let cool slightly before serving.

Tips and Tricks

Store cooled chickpeas in an airtight container at room temperature for up to 4 days.

For best crunch, ensure they're very dry before roasting.

Nutrition Facts (per serving)

- Calories: 97
- Carbs: 12 g
- Protein: 4 g
- Fat: 3 g
- Sugar: 0 g

- Sodium: 253 mg
- Cholesterol: 1 mg

Greek Vinaigrette



Cooking Time: 5 minutes

Yield: 6 servings

Ingredients

- 2 garlic cloves, minced
- 1 tbsp (15 ml) red wine vinegar
- Juice from 1 small lemon
- $\frac{1}{4}$ cup (60 ml) olive oil
- 1 tsp dried oregano
- Salt and ground black pepper, to taste

Instructions

1. In a small bowl, whisk together the lemon juice, red wine vinegar, oregano, minced garlic, salt, and black pepper.
2. While whisking, slowly drizzle in the olive oil until well combined and emulsified.
3. Serve immediately or store for later use.

Tips and Tricks

Store in an airtight container in the fridge for up to 7 days. Shake or whisk well before each use.

Delicious on Greek salads, grilled vegetables, or as a marinade for chicken or tofu.

Nutrition Facts (per 1 tbsp)

- Calories: 82
- Carbs: 0.6 g
- Protein: 0.1 g
- Fat: 9 g
- Sugar: 0 g
- Sodium: 49 mg
- Cholesterol: 0 mg

Avocado Dressing



Cooking Time: 5 minutes

Yield: 12 tablespoons

Ingredients

- ¼ cup (60 ml) water
- 2 tsp minced garlic
- ½ of a medium avocado (mashed)
- 2 tbsp lemon juice
- 2 tsp Worcestershire sauce
- ½ tsp Dijon mustard
- ¼ cup (25 g) grated Parmesan cheese

- 3/4 tsp salt
- 1/2 tsp ground black pepper

Instructions

1. Add all ingredients to a high-speed blender or food processor.
2. Blend until completely smooth and creamy.
3. Transfer to a jar or airtight container and refrigerate until ready to use.

Tips and Tricks

Keep refrigerated in an airtight container for up to 6 days.

Ideal as a creamy Caesar-style salad dressing, veggie dip, or sandwich spread.

Stir before each use, as natural separation may occur.

Nutrition Facts (per 2 tbsp)

- Calories: 30
- Carbs: 1.5 g
- Protein: 1.5 g
- Fat: 2 g
- Sugar: 0 g
- Saturates: 2 g
- Fiber: 0.5 g

Hummus



Cooking Time: 10 minutes

Yield: 6 tablespoons

Ingredients

- 1 can (14 oz or 400 g) chickpeas (drained and rinsed)
- Juice from 1 lemon
- 4 tbsp plain natural yogurt (unsweetened)
- 1 garlic clove
- 1 tsp cayenne pepper
- Ground black pepper, to taste

Instructions

1. Combine all ingredients in a high-speed blender or food processor.
2. Blend until completely smooth and creamy.
3. Transfer to a serving bowl and serve immediately or refrigerate until ready.

Tips and Tricks

Keep refrigerated in an airtight container for up to 3 days.

Serve with warm pita/pitta bread and sliced vegetables.

Add extra flavor with 1 tsp cumin, tahini, or smoked paprika.

Nutrition Facts (per 3 tbsp)

- Calories: 59
- Carbs: 7 g
- Protein: 3.5 g
- Fat: 1.5 g
- Sugar: 1 g
- Saturates: 0.3 g
- Fiber: 2 g

Smoked Salmon Spread



Cooking Time: 5 minutes + 1 hour (chilling)

Yield: 8 servings

Ingredients

- 4 oz (120 g) low-fat cream cheese
- 3 oz (80 g) smoked salmon (chopped)
- 2 tbsp chopped green/spring onions
- 1 tbsp chopped fresh dill
- 1 tsp lemon juice
- ¼ tsp ground black pepper

Instructions

1. In a blender or food processor, blend the cream cheese until smooth.
2. Add the lemon juice, green/spring onions, smoked salmon, dill, and black pepper. Pulse just until combined.
3. Transfer the mixture to a bowl, cover, and refrigerate for at least 1 hour to enhance the flavor. Serve chilled.

Tips and Tricks

Keep in an airtight container in the fridge for up to 3 days.

Great with sliced brown bread, crackers, or fresh-cut vegetables.

Nutrition Facts (per 3 tbsp)

- Calories: 47
- Carbs: 1 g
- Protein: 3 g
- Fat: 3 g
- Sugar: 1 g
- Saturates: 2 g
- Sodium: 140 mg

Parmesan Chips



Cooking Time: 35 minutes

Yield: 16 Chips

Ingredients

- 1⅓ cups (120 g) grated Parmesan cheese
- 2 tsp all-purpose/plain flour or almond flour

Instructions

1. Preheat the oven to 375°F (190°C). Line two baking sheets with parchment/greaseproof paper.
2. In a bowl, combine the grated Parmesan and flour.

3. Scoop 1 tbsp of the mixture onto the baking sheets to form 16 small mounds, spacing them apart.
4. Flatten each mound into a 3½-inch (9 cm) round.
5. Bake for 4 minutes, then rotate the baking sheets top-to-bottom and front-to-back. Bake for another 4 minutes until golden and crisp.
6. Remove from the oven and let cool on the tray for 20 minutes before serving.

Tips and Tricks

Keep in an airtight container at room temperature for up to 3 days, or refrigerate for up to 7 days.

Pairs well with dips like smoked salmon spread or guacamole.

Nutrition Facts (per 1 chip)

- Calories: 34
- Carbs: 0.5 g
- Protein: 3 g
- Fat: 2 g
- Sugar: 0.1 g
- Sodium: 115 mg
- Cholesterol: 7 mg

Carrot Chips



Cooking Time: 25 minutes

Yield: 2 servings

Ingredients

- 2-3 medium carrots, thinly sliced
- 2 tbsp olive oil or rapeseed oil
- ½ tsp garlic powder
- ½ tsp dried parsley
- ⅓ tsp salt

Instructions

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment/greaseproof paper.
2. In a large bowl, toss the carrot slices with oil, garlic powder, salt, and parsley until evenly coated.
3. Arrange the slices in a single layer on the prepared sheet, making sure not to overlap.
4. Bake for 20-25 minutes or until crisp and lightly browned. Keep an eye on them to avoid burning.
5. Let cool slightly and serve.

Tips and Tricks

Store cooled chips in an airtight container in the fridge for up to 3 days.

Reheat in the oven at 400°F (200°C) for a few minutes to restore crispiness.

Nutrition Facts (per serving)

- Calories: 155
- Carbs: 8 g
- Protein: 1 g
- Fat: 13.5 g
- Sugar: 3.6 g
- Sodium: 437 mg
- Cholesterol: 437 mg

Berry-Peach Smoothie



Cooking Time: 5 minutes

Yield: 2 servings

Ingredients

- 1 can (8 oz or 225 g) peaches in juice, drained
- 1 cup (120 g) raspberries
- ½ cup (120 ml) skim/semi-skimmed milk
- ½ cup (120 g) plain Greek yogurt / natural yoghurt

Instructions

1. Put all ingredients in a high-speed blender or a food processor and blend until smooth consistency.
2. Pour into glasses and serve immediately.

Tips and Tricks

For a dairy-free version, swap the milk and yogurt with soy milk and soy yogurt.

For a chilled smoothie, add 8-10 ice cubes before blending.

Nutrition Facts (per serving)

- Calories: 133
- Carbs: 20 g
- Protein: 7.4 g
- Fat: 2 g
- Sugar: 20 g
- Fiber: 3 g
- Saturates: 1 g

Mango Smoothie



Cooking Time: 5 minutes

Yield: 4 servings

Ingredients

- 2 cups (280 g) frozen mango chunks
- $\frac{3}{4}$ cup (180 ml) orange juice
- 2 containers (6 oz or 170 g each) low-fat vanilla yogurt
- 1 tsp vanilla extract
- Juice of $\frac{1}{2}$ lime

Instructions

1. Put all ingredients in a high-speed blender or a food processor and blend until smooth consistency.
2. Divide between 4 glasses and serve immediately.

Tips and Tricks

No frozen mango? Chop fresh mango into 1 in (2.5 cm) cubes, place on a tray, and freeze for 2 hours.

Dairy-free? Use soy-based vanilla yogurt instead.

Add 8-10 ice cubes while blending for a cooler, thicker drink.

Nutrition Facts (per serving)

- Calories: 93
- Carbs: 21 g
- Protein: 3 g
- Fat: 1 g
- Sugar: 16 g
- Fiber: 1 g
- Saturates: 0 g
- Sodium: 39 mg

Berry Smoothie



Cooking Time: 5 minutes

Yield: 1 serving

Ingredients

- ½ cup (70 g) frozen raspberries
- ½ cup (70 g) frozen strawberries
- 1 cup (240 ml) skim/ semi-skimmed milk

Instructions

1. Put all ingredients in a high-speed blender or a food processor and blend until smooth consistency.

2. Pour into a glass and serve immediately.

Tips and Tricks

For a dairy-free version, use soy milk instead.

Add 8-10 ice cubes for a colder, thicker drink.

Sweeten with a sugar-free sweetener if desired.

Nutrition Facts (per serving)

- Calories: 100
- Carbs: 14 g
- Protein: 8 g
- Fat: 0.6 g
- Sugar: 14 g
- Fiber: 3 g
- Saturates: 0.2 g

Stuffed Mushrooms



Cooking Time: 15 minutes

Yield: 6 Mushrooms

Ingredients

- 1 tbsp of grated Parmesan cheese
- 2 oz (60 g) of low-fat turkey breakfast sausage
- 6 extra-large white mushrooms
- 2 tsp of olive oil
- ¼ of a small onion, diced
- 1 tbsp of low-fat shredded mozzarella cheese
- 2 tbsp of whole-wheat/wholemeal bread crumbs

- ¼ of a small green pepper, diced
- 2 tsp of balsamic vinegar

Instructions

1. Preheat oven to 325°F (165°C). Lightly grease a square baking dish.
2. Remove and finely chop the mushroom stems.
3. In a bowl, toss mushroom caps with 1 tsp olive oil and balsamic vinegar.
4. Heat remaining 1 tsp oil in a skillet over medium heat. Sauté green pepper, onion, and stems for 3 minutes.
5. Add turkey sausage and cook 8-10 minutes, stirring, until browned.
6. Stir in bread crumbs and mozzarella until melted, then mix in Parmesan off heat.
7. Fill each mushroom with 1 heaping tbsp of mixture. Bake for 40 minutes until tops are crisp.

Tips and Tricks

Store leftovers in an airtight container in the fridge for up to 3 days.

For added flavor, sprinkle with fresh parsley just before serving.

Nutrition Facts (per 1 mushroom)

- Calories: 50
- Carbs: 3 g
- Protein: 4 g
- Fat: 3 g
- Sugar: 1 g
- Sodium: 85 mg
- Cholesterol: 10 mg

Ham English Muffin Pizzas



Cooking Time: 20 minutes

Yield: 4 Pizzas

Ingredients

- ½ cup (60 g) shredded low-fat mozzarella cheese
- 2 whole-wheat/wholemeal English muffins
- 2 oz (60 g) chopped low-sodium ham
- 4 tbsp chopped spinach (thawed if frozen)
- 6 tbsp (90 ml) pizza sauce

Instructions

1. Preheat oven to 425°F (220°C).
2. Split the English muffins and place them cut-side up on a baking tray.
3. On each muffin half, spread 1½ tbsp of pizza sauce. Top with 1 tbsp of spinach, ½ oz (15 g) of ham, and 2 tbsp (15 g) of mozzarella.
4. Bake for 8 minutes, or until the cheese is melted and golden brown. Serve warm.

Tips and Tricks

Store leftovers in an airtight container in the fridge for up to 3 days. Reheat in the oven for best texture.

Nutrition Facts (per 1 pizza)

- Calories: 110
- Carbs: 17 g
- Protein: 9 g
- Fat: 3.5 g
- Sugar: 2 g
- Sodium: 430 mg
- Cholesterol: 15 mg

Mushroom Pate



Cooking Time: 25 minutes

Yield: 16 servings

Ingredients

- 1 lb (450 g) chopped white mushrooms
- ½ cup (60 g) toasted walnuts
- 2 tbsp (10 g) grated Parmesan cheese
- ¼ cup (30 g) finely minced shallots
- 2 tbsp + 1 tsp extra-virgin olive oil
- 3 tbsp (45 ml) dry white wine
- ¼ tsp ground black pepper

- 2 tbsp chopped fresh sage
- 1/4 tsp salt

Instructions

1. Heat 1 tsp of olive oil in a skillet over medium heat. Add shallots and cook for 30 seconds, stirring often.
2. Add mushrooms and cook for 4-5 minutes until most of the moisture evaporates. Stir in sage, pepper, and salt; cook 2 more minutes.
3. Pour in the wine and cook for 2-3 minutes, stirring, until the liquid has fully evaporated.
4. Transfer the mixture to a food processor. Add the remaining 2 tbsp olive oil, Parmesan, and toasted walnuts. Blend until finely chopped and well combined.
5. Serve at room temperature with whole grain crackers or rye crispbread.

Tips and Tricks

Store in an airtight container in the fridge for up to 3 days.

For deeper flavor, always toast the walnuts before blending.

Nutrition Facts (per 2 tbsp)

- Calories: 56
- Carbs: 3 g
- Protein: 2 g
- Fat: 5 g
- Sugar: 1 g
- Sodium: 39 mg

Broccoli Tots



Cooking Time: 25 minutes

Yield: 5 servings

Ingredients

- 3 cups (300 g) fresh broccoli florets
- ½ cup (60 g) shredded Cheddar cheese
- 1 egg
- ½ cup (30 g) whole-wheat/wholemeal seasoned bread crumbs
- ½ tsp garlic powder
- ¾ tsp onion powder
- ¼ tsp salt

- ¼ tsp ground black pepper

Instructions

1. Preheat the oven to 400°F (200°C). Lightly grease a baking sheet or line with parchment paper.
2. Add broccoli to a pot of boiling water and blanch for 2 minutes. Drain and let cool slightly.
3. Finely chop the broccoli and place it in a large bowl. Add cheese, bread crumbs, egg, and seasonings. Mix well.
4. Form into small tot-shaped bites using a heaped spoonful for each. Arrange on the prepared baking sheet.
5. Bake for 20-25 minutes until golden brown, turning once if desired for even crispiness.

Tips and Tricks

Store in an airtight container in the fridge for up to 3 days.

Serve warm with your favorite dipping sauce or as a side dish.

Nutrition Facts (per serving)

- Calories: 134
- Carbs: 14 g
- Protein: 8 g
- Fat: 5.5 g
- Sugar: 3 g
- Sodium: 304 mg
- Cholesterol: 49 mg

Desserts

Date Energy Bites



Cooking Time: 15 minutes

Yield: 18 Bites

Ingredients

- 2 cups (200 g) slivered almonds
- 2½ cups (375 g) pitted dates
- 1 cup (80 g) unsweetened coconut chips (or flakes)
- ⅛ tsp salt
- ½ tsp ground cinnamon

Instructions

1. In a food processor, blend the dates, almonds, cinnamon, and salt for about 20 seconds. Scrape down the sides and blend again until a thick paste forms.
2. Finely chop the coconut chips and place on a shallow plate.
3. Using a 1½ in (4 cm) cookie scoop or your hands, form the mixture into balls.
4. Roll each ball in the chopped coconut to coat.
5. Repeat until all the mixture is used (yields approximately 18 bites).

Tips and Tricks

Store in an airtight container in the fridge for up to 3 days.

For a coconut-free option, simply skip the outer coating or roll in ground almonds instead.

Nutrition Facts (per 2 bites)

- Calories: 176
- Carbs: 19 g
- Protein: 4 g
- Fat: 8 g
- Sugar: 12 g
- Sodium: 21 mg
- Cholesterol: 0 mg

Pumpkin Pie Pudding



Cooking Time: 7 minutes

Yield: 8 Servings

Ingredients

- 8 oz (225 g) canned pumpkin purée
- 1¾ cups (420 ml) 1% milk (semi-skimmed)
- 2 tablespoons low-calorie sweetener
- 2 large eggs
- 2 tbsp cornstarch/cornflour
- 1 tsp ground cinnamon
- ¼ tsp ground cloves

- ¼ tsp ground ginger
- ⅛ tsp ground nutmeg
- 1 vanilla bean (seeds only)
- ¼ cup (30 g) chopped pecans
- low-fat whipped topping (optional)

Instructions

1. In a 3-quart (3-litre) saucepan, combine sweetener and cornstarch/cornflour.
2. In a bowl, whisk eggs and milk. Slowly whisk into the saucepan. Cook over medium heat, stirring, until thickened (3-5 minutes).
3. Add pumpkin purée, cinnamon, cloves, ginger, and nutmeg. Stir and simmer on low for 3 minutes. Add vanilla seeds, cook 1 more minute.
4. Remove from heat, transfer to a bowl, and cover with plastic wrap cling film touching the surface. Chill for 1 hour.
5. Spoon into bowls. Top with ½ tbsp pecans, a dash of cinnamon, and whipped topping if using.

Tips and Tricks

Store pudding (without toppings) in an airtight container in the fridge for up to 3 days.

Swap dairy milk for almond or oat milk to make it dairy-free.

Nutrition Facts (per ½ cup / 120 ml)

- Calories: 85
- Carbs: 9 g
- Protein: 3 g
- Fat: 4 g
- Sugar: 5 g

- Sodium: 30 mg
- Cholesterol: 50 mg

Tiramisu Mousse



Cooking Time: 10 minutes

Yield: 4 Servings

Ingredients

- ½ cup (120 ml) heavy whipping/double cream
- 1½ oz (45 ml) espresso (or strong brewed coffee)
- 1 cup (225 g) mascarpone cheese
- 2 tablespoons granulated low-carb sweetener
- 4 tbsp (20 g) unsweetened cocoa powder
- 1 tsp vanilla extract
- 1 tsp instant espresso powder

- Pinch of salt
- 8 whole coffee beans (for garnish)

Instructions

1. In a large mixing bowl, combine the cream, espresso, vanilla extract, sweetener, mascarpone, salt, and half the cocoa powder. Whip for 1 minute, scrape the sides, then continue whipping until smooth and airy.
2. Spoon or pipe the mousse into small serving glasses, layering with the remaining cocoa powder. Sprinkle with espresso powder.
3. Garnish each cup with 2 coffee beans. Chill or serve immediately.

Tips and Tricks

Whip the mascarpone mixture until light and creamy for the best mousse texture.

Add espresso powder just before serving for a fresh aroma.

Store covered in the fridge for up to 3 days.

Nutrition Facts (per serving)

- Calories: 333
- Carbs: 5 g
- Protein: 5 g
- Fat: 32 g
- Sugar: 2 g
- Sodium: 57 mg
- Cholesterol: 70 mg

Chocolate-Banana Ice Cream



Cooking Time: 35 minutes

Yield: 5 Servings

Ingredients

- 2 medium bananas, sliced
- 1 cup (240 ml) whipped topping (light, dairy or non-dairy)
- 1/3 cup (80 ml) skim/semi-skimmed milk
- 2 tbsp (12 g) unsweetened cocoa powder

Instructions

1. Slice bananas into $\frac{1}{4}$ inch (0.5 cm) rounds and place in a bowl. Freeze for at least 2 hours.
2. Once frozen, add the bananas, milk, and cocoa powder to a high-speed blender or food processor. Blend until smooth.
3. Gently fold in the whipped topping with a spatula until fully incorporated.
4. Transfer to a freezer-safe container and freeze for at least 30 minutes.
5. Scoop into bowls (about $\frac{1}{2}$ cup or 120 ml per serving) and serve.

Tips and Tricks

Store in an airtight, freezer-safe container for up to 3 months.

Let sit at room temperature for 5-10 minutes before scooping for best texture.

Top with a few cacao nibs or a sprinkle of chopped nuts for crunch (optional).

Nutrition Facts (per $\frac{1}{2}$ Cup / 120 ml)

- Calories: 80
- Carbs: 18 g
- Protein: 2 g
- Fat: 0.5 g
- Sugar: 9 g
- Sodium: 15 mg
- Cholesterol: 0 mg

Banana-Strawberry Ice Cream



Cooking Time: 35 minutes

Yield: 4 Servings

Ingredients

- 1 cup (150 g) sliced strawberries
- 2 medium bananas
- 2 tbsp coconut milk

Instructions

1. Peel the bananas, slice into $\frac{1}{4}$ inch (0.5 cm) pieces, and place in a bowl. Freeze for at least 2 hours.

2. Once frozen, transfer the bananas to a blender or food processor along with the strawberries and coconut milk.
3. Blend on high for 30 seconds, scrape down the sides, and repeat until smooth and creamy, like soft-serve ice cream.
4. Serve immediately for a softer texture or freeze for 30 minutes if you prefer a firmer consistency.

Tips and Tricks

Store in a freezer-safe container for up to 3 months.

For a thicker texture, add extra frozen strawberries or a spoonful of Greek-style yogurt (dairy-free if needed).

Nutrition Facts (per ½ Cup / 120 ml)

- Calories: 80
- Carbs: 19 g
- Protein: 1 g
- Fat: 0 g
- Sugar: 10 g
- Sodium: 0 mg
- Cholesterol: 0 mg

Banana Bread



Cooking Time: 1 hour 10 minutes

Yield: 10 Servings

Ingredients

- 1 medium ripe banana
- 3 large eggs
- ½ cup (120 g) sour cream
- ⅓ cup (75 g) unsalted butter
- 2 tablespoons powdered sweetener
- 2 cups (200 g) almond flour
- 1 tsp (5 g) baking powder

- 1/2 tsp salt
- 1/2 cup (60 g) chopped walnuts
- 1 tsp vanilla extract

Instructions

1. Preheat the oven to 375°F (190°C). Line a 9×5 in (23×13 cm) loaf pan with parchment/greaseproof paper.
2. In a large bowl, whisk together flour, salt, and baking powder.
3. In another bowl, beat the eggs with mashed banana, sour cream, butter, and vanilla.
4. Fold the dry ingredients into the wet until just combined. Do not overmix.
5. Let the batter rest for 10-15 minutes. Pour into the loaf pan and top with walnut pieces.
6. Bake for about 1 hour, or until a toothpick inserted in the center comes out clean. Let cool before slicing.

Tips and Tricks

Avoid overmixing to keep the texture tender.

For best results, allow the batter to rest before baking.

Store wrapped at room temperature in an airtight container for up to 5 days.

Nutrition Facts (per serving)

- Calories: 280
- Carbs: 9 g
- Protein: 8 g
- Fat: 25 g
- Sugar: 3 g
- Sodium: 189 mg
- Cholesterol: 67 mg

Pumpkin Muffins



Cooking Time: 35 minutes

Yield: 12 Muffins

Ingredients

- ¾ cup (180 ml) pumpkin purée
- 5 tbsp (70 g) unsalted butter
- 2 tbsp powdered sweetener sugar substitute
- 1 tbsp maple syrup
- 3 large eggs
- 2 tsp vanilla extract
- 3 cups (300 g) almond flour

- 1½ tsp pumpkin spice
- 1½ tsp baking powder
- ½ tsp salt

Instructions

1. Preheat the oven to 350°F (180°C). Line a muffin tin with paper liners.
2. In one bowl, whisk together the almond flour, sugar substitute, pumpkin spice, baking powder, and salt.
3. In a separate bowl, combine eggs, softened butter, pumpkin purée, maple syrup, and vanilla extract.
4. Fold the dry ingredients into the wet mixture just until combined. Avoid overmixing.
5. Divide the batter evenly into the muffin cups using a scoop or spoon.
6. Bake for 25-30 minutes or until a toothpick inserted into the center comes out clean.
7. Let cool slightly before serving.

Tips and Tricks

Let the batter rest for 10-15 minutes before baking for best texture.

Add chopped nuts or sugar-free chocolate chips for variety.

Store in an airtight container at room temperature for up to 3 days.

Nutrition Facts (per 1 muffin)

- Calories: 228
- Carbs: 8 g
- Protein: 8 g
- Fat: 20 g
- Sugar: 2 g
- Sodium: 300 mg

- Cholesterol: 65 mg

Grilled Peaches



Cooking Time: 10 minutes

Yield: 4 Servings

Ingredients

- 4 medium peaches/nectarines (halved and pitted)
- 1 tbsp maple syrup
- Juice from 1 lemon
- ½ tsp ground cinnamon
- ⅛ tsp ground nutmeg

Instructions

1. Preheat a grill or grill pan over medium-high heat.
2. In a small bowl, whisk together maple syrup, lemon juice, cinnamon, and nutmeg.
3. Brush the cut sides of the peaches/nectarines with the mixture.
4. Place the fruit cut-side down on the grill. Cook for 3-4 minutes, flipping once, until grill marks appear and the flesh is tender.
5. Remove from the grill and serve warm.

Tips and Tricks

Delicious served on their own or paired with Greek yogurt or cottage cheese.

Store cooled grilled fruit in an airtight container in the fridge for up to 3 days.

Best served slightly warm or at room temperature.

Nutrition Facts (per 1 peach)

- Calories: 75
- Carbs: 18 g
- Protein: 1 g
- Fat: 0 g
- Sugar: 16 g
- Sodium: 0 mg
- Cholesterol: 0 mg

Banana Muffins



Cooking Time: 45 minutes

Yield: 12 Muffins

Ingredients

- 1 medium ripe banana
- ½ cup (120 ml) sour cream
- 3 large eggs
- 1 tbsp maple syrup
- ⅓ cup (75 g) unsalted butter
- 2 tbsp powdered low-calorie sweetener
- 2 tsp vanilla extract

- 1/2 cup (60 g) walnut pieces
- 3 cups (300 g) almond flour
- 1 1/2 tsp (7 g) baking powder
- 1/2 tsp salt

Instructions

1. Preheat the oven to 325°F (160°C). Line a muffin tray with paper liners or lightly grease it.
2. In a large bowl, whisk together the almond flour, salt, and baking powder.
3. In another bowl, mash the banana and mix with the eggs, sour cream, maple syrup, vanilla, softened butter, and sweetener.
4. Add the dry ingredients to the wet mixture and stir until just combined. Do not overmix.
5. Divide the batter evenly between 12 muffin cups. Optionally, top with extra walnut pieces. Let the batter rest for 10-15 minutes.
6. Bake for 35-40 minutes, or until a toothpick inserted in the center comes out clean. Let cool slightly before serving.

Tips and Tricks

Store in an airtight container at room temperature for up to 5 days. Freeze muffins in a sealed bag for up to 2 months; reheat in the oven.

Nutrition Facts (per 1 muffin)

- Calories: 288
- Carbs: 9 g
- Fat: 25 g
- Protein: 9 g
- Sugar: 3 g
- Protein: 8 g

- Sodium: 59 mg
- Cholesterol: 48 mg

Chocolate Chip Blondies



Cooking Time: 30 minutes

Yield: 12 Squares

Ingredients

- ½ cup (120 g) salted butter, softened
- 2 tbsp brown low-calorie sweetener
- 1 large egg
- 1 large egg yolk
- 1 tsp vanilla extract
- 1 ½ cups (150 g) almond flour
- 1 tsp baking powder

- ¾ cup (120 g) sugar-free chocolate chips

Instructions

1. Preheat the oven to 350°F (180°C). Line an 8×8 inch (20×20 cm) baking pan with parchment/greaseproof paper or grease well.
2. In a mixing bowl, cream the butter and sweetener until light and fluffy. Add the egg, egg yolk, and vanilla extract. Mix until combined.
3. In a separate bowl, whisk together the almond flour and baking powder.
4. Gradually stir the dry mixture into the wet until smooth. Fold in the chocolate chips.
5. Spread the batter evenly into the prepared pan.
6. Bake for 18-20 minutes, or until a toothpick inserted in the center comes out clean.
7. Let cool completely in the pan before cutting into squares.

Tips and Tricks

Let cool fully before slicing for a firmer texture.

Store in an airtight container at room temperature for up to 3 days.

For extra crunch, sprinkle a few chopped walnuts or pecans on top before baking.

Nutrition Facts (per square)

- Calories: 137
- Carbs: 2 g
- Protein: 2 g
- Fat: 13 g
- Sugar: 1 g
- Sodium: 78 mg
- Cholesterol: 42 mg

Cheesecake Cupcakes



Cooking Time: 30 minutes

Yield: 12 Cupcakes

Ingredients

- 2 large eggs
- ¼ cup (60 ml) melted unsalted butter
- ½ cup (50 g) almond flour
- 1 tsp vanilla extract
- 2 tbsp granulated sweetener
- 16 oz (450 g) cream cheese
- 1 cup (150 g) frozen blueberries

Instructions

1. Preheat oven to 350°F (180°C). Line a 12-cup muffin tin with paper liners.
2. In a small bowl, mix almond flour and melted butter. Press 1 tsp into each liner to form a crust.
3. In a large bowl, beat softened cream cheese with sweetener on medium speed for 1 minute until smooth.
4. Add eggs and vanilla; beat on medium-high for 2 minutes, scraping the bowl.
5. Evenly divide mixture into muffin liners using a spoon or scoop.
6. Bake for 16-18 minutes until set. Let cool, then refrigerate overnight.
7. Simmer blueberries over low heat for 5 minutes; let cool.
8. Before serving, top cheesecakes with blueberry mixture.

Tips and Tricks

Let cupcakes chill overnight to fully set and develop flavor.

For best texture, bring cream cheese to room temperature before mixing.

Store in an airtight container in the fridge for up to 5 days.

Nutrition Facts (per cupcake)

- Calories: 186
- Carbs: 2 g
- Protein: 4 g
- Fat: 18 g
- Sugar: 1 g
- Sodium: 130 mg
- Cholesterol: 60 mg

Chocolate-Peanut Butter Balls



Cooking Time: 10 minutes

Yield: 24 Balls

Ingredients

- 2 cups (180 g) rolled/porridge oats
- 2 tbsp granulated sweetener
- 1/3 cup (80 ml) skim/semi-skimmed milk
- 1/2 cup (125 g) peanut butter (smooth or crunchy)
- 3 tbsp (30 g) sugar-free mini chocolate chips
- 1 tsp vanilla extract

Instructions

1. In a small saucepan over medium heat, combine sweetener and milk. Stir and bring to a boil for about 1½ minutes.
2. Remove from heat and stir in the peanut butter and vanilla extract until smooth.
3. Add oats and mix until well coated. Let cool slightly, then gently fold in the chocolate chips.
4. Using a tablespoon, scoop and roll the mixture into small balls. Place them on parchment/greaseproof paper.
5. Allow to cool completely at room temperature before storing in the fridge.

Tips and Tricks

Add chia seeds, ground flax, or hemp hearts for extra nutrients.

Store in an airtight container in the fridge for up to 5 days.

Great for grab-and-go snacks or lunchbox treats.

Nutrition Facts (per 2 bites)

- Calories: 80
- Carbs: 9 g
- Protein: 2 g
- Fat: 3.5 g
- Sugar: 4 g
- Sodium: 20 mg
- Cholesterol: 0 mg

Brownies



Cooking Time: 30 minutes

Yield: 12 Servings

Ingredients

- 1/4 cup + 2/3 cup (100 g) sugar-free chocolate chips
- 1/4 cup (30 g) almond flour
- 1/3 cup (40 g) coconut flour
- 1 tsp vanilla extract
- 1/2 tsp baking soda
- 1 tsp coconut oil
- 1/3 cup (80 g) melted butter

- 3 tbsp monk fruit sweetener
- 1/3 cup (30 g) unsweetened cocoa powder
- 1/4 cup (30 g) chopped nuts
- 4 large eggs

Instructions

1. Preheat oven to 350°F (180°C). Line an 8 × 8 inch (20 × 20 cm) baking tin with parchment/greaseproof paper.
2. In a large bowl, mix almond flour, coconut flour, sweetener, cocoa powder, and baking soda.
3. In another bowl, whisk eggs with melted butter and vanilla.
4. Stir dry ingredients into wet until smooth.
5. Fold in nuts and 1/4 cup (30 g) chocolate chips.
6. Pour batter into pan and spread evenly. Bake 20-25 minutes until top is just set. Cool for 10 minutes.
7. Melt remaining 2/3 cup (80 g) chocolate chips with coconut oil in microwave, stirring between 30-second intervals. Drizzle over cooled brownies.
8. Chill for a fudgier texture if desired. Slice into 12 squares to serve.

Tips and Tricks

Chill the brownies after baking for a denser texture.

Store in an airtight container in the fridge for up to 5 days.

Nutrition Facts (per serving)

- Calories: 263
- Carbs: 20 g
- Protein: 6 g
- Fat: 20 g

- Sugar: 1 g
- Sodium: 139 mg
- Cholesterol: 69 mg

Peanut Butter Cookies



Cooking Time: 1 hour

Yield: 12 Servings

Ingredients

- 1 cup (250 g) creamy peanut butter
- 2 tbsp erythritol
- 1 large egg
- 1/2 tsp vanilla extract
- 1/2 tsp baking/bicarb soda

Instructions

1. Preheat the oven to 350°F (180°C). Line a baking sheet with parchment/greaseproof paper.
2. In a medium bowl, mix together all ingredients until a smooth, glossy dough forms.
3. Scoop about 2 tbsp of dough and roll into a ball. Place on the prepared baking sheet. Repeat with remaining dough (yields 12-14 cookies).
4. Flatten each dough ball with a fork in a criss-cross pattern.
5. Bake for 12-15 minutes until the edges are set. Let cool on the tray for 25 minutes before handling.

Tips and Tricks

Swap peanut butter for almond or cashew butter for a different flavor.

Use crunchy peanut butter for added texture.

Store in an airtight container in the fridge for up to 7 days.

Nutrition Facts (per serving)

- Calories: 140
- Carbs: 4 g
- Protein: 6 g
- Fat: 10 g
- Sugar: 0 g
- Sodium: 134 mg
- Cholesterol: 16 mg

Conclusion

Well done — you've reached the end of the book!

I truly hope this guide has shown you that living well with diabetes is not only possible but enjoyable when you have the right tools, mindset, and meals.

Every recipe included here was created to support balanced blood sugar and a healthier way of eating — without sacrificing taste.

Whether you prefer the plate method or carbohydrate counting, I encourage you to use these strategies to make food choices that work best for you.

My goal is that these simple, wholesome dishes become part of your routine and help you feel your best every day.

Here's to confident cooking, better health, and many delicious meals ahead!

Warmly,

Cecily Goodwin

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