

Healthier You Recipe Book

Contents

✦ Click on a recipe to jump to that page...

Getting started

Introducing Healthier You	4	Dividing your plate	8
The Healthier You approach	4	Understanding portions	9
How to eat with Healthier You	5	Why the way we think about food matters	13
What's in it for you?	6	Hunger: friend or foe?	15
The benefits of healthy eating	6	Keeping track	18
How to eat a balanced diet	7		

Breakfasts

American pancakes V	21	Grab and go breakfast bars V	37
Apple pie porridge V	22	Nuts about banana bagel V	38
Banana bread porridge V	23	Peach melba breakfast trifle V	39
Banana pancakes V	24	Peanut butter overnight oats V	40
Banana shredded wheats V	25	Poached eggs V	41
Berry yoghurt bowl V	26	Popeye's morning muffins Gf	42
Black Forest oats V	27	Scrambled egg and chutney muffin V	43
Blueberry breakfast muffins V	28	Scrambled eggs V	44
Breakfast burrito V	29	Shakshuka V Gf	45
Chorizo Menemen eggs	30	Spicy chorizo fried eggs	46
Cinnamon baked oats V	31	Sweet breakfast wraps V	47
Egg and ham wrap	32	Tropical paradise oats Vg Df	48
English breakfast muffin	33	Tutti frutti salad V Gf	49
Flying saucer scrambled eggs V Gf	34	Twisted BLT	50
Fried eggs V	35	Weetabix V	51
Fruity breakfast granola V	36		

Snacks

Apricot flapjacks Vg	53	Kale crisps Vg	61
Baked tortilla chips V	54	Lunchbox mini frittatas V	62
Baked veggie samosas V	55	Nutty date bites Vg Df Gf	63
Banana and raisin oat bars Vg	56	Pitta crisps Vg	64
Banana bread shake Vg Df	57	Popcorn 2 ways Vg Df Gf	65
Cinnamon apple crisps Vg Gf	58	Roasted spiced chickpeas Vg Gf	66
Cottage cheese rice cakes V	59	Salsa Vg	67
Guacamole Vg Df Gf	60	Yogurt bark V	

V Vegetarian **Vg** Vegan **Df** Dairy-free **Gf** Gluten-free

Contents (cont.)

🔗 Click on a recipe to jump to that page...

Mains

Aubergine lasagne V	70	Gigantes beans on toast V Df	94
Beef kebabs Df	71	Honey and garlic glazed salmon	95
Beetroot risotto V	72	Jamaican inspired lamb stew	96
Broad bean chicken Gf	73	Jerk salmon burger with mango slaw	97
Broccoli pesto pasta Vg	74	Lebanese style hummus pizza V	98
Butternut squash soup Vg	75	Mini pizza pittas V	99
Cheery burgers V	76	Mushroom and spinach carbonara V	100
Cherry tomato and pesto quiche V	77	Mushroom bruschetta V	101
Chicken saagwala Df Gf	78	Paella Df	102
Chicken salad wrap	79	Persian inspired lentil and feta soup V	103
Chicken satay skewers	80	Smoky sweet potatoes V	104
Chicken sausage casserole Df	81	Spaghetti with turkey ragu	105
Chicken shawarma	82	Spicy bean stuffed peppers V	106
Chinese chicken fried rice	83	Spicy steak burrito	107
Chipotle mac n cheese V	84	Spicy tandoori pizza	108
Cod with tomatoes and olives Gf Df	85	Teriyaki salmon	109
Creamy hummus platter V	86	Texan chilli V	110
Cuban black bean soup V	87	Tofu stir fry V	111
Cypriot grains with halloumi fries V	88	Tuna pasta bake	112
Easy fish tacos	89	Turkey stir fry Df	113
Easy picnic lunch V	90	Vegetable orzo V	114
Easy veggie soup V	91	Veggie fajitas V	115
Falafel V	92		
Falafel pitta V	93		

Desserts

Apple and plum crumble V	117	Layered berry crumble V	121
Banana and blueberry tart V	118	Spiced pineapple upside-down cake V	122
Coconut banana bread V	119	Tiramisu V	123
Fudgy chocolate kiwi brownies V	120		

V Vegetarian **Vg** Vegan **Df** Dairy-free **Gf** Gluten-free

Getting started



Introducing Healthier You



There is no specific diet that will prevent you from developing diabetes. Everyone is individual so there can't be a one size fits all way of eating. However, the foods we choose to eat day-to-day could make a difference in reducing your risk as well as to how certain foods make you feel and how much energy you have. Designed by a team of experts, from GPs, to dietitians, to behaviour change specialists, we have put together a simple guide to help you not only eat a healthy and balanced diet but also lower your risk of developing Type 2 Diabetes. Your recipe book is packed with delicious and nutritious recipes to inspire you, guidance on topics like portions, achieving balanced meals, understanding hunger as well as tips to boost your confidence in the kitchen!

The Healthier You approach

You won't find any complicated, restrictive diet plans here! We make it our goal to empower you to make lifestyle choices that add up to a healthier life, you can sustain.

If you are at risk of developing diabetes, it is common to feel overwhelmed about what you should be eating, which can often lead to eating too much of the wrong types of food. Our programme takes a personalised, research-led approach, based on your story, your past, your ambitions, and your progress. Together, we look into what's worked for you and what hasn't, unpicking your existing habits and replacing them with new ones to support your goals.

Our focus isn't just on the scales either! We look at the bigger picture and show you how to do the same. While what we eat is hugely important when it comes to reducing our risk of developing diabetes as well as managing our weight, there are many other factors at play too. We help you consider so much more than just what you put on the plate.



How to eat with Healthier You

Food and drink are our body's fuel, and your nutrition is really important when it comes to losing weight and living a healthier life. If you've just begun your journey with us, harness that initial spark of motivation and use your recipe book, to start making healthier food choices that'll become habit in no time at all.

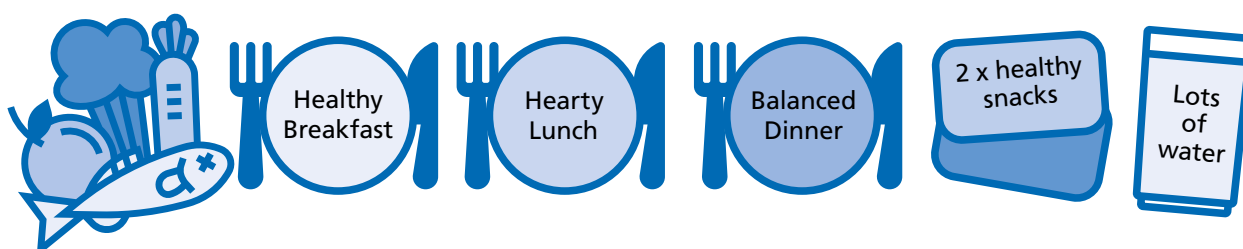
Forget diet plans, calorie counting or complicated points systems. Instead, pick from our menu of satisfying, simple meals and snacks. We'll show you what's to love about each and every recipe, highlighting how they support your health. By cooking from your Healthier You recipe book, you'll learn more about the foods you know and love and discover new foods to enjoy, helping you to make healthier choices every day. You'll never have to feel like you're restricting yourself or missing out again.



You can eat every meal from our menu or pick 1 new meal to try each day. This is your journey, you get to decide! No experience necessary. You don't need hundreds of ingredients, hours of your day, or the latest kitchen gadgets to follow our recipes. There are even little ways to tweak each recipe because we want you to discover the joy of healthy, nutritious food and learn out how to adapt meals to make the food you love.

A balanced daily diet

It all starts with you enjoying 3 well-proportioned meals a day, plus 2 healthy snacks if you're hungry or having a particularly active day. Pick snacks from our menu or tuck into fresh fruit or veg.



What's in it for you?

We're all about helping you reach **your** health ambitions and we can't wait for you to reap the rewards of healthier eating, for life. Here's just some of the benefits you'll see when you make little changes to the way you eat.

The benefits of healthy eating



Eating regularly



Eating more fruit and veg

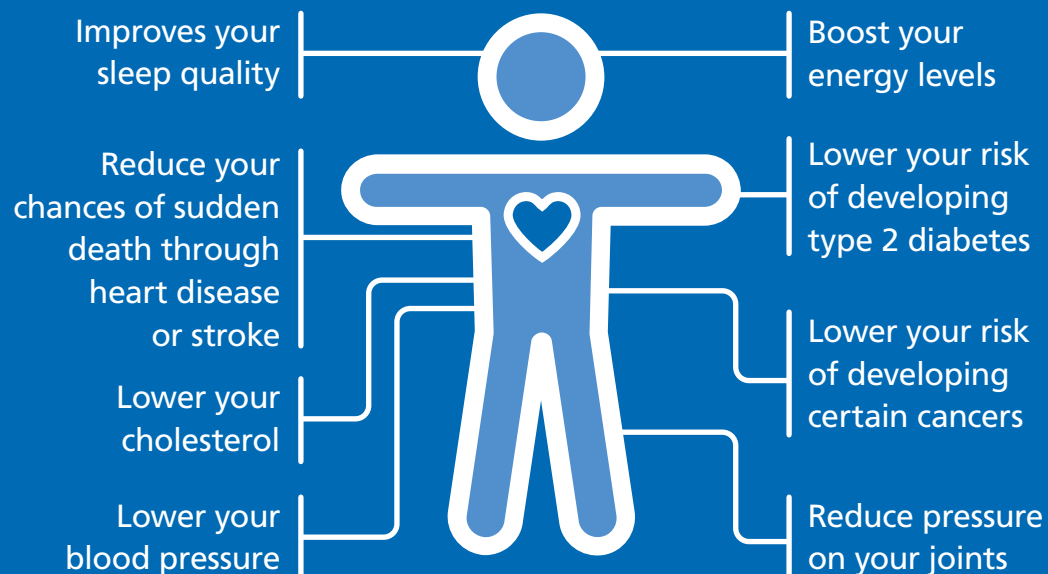


Eating more wholegrain foods

1. Improve your digestion
2. Reduce your cravings
3. Feel satisfied and fuller for longer
4. Easier appetite control
5. Boost your energy levels

We'd also love to support you to lose weight by the end of your journey. Why? We've got your back and research shows that losing 5% of your body weight is a safe amount to lose over a 9 month period. It's also point at which you'll really start to notice the physical and mental benefits. Take a look at some of the things you stand to gain.

The benefits of losing 5% of your body weight



How to eat a balanced diet

Eating a balanced diet is essential to keep us in good health and feeling our best.

Here's how to make sure we're getting a balanced diet.

A balanced diet means eating from each food group in moderation to stay a healthy weight and give our bodies all the nutrients they need. Let's take a closer look.

Fruit, veg and carbs

The first step is to aim for 5 or more portions of fruit and vegetables a day. A portion is 80g for fresh, canned or frozen fruit and veg. A tablespoon of dried fruit counts too!

Base your meals on starchy carbohydrates like:

- Rice and grains
- Bread
- Pasta
- Potatoes and sweet potatoes
- Oats and cereals

Aim for wholegrain options if you can. You'll feel fuller for longer, are usually better for managing blood glucose levels and contain more nutrients.

Protein and fats

Add protein to each meal, like meat, fish, beans, lentils or eggs. Try to opt for lean cuts of meat and keep processed meat like burgers and sausages as a treat now and then. Even though fat gets a bad rap, a small amount is an essential part of a balanced diet.

When you can, choose unsaturated fat or healthy fats like:

- Avocados
- Olive oil and olives
- Nuts and seeds
- Oily fish like salmon

Dairy, drinks and alcohol

What about dairy products? Try to pick lower fat and lower sugar options of both dairy and dairy alternatives. When it comes to keeping hydrated, aim for 6-8 glasses of water per day - low fat milk, tea and coffee all count!

Fizzy drinks contain high amounts of sugar and few nutrients so try to keep them to a minimum. A 150ml glass of fruit juice will count once towards your 5 a day, but only once as it's high in sugar. When it comes to alcohol, keep within the guidelines of less than 14 units a week for both men and women.

Dividing your plate

Aim for starchy carbohydrates and vegetables to make up most of your plate alongside a hand-sized amount of protein and a small amount of fat.

You can decide the best way that works for you to get a balanced diet. You could tick all the boxes through breakfast, lunch and dinner, or mix it up with healthy snacks like fruit and veg in between to meet your 5 a day.

Last thing - no foods should be off limits as all foods have a place in a healthy lifestyle. Enjoying a balanced diet means aiming for the recommended amounts of each food group, which includes having the occasional high saturated fat and high sugar foods like cakes, chocolate, desserts and fast food. It's all about moderation!

The 5 food groups

Get all the nutrients you need by eating a variety of foods from each food group. Here's how much of each group you should aim for in your daily meals and snacks.



Understanding portions

Planning a nutritious, balanced diet is one thing, but consuming the recommended amount of food and drink is quite another. Discover the difference between a portion size and a serving size and the importance of both.

What is a portion and why does it matter?

How much food we consume will affect our calorie intake and therefore weight loss or gain. The two words used to describe amounts of food are:

Serving size or serving is the amount of food listed on a food label. It's generally used to quantify a recommended amount to consume.

Portion size is the amount of a given food you choose to eat. This can be more, less or the same as a serving.



The government recommends a daily calorie intake of 2,000 calories for women and 2,500 calories for men to maintain weight. We should note though that this is generalised and will vary according to the individual. A more accurate reflection of your personal energy requirements can come from your Total Daily Energy Expenditure (TDEE). This takes into account your height, weight, age and activity level to calculate your own personal recommendation. Illness, pregnancy and taking certain medicines can also change your energy needs.

Making positive changes to our diet, like prioritising fruit and vegetables, will mean we boost the fibre, vitamins and minerals in our diet, and it can reduce the overall amount of calories we consume. It can be easy to over-consume calories as well if our portion sizes are too big.



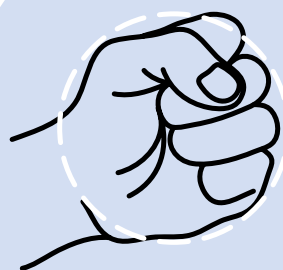
Everything in moderation?

Not strictly, at least not in equal amounts. What is a moderate amount for one type of food, isn't for another. The Eatwell Guide by the NHS shows us how to balance food groups to ensure we get all the nutrients we need. The overall balance of food groups should remain the same when adjusting portion control.

What does a portion look like?

If you want to see if you're eating more than the suggested serving size then you can invest in some inexpensive digital kitchen scales. That's the most accurate way to measure serving sizes recommended by manufacturers. You won't always have to use the scales, but they'll give you a good understanding and you'll get familiar with how the amounts look on your plate.

Here's a handy guide to help you visualise food portions



Fist

Carbs serving

About 1 cup
(150-200g)

Perfect for a
serving of rice,
fruit or cooked
veg



Cupped hand

Snacks serving

About 1/2 cup (50-80g)
of nuts or dried fruit

Two handfuls



Salad serving

Fresh
spinach,
lettuce
leaves etc.



Palm

Proteins serving

About 100g
of meat or
fish, double
for veg

Fingertip

Fats serving

1 teaspoon of oil,
butter or mayo

Thumb

Dairy serving

2 tablespoons
of cheese
or peanut
butter

Portions from each food group we should aim to eat daily

Fruit and vegetables (berries, salads, leafy greens, root veg): 5+ portions per day

- One banana, apple, pear, carrot or parsnip
- Two plums, apricots, kiwi's or clementines
- 1-2 handfuls of berries or cherry tomatoes
- 3 heaped tablespoons of cooked mixed veg
- 8 florets or pieces of cauliflower, broccoli
- ½-1 whole courgette, leek or bell pepper



Dairy/alternatives (milk, yoghurt): 2-3 portions per day

- One individual pot of yoghurt, 125g
- Half a glass of milk or milk alternative, 125ml
- 3 teaspoons of soft cheese, 30g
- Two thumbs of cheddar cheese, 30g



Starchy carbohydrates (rice, pasta, potatoes): 3-4 portions per day

- 2 handfuls of dried pasta shapes or rice (75g)
- A bunch of spaghetti the size of a £1 coin, measured using your finger and thumb (75g)
- A baked potato about the size of your fist (220g)
- Two slices of bread
- About 3 handfuls of breakfast cereal (40g)



Beans, pulses, fish, eggs, meat and other proteins: 2-3 portions per day

- Chicken breast, a steak or piece of fish the size of your palm
- About 1 tablespoon of peanut butter (20g)
- 2 boiled eggs
- Half a can of baked beans (200g)
- ¼ of a pot of hummus (55g)



Top tips for getting to grips with portions

- Get to know the meaning of food labels and the traffic light system.
- Think about what you're eating, being mindful as you serve up and while you eat.
- Use scales and/or measuring cups to ensure accuracy if you're unsure.
- Avoid doubling up on carbs, like bread and rice with curry, choose one or have a half portion of both.
- Use a smaller plate. A smaller dish piled high is psychologically appealing and doesn't leave you feeling short changed, plus it's much harder to plate up an oversized portion.
- When dining out, avoid the buffet if you find it hard to gauge what you consume.
- Avoid second helpings by getting to know when you feel full.
- Try dishing up all the servings whether you're eating alone or with company. That way any extra servings can be put into containers and kept for a later meal.

Typical values	100ml contains	250ml contains	%GDA*	typical adult
Energy	199kJ 47kcal	500kJ 120kcal	6%	2000kcal
Protein	0.5g	1.3g		
Carbohydrate	10.5g	26.3g		
of which sugars	10.5g	26.3g	29%	90g
Fat	trace	trace		70g
of which saturates	trace	trace		
Fibre	trace	trace		
Sodium	trace	trace		
Salt equivalent	trace	trace		

*Guideline daily amounts

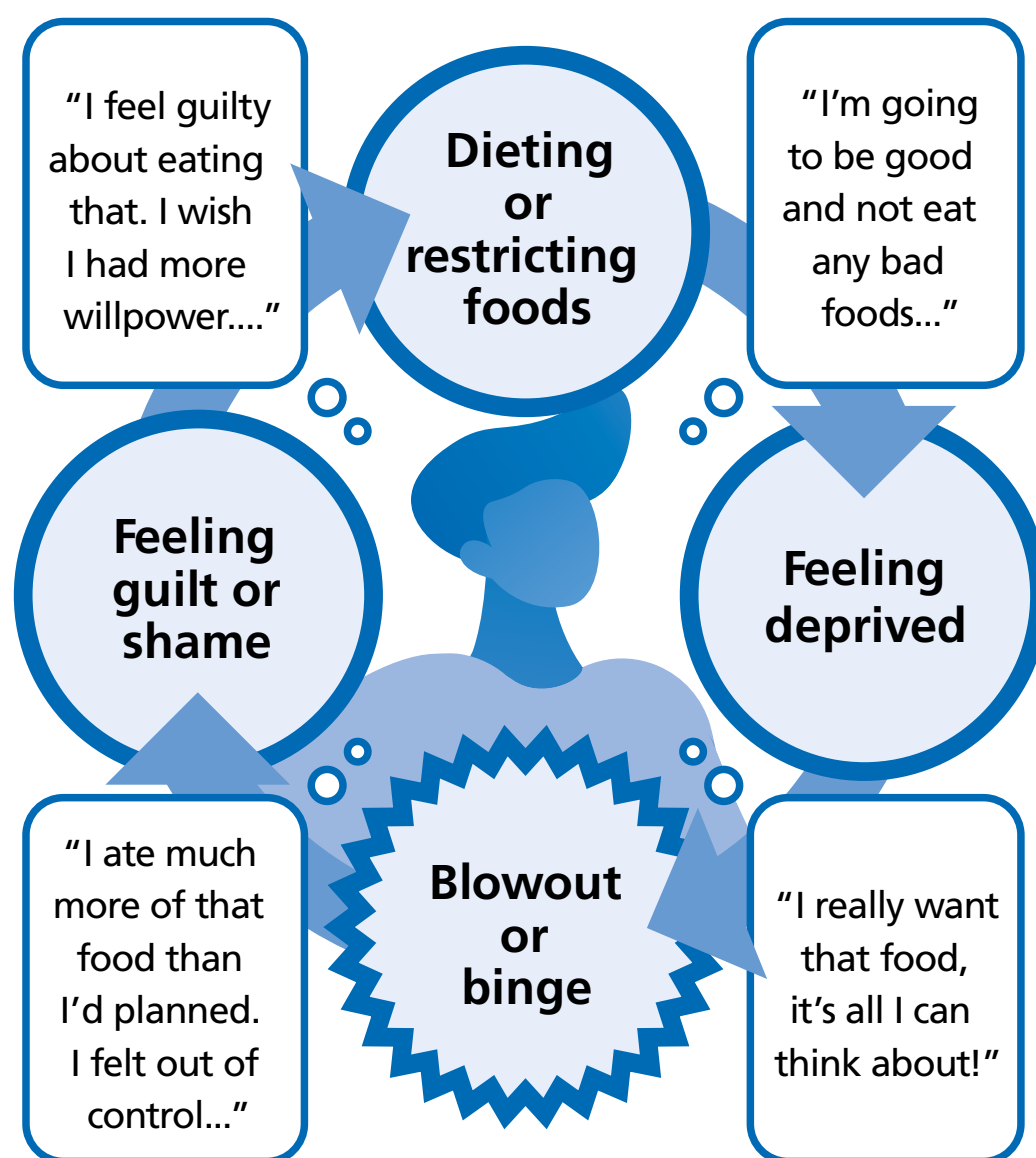
Vitamins/Minerals 100ml contains (10% RDA) 62.5mg

Why the way we think about food matters

Language is a powerful, evocative tool and labelling foods as 'good' or 'bad' can make us feel conflicted, guilty and even out of control. Let's take a closer look.

Learning more about the pros and cons of foods is a great way to empower yourself. You can do this by understanding macronutrients (protein/fats/carbs) and micronutrients (vitamins and minerals) and nutritional labelling. By thinking of food as fuel, you can look at foods more objectively and decide if they will enrich your body, or not. Dropping the bad/good labels can even help to avoid the diet cycle.

Here's an example of how the diet cycle can play out:



How the diet cycle works and how to escape it

Diet or restriction: Chocolate is 'bad.' I won't be having any more of it. Not now, not ever.

Deprivation: I miss chocolate but I simply can't have ANY EVER. I can't stop thinking about chocolate cake, chocolate bars, chocolate ice cream. Mmm chocolate.

Blow out: There's chocolate in the house. Oops. I'm eating it. I'll have a square or two.... Oops I've eaten it all. Wayyyy more than I planned.

Feeling guilt or shame: I am so greedy. I shouldn't have eaten that. I feel awful. I'm actually a bad person.

Back to diet/restriction: I'm right back where I started. But THIS time, I'll stick to it. I will not eat chocolate anymore.

And so the diet cycle continues. Break out of the diet cycle when you stop labelling food as 'good' or 'bad' and allow yourself all foods as part of a varied, balanced diet. Give yourself permission to eat the foods you want and stop restricting yourself!

Doing this might take a little while and, at first, you might eat lots more of a particular food than you planned. This is because your mind is used to restriction and doesn't quite believe that you will actually always be allowed these foods. Be kind to yourself when this happens and know that it will pass.

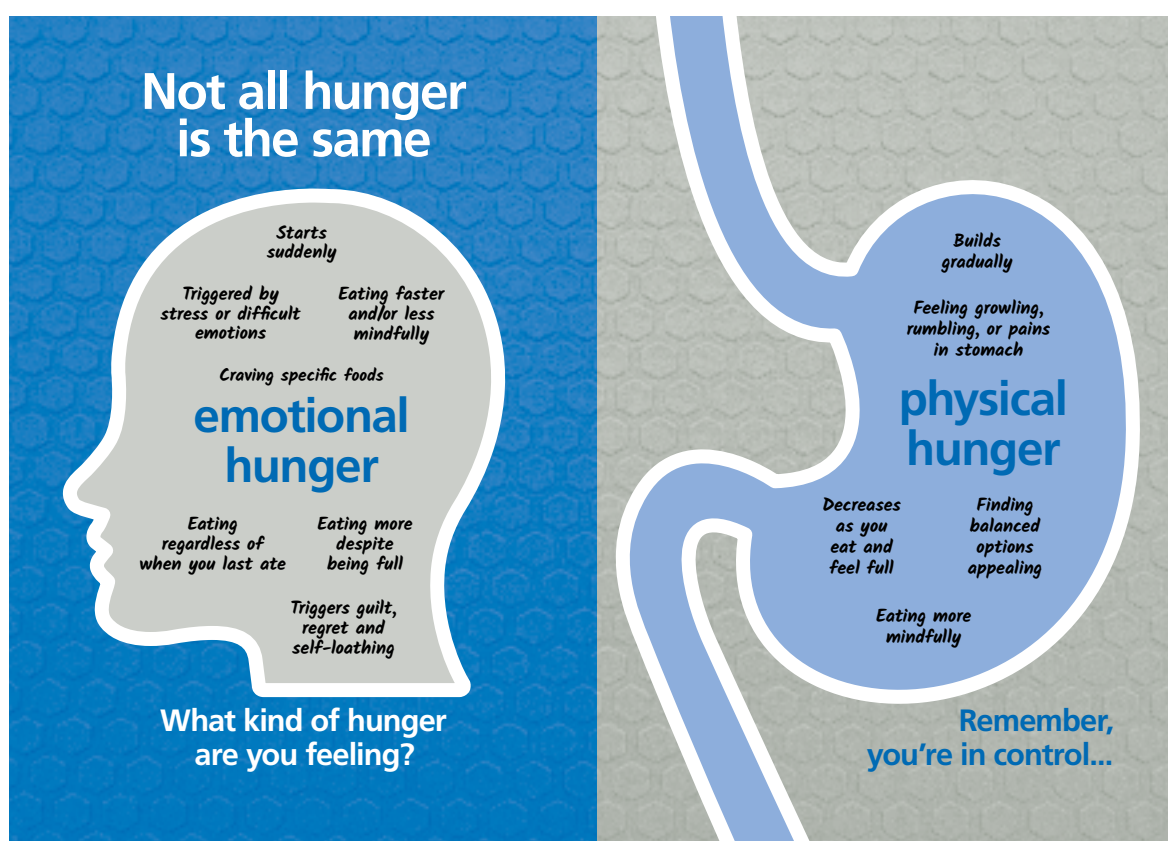
Be mindful of the way you talk about food. When you go to say a food is 'good' or 'bad' try and use an alternative. Is it nutritious? Filling? Sugary? High in additives? Crunchy? Not every food is created nutritionally equal, but most foods can have a place in a healthy, balanced diet.



Hunger: friend or foe?

Pangs of hunger strike again. Discover the difference between physical hunger and emotional hunger. It just might help you to have a healthier relationship with food.

For many of us, we're so used to being on diets and being told when and what to eat that we've lost touch with our body's hunger signals. It can take time to get back in tune with your body and its hunger and fullness signals. Start by taking a look at some of the differences between physical and emotional hunger.

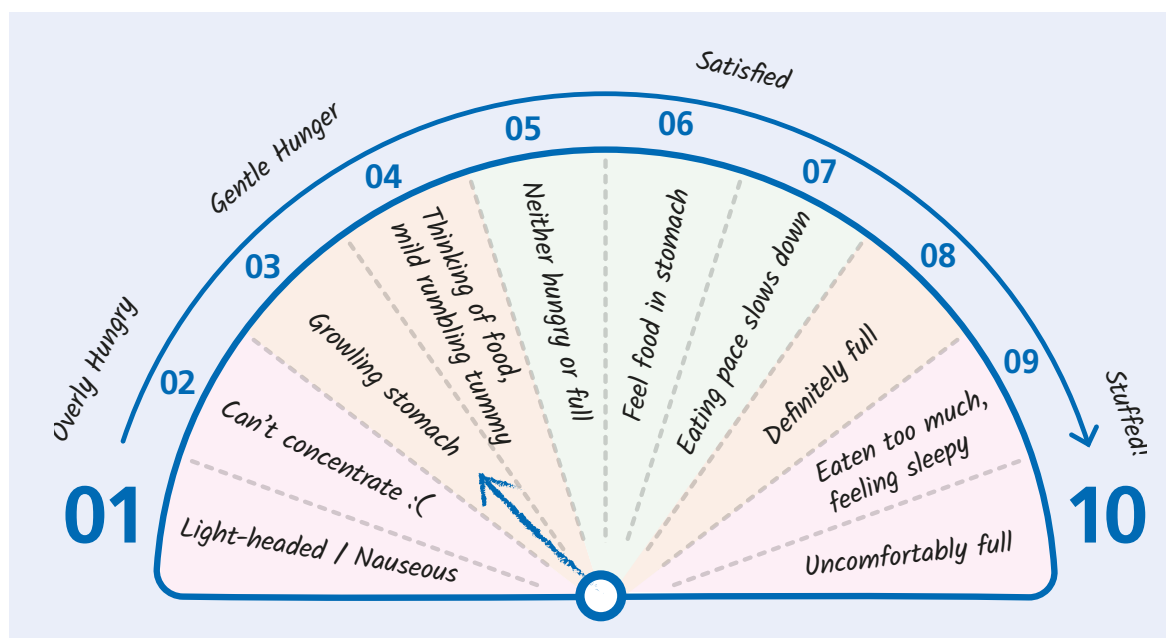


Is emotional hunger a problem?

It's normal to turn to food for comfort, emotional eating is a very valid coping mechanism. It might become a problem if food is your only coping mechanism.

Working out what physical hunger and fullness feels like for you

Hunger is a completely natural sensation and not something to be feared. Recognising our hunger cues can help us to know when to start and stop eating. Try using this hunger and fullness scale to begin to get a handle on your own body's cues.



1. Starving	You feel weak and shaky. Maybe you have a headache. You find it hard to concentrate and have run out of energy. You might reach for very high energy foods and fast.
2. Uncomfortably hungry	You feel irritable and tired with low energy. You might eat quite fast.
3. Very hungry	Your stomach feels empty and is growling and the need to eat is getting more urgent. Most food is starting to sound appealing.
4. Feeling a bit hungry	You're thinking about food. Your body starts sending signals to eat. You find it easier to make more conscious food choices.
5. Not hungry but not feeling full either	You've eaten enough food to keep you going but you feel you could eat more.
6. Satisfied and feeling comfortable	You're feeling satisfied and your speed of eating has slowed but could maybe still find room for a little more.
7. Comfortable but slightly too full	You're feeling fully satisfied and your body says no more.
8. Full	Your stomach is starting to ache and you're beginning to feel uncomfortable.
9. Too full – uncomfortable	You're really uncomfortable. You feel heavy, bloated and tired. The thought of food or eating might be very unappealing.
10. Beyond full	You are physically uncomfortable and not able to move as you're so full.

Using the hunger scale

Before you eat

Before you eat something, close your eyes and focus your attention on your stomach. Try not to let the knowledge of when you last ate influence your decision. Instead, simply let your stomach give you a number. Your body should naturally feel hunger (3 on the scale) around every 3-5 hours after you eat a meal. If you notice you want to eat or you feel hungry from somewhere other than in your stomach, it might be that you're eating for an emotional reason or out of habit.

During a meal

Eating mindfully can help us enjoy a meal more and allow us to better tune in to our hunger and fullness signals. Pay attention to your body signals that tell you you're no longer hungry. Aim to be comfortably full but avoid getting to the point of feeling stuffed.

Feeling full

Aim to stop eating when you're around 6 on the hunger scale, sometimes that might mean leaving food on your plate. Most of us have been taught from a young age that it's wasteful to leave food on our plates. Take a step back and look at the bigger picture.

Yes, it may be wasteful the first few times you do this. However, gradually you'll learn to adjust the amount of food you serve on your plate or reduce the quantities that you cook with.

Remember, you can eat again later if you are hungry again and back to a 3 on the hunger scale. Aim to be within 3-6 most of the time and gradually learn to recognise the signals your body is giving you about food.

Hopefully you're feeling a bit more confident in understanding what the different types of hunger might look like for you. Learning to listen and respond to our bodies takes time and we're not going to get it right every time. Don't beat yourself up if it's taking a little longer than you wanted.

Keeping track

How well do you know your eat habits? Do you understand your patterns around when and why you eat? Self-monitoring can really help paint a picture of your eating habits.

It's easy to consume more food than we realise. It's even easier to eat out of habit, rather than when our bodies truly need nourishment. Sometimes we're consuming higher calorie foods believing they're healthier options than they really are.

Enter: self-monitoring. It's not homework or a chore, it's a really valuable tool for you to start understanding your habits around what you eat and make changes to your nutrition that will help you reach your ambitions.

We recommend jotting down a simple food diary for 3 full days. This is just for you, to help you get an idea of your existing habits.

Include:

- 1. What you eat**
- 2. When you ate it**
- 3. Why you were eating**
- 4. And your mood before and after eating.**

Looking at these 4 things will build a picture of your eating habits and that'll help you when it comes to setting new, healthier habits.

For example, you might have a 3pm snack while waiting in the car at school pick-up time. Think about why you're eating it. Are you truly hungry or are you bored and looking to pass the time? Understanding why you eat can really help you make little changes to improve your health and lose weight. For instance, you could take a piece of fruit or even go for a short walk instead of waiting in the car.

It's just as important to reflect on how you feel after you've eaten. Ask yourself if you ate for any reasons other than hunger. Could you make a healthier choice if that's the case?

Using a food diary will give you all the tools you need to start unpicking your habits and use your past to build your new, healthier future. We don't know about you, but we think that's pretty exciting and we can't wait for you to give it a go.

Recipes

A top-down photograph of a breakfast meal. Three golden-brown pancakes are stacked on a dark grey plate. The top pancake is topped with a dollop of white cream, dusted with brown powder, and surrounded by several slices of banana and small pieces of almonds. The plate is set on a dark blue wooden surface. In the bottom left corner, a silver fork and knife are visible. A yellow and white patterned cloth is in the bottom right corner.

Breakfasts

American pancakes



Breakfast



10 mins



1 serving



Veggie

These tasty pancakes are so simple to make, packed with oats for protein.

Contains gluten

Contains egg

Ingredients

1 egg

2 tbsp oats

1 small banana

Pinch of cinnamon

1 tsp butter

Method

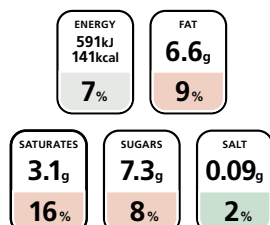
1 Crack the egg in the bowl and lightly whisk with a fork.

2 Mash the banana with a fork and add to the bowl.

3 Add the oats and cinnamon, stirring until well combined.

4 Melt the butter in a hot pan, add pancake mix and cook until golden brown on both sides.

What's in a serving



Tips and tweaks: Add whatever spices you like and serve with a drizzle of honey and a few blueberries if you like!

Why we love this recipe...

Low salt

Low sat fat

Source of vitamin B6

Source of protein

Apple pie porridge



Breakfast



15 mins



1 serving



Veggie

This warm and comforting porridge is spiced up with the classic flavours of a homemade apple pie!

Contains gluten

Contains milk

Ingredients

50g oats

125ml unsweetened apple juice

150ml semi-skimmed milk

1 medium dessert apple, diced

1 pinch of cinnamon

Method

1 Throw all the ingredients into a saucepan.

2 Cook over a medium heat until boiling then lower the heat and simmer gently for 5 minutes, stirring often.

3 Spoon the porridge into a serving bowl and add a sprinkle of cinnamon.

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
1,709kJ 405kcal	8g	2.6g	34g	0.19g
20%	11%	13%	38%	3%



Tips and tweaks: Try topping your porridge with a handful of berries or a sliced banana to add flavour and 1 of your 5 a day!

Why we love this recipe...

Low sat fat

Source of fibre

Low fat

Very low salt

Banana bread porridge



Breakfast



5 mins



1 serving



Veggie

A good source of fibre, this family friendly recipe is the perfect way to start you morning!

Contains gluten

Contains milk

Ingredients

50g porridge oats

200ml milk

1 medium banana

¼ tsp cinnamon

Sprinkle of raisins

Method

1 Measure out the oats.

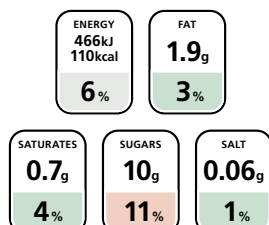
2 Measure out the milk.

3 Mash the banana.

4 Combine oats, milk and mashed banana in a bowl and either heat in the microwave or on a hob over a medium heat for 2-3 minutes or until desired porridge consistency.

5 Sprinkle on cinnamon and raisins.

What's in a serving



Tips and tweaks: Fancy it with a savoury twist? Add a teaspoon of peanut butter to the centre before eating.

Why we love this recipe...

Low fat

Low sat fat

Source of fibre

Source of protein

Banana pancakes



Breakfast



10 mins



2 servings

Veggie

Dairy free



This is the perfect recipe for using up those overripe bananas and the oats will boost your fibre intake for the day too.

ⓘ Contains gluten

ⓘ Contains egg

Ingredients

2 ripe bananas, mashed

1 egg

40g oats

¼ tsp baking powder

1 tsp oil

Method

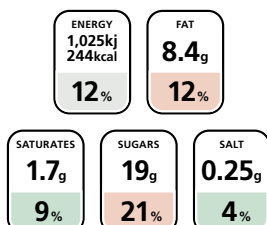
1 Mix the banana and egg with a fork in a bowl.

2 Blend the oats in a food processor until they resemble flour.

3 Add the oats to the banana mix and stir.

4 Heat a frying pan over a medium heat and pour a small amount of batter in at a time, cooking for a few minutes on each side until golden brown.

What's in a serving



Tips and tweaks: Try serving with a dollop of thick natural yoghurt, crushed nuts and a drizzle of honey.

Why we love this recipe...



Low salt



Low sat fat



Source of vitamin B6

Banana shredded wheats



Breakfast



2 mins



1 serving



Veggie

Shredded wheats are a great high-fibre breakfast with vitamins B1 and B3 to boost your energy levels.

Contains gluten

Contains milk

Ingredients

50g mini shredded wheats

250ml semi-skimmed milk

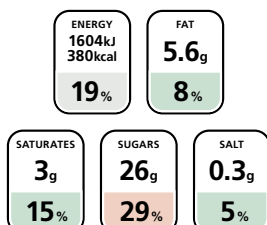
½ tsp cinnamon

1 banana

Method

- 1 Place the shredded wheats into a bowl.
- 2 Sprinkle cinnamon over the wheats.
- 3 Measure out the milk and pour over the wheats.
- 4 Slice banana over the top and tuck in!

What's in a serving



Tips and tweaks: Chilly morning? Heat the milk in a microwave for a minute before pouring over your cereal to make this a warming breakfast.

Why we love this recipe...

Very low salt

Source of fibre

Source of protein

Berry yoghurt bowl



Breakfast



2 mins



1 serving



This quick and easy snack or breakfast gives you 2 of your 5 a day.

ⓘ Contains milk

Ingredients

120g raspberries

140g blackberries

125g plain Greek yoghurt

Method

1 Wash the raspberries and blackberries.

2 Pour the yoghurt into a bowl.

3 Add the berries and mix together to enjoy for a healthy snack or breakfast.

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
1,231kJ 296kcal	13g	8.6g	18g	0.22g
15%	19%	43%	20%	4%



Tips and tweaks:

For added crunch add a sprinkle of chopped nuts.

Why we love this recipe...

✓ High in fibre

✓ Low salt

✓ High in protein

Black Forest oats



Breakfast



5 mins



1 serving



Try this tasty twist on breakfast. Packed full of oats, which are high in fibre and will keep you feeling fuller for longer.

Contains gluten

Contains milk

Ingredients

250ml semi-skimmed milk

40g of rolled oats

80g of fresh or frozen berries

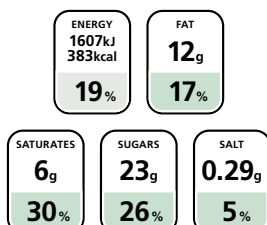
15g of grated dark chocolate

Method

1 Mix the milk and oats together and add to a saucepan, cooking over medium heat, stirring occasionally until thickened.

2 Pour into a bowl and sprinkle over the chocolate and frozen berries, stirring to swirl through the oats.

What's in a serving



Tips and tweaks: Did you know cow's milk has more protein than soya milk, with almond milk containing around half the calories of both?

Why we love this recipe...



Very low salt



Source of fibre



Source of vitamin C

Blueberry breakfast muffins



Breakfast



30 mins



12 servings

Veggie



These muffins make the perfect pick me up or snack on the go.

ⓘ Contains gluten

ⓘ Contains egg

ⓘ Contains milk

Ingredients

125g plain flour

75g wholemeal flour

200g porridge oats

75g brown sugar

3 tsp baking powder

1 tsp cinnamon

2 bananas, mashed

2 large eggs, separated

3 tbsp sunflower oil

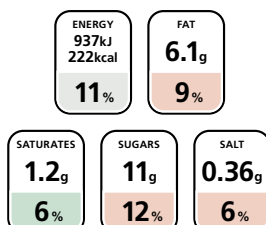
250ml milk

125g blueberries

Method

- 1 Preheat the oven to 180°C/350°F/Gas 4.
- 2 Sieve the plain flour and the wholemeal flour into a large mixing bowl.
- 3 Add the oats, brown sugar, baking powder and cinnamon and stir to combine.
- 4 Create a well in the centre of the dry ingredients and add the mashed bananas, whisked egg yolk, milk and sunflower oil.
- 5 Mix together gently with a wooden spoon until a wet batter forms, taking care not to over mix.
- 6 Mix in the blueberries.
- 7 In a separate bowl whisk the egg whites until soft peaks form.
- 8 Gently fold the egg whites into the muffin batter until everything is mixed through evenly.
- 9 Divide the muffin mixture between 12 individual muffin cases and bake for 25 minutes until well risen and golden brown on top.

What's in a serving



Tips and tweaks: You can freeze the muffins in a sealed plastic bag, thawing for 1 hour at room temperature then warming in a preheated oven for 10 minutes.

Why we love this recipe...



Source of vitamin E



Low sat fat

Breakfast burrito



Breakfast



15 mins



1 serving



Try satisfying your cravings with this lower calorie, high protein simple but super tasty burrito.

Contains gluten

Contains egg

Ingredients

1 vegetarian sausage

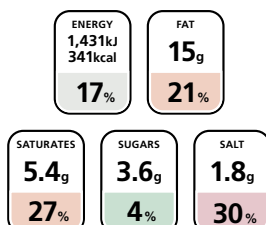
1 egg

15g half fat mature cheddar cheese, grated

80g chopped tinned tomatoes

1 small soft tortilla wrap

What's in a serving



Method

- 1 Cook the sausage, according to packet instructions.
- 2 Whisk the egg with a splash of water and in a non-stick frying pan, cook on a high heat, you're essentially making a one egg omelette. Sprinkle on the cheese and chopped tomato, fold the sides of the omelette in to fit the tortilla and place the tortilla on top of the omelette. Flip it over to warm the tortilla, then slide out of the frying pan onto a plate.
- 3 Put the sausage at one end of the tortilla omelette wrap and roll it up. If you are not eating it straight away, roll it in foil, to keep its shape.



Tips and tweaks: Eat this hot or make it and keep it in the fridge to take out when you need something filling and healthy to eat on the go.

Why we love this recipe...

High in protein

Low sugar

Chorizo Menemen eggs



Breakfast



25 mins



2 servings



This dish containing 2 of your 5 a day makes a great weekend breakfast.

ⓘ Contains milk

ⓘ Contains eggs

Ingredients

1 medium onion, finely sliced

40g chorizo, finely sliced

1 clove of garlic, mashed

¼ tsp paprika

120g roasted red peppers in brine, cut into chunks

400g chopped canned tomatoes

20g feta cheese

2 medium eggs

Pinch of black pepper

1 tsp fresh parsley, chopped

Method

1 Preheat the oven to 180°C/350°F/Gas 4.

2 Fry the onions then add the chorizo and cook until onions are softened.

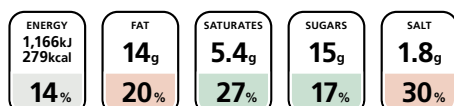
3 Add the garlic, paprika, red peppers and chopped tomatoes and simmer for a few minutes.

4 Transfer to an ovenproof dish and make 2 wells. Crack the eggs into them. Sprinkle with black pepper, crumble over the feta and cover with foil.

5 Bake in the oven for around 3 minutes, or until the eggs are how you like them.

6 Sprinkle with parsley to serve.

What's in a serving



Tips and tweaks: Make it vegetarian by leaving out the chorizo and adding an extra teaspoon of paprika instead.

Why we love this recipe...

✓ High in protein

✓ Low sugar

✓ Source of fibre

Cinnamon baked oats



Breakfast



5 mins



1 serving



Veggie

Porridge sets you up for the day, and this naturally sweetened version is packed with apple and berries.

Contains gluten

Contains milk

Ingredients

250ml semi-skimmed milk

40g rolled oats

80g fresh or frozen berries

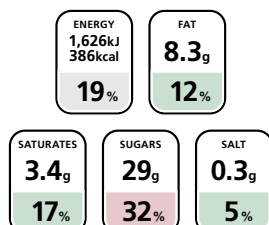
1 apple, grated

Pinch of cinnamon

Method

- 1 Mix the milk and oats together in a pan on medium heat and keep stirring until thickened.
- 2 Pour the porridge into a bowl and sprinkle the apple and berries on top, followed by the cinnamon. That's it, you're ready for breakfast!

What's in a serving



Tips and tweaks: Stir in an extra pinch of cinnamon or drizzle a little honey over the top if you like it a little sweeter.

Why we love this recipe...



High in fibre



Low sat fat



Source of protein

Egg and ham wrap



Breakfast



3 mins



1 serving



A quick and simple protein-rich breakfast or lunch for the whole family!

ⓘ Contains gluten

ⓘ Contains milk

ⓘ Contains eggs

Ingredients

1 egg

15g of sliced low fat cheddar

Fry light

2 mini tortilla wraps

3 slices of wafer thin ham

Lettuce

4 cherry tomatoes

Method

1 Crack egg into bowl, add cheese and whisk.

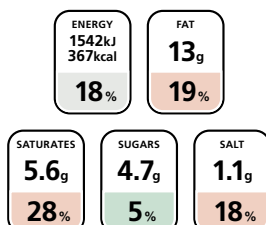
2 Add a couple of squirts of fry light to your pre-heated frying pan and pour in egg mixture.

3 Cook egg until made into omelette.

4 Lay wrap flat onto plate, add lettuce, tomatoes and ham, then put omelette on top

5 Roll wrap up together to make sausage shape and dig in!

What's in a serving



Tips and tweaks: These make a delicious lunchbox filler you can make in advance.

Why we love this recipe...



Low sugar



High in protein



High in vitamin K

English breakfast muffin



Breakfast



5 mins



1 serving



Oozing poached egg on a layer of cheese and roast ham – what's not to love about this lower-calorie version of the classic English breakfast muffin?

ⓘ Contains gluten

ⓘ Contains milk

ⓘ Contains egg

Ingredients

1 wholemeal English muffin, sliced in half

1 poached egg

2 tsp low-fat spread

20g fresh spinach leaves

20g reduced-fat hard cheese

1 slice of lean roast ham

1 pinch of ground black pepper

Method

1 Preheat the grill.

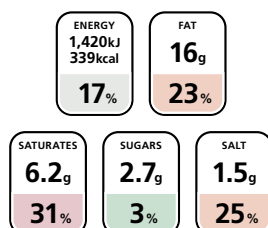
2 Toast the muffins on the cut sides only.

3 Poach the egg in gently simmering water for 3-4 minutes until the yoke is set but still runny in the middle.

4 Spread the toasted sides with the low-fat spread and lay on the spinach leaves, ham and cheese.

5 Place the poached egg on one muffin half, season with black pepper, and top with the other half.

What's in a serving



Tips and tweaks: If poaching eggs isn't in your repertoire, you can always use chopped boiled eggs or scrambled egg instead.

Why we love this recipe...

✓ Low sugar

✓ Source of fibre

✓ High in protein

Flying saucer scrambled eggs



Breakfast



6 mins



2 servings

Veggie

Gluten free



Scrambled eggs are a great protein-rich breakfast to keep you satisfied until lunch time, and the mushrooms make a tasty addition.

Contains eggs

Contains milk

Ingredients

1 yellow pepper

2 giant mushrooms

4 eggs

2-4 tbsp semi skimmed milk (optional)

12 cherry tomatoes

Method

1 Preheat the grill.

2 Wash the mushrooms and peppers and cut the pepper in half, removing the stalk and seeds.

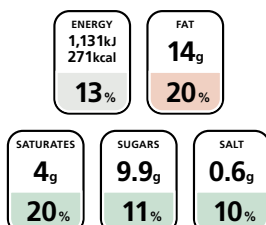
3 Grill the pepper halves and mushrooms for about 2-3 mins each side.

4 Beat the egg (and milk if adding) in a bowl with a fork.

5 Cook in a pan on medium heat, stirring often, until scrambled, seasoning with pepper and salt to taste.

6 Place the mushrooms and pepper on a plate and pour the scrambled egg on top, serving with the tomatoes.

What's in a serving



Tips and tweaks: Add chilli flakes to your eggs for an extra kick or avocado for some extra filling veggies.

Why we love this recipe...

Low salt

Low sugar

Source of fibre

High in protein

Fried eggs



Breakfast



3 mins



1 serving

Veggie



Perfect for the whole family to enjoy, fast and packed with protein.

ⓘ Contains eggs

Ingredients

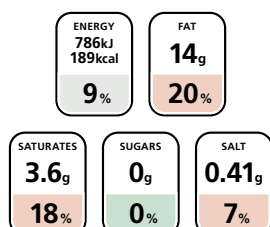
1 tsp vegetable oil

2 eggs

Method

- 1 Add 1tsp of vegetable oil to the pan and heat for a minute over medium heat.
- 2 Crack the egg into the pan and let it cook for 2 minutes, slowly loosening the edges of the egg with a spatula.
- 3 Leave the egg to cook in the same position until all the white is cooked, or flip the egg over if you like it sunny side down and cook for further 30 seconds before serving.

What's in a serving



Tips and tweaks: Serve with wholemeal toast or in a tortilla wrap with some sliced tomato.

Why we love this recipe...

✓ Sugar free

✓ High in vitamin D

✓ High in protein

Fruity breakfast granola



Breakfast



10 mins



1 serving



Veggie

Start your day with a bowl of delicious fruity granola, tailor it to your taste using your favourite fruit.

Contains gluten

Contains milk

Ingredients

75g frozen mixed berries

½ tsp of sugar (optional)

100g low fat natural yoghurt

45g granola cereal

Method

1 Place the frozen berries in a saucepan with the sugar if using.

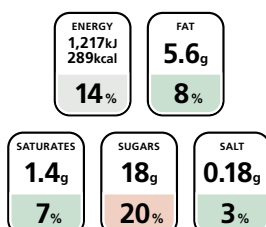
2 Gently bring to the boil and simmer very gently until it thickens. Once it has thickened leave to cool.

3 Spoon the fruit compote into a bowl or small glass.

4 Spoon the yoghurt on top of the fruit compote.

5 Sprinkle the granola on top and serve.

What's in a serving



Tips and tweaks: Use whatever berries you fancy for your fruit compote! Make in advance or keeps refrigerated for a few days. Twist into a dessert by serving with custard.

Why we love this recipe...



Low sat fat



Source of fibre



Source of protein

Grab and go breakfast bars



Breakfast



40 mins



6 servings



Veggie

Make a batch of these granola bars. Naturally sweet, they make the perfect breakfast to have on the go.

Contains gluten

Contains milk

Ingredients

150g jumbo oats

60g dried cherries

60g dried cranberries

40g sunflower seeds

40g pumpkin seeds

60g melted butter

2 medium ripe bananas,
mashed

Method

1 Preheat the oven to 180°C/350°F/Gas 4.

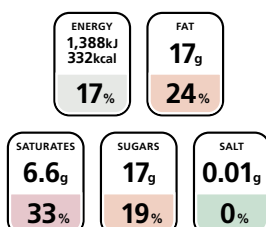
2 Mix the oats, cherries, cranberries and seeds together in a bowl.

3 Pour in the melted butter and mashed banana and mix thoroughly to make sure the oats are well coated.

4 Spread the mixture into a 30 x 20cm tin and bake in the oven for 20-25 minutes.

5 Once cooked, transfer to a wire rack to cool, then cut into six bars.

What's in a serving



Tips and tweaks: Swap the dried fruit for any you like. Dried apricots and dried figs are sticky and sweet!

Why we love this recipe...

Source of vitamin E

Source of fibre

Source of protein

Nuts about banana bagel



Breakfast



3 mins



1 serving



Protein to keep you feeling full, banana for a hit of energy, what's not to love about these easy to make breakfast bagels.

Contains gluten

Contains peanuts

Ingredients

1 bagel

1 banana, sliced

1 tbsp peanut butter

Method

1

Slice open the bagel and lightly toast.

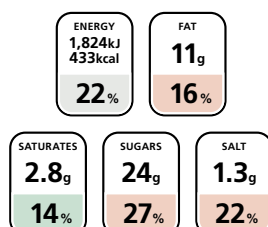
2

Spread the peanut butter on one side of the bagel and top with banana slices.

3

Place the other slice of bagel on top and you're ready to get munching!

What's in a serving



Tips and tweaks:

For a hit of sweetness, drizzle over a little honey!

Why we love this recipe...



Low sat fat



Source of fibre



Source of vitamin B6



Source of protein

Peach melba breakfast trifle



Breakfast



5 mins



2 servings

Veggie



Start the day with a sweet trifle for breakfast that's high in fibre and a great source of protein.

⚠ Contains gluten

⚠ Contains milk

⚠ Contains tree nuts

Ingredients

160g raspberries, crushed

2 tsp chia seeds

1 tsp honey

1 small ripe banana, mashed

100g tinned peach slices in juice, mashed

1 tsp ground almonds

200g coconut and vanilla yoghurt 0% fat

30g almond granola, no added sugar

Method

1 With a fork, mash the raspberries then stir in the chia seeds and honey.

2 Microwave for 1 minute in a heat proof bowl.

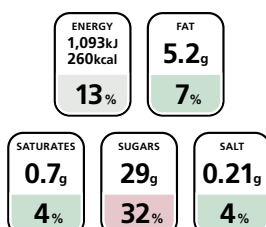
3 Divide the mixture into 2 glasses and put into the fridge to cool.

4 Mash the banana and peaches together. If you prefer a smoother custard style, use a hand blender.

5 Add the banana and peach custard mixture on top of the raspberry layer and add a teaspoon of ground almonds, then put back in the fridge.

6 To serve, sprinkle over the yoghurt and almond granola.

What's in a serving



Tips and tweaks: Fancy a frozen sweet treat? In the summer this recipe can be used to make ice lollies instead.

Why we love this recipe...

✓ Low fat

✓ High in fibre

✓ Source of protein

Peanut butter overnight oats



Breakfast



Overnight



1 serving



Veggie

These are a delicious hassle-free breakfast, packed with fibre to keep you going all day long.

ⓘ Contains gluten

ⓘ Contains peanuts

ⓘ Contains milk

Ingredients

40g rolled oats

1 tsp honey

2 tbsp natural fat-free
yoghurt90ml semi-skimmed
milk

1 tbsp peanut butter

80g mango

Method

1 The night before your breakfast, mix the oats, honey, yoghurt and milk together in a glass or jar and leave in the fridge overnight.

2 In the morning top with the peanut butter and fruit. Loosen with some more milk if needed and enjoy!

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
1,833kJ 436kcal	15g	4.4g	28g	0.41g
22%	21%	22%	31%	7%



Tips and tweaks: Try adding chia seeds for a pudding like texture or if you're vegan just swap the milk and yoghurt for a dairy-free choice and the honey for agave nectar.

Why we love this recipe...

✓ Low sat fat

✓ High in protein

✓ Low salt

Poached eggs



Breakfast



5 mins



1 serving

Veggie

Gluten free



Enjoy these simple and healthy poached eggs that are packed full of vitamins and protein.

Contains eggs

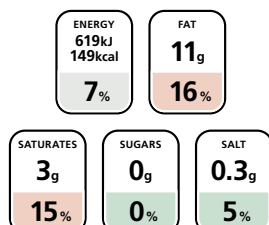
Ingredients

2 eggs

Method

- 1 Bring a small saucepan of water to the boil then lower the heat to a gentle simmer.
- 2 Crack the eggs and place gently into the water.
- 3 Leave them to cook for around 3 mins.

What's in a serving



Tips and tweaks: We love to serve our poached eggs on some wilted spinach with chilli flakes, or for an added protein boost serve with smoked salmon. Yum!

Why we love this recipe...



High in protein



High in vitamin B12

Popeye's morning muffins



Breakfast



15 mins



2 servings



Gluten
free

Eggs are a great source of protein, vitamins and nutrients, making them an ideal breakfast.

⚠ Contains eggs

Ingredients

60g spinach, finely chopped

80g mushrooms, finely chopped

6 eggs

30g wafer thin ham or lean bacon, finely chopped

15g chives or spring onions, finely chopped

Method

1 Pre-heat oven to 180°C/350°F/Gas 4.

2 Beat eggs and stir in the spinach, mushrooms, ham and chives.

3 Grease a muffin tray, or use cupcake papers to line.

4 Evenly pour the mixture into cupcake holders and bake for approx. 15 mins or until golden brown.

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
1,085kJ 260kcal	16g	5.2g	0.7g	0.65g
13%	23%	26%	1%	11%



Tips and tweaks: You could add herbs or spices of your choice to season and add a flavour boost.

Why we love this recipe...



High in protein



Low salt

Scrambled egg and chutney muffin



Breakfast



5 mins



1 serving



Switch up your eggs on toast with this delicious, protein-packed muffin variation!

Contains eggs

Contains gluten

Contains milk

Ingredients

2 eggs

1 wholemeal muffin

1 tbsp caramelised onion
chutney

Method

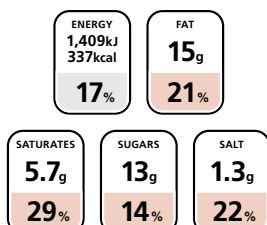
1 Crack the eggs into a bowl and whisk.

2 In a saucepan over a medium heat scramble the eggs for 3-5 minutes until cooked.

3 Toast the muffin and spread one side with the chutney.

4 Add the egg to the bun and enjoy!

What's in a serving



Tips and tweaks: Want to get in an extra portion of veg? Add some slow roasted tomatoes and rocket to serve.

Why we love this recipe...



Source of fibre



High in protein

Scrambled eggs



Breakfast



5 mins



1 serving



A quick and easy, high in protein plate that's perfect for busy mornings.

Contains eggs

Contains milk

Ingredients

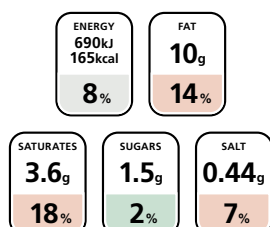
2 eggs

2 tbsp semi-skimmed milk

Method

- 1 Crack 2 eggs into a bowl, add 2 tbsp of semi skimmed milk and a pinch of pepper and whisk together until combined.
- 2 Place in a saucepan and continuously stir in the pan over a medium heat until it combines and becomes scrambled.
- 3 Microwave: place in microwave for 1 minute, take out mix together and put it in again for another minute.

What's in a serving



Tips and tweaks: Add a flavour boost by stirring through chopped flat leaf parsley or chives to serve.

Why we love this recipe...



High in vitamin D



High in protein



Low sugar

Shakshuka



Breakfast



35 mins



4 servings

Gluten
free



Veggie

This super-easy shakshuka makes a tasty weekend brunch and is a great source of fibre, leaving you feeling full and satisfied.

ⓘ Contains eggs

ⓘ Contains milk

Ingredients

2 red onions, finely sliced

4 garlic cloves, finely sliced

4 mixed coloured peppers, finely sliced

1 tsp olive oil

1 tsp ground cumin

2 400g tinned plum tomatoes

4 eggs

½ bunch fresh leaf parsley, chopped

4 tbsp natural yoghurt

Method

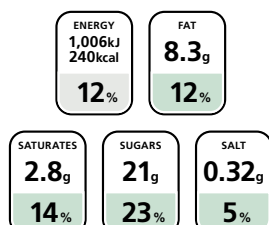
1 Heat the olive oil in a frying pan on medium heat, and soften the onions, stirring regularly. Add the cumin and peppers and cook for another 10 minutes.

2 Pour in the tinned tomatoes, 200ml water and seasoning then leave to thicken over a low heat for a further 10 minutes.

3 Using the back of your spoon, make 4 little pockets in your tomato mixture and crack an egg into each one. Cover your pan with a lid or foil and cook until your eggs are as you like them.

4 Serve with a sprinkle of parsley and dollop of yoghurt.

What's in a serving



Tips and tweaks: Short on peppers but have surplus mushrooms or aubergine to use up? Use them instead!

Why we love this recipe...



Low salt



High in protein



Source of fibre

Spicy chorizo fried eggs



Breakfast



20 mins



4 servings



Enjoy this Spanish breakfast delight that's high in protein and super easy to make.

Contains eggs

Contains gluten

Contains milk

Ingredients

½ red pepper, chopped

2 tomatoes, chopped

½ onion, chopped

60g diced chorizo

2 tsp vegetable oil

2 tsp smoked paprika

2 tbsp tomato passata

2 tbsp crème fraîche

Handful spinach

4 eggs

2 demi wholegrain baguettes

Method

1 Heat 1 teaspoon vegetable oil in a sauce pan over a medium heat, then add all the vegetables and chorizo and fry for around 3 minutes.

2 Add the paprika and the passata and mix, cooking for a further 5 minutes.

3 Add the crème fraîche and spinach and cook until the spinach has wilted. Take off the heat.

4 Fry the 4 eggs in a pan with 1 teaspoon of vegetable oil.

5 Cut the baguettes in half and grill it for 2 minutes on each side.

6 Sandwich the baguettes with the chorizo and pepper sauce and fried eggs and cut into 4 to serve.

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
1,547kJ 369kcal	14g	4.8g	5g	0.96g
18%	20%	24%	6%	16%



Tips and tweaks: If you like thing spicy, use hot paprika instead of smoked paprika!

Why we love this recipe...

Low sugar

Source of protein

Sweet breakfast wraps



Breakfast



1 min



1 serving



Get a hit of fibre and protein first thing in the morning with these simple, delicious wraps.

ⓘ Contains gluten

ⓘ Contains peanuts

ⓘ Contains milk

Ingredients

2 mini wholemeal wraps

1 banana

1 tbsp peanut butter

75g raspberries

25g reduced fat cream cheese

Method

- 1 Spread one wrap with peanut butter and top with sliced banana.
- 2 Spread the other wrap with cream cheese and top with raspberries.
- 3 Roll the wraps up and enjoy!

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
1,936kJ 461kcal	15g	4.9g	26g	1.2g
23%	21%	25%	29%	20%



Tips and tweaks: So many combinations you can try. We love cream cheese and blueberries.

Why we love this recipe...

✓ Source of protein

✓ Source of fibre

Tropical paradise oats



Breakfast



4 mins



2 servings

Vegan

Dairy free



Try this summery take on classic comforting porridge with a tropical twist and a hit of fibre.

ⓘ Contains gluten

Ingredients

80g oats

380ml Alpro coconut milk, unsweetened

2 tbsp tinned light coconut milk

¼ tsp vanilla extract

240g mango

10g dark chocolate

1 small banana

Method

- 1 Put the oats, coconut milk drink, light coconut milk and vanilla paste into a microwaveable bowl, stir and heat on full power in the microwave for 2 ½ minutes, stirring halfway through.
- 2 While the porridge is cooking, chop up the mango, chocolate, and banana into small pieces.
- 3 Sprinkle the mango, banana and chocolate on top of porridge and dive in.

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
1,383kJ 329kcal	9.3g	5g	24g	0.15g
16%	13%	25%	27%	3%



Tips and tweaks: Why not try using other tropical fruits, like pineapple or kiwi, and for ease, frozen fruit works well too.

Why we love this recipe...

✓ Low fat

✓ Source of fibre

✓ Very low salt

Tutti frutti salad



Breakfast



5 mins



2 servings

Gluten free

Veggie



Yoghurt and fruit make a tasty summer breakfast and an easy way to get a few of your 5 a day in too.

ⓘ Contains milk

Ingredients

150g mango	8 tbsp of low fat natural or Greek yoghurt
150g melon	
150g strawberries	A pinch of cinnamon
100g grapes	

Method

- 1 Chop fruit up into bitesize pieces.
- 2 Pour yoghurt over the top.
- 3 Sprinkle cinnamon and mix. Dig in!

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
1,595kJ 382kcal	19g	12g	36g	0.33g
19%	27%	60%	40%	6%



Tips and tweaks: If you're vegan why not try using unsweetened soya yoghurt instead.

Why we love this recipe...



Source of fibre



Source of protein



Low salt

Twisted BLT



Breakfast



15 mins



1 serving



Take the classic BLT and make it healthier without compromising on flavour.

Contains eggs

Contains soya

Contains gluten

Contains milk

Ingredients

2 turkey bacon rashers

1 wholemeal breakfast muffin

½ cup iceberg lettuce, sliced

1 beef tomato, sliced

2 tbsp light mayo

Method

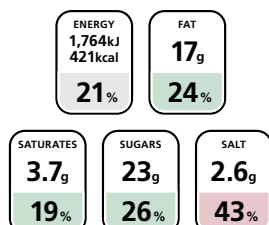
1 Grill the turkey bacon rashers under a pre-heated grill for 1-2 minutes, turning once.

2 Cut the muffin in half and spread the mayo over one half.

3 Top with lettuce, tomato, bacon rasher and a grind of pepper to taste.

4 Pop the other half of muffin on top, put it on your favourite plate and enjoy!

What's in a serving



Tips and tweaks: Twist this vegetarian by switching the bacon for a meat substitute.

Why we love this recipe...



Low sugar



Source of fibre



Source of protein

Weetabix



Breakfast



1 min



1 serving



A super simple breakfast that's cheap to make and low in sugar so makes a great start to your day.

Contains gluten

Contains milk

Ingredients

2 Weetabix biscuits

75g strawberries, sliced

200ml semi-skimmed milk

Method

- 1 Dig out your favourite bowl
- 2 Put the Weetabix and strawberries in.
- 3 Pour on the milk and get stuck in!

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
1,093kJ 259kcal	4.5g	2.4g	15g	0.32g
13%	6%	12%	17%	5%



Tips and tweaks: Drizzle with a little honey if you like a boost of sweetness.

Why we love this recipe...



Source of fibre



Source of protein



Low sat fat



Snacks

Apricot flapjacks



Snack



25 mins



8 servings



Vegan

These flapjacks are low in sugar and packed with oats giving you long-lasting energy.

⚠ Contains gluten

Ingredients

1 medium banana, mashed

50g dried apricots, chopped

25g light brown sugar

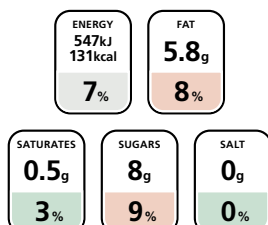
3 tbsp rapeseed oil

100g porridge oats

Method

- 1 Preheat the oven to 180°C/350°F/Gas 4.
- 2 Place the bananas and apricots in a bowl and mix well.
- 3 Add the sugar and oats and stir, then add the oil and stir to coat the oats.
- 4 Pour the mixture into a greased 17cm tin and bake for around 15 minutes until golden brown.
- 5 Once cooked leave to cool in the tin for 5-10 minutes, then cut into 8 pieces and place on a baking rack to cool.

What's in a serving



Tips and tweaks: Experiment with different dried fruits like dried cranberries or mixed peel.

Why we love this recipe...



Low sat fat



High in fibre



Source of vitamin K

Baked tortilla chips



Snack



8 mins



4 servings

Veggie



Using soft flour tortillas make these super tasty healthier tortilla chips.

⚠ Contains gluten

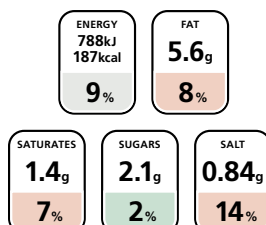
Ingredients

4 soft wholewheat flour tortillas

Method

- 1 Preheat the oven to 170°C/325°F/Gas 3.
- 2 Cut each tortilla into 8 equal wedges using scissors and arrange them on baking sheets.
- 3 Bake in the oven for 6-8 minutes, until crisp. Leave to cool.

What's in a serving



Tips and tweaks: Experiment seasoning the chips with different spices like paprika or chilli powder.

Why we love this recipe...



Source of fibre



Low sugar



Source of iron

Baked veggie samosas



Snack



20 mins



8 servings

Veggie



These samosas are full of nutritious veggies and make an ideal starter or snack.

⚠ Contains gluten

⚠ Contains eggs

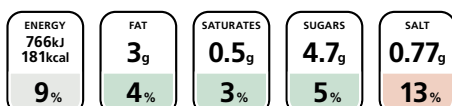
Ingredients

- 1 tbsp vegetable oil
- ½ tsp cumin powder
- 2 green chillies
- ½ tsp chilli powder
- ½ tsp turmeric
- 1 tsp garam masala
- 2 inches ginger, finely grated
- 2 cloves garlic, crushed
- 450g mixed vegetables, finely chopped
- ½ tsp salt
- 8 sheets filo pastry
- 1 egg, beaten

Method

- 1** Preheat the oven to 200°C/400°F/Gas 6.
- 2** Heat the oil in a fry pan over a medium heat and add the cumin, chillies, chilli powder, turmeric, garam masala, ginger and garlic and cook, stirring frequently for 1-2 minutes.
- 3** Add the vegetables and salt and cook until vegetables are tender, adding a little splash of water if it starts to stick.
- 4** Fill the filo pastry with the vegetable mix, folding into triangles and brushing with a little beaten egg.
- 5** Place on a non-stick baking sheet or on parchment and bake for 10-15 minutes, or until puffy and golden brown.

What's in a serving



Tips and tweaks: Use whatever vegetables you fancy! Carrots, celery, peppers, onions, green beans are all heavenly in a samosa.

Why we love this recipe...

✓ Source of protein

✓ Source of vitamin A

✓ Low sugar

✓ Low fat

Banana and raisin oat bars



Snack



30 mins



10 servings



These 5-ingredient banana and raisin snack bars make a great snack as they're easy to make and packed with fibre.

Contains gluten

Ingredients

5 ripe bananas

2 tbsp water

400g oats

90g raisins

1 tsp cinnamon

Method

1 Heat the oven to 200°C/400° F/Gas 6.

2 Peel the bananas and mash in a large mixing bowl and add the cinnamon and water.

3 Add the oats and raisins. Stir together well, coating all the oats and raisins in the banana.

4 Line a square baking tin with grease-proof paper and pour in the mix, pressing down firmly to fill the tin.

5 Bake for about 25 minutes then allow to cool for 10 minutes before cutting into bars.

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
1011kJ 239kcal	3.4g	0.5g	17g	0.01g
12%	5%	3%	19%	0%



work well!

Tips and tweaks: Try adding any dried fruit of your choice, cranberries and dried apricots

Why we love this recipe...



Very low salt



Source of fibre



Low sat fat

Banana bread shake



Snack



2 mins



1 serving

Vegan



Dairy free

This 2 minute shake will have you up and out the door in no time, and it contains 1 of your 5 a day!

Contains gluten

Ingredients

1 ripe banana

200ml almond milk

30g oats

Pinch of cinnamon

Method

1 Place all the ingredients into a food blender and blend until smooth and creamy.

2 Pour into a glass and that's it, you're done. Enjoy!

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
978kJ 232kcal	4.7g	0.6g	19g	0.25g
12%	7%	3%	21%	4%



Tips and tweaks: Swap the banana for strawberries, or a handful of frozen berries to make a quick thick shake.

Why we love this recipe...

Very low salt

Source of fibre

Low fat

Cinnamon apple crisps



Snack



1 hr 10 mins



2 servings

Vegan

Gluten free



These cinnamon apple crisps make the perfect on the go snack. Simple to make and high in fibre too.

Ingredients

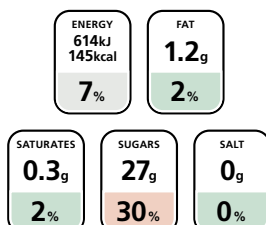
2 large apples (golden delicious or granny smiths work well)

1 tbsp cinnamon

Method

- 1 Pre-heat the oven to 170°C/325°F/Gas 3 and prepare a baking tray with baking parchment.
- 2 Remove the core of the apples and slice into thin slices (about 2mm). Use a mandolin slicer if you have one.
- 3 Lay out on the tray and dust with the cinnamon.
- 4 Bake for 1 hour, turning the slices over halfway through, until they are dried out and golden.

What's in a serving



Tips and tweaks: To serve, spread some all natural peanut butter on the apple for an even more delicious snack.

Why we love this recipe...



Low saturated fat



Low fat



High in fibre



No salt

Cottage cheese rice cakes



Snack



2 mins



1 serving



This quick snack is filling and provides you with enough protein and carbs to promote muscle recovery.

⚠ Contains milk

Ingredients

100g reduced fat cottage cheese

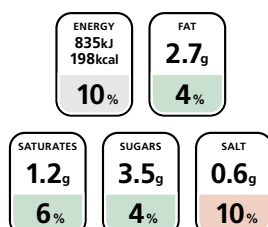
4 rice cakes

Toppings of choice

Method

- 1 Spread cottage cheese onto rice cakes.
- 2 Top with hot sauce, BBQ sauce or your favourite spice mix.

What's in a serving



Tips and tweaks: Mix it up and try corn or other grain cakes instead of rice cakes.

Why we love this recipe...

✓ Low fat

✓ Low sat fat

✓ High in protein

✓ Source of vitamin B12

Guacamole



Snack



5 mins



4 servings

Gluten
free

Vegan

Dairy
free

This nutritious Mexican dip is perfectly paired with fajitas or corn tortillas.

Ingredients

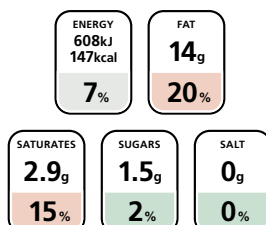
2 ripe avocados, mashed

1 garlic clove, crushed

1 tomato, chopped

Juice of 1 lemon

What's in a serving



Method

1 Mix everything in a bowl and you're done.

2 Tortilla crisp in hand, dip away!



Tips and tweaks: Add steamed, mashed vegetables like spinach, peas, beans or broccoli to increase your 5 a day.

Why we love this recipe...



No salt



Source of fibre



Source of vitamin B6

Kale crisps



Snack



25 mins



6 servings

Vegan



These kale crisps are an easy-to-make, nutritious snack, great for on the go, plus they count towards your 5 a day!

Ingredients

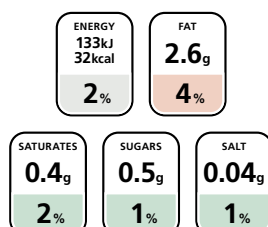
200g curly kale

1 tbsp olive oil

Method

- 1 Pre-heat the oven to 150°C/300°F/Gas 2.
- 2 Wash and dry the kale thoroughly by patting with some kitchen roll.
- 3 Place the kale in a mixing bowl and add the olive oil, use your hands to evenly spread the olive oil over the kale.
- 4 Spread the kale out on the baking tray, season with some salt and pepper and place in the oven to bake for around 20 minutes until crispy, but still green. Store in an airtight container once cooled.

What's in a serving



Tips and tweaks: Spice it up by adding a teaspoon of chilli powder, Ras el Hanout or hot paprika.

Why we love this recipe...



Source of protein



Low salt



High in vitamin A

Lunchbox mini frittatas



Snack



35 mins



6 servings



Pack some protein in your lunchbox with these versatile, delicious mini versions of an Italian favourite.

Contains eggs

Contains milk

Ingredients

6 eggs

1 tbsp dried thyme or mixed herbs

6 tbsp frozen peas

12 sundried tomatoes

Large handful of spinach

2 spring onions

80g feta

6-8 mushrooms

Method

1 Preheat oven to 180°C/350°F/Gas 4.

2 Whisk the eggs together in bowl and add the herbs and a pinch of salt and pepper.

3 Lightly grease a 6 case muffin tin. Put a tablespoon of peas in each case followed by a few sliced mushrooms, a couple of sundried tomatoes and a few spinach leaves.

4 Pour the egg mixture evenly between the 6 cases. Sprinkle over a few spring onions and crumble in the feta.

5 Bake in the oven for 25-30min.

6 Allow to cool and then pop into your lunch box with your choice of side salad.

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
791kJ 190kcal	13g	3.5g	2.1g	0.88g
10%	19%	18%	2%	15%



Tips and tweaks: Experiment with different veg or add cooked ham pieces if you fancy a meat option.

Why we love this recipe...



High in protein



Source of fibre

Nutty date bites



Snack



10 mins



12 servings



Vegan

Dairy free

Gluten free

Using nature's candy these moreish date bites will satisfy sweet cravings and give you energy.

ⓘ Contains peanuts

Ingredients

200g pitted dates

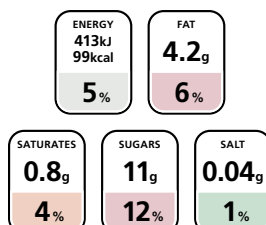
110g raw unsalted peanuts

Pinch of sea salt

Method

- 1 Start by softening your dates by soaking them for about 10 minutes in hot water.
- 2 Place the dates, peanuts and a pinch of sea salt in a food processor and blend on a high power until dates and nuts are in small pieces and come together in a mix.
- 3 Scoop out a tablespoon at a time and roll into small balls. The mixture should make about 12 balls.
- 4 Place in a container and keep in the fridge to enjoy when you need a pick-me-up.

What's in a serving



Tips and tweaks: You can use any nuts you fancy, or a mix – we love adding almonds and cashews.

Why we love this recipe...



Source of antioxidants



Source of fibre



Low salt

Pitta crisps



Snack



7 mins



2 servings

Vegan



These pitta chips make a great crunchy snack or for lunch paired with some hummus and veg sticks!

ⓘ Contains gluten

Ingredients

2 wholemeal pitta bread

Pinch of dried herbs
or paprika

Method

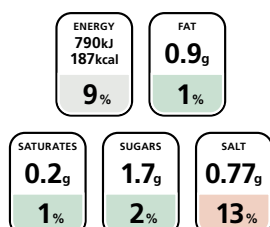
1 Preheat the oven to 200°C/400°F/Gas 6.

2 Chop the bread into triangles.

3 Sprinkle with paprika or dried herbs if preferred.

4 Spread out on baking sheet and bake for 5-7 minutes until golden brown.

What's in a serving



Tips and tweaks: Make these spicy by using chilli powder or hot paprika!

Why we love this recipe...



Low fat



Low sat fat



High in fibre



Source of protein



Popcorn 2 ways



Snack



5 mins



1 serving

Gluten
free

Vegan

Dairy
free

Popcorn is a favourite snack for many, and high in fibre, win, win!

Ingredients

1 tbsp olive oil

1 handful corn kernels

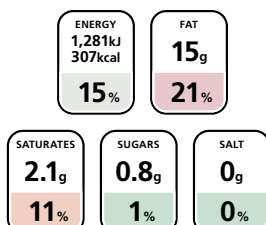
1 tsp cinnamon or paprika

Method

1 Heat the oil in a large saucepan then add the cinnamon or paprika and corn kernels and cover.

2 The kernels will swell and start to 'pop', bursting out of their skins. Once the popping sound dies out, remove the pan from the heat and carefully remove the lid.

What's in a serving



Tips and tweaks: For an extra sweet treat, warm ½ tbsp of honey and mix through the hot cinnamon-spiced popcorn.

Why we love this recipe...



High in fibre



Source of protein



Very low salt

Roasted spiced chickpeas



Snack



45 mins



4 servings

Vegan

Gluten free



This simple, tasty snack is a great source of plant-based protein as well as counting as one of your 5 a day.

Ingredients

400g can of chickpeas, drained

1 tsp mild or hot chilli powder

1 tsp cumin

1 tsp paprika

1 tsp olive oil

Method

1

Pre-heat the oven to 180°C/350°F/Gas 4.

2

Drain the chickpeas thoroughly and mix with the oil and spices in a bowl.

3

Spread out evenly onto a baking tray and bake for 35-40 minutes, stir them around after 15 minutes to allow them to cook evenly and to check they aren't burning.

4

Allow to cool and eat warm or store in a container to eat later.

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
596kJ 142kcal	4.1g	0.5g	0.5g	0.07g
7%	6%	3%	1%	1%



Tips and tweaks: Play around with different spices to see what takes your fancy, garam masala makes a great addition!

Why we love this recipe...



Low sat fat



High in fibre



High in protein

Salsa



Snack



5 mins



4 servings

Vegan



Paired with guacamole, this salsa is high in fibre and makes a great addition to your fajitas.

Ingredients

800g cherry tomatoes, chopped

1 handful of coriander, finely chopped

1 onion, finely chopped

Juice of 1 lime

Method

- 1 Combine the chopped tomatoes, coriander, onion and lime juice in a bowl.
- 2 That's it, you're ready to load up your salsa on a rice cake or scoop up with tortilla crisps.

What's in a serving

ENERGY 206kJ 49kcal	FAT 0.7g	SATURATES 0.2g	SUGARS 7.5g	SALT 0g
2%	1%	1%	8%	0%



Tips and tweaks: Use this salsa as a healthier alternative to tomato ketchup.

Why we love this recipe...



Fat free



No salt



High in fibre

Yogurt bark



Snack



3 hrs



2 servings



Veggie

Enjoy this healthy break time snack that's low in fat and perfect for the whole family.

Contains milk

Contains gluten

Ingredients

160g strawberries

500g Greek or natural yogurt

1 tbsp honey

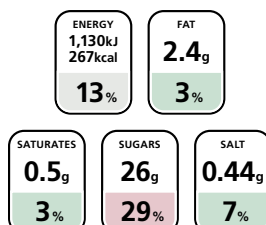
½ tsp vanilla essence

1-2 tbsp choc chip granola

Method

- 1 Line a baking tray with foil or baking paper and set aside.
- 2 Cut the strawberries into quarters.
- 3 Stir together the yogurt, honey and vanilla essence in a bowl and pour out on to the baking tray, spreading it to how thick you'd like the bark to be.
- 4 Sprinkle over the strawberries and granola and place in the freezer for 3 hours.
- 5 Once set, remove and using a sharp knife cut it into snack size pieces.
- 6 Keep it in the freezer in food bags or wrap.

What's in a serving



Tips and tweaks: You can use any berries you have at home. Blueberries and blackberries work well.

Why we love this recipe...

High in protein

Source of fibre

Low fat

A top-down photograph of a meal. A large, shallow, brown ceramic bowl contains a rich, orange-brown chicken curry. Several pieces of cooked chicken are visible, along with green leafy vegetables. The bowl has a light green rim and a matching handle. To the left, a smaller wooden bowl is filled with white, fluffy rice. The background is a dark, textured surface, possibly a table, with a piece of light-colored burlap fabric visible in the upper left corner.

Mains

Aubergine lasagne



Main



35 mins



2 servings

Veggie



This delicious, lower-carb version of a family favourite uses aubergine instead of pasta.

⚠ Contains eggs

⚠ Contains tree nuts

⚠ Contains milk

Ingredients

1½ aubergines

200g tinned chopped tomatoes

1 courgette, thinly sliced

50g mushrooms, sliced

2 cloves garlic, crushed

1 tsp dried basil

1 tsp dried oregano

1 tbsp tomato puree

1 tsp balsamic vinegar

3 tsp pesto

1 mozzarella ball

35g cheese, grated

Fresh basil, to serve

Method

1 Preheat the oven to 180°C/350°F/Gas 4.

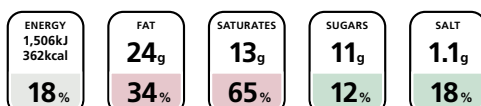
2 Slice the aubergine into disks and slightly soften in a frying pan over a medium heat then remove from the pan and set aside.

3 Add the tomatoes, courgette, mushrooms, garlic, dried basil, dried oregano, tomato puree and balsamic vinegar into the pan and stir to combine, cooking over a medium heat for 5 minutes.

4 To construct the lasagne, place a layer of aubergines on the bottom of a small ovenproof dish then cover with a layer of vegetables, repeat once more and dollop the pesto, grated cheese and mozzarella on top.

5 Bake for 20 minutes, or until the aubergines are completely soft. Garnish with fresh basil to serve!

What's in a serving



Tips and tweaks: Not a fan of courgette? No problem, switch for a grated carrot instead.

Why we love this recipe...

✓ High in fibre

✓ Low sugar

✓ Source of protein

✓ Low salt

Beef kebabs



Main



35 mins



4 servings

Dairy
free


These kebabs make the perfect tasty fake-away and they're high in protein to keep you satisfied and give you energy.

Contains eggs

Contains gluten

Ingredients

750g minced lean beef

1 tsp chilli powder

1 tsp garam masala

1 tsp ginger paste

1 clove garlic, crushed

¼ tsp salt

1 tsp dried coriander

1 egg, lightly beaten

1 onion, chopped

2 tomatoes, chopped

4 wholemeal wraps

Method

1 In a bowl combine the minced meat, chilli powder, garam masala, ginger, garlic, salt, dried coriander and egg and mix well.

2 Take around a tablespoon of sausage mix and form into a sausage shape using your hands. Repeat with all the mixture and set aside.

3 Heat a non-stick pan on a medium heat and soften the onion and tomatoes for a couple of minutes.

4 Add the sausages, cover with a lid and cook on a medium heat for approximately 30 minutes.

5 Once cooked, place inside the tortilla wrap and serve.

What's in a serving

ENERGY
1,953kJ
464kcal
23%

FAT
14g
20%

SATURATES
4.9g
25%

SUGARS
4.4g
5%

SALT
1.6g
27%


Tips and tweaks: Serve with a side salad to add to your 5 a day.

Why we love this recipe...

Source of zinc

High in protein

Low sugar

Beetroot risotto



Main



50 mins



4 servings

Veggie



This beautifully vibrant purple risotto is packed full of essential nutrients and makes a warming, satisfying supper.

Contains milk

Contains tree nuts

Ingredients

2 tbsp olive oil

1 onion, finely chopped

250g risotto rice

150ml white wine

1 litre vegetable stock

300g ready-cooked beetroot

Juice and zest of 1 lemon

Small bunch flat-leaf parsley, roughly chopped

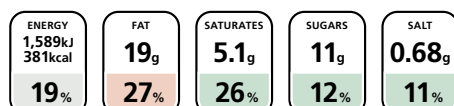
100g soft goat's cheese

9 walnuts, toasted and chopped

Method

- 1 Pour the olive oil in a deep frying pan and cook the onion with a pinch of salt and pepper for 10 minutes or until soft.
- 2 Tip in the rice and stir until every grain is coated.
- 3 Pour in the wine and simmer for 5 minutes.
- 4 Add the stock a ladle at a time, while stirring, only adding more once the previous batch has been absorbed.
- 5 Meanwhile, take half the beetroot and whizz in a small blender until smooth, and chop the remainder.
- 6 Once the rice is cooked, stir through the whizzed and chopped beetroots, lemon zest and juice, and most of the parsley.
- 7 Divide between plates and top with a crumbling of goat's cheese, the walnuts and remaining parsley.

What's in a serving



Tips and tweaks: Swap the goat's cheese for a handful of grated cheddar or parmesan.

Why we love this recipe...

Source of protein

Low sugar

Source of fibre

Low salt

Broad bean chicken



Main



10 mins



4 servings

Gluten
free



This meal alone gives you a great head start on getting your 5 a day, without much effort or time at all.

ⓘ Contains milk

Ingredients

200g broad beans, frozen	chopped
200g peas, frozen	1 tsp capers
240g butter beans, tinned	1 clove garlic, crushed
1 tbsp olive oil	Handful mild lettuce leaves to taste
2 tbsp lemon juice	2 roast chicken breasts, skin removed
2 spring onions, sliced	120g reduced-fat mozzarella
5g fresh parsley, chopped	
5g fresh dill, chopped	
5g fresh mint,	

Method

1 In a microwaveable bowl, mix the broad beans, peas and butter beans with a splash of water. Cover with cling film and microwave for 3 minutes. Take out and immediately run under cold water to cool them down. Drain and put back in the bowl.

2 To make the dressing, add the olive oil, lemon juice, all the herbs, capers and crushed garlic to a jar. Pop the lid on and shake until well combined, then pour over the beans and peas and mix well. Gently toss in the lettuce leaves.

3 Cut the chicken breast into strips, tear the mozzarella into pieces and place on top of the beans.

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
1,237kJ 294kcal	8.6g	3.2g	4.8g	0.38g
15%	12%	16%	5%	6%



Tips and tweaks: Serve warm or cold. You could mix things up by swapping the mozzarella for a rasher of crispy bacon!

Why we love this recipe...



Source of fibre



High in protein



Low salt

Broccoli pesto pasta



Main



20 mins



2 servings



This delicious plate of pasta is perfect for a speedy supper, using whole grain pasta to boost your fibre for the day.

Contains gluten

Contains tree nuts

Ingredients

100g broccoli

150g wholemeal pasta

110g frozen peas

2 tbsp olive oil

20g cashew nuts

40g baby spinach

2 cloves garlic

Method

1 Cut the broccoli into florets and steam or boil until tender.

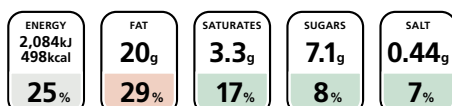
2 Put your pasta on to boil in lightly salted water, cooking per packet instructions, adding the frozen peas 3 minutes before the pasta is cooked to defrost and reheat.

3 In a blender, blend olive oil, cashew nuts, garlic (crushed or grated), spinach and a pinch of salt.

4 Add the cooked broccoli to the blender and blend until smooth pesto consistency. Add a splash of broccoli water to the blender if needed.

5 Strain the pasta and peas. Place back in the saucepan, add the broccoli pesto and mix before serving.

What's in a serving



Tips and tweaks: Not a fan of peas? Swap for frozen sweetcorn instead!

Why we love this recipe...

Low sat fat

Source of protein

Source of fibre

Butternut squash soup



Main



50 mins



4 servings

Vegan



This hearty butternut squash soup is packed with goodness, low in calories, with lentils to keep you feeling fuller for longer.

⚠ Contains gluten

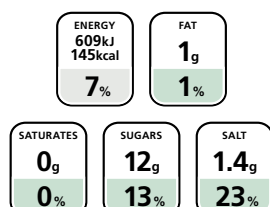
Ingredients

- 1 large onion
- 3cm piece of fresh ginger
- 3 garlic cloves
- 1 tsp dried turmeric
- 1 tsp dried coriander
- 1 tsp dried cumin
- 1 litre veg stock
- 1 medium butternut squash, around 800g
- 100g red split lentils, rinsed
- 1 tsp Marmite

Method

- 1 Chop the onion and finely chop the ginger and garlic then fry in a saucepan over a low heat.
- 2 Add the spices and stir until the onion, ginger and garlic is coated. Add salt and pepper to taste.
- 3 Add the stock cube to 2 pints of boiling water and stir to dissolve then set aside.
- 4 Chop the butternut squash into medium sized chunks and add to the pan along with the stock, lentils and marmite.
- 5 Bring to the boil then simmer for about 40 minutes.
- 6 Once simmered, use a food processor or hand blender to make a smooth soup.

What's in a serving



Tips and tweaks: For a more filling lunch serve with some toasted sourdough bread and top with a sprinkle of toasted seeds and a dollop of natural yoghurt.

Why we love this recipe...

✓ High in protein

✓ High in fibre

✓ Low salt

✓ No saturated fat

Cheery burgers



Main



35 mins



4 servings

Veggie



Pack in some of your 5 a day with these cheery burgers, full of fibre and goodness, they're perfect for lunch or dinner!

Contains egg

Contains gluten

Ingredients

2 tins red kidney beans	grated
1 onion, finely chopped	1 egg
1 tbsp olive oil	4 crackers, crumbled
1 garlic clove	1 tbsp tomato puree
1 green pepper	
1 medium carrot,	

What's in a serving

ENERGY 1,342kJ 319kcal 16%	FAT 7g 10%
SATURATES 1.7g 9%	SUGARS 4.8g 5%
	SALT 0.21g 4%

Method

- 1 Pre-heat the oven to 200°C/400°F/Gas 6.
- 2 Drain the beans and mash with a fork in a bowl.
- 3 Sauté the onion in oil for 3 minutes. Finely chop and add garlic clove, green pepper, carrot and cook for 5 more minutes.
- 4 Combine beans, vegetables, tomato puree, egg and crackers together and shape in to 8 small burgers then bake in oven for 25 minutes until golden.



Tips and tweaks: Serve with a side salad, a vegetable mash, and plain natural yogurt rather than a bun.

Why we love this recipe...

High in protein

High in fibre

Low sat fat

Cherry tomato and pesto quiche



Main



1 hr



6 servings

Veggie



A delicious choice for lunch or a light dinner, it's high in protein and doubles as a perfect picnic lunch too.

! Contains eggs

! Contains soya

! Contains gluten

! Contains milk

Ingredients

1 medium onion, finely sliced

½ tsp balsamic glaze

Frylight

200g filo pastry

200g mixed tomatoes, halved

100ml semi-skimmed milk

4 large eggs

30g low fat cheese spread

20g reduced fat pesto

100g half fat mature cheese, grated

Method

1 Pre-heat the oven to 200°C/400°F/Gas 6.

2 Fry the onions in a pan over a medium heat until soft then stir in the balsamic glaze and take off the heat.

3 Spray a 20cm quiche dish with Frylight. Layer the filo pastry, spraying with Frylight between each layer.

4 Blind bake the pastry for 15 minutes.

5 In a large jug, whisk together the milk, eggs, cheese spread, pesto, black pepper and 2/3 of the grated cheese.

6 Take the pastry out of the oven and put a layer of onion followed by layer of chopped tomatoes. Pour over the egg mixture, top with remaining grated cheese and bake for 30 minutes.

7 Remove and leave to cool for a few minutes before slicing.

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
978kJ 233kcal	7.9g	3.4g	6.1g	0.77g
12%	11%	17%	7%	13%



Tips and tweaks: To top up your omega 3's why not try adding smoked salmon to the quiche mixture.

Why we love this recipe...

✓ High in protein

✓ Low sugar

Chicken saagwala



Main



40 mins



6 servings

Gluten
free



Dairy
free

Try this lighter take on an Indian classic. It's dairy free and delicious!

Ingredients

2 medium onions	600g chicken breast
3 garlic cloves	400g frozen chopped spinach
2cm fresh ginger	1 tbsp garam masala
2 green chillies	1 tsp lime pickle (optional)
1 tbsp tomato puree	2 tbsp fresh chopped coriander
2 tbsp curry powder	
1 tbsp cumin powder	
100ml water	
1 tbsp vegetable oil	
750ml passata	
1 vegetable stock pot	

Method

1 Put the onions, garlic, ginger, chillies, tomato puree, curry powder, cumin and water into a food blender and blend until it becomes a paste.

2 Heat the oil in a non-stick saucepan and add the paste to the pan. Cook for 5 minutes, stirring often to stop it sticking and burning. If it's sticking, add a splash of water. Add the passata and stir.

3 Chop the chicken into cubes and add to the sauce along with the stock pot and frozen spinach. Bring to the boil and simmer for 20 minutes, or longer to develop the flavour.

4 Finally, add a tsp of lime pickle, the garam masala and chopped coriander and serve.

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
1,157kJ 274kcal	5.1g	0.8g	12g	0.99g
14%	7%	4%	13%	17%



Tips and tweaks: Turn this curry vegetarian by using Quorn pieces or tofu instead of chicken.

Why we love this recipe...

✓ High in protein

✓ Low salt

✓ Source of vitamin B6

✓ Source of fibre

Chicken salad wrap



Main



5 mins



1 serving



Use up that leftover roast chicken in this low fat, speedy snack.

⚠ Contains gluten

⚠ Contains milk

⚠ Contains egg

Ingredients

160g cooked chicken breast

1 wholemeal wrap

Handful of mixed salad leaves

2 chopped cherry tomatoes

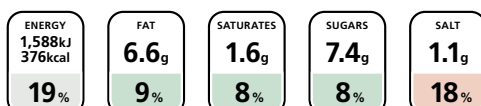
½ grated carrot

1 tsp low-fat mayonnaise

Method

- 1 Slice up your leftover chicken breast meat.
- 2 Lay out wrap and put salad and chicken on top.
- 3 Drizzle over some low fat mayo to finish.

What's in a serving



Tips and tweaks: Swap the wholemeal wrap for wholemeal bread and add a little spicy salsa for added kick.

Why we love this recipe...



Low sugar



High in protein



Low salt

Chicken satay skewers



Main



50 mins



6 servings



This lower fat version of an Asian favourite is packed with nutty goodness and will become a firm favourite.

Contains peanuts

Contains soya

Contains gluten

Contains milk

Ingredients

- 1 tbsp olive oil
- 2 onions, sliced
- 4 garlic cloves, sliced
- 5cm piece of ginger, grated
- 1 red chili, sliced
- 100g crunchy peanut butter
- 100g plain natural yoghurt
- 2 tbsp soy sauce
- 4 chicken breasts, chopped into bite size pieces
- Lime, cut into wedges
- Handful of roasted peanuts, chopped
- Handful of fresh coriander
- Spring onions, sliced

Method

1 Heat the oil in a frying pan over a high heat. Add the onions and season with salt and pepper. Keep stirring and cooking until they start to soften. Add the garlic, ginger and chilli to the pan and fry for another 3-4mins. Transfer your onion mixture to a plate to cool.

2 Once cool, add the onion mixture to a food processor along with the peanut butter, yoghurt and soy sauce. Blend to a chunky consistency. Transfer your blended paste to a large mixing bowl with your chicken and coat. Marinate your chicken for at least 30 mins, if not longer.

3 Heat the grill to the highest level. Thread the marinated chicken pieces onto skewers (trying to balance the same amount on each skewer). Place your chicken skewers on a foil laid on a large baking tray. Grill for approx. 10 mins without turning, until the chicken is cooked through.

4 Arrange your chicken skewers on a serving plate with lime wedges and scatter over the chopped peanuts, coriander and spring onions.

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
1,256kJ 300kcal	14g	2.5g	6.7g	1.2g
15%	20%	13%	7%	20%



Tips and tweaks: Make a big batch and enjoy leftovers as a quick and easy weekday lunch, or serve with basmati rice as a filling supper.

Why we love this recipe...

High in protein

Low saturated fat

Chicken sausage casserole



Main



1 hr 40 mins



6 servings



**Dairy
free**

A hearty meal packed with meat, pulses and vegetables to provide plenty of healthy nutrients.

Ingredients

12 chicken sausages

1 large onion, chopped

1 tin chopped tomatoes

¾ tin baked beans

1 tin mixed beans

2 carrots, chopped

2 celery sticks, chopped

1 tsp mixed herbs

1 tsp rapeseed oil

750ml chicken or vegetable stock

2-3 sliced potatoes

Method

1 Preheat the oven to 180°C/350°F/Gas 4.

2 Place the sausages in a pan with the oil and fry for around 5-10 minutes over a medium heat.

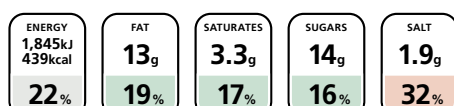
3 Add the chopped onion and soften for a few minutes.

4 Add all the other ingredients apart from the potatoes to the pot with the sausage and onion, making sure the stock covers the vegetables.

5 Place the slices of potato over the top of the other ingredients to cover.

6 Place the pot in the oven (without the lid) for around 60 minutes until the potatoes are browning and soft.

What's in a serving



Tips and tweaks: Try swapping the potatoes for sweet potatoes to add a bit of extra colour!

Why we love this recipe...

✓ High in protein

✓ Low sugar

✓ High in fibre

✓ Low sat fat

Chicken shawarma



Main



1 hr 40 mins



6 servings



A healthy twist on a takeaway favourite, this homemade shawarma is a kebab as you know it but without the hefty calorie count!.

Contains gluten

Contains milk

Ingredients

300g boneless chicken thigh fillets	6 large tortilla wraps
600g chicken breast fillets	Lettuce
20g Lebanese 7 spice mix	Handful of cherry tomatoes
1 tsp smoked paprika	150g cucumber
2 large garlic cloves, crushed	1 small onion thinly sliced
200ml fat-free natural yogurt	1 tsp mint sauce
Juice of 1 lemon	A few jalapenos (optional)
Frylight	

Method

- 1 Preheat the oven to 200°C/400°F/Gas 6.
- 2 Place the chicken in a bowl with the Lebanese 7 spice, smoked paprika, garlic, lemon juice and yoghurt and stir to coat well.
- 3 Flatten the chicken breasts with a rolling pin and add to the marinade.
- 4 Spray a loaf tin with Frylight. Stand on its end and layer the chicken pieces, packing in as tight as you can.
- 5 Bake in the oven for 1 hour until chicken is browned and cooked through. Remove and set aside for 10 minutes.
- 6 Warm the flatbread and add the salad and sauces. Slice the chicken and place on the flatbreads to serve.

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
1,841kJ 436kcal	9.8g	3.3g	7.9g	2.8g
22%	14%	17%	9%	47%



Tips and tweaks: Coeliac but fancy giving this a go? Swap the tortilla wraps for a gluten free version.

Why we love this recipe...

High in protein

Low sugar

Low fat

Low sat fat

Chinese chicken fried rice



Main



20 mins



4 servings



Low in sugar and high in protein, this fakeaway favourite is guaranteed to keep you full and satisfied.

Contains gluten

Contains egg

Contains soya

Ingredients

2 tbsp cornflour

1 tsp vegetable oil

2 tbsp curry powder

½ tsp Chinese 5 spice

½ tsp garlic powder

5g coconut cream
from a block1 vegetable stock
cube400g cooked brown
rice

1 large egg, whisked

350g chicken breast,
sliced2 cloves of garlic,
crushed

1 tbsp oyster sauce

1 tbsp light soy sauce

160g frozen peas

4 spring onions, finely
sliced

Method

1 Mix the cornflour with a little cold water to make a paste.

2 In a pan over a medium heat add the vegetable oil, curry powder, Chinese 5 spice, garlic powder and coconut cream and stir.

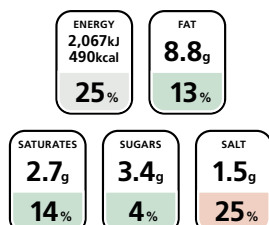
3 Add a pint of boiling water and the stock cube and bring to the boil. Whisk in the cornflour mix, season to taste and turn down to a gentle heat.

4 Make an omelette with the egg in a large hot frying pan then remove and chop into pieces.

5 Using the same pan, start to cook the chicken, then add the garlic, oyster sauce, soy sauce, frozen peas and cook until chicken has browned.

6 Add the egg, cooked rice and spring onions to the pan. Give everything a good mix and then serve topped with the curry sauce.

What's in a serving



Tips and tweaks: Vegetarian? You could swap the chicken for extra veg or a meat substitute like Quorn.

Why we love this recipe...

Low sugar

Low fat

High in protein

Chipotle mac n cheese



Main



30 mins



6 servings

Veggie



It's creamy, cheesy yet low in calories and containing 2 of your 5 a day, we love this take on a classic.

Contains gluten

Contains milk

Ingredients

600g frozen cauliflower florets

450g macaroni

1 tsp chipotle paste

½ tsp smoked paprika

550 ml skimmed milk

80g low fat mature cheese spread

60g 50% reduced-fat mature cheddar cheese

100g cherry tomatoes

100g drop red peppers, from a jar

Pinch of black pepper

Method

1 Preheat grill to 200°C/400°F/Gas 6.

2 Cook the cauliflower with a splash of water in the microwave on high for 9 minutes until soft.

3 Cook the macaroni for 1 minute less than on the packet instruction, drain and set aside.

4 In a frypan, heat the chipotle paste, smoked paprika for 2 minutes then add the milk and cheese spread and heat through.

5 Add the cauliflower and cheese sauce to a blender and blitz until smooth.

6 Put the pasta and cheese sauce in an ovenproof dish, stir through the cherry tomatoes and peppers, sprinkle over the cheese and a grate of black pepper.

7 Grill for around 5 minutes until the cheese is melted and golden.

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
1,728kJ 409kcal	5.8g	2.8g	9.8g	0.57g
20%	8%	14%	11%	10%



Tips and tweaks: Swap the jarred peppers for sliced and roasted red pepper if you prefer.

Why we love this recipe...

High in protein

Source of fibre

Low fat

Cod with tomatoes and olives



Main



20 mins



4 servings

Gluten
free

Dairy
free



Cod is a great source of protein, packed with B vitamins and minerals making it a great choice for dinner!

ⓘ Contains fish

Ingredients

2 tbsp olive oil

1 onion

2 garlic cloves

4 fresh rosemary sprigs

1 400g tin chopped tomatoes

150g pitted kalamata olives

1 tsp caster sugar

4 sustainable skinless cod fillets

400g spring greens

Method

1 Heat 1 tbsp of oil in a large frying pan. Finely chop the onion and garlic, then fry for 2 minutes. Roughly chop the rosemary, then add to the pan with the tomatoes, olives and sugar. Simmer for 5 minutes, then taste and season with a little salt and plenty of pepper.

2 Add the cod fillets to the pan, carefully pushing them into the tomato sauce. Cover with a lid and cook for a further 8-10 minutes until the fish is cooked through.

3 Meanwhile slice the spring greens. Heat the remaining oil in another large frying pan over a high heat, then add the spring greens and stir-fry for 2 minutes or until wilted. Season with salt and pepper.

4 Serve the greens (stir fried or steamed) alongside the fish, with the tomato and olive sauce spooned over.

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
1,518kJ 363kcal	18g	2.4g	9.6g	1.5g
18%	26%	12%	11%	25%



Tips and tweaks: You can swap cod for salmon fillets if you prefer.

Why we love this recipe...



High in protein



Low sat fat



Source of fibre



Creamy hummus platter



Main



2 mins



1 serving



This is a simple, delicious lunch that's low in sat fats and a great way to get in those veggies!

ⓘ Contains gluten

ⓘ Contains milk

Ingredients

2 tbsp tinned chickpeas

Juice of ½ lemon

1 tbsp low-fat Greek style yoghurt

1 tbsp olive oil

¼ tsp paprika

¼ tsp cumin

1 clove garlic

1 wholemeal pitta bread

1 small carrot

¼ large cucumber

Method

1 Make the hummus by blending the chickpeas, lemon juice, yoghurt, garlic, olive oil and spices in a food processor until there are no large chunks.

2 Cut the pitta bread and vegetables into slices and sticks.

3 Tuck in and enjoy!

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
2,049kJ 489kcal	17g	2.4g	10g	0.96g
24%	24%	12%	11%	16%



Tips and tweaks:

Use whichever vegetables you like the most, red peppers and cucumber also work well!

Why we love this recipe...



Low sat fat



Source of fibre



Source of protein



Low salt

Cuban black bean soup



Main



20 mins



6 servings



Veggie

Need a vitamin C boost? This soup contains your daily dose of vitamin C and is packed with flavour to boot.

ⓘ Contains milk

Ingredients

1 medium onion, finely diced

1 large green bell pepper, finely diced

1 red chilli, finely chopped

1 tbsp tomato puree

1 tbsp chipotle paste

1 can sweetcorn, drained

400g can black beans, drained

500g passata

Juice of ½ a lime

Handful fresh coriander

60g half-fat crème fraîche

Method

1 Finely dice the onion and green pepper and place in a large saucepan to gently saute over a medium heat until softened. Add a splash of water to prevent sticking.

2 Finely chop the chilli and add to the onions and peppers along with the tomato puree and chipotle paste. Stir until well combined and allow to cook for a further 1-2 minutes.

3 Add the sweetcorn, black beans and passata along with 200ml water, salt and pepper to taste, and bring to a gentle boil.

4 Cook for around 10 minutes, or until the veg has softened. To serve, pour into bowls, stir through the lime juice, sprinkle over the coriander and top with the crème fraîche.

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
710kJ 169kcal	2.9g	1.2g	13g	0.53g
8%	4%	6%	14%	9%



Tips and tweaks:

Make a double batch and freeze half for those days when you don't have time to cook.

Why we love this recipe...

✓ High in protein

✓ High in fibre

✓ Low sat fat

✓ Low salt

Cypriot grains with halloumi fries



Main



30 mins



4 servings

Veggie



Freekeh has double the protein of brown rice and 3 times the fibre and goes perfectly with the salty halloumi in this hearty dish.

⚠ Contains sesame

⚠ Contains milk

⚠ Contains tree nuts

⚠ Contains gluten

Ingredients

110g freekeh	80g pomegranate seeds
235g tinned green lentils, drained	200g cucumber, cut into small pieces
1 small red onion, finely chopped	10g fresh dill
1 tbsp mixed seeds	100g fat-free natural yoghurt
10g unsalted almonds, chopped	120g light halloumi cheese
Juice of ½ a lemon	Frylight
10g fresh coriander	
10g fresh parsley	

Method

1 Cook the freekeh according to the packet instructions, which should take around 20 minutes.

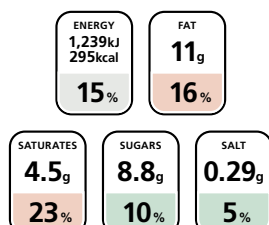
2 In a large mixing bowl, mix the freekeh, green lentils, red onion, mixed seeds, chopped almonds, lemon juice, coriander, parsley, pomegranate seeds and cucumber together until well combined.

3 To make the halloumi fries, place a non-stick frying pan on a medium heat. Cut the halloumi into fries, spray with Frylight and fry on both sides until golden brown. This should take around 5 minutes.

4 Finally, to make the dressing, stir together the yoghurt, dill and cucumber in a bowl.

5 Plate up the grains, place the halloumi fries on top and drizzle with the dressing.

What's in a serving



Tips and tweaks: To save time you could buy a pre-cooked pouch of freekeh, or couscous or quinoa work well too.

Why we love this recipe...



Low salt



High in protein



Source of fibre

Easy fish tacos



Main



5 mins



4 servings



Grab yourself a boost of omega 3 fatty acids with these delicious, quick to prepare tacos.

Contains fish

Contains gluten

Ingredients

4 red cabbage leaves, finely shredded

Juice of 1 lime

200g smoked mackerel fillets

A few splashes of Tabasco hot sauce

80g cherry tomatoes

3 spring onions

1 tbsp fresh coriander

430g refried beans

4 small soft tortilla wraps

Method

1 Pour the lime juice over the cabbage and set aside.

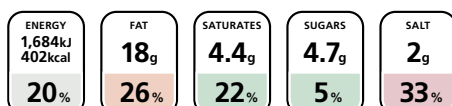
2 Break the mackerel fillets into bite-sized pieces and add the Tabasco sauce.

3 Chop the tomatoes, spring onions and coriander and mix.

4 Warm the refried beans in the microwave for 1 minute.

5 Finally, it's a matter of assembling your tacos. Warm the tortilla wraps in the microwave for 10 seconds, then spread a layer of refried beans, add the red cabbage and mackerel, top with salsa, fold and enjoy. fries on top and drizzle with the dressing.

What's in a serving



Tips and tweaks: Swap the fish for chicken, add mango to the salsa, swap the Tabasco for your favourite chilli sauce to make these tacos your own.

Why we love this recipe...



Source of fibre



Source of protein



Low sugar

Easy picnic lunch



Main



5 mins



1 serving



If you fancy a grazing plate for lunch rather than a meal, this is the perfect mix, with 2 of your 5 a day.

! Contains milk

Ingredients

5 cherry tomatoes

¼ cucumber

4 rice cakes

35g light cream cheese

75g reduced fat hummus

4 slices of Quorn ham

Method

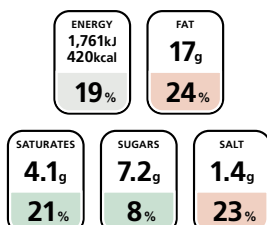
1 Wash and chop the tomatoes and cucumber.

2 Spread the cream cheese onto 2 of the ricecakes.

3 Spread some of the hummus onto the other 2 rice cakes.

4 Add the Quorn ham, slices of cucumber and tomatoes to the top and tuck in!

What's in a serving



Tips and tweaks: If you eat meat you can always swap the Quorn ham for slices of turkey or chicken breast.

Why we love this recipe...



Low sugar



Source of fibre



Source of protein

Easy veggie soup



Main



40 mins



2 servings



This super easy soup is packed full of vitamins and high in fibre.

Ingredients

2 carrots

1 medium potato

2 red peppers

2 cloves of garlic, sliced

Sprig of rosemary or thyme

1 low salt stock cube

400g tinned green lentils,
drained

Method

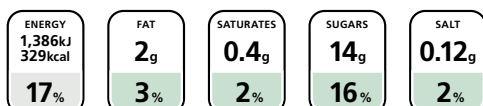
1 Preheat oven to 180°C/350°F/Gas 4.

2 Roughly chop the carrots, potato and peppers and place on a baking tray with the sliced garlic and herbs.

3 Roast for 20 minutes.

4 Make the vegetable stock according to packet directions and combine the vegetables, lentils and stock in a saucepan. Cover and simmer gently for 10 minutes before serving.

What's in a serving



Tips and tweaks: Delicious served with a slice of wholemeal baguette or oat crackers.

Why we love this recipe...



High in protein



Fat free



High in fibre

Falafel



Main



10 mins



4 servings



Whip up a batch of these fluffy, delicious falafel for a fibre boost to your diet.

ⓘ Contains gluten

Ingredients

400g tinned chickpeas, rinsed and drained

1 red onion, roughly chopped

1 clove of garlic, chopped

Handful of flat-leaf parsley

1 tsp ground cumin

1 tsp ground coriander

½ tsp harissa paste or chilli powder

2 tbsp plain flour

2 tbsp sunflower oil

Method

1 Rinse and drain the chickpeas then pat dry with kitchen paper.

2 Tip into a food processor along with the onion, garlic, parsley, cumin, coriander, harissa paste, flour, and a little salt. Blend until fairly smooth.

3 Shape into patties (small balls, no bigger than a ping pong ball) with your hands.

4 Heat the sunflower oil in a non-stick frying pan, and fry the patties for 3 mins on each side until lightly golden.

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
819kJ 195kcal	5.5g	0.6g	2.1g	0.03g
10%	8%	3%	2%	1%



Tips and tweaks: You can make these up in advance and keep them in the fridge, perfect for a healthy lunchbox filler.

Why we love this recipe...

✓ High in fibre

✓ Source of protein

✓ Low sat fat

Falafel pitta



Main



5 mins



1 serving



Perfect when you're not sure what to have for dinner and need something healthy, fast and delicious.

⚠ Contains gluten

⚠ Contains milk

Ingredients

1 wholemeal pitta
3 shop bought falafel patties
Handful of salad
2 cherry tomatoes, sliced
½ large cucumber, sliced
1 tsp tzatziki

Method

- 1 Warm the pitta bread in the toaster.
- 2 Rinse your salad leaves.
- 3 Place falafel on microwaveable plate and heat for 1 minute on high.
- 4 Slice one side of the pitta bread open and fill with falafel patties, salad and a drizzle of tzatziki.
- 5 That's it! Tuck in.

What's in a serving

ENERGY 1,698kJ 404kcal 20%	FAT 11g 16%	SATURATES 2.2g 11%	SUGARS 9.3g 10%	SALT 1.3g 22%
-------------------------------------	-------------------	--------------------------	-----------------------	---------------------



Tips and tweaks: Try mixing up the toppings like adding a sprinkle of grated cheese or some grated carrot.

Why we love this recipe...



Source of protein



Low sat fat



Source of fibre



Gigantes beans on toast



Main



20 mins



2 servings



These beans are full of fibre,
which is great for your digestive system!

ⓘ Contains eggs

ⓘ Contains gluten

Ingredients

1 clove garlic,
finely chopped

1 tsp paprika

1 tsp oregano

400g tinned
butter beans

500g passata

120g spinach

2 poached eggs

2 pieces
wholemeal toast

1 tbsp fresh
chopped parsley

Salt and pepper

Method

1 Gently fry the garlic then add the paprika, oregano, butter beans and passata and bring to a gentle simmer for 10 minutes.

2 Stir in the spinach and chopped parsley, season with a little salt and pepper to taste.

3 Put the beans in a bowl, with a poached egg on top, cut the toast into fingers and dip into the beans and egg.

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
1,805kJ 429kcal	8.1g	1.9g	22g	1.1g
21%	12%	10%	24%	18%



Tips and tweaks: It's easy to double this and keep some in a container in the fridge for lunch tomorrow!

Why we love this recipe...

✓ High in protein

✓ High in fibre

✓ Low sat fat

Honey and garlic glazed salmon



Main



10 mins



4 servings



Enjoy this quick and easy fish dish, packed full of protein.

⚠ Contains gluten

⚠ Contains fish

⚠ Contains soya

Ingredients

2 tbsp honey

2 tbsp soy sauce

2 tbsp lemon juice

3 tbsp extra virgin olive oil

4 6-oz. salmon fillets, patted dry with a paper towel

Salt and freshly ground black pepper

3 cloves garlic, minced

1 lemon, sliced into rounds

Method

1 In a bowl, whisk together honey, soy sauce and lemon juice.

2 In a large non-stick frying pan over medium-high heat, heat 2 tablespoons of oil.

3 When oil is hot, add salmon, skin-side up, and season with salt and pepper. Cook the salmon until deeply golden, about 6 minutes, then flip over and add remaining tablespoon of oil.

4 Add garlic to the pan and cook until fragrant, about 1 minute.

5 Add the honey mixture and sliced lemons and cook until the sauce is reduced by about a third.

6 Baste salmon with the sauce and garnish with sliced lemon.

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
1,466kJ 351kcal	20g	3g	11g	1.4g
24%	29%	15%	12%	23%



Tips and tweaks: Try serving with steamed mangetout or veggies of your choice!

Why we love this recipe...

✓ High in protein

✓ Low sugar

Jamaican inspired lamb stew



Main



3 hr 15 mins



4 servings



You'll love this taste of the Caribbean that's warming and will help you fight off bugs containing vitamin A and C.

Contains gluten

Contains egg

Contains milk

Ingredients

400g lean lamb, cubed	500g passata
1 tbsp olive oil	800ml chicken stock
1 tbsp jerk seasoning	400g can butter beans
1 tbsp mild curry powder	2 medium carrots
1 tbsp dried thyme	1 yellow pepper
2 garlic cloves, crushed	160g green beans
Juice of ½ a lemon	1 medium onion
1 scotch bonnet pepper	100g red lentils

Method

- 1 Preheat the oven to 150°C/300°F/Gas 2.
- 2 Put the lamb, olive oil, jerk seasoning, curry powder, dried thyme, garlic, scotch bonnet chilli (whole) and lemon juice in a large casserole and mix. Cook on the hob on a medium heat until the lamb is browned.
- 3 Add the stock, passata and the butter beans including water, and bring to the boil then add the chopped vegetables and lentils.
- 4 Lid on, bake in the oven for about 2.5 hours, stirring occasionally.

What's in a serving

ENERGY 2,004kJ 476kcal	FAT 10g	SATURATES 2.3g	SUGARS 15g	SALT 3.6g
24%	14%	12%	17%	60%



Tips and tweaks: Not a lamb lover? Swap for stewing beef instead!

Why we love this recipe...

High in fibre

High in protein

Low sat fat

Jerk salmon burger with mango slaw



Main



1 hr 25 mins



4 servings



This recipe is jerk with a twist that doesn't compromise on flavour and is high in protein!

Contains fish

Contains gluten

Contains soya

Contains soya

Ingredients

250g salmon, skin removed

150g haddock, skin removed

25g jerk paste

1 tsp smoked paprika

Juice of 1 lime

Bunch fresh coriander, chopped

100g mango, mashed

4 burger buns

80g red cabbage, finely shredded

½ medium red onion, finely chopped

1 tsp sriracha

2 tbsp fat-free Greek yoghurt

Method

1 Add the fish, jerk paste, smoked paprika, half the lime juice, a handful of chopped coriander, grind of black pepper and half the mango to a food processor and blend until combined.

2 Divide the mixture into 4 and shape into burgers then chill in the fridge for 1 hour.

3 Fry the burgers in a non stick pan for 5 minutes on each side, or until cooked through.

4 Mix the cabbage, onion, lime juice, sriracha, yoghurt and remaining mango to make a slaw.

5 Toast the buns and top with the burger and slaw!

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
5,657kJ 1,344kcal	38g	8.5g	34g	2.8g
67%	54%	43%	38%	47%



Tips and tweaks: Try adding some prawns to the burgers for an extra fishy dose of deliciousness.

Why we love this recipe...

High in protein

Lebanese style hummus pizza



Main



10 mins



1 serving



Veggie

Chickpeas are a great source of plant-based protein and fibre, meaning this pizza is guaranteed to leave you feeling satisfied.

Contains milk

Contains gluten

Ingredients

1 malted grain and seed flatbread

Pinch of dried oregano

50g reduced fat hummus

A few rocket leaves

25g cherry tomatoes

Drizzle of extra virgin olive oil

30g white mushrooms

A pinch of smoked paprika

1 tsp green tapenade paste

Drizzle of balsamic glaze

Method

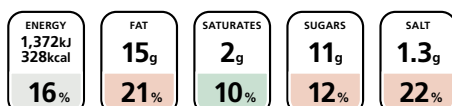
1 Pre-heat the grill on a medium to high heat.

2 Unfold the flatbread and smother with hummus.

3 Slice the mushrooms and tomatoes and place on top of the hummus, along with the tapenade paste. Sprinkle on the oregano, smoked paprika, black pepper, balsamic glaze and olive oil and place under the grill for 6 minutes, or until warmed and toasted lightly.

4 Sprinkle over a few rocket leaves and serve.

What's in a serving



Tips and tweaks: For an even heartier meal, top with pre-made falafel balls.

Why we love this recipe...

Low sat fat

Source of fibre

Source of vitamin K

Mini pizza pittas



Main



8 mins



2 servings



Veggie

This mini take on a classic favourite will also give you a hit of vitamin C!

Contains gluten

Contains milk

Ingredients

4 mini pitta breads

4 tsp tomato puree

3 tbsp olives

1 tomato

½ pepper

2 tbsp sweetcorn

60g mature cheese

1 tsp mixed herbs or small handful fresh basil

Method

1 Preheat the oven to 180°C/350°F/Gas 4.

2 Halve each pitta and spread on the tomato puree.

3 Slice vegetables, grate the cheese and top the pizzas.

4 Place onto baking tray and transfer to oven to bake for 6-8 minutes until cheese has melted.

5 Add herbs on top and serve.

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
1,481kJ 353kcal	13g	6.9g	6.3g	1.2g
18%	19%	35%	7%	20%



Tips and tweaks: Try topping with roast vegetables, or some diced ham if you like a meaty version.

Why we love this recipe...

Source of fibre

High in vitamin C

Source of protein

Mushroom and spinach carbonara



Main



20 mins



4 servings



This cheat's version of a popular dish is made with a healthy delicious twist, with a bonus of hardly any washing up!

Contains gluten

Contains milk

Ingredients

300g wholemeal spaghetti

150g low fat cream cheese with chives

200g semi-skimmed milk

1 onion, finely chopped

1 clove garlic

30g chestnut mushrooms

100g baby spinach

Method

1 Cook the spaghetti following the directions of the pack.

2 Heat a pan over medium heat and soften chopped onions with a spray of oil or little splash of water.

3 Add the sliced mushrooms and fry until cooked.

4 Reduce the heat then add the cream cheese and gently combine with the other ingredients, adding the milk little by little until all combined.

5 Drain the spaghetti and then toss into the other ingredients and stir well.

What's in a serving

ENERGY 1,233kJ 294kcal 15%	FAT 12g 17%	SATURATES 6.6g 33%	SUGARS 7.5g 8%	SALT 0.9g 15%
--	---------------------------------	--	------------------------------------	-----------------------------------



Tips and tweaks: If you eat meat, you could always add another boost of protein with a handful of cooked chicken or diced ham.

Why we love this recipe...



Source of fibre



Low fat



High in protein

Mushroom bruschetta



Main



10 mins



2 servings



Veggie

With the spirit of classic bruschetta but low in fat, sugar and salt, these are delicious as a light lunch or for a party platter.

⚠ Contains gluten

⚠ Contains milk

⚠ Contains soya

Ingredients

1 small onion, finely chopped

300g mushrooms, chopped

2 garlic cloves, chopped

30g Gorgonzola cheese

40g 0% fat natural yogurt

Pinch of black pepper

A sprinkle of fresh parsley

2 sandwich thins

Rocket leaves, to serve

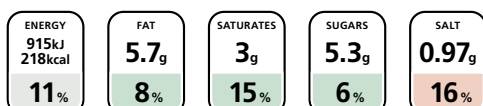
Method

1 In a non-stick frying pan on a medium heat add the finely sliced onion with a splash of water to stop them sticking. Fry for a couple of minutes until soft and translucent. Add the mushrooms and the garlic and continue to fry until mushrooms are soft.

2 Now to add the Gorgonzola and stir until melted, add in the yogurt and season with black pepper and parsley.

3 Toast the sandwich thins and serve the mushrooms on top. Job done!

What's in a serving



Tips and tweaks: Add a poached egg to turn your light lunch into a satisfying supper.

Why we love this recipe...

✓ Low fat

✓ Source of fibre

✓ High in protein

Paella



Main



30 mins



2 servings


**Dairy
free**

Try this colourful, vibrant dish that's a great source of fibre.

Contain crustaceans

Ingredients

1 tsp of olive oil

2 cloves of garlic

1 onion

1 chicken breast, diced

1 pepper

100g risotto rice

300ml of stock

80g peas

2 tsp smoked paprika

50g of cooked prawns

Method

1 Put the olive oil, garlic and onion in a pan and cook for 2-3 minutes.

2 Add the chicken and cook until it's cooked through and then add the peppers and cook for a further 2 minutes.

3 Add the rice and stir until the rice goes slightly see through.

4 Add the stock and let it absorb, keep stirring so it doesn't stick to the bottom!

5 Once you've added all the stock, add the peas and paprika.

6 To finish, add the prawns and heat them through. Once the prawns are cooked through and all the stock has been absorbed you are ready to serve, enjoy!

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
2,098kJ 496kcal	5.5g	1.2g	13g	2.3g
25%	8%	6%	14%	38%



Tips and tweaks: You can always replace the chicken breast with leftover roast chicken or turkey if you have some to hand.

Why we love this recipe...



High in protein



High in vitamin C



Source of fibre



Persian inspired lentil and feta soup



Main



20 mins



4 servings

Veggie



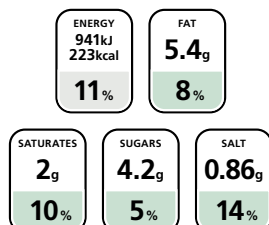
Not your average soup, this packs a punch, flavour-wise and is high in fibre, which we all need plenty of in our diets.

Contains milk

Ingredients

1 tbsp olive oil	A handful fresh chopped coriander
1 medium onion, finely chopped	400g tinned lentils, drained
3 cloves garlic, crushed	400g tinned chopped tomatoes
¼ tsp cayenne pepper	1 vegetable stock cube
1 tsp sumac	250g pre-cooked brown rice
2 tsp Lebanese 7 spice	Juice of 1 lemon
A handful fresh chopped parsley	100g baby spinach
	120g feta cheese

What's in a serving



Tips and tweaks: This soup is easy to make double the quantity and freeze half for when you're short on time or need an easy supper.

Method

- 1 In a large non-stick saucepan, heat the olive oil on a medium heat, add the onion and garlic and gently fry for a couple of minutes until softened. Add a splash of water if the onions are sticking or catching.
- 2 Once the onion and garlic have softened, add all the herbs and spices and stir for about a minute.
- 3 Add the lentils, chopped tomatoes, stock cube and 600mls water and bring to the boil. Add the cooked brown rice and cook for a further 5 minutes.
- 4 Finally check the seasoning, add a little salt and pepper to taste, stir in the lemon juice and serve in a bowl topped with feta cheese and baby spinach.

Why we love this recipe...



High in protein



Low sat fat



Source of fibre

Smoky sweet potatoes



Main



50 mins



2 servings



Enjoy a family friendly dinner that's full of fibre, protein and vitamins!

ⓘ Contains eggs

ⓘ Contains milk

Ingredients

2 medium sweet potatoes

2 pinches of salt

200g tinned black beans

200g tinned chopped tomatoes

1 tbsp of chipotle spice mix

2 tbsp sour cream

1 spring onion, sliced

4 tbsp vegetarian bacon bits

Method

1 Preheat oven to 200°C/400°F/Gas 6.

2 Wash and pierce the skin of the sweet potatoes with a fork, put on a baking tray and sprinkle with salt.

3 Bake in the oven for 45 minutes. and pepper.

4 Remove from oven and cut in half, lengthways.

5 Drain 50g of black beans and fry for 5-6 minutes along with chipotle spice mix and tomatoes.

6 Scoop a tablespoon of sour cream onto each open sweet potato and top with black bean mix, spring onions and vegetarian bacon bit to serve.

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
1,776kJ 422kcal	7.2g	3.4g	33g	1.6g
21%	10%	17%	37%	27%



Tips and tweaks: Make this dairy free by swapping the sour cream for a dairy free guacamole.

Why we love this recipe...



Source of protein



Low fat



High in fibre

Spaghetti with turkey ragu



Main



20 mins



4 servings



A hearty Italian style dish that's great for you as it's packed with lean protein.

⚠ Contains gluten

⚠ Contains milk

Ingredients

340g spaghetti

1 large onion, diced

2 cloves garlic, minced

1 large carrot

450g turkey mince

230ml white wine

2 cans chopped tomatoes

2 tbsp chopped rosemary

Freshly chopped parsley,
for garnish

Freshly grated Parmesan,
for garnish

Method

1 In a large pot of boiling water, cook spaghetti according to package directions until al dente. Drain and return to pot.

2 Meanwhile, in a large frying pan over medium-high heat, cook onion, garlic, and carrot until tender.

3 Add turkey and cook until golden (around 6 to 8 minutes) then season with salt and pepper.

4 Add the wine, chopped tomatoes, and rosemary and let cook for a further 5 minutes.

5 Toss spaghetti with ragu and garnish with parsley and parmesan to serve.

What's in a serving

ENERGY
2,494kJ
590kcal
30%

FAT
5.9g
8%

SATURATES
2.5g
13%

SUGARS
17g
19%

SALT
0.48g
8%



Tips and tweaks: Not a fan of turkey mince? Try swapping to low-fat beef mince instead.

Why we love this recipe...

✓ High in protein

✓ Source of vitamin B12

✓ Low fat

Spicy bean stuffed peppers



Main



20 mins



1 serving



Give this tasty supper a go, just 6 ingredients, easy to make and full of fibre and protein.

ⓘ Contains milk

Ingredients

½ tin mixed beans

1 tbsp of tomato passata

½ tbsp paprika

½ tbsp cumin

1 red pepper

1 yellow pepper

Small handful of grated mature cheddar cheese

Method

1 Preheat oven to 170°C/325°F or gas 3.

2 Place the beans in a saucepan with the tomato passata, paprika and cumin and warm over a gentle heat for around 4 minutes.

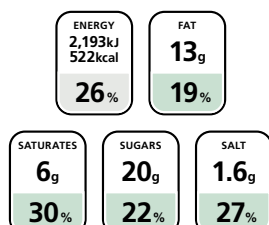
3 Cut the top of the peppers off and a small slice off the bottom so it is even and can stand, taking care not to make a hole in the bottom.

4 Fill the peppers with the spicy bean mix.

5 Cover the peppers with tin foil and place into the oven for 10 minutes to cook the pepper.

6 Uncover the peppers and add the cheese on top and place back in the oven for 2 minutes to let the cheese melt.

What's in a serving



Tips and tweaks: Serve with baby spinach to get some delicious greens on your plate!

Why we love this recipe...

✓ Low fat

✓ High in fibre

✓ High in protein

Spicy steak burrito



Main



20 mins



2 servings



Try this lean, protein-packed meal that will leave you feeling super satisfied.

Contains gluten

Contains milk

Ingredients

Low calorie cooking spray

200g minute steak, cut into thin strips

3 spring onions, finely sliced

1 tsp Mexican spice mix

400g tinned kidney beans

½ pouch of precooked wholegrain rice

2 wholemeal tortilla wraps

30g grated cheese

Handful shredded lettuce

Method

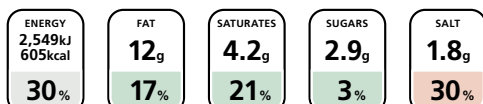
1 Fry the steak in a frying pan until sealed then add in the sliced spring onions and Mexican spice mix and fry until the onions are softened.

2 Add the drained kidney beans followed by the rice and stir fry for 3-4 minutes until the rice is fully separated and heated through. Ensure the meat is fully cooked before taking off the heat.

3 Microwave the tortilla wraps for 30 seconds.

4 Build your burrito by adding the beef and onion to your warm tortilla along with the shredded lettuce and cheese. Wrap tightly and enjoy!

What's in a serving



Tips and tweaks: Swap steak for peppers, mushrooms and sweetcorn to make this vegetarian.

Why we love this recipe...

High in protein

Source of fibre

Source of vitamin K

Spicy tandoori pizza



Main



15 mins



2 servings



A quick, easy and tasty pizza for only around a third of the calories of a takeaway.

Contains milk

Contains eggs

Contains gluten

Ingredients

2 wholemeal tortilla wraps

2 tbsp tomato puree

1 tsp oregano

Pinch black pepper

60g reduced fat mozzarella cheese, grated

60g reduced fat cheddar cheese, grated

100g ready cooked chicken tikka pieces

80g red and green peppers, sliced

40g mushrooms, sliced

40g red onion, sliced

1 jalapeno pepper, sliced

1 tbsp light mayonnaise

1 tbsp half fat crème fraîche

A pinch of parsley (fresh or dried)

A pinch garlic powder

Method

1 Pre heat oven to 220°C/425°F/Gas 7 and place a metal tray big enough to fit the pizza on in the oven whilst it warms up.

2 Mix the tomato puree and hot water and spread over the wrap followed by the oregano, black pepper and cheese.

3 Finely slice all the vegetables and sprinkle liberally on top of the pizza, along with the cooked chicken tikka pieces.

4 Bake for 8-10 minutes or until the edges are nice and crispy, the cheese has melted, and the vegetables are cooked.

5 Whilst the pizza is cooking make the garlic and herb dip by mixing the mayonnaise, crème fraîche, parsley and garlic powder together and taste. If you want it a bit more garlicky, just add a bit more garlic powder to taste.

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
2,124kJ 507kcal	22g	10g	9.6g	2.4g
25%	31%	50%	11%	40%



Tips and tweaks: Skip the chicken and swap it for a baked onion bhaji for a veggie alternative!

Why we love this recipe...

High in protein

Low sugar

Source of fibre

Teriyaki salmon



Main



10 mins



2 servings



Rich in omega-3 fatty acids, this dish is ready in less than 10 minutes and hits the spot when you're looking for a fix of Japanese flavours.

ⓘ Contains fish

ⓘ Contains gluten

ⓘ Contains sesame

ⓘ Contains soya

Ingredients

260g boneless salmon fillets

90g wholemeal rice noodles

40ml sweet teriyaki sauce

2 spring onions

100g cucumber

100g peppers

100g cherry tomatoes

Pinch of sesame seeds

Method

1 Place the salmon in a microwaveable dish and cover with cling film. Put the rice noodles in another bowl and cover in boiling water, leave to stand for 4 minutes, meanwhile put the salmon in the microwave for 5 minutes.

2 While the salmon and noodles are cooking, slice up your veg.

3 Take the salmon out of the microwave and break into chunks.

4 To serve, put the noodles and veg in a bowl, place the salmon on top, drizzle over the sweet teriyaki sauce and garnish with sesame seeds.

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
2,319kJ 551kcal	17g	2.4g	22g	2.7g
28%	24%	12%	24%	45%



Tips and tweaks: This is delicious served cold as a noodle salad for lunch.

Why we love this recipe...

✓ High in protein

✓ Low sat fat

Texan chilli



Main



1 hr 15 mins



4 servings

Veggie



This chilli is guaranteed to please, full of protein and bursting with smoky flavours.

Ingredients

- 1 medium onion, sliced
- 2 celery stalks, chopped
- 2 large carrots, chopped
- 3 cloves of garlic, crushed
- 1 tbsp smoked paprika
- 2 tsp chipotle paste
- ½ tsp chilli flakes
- 1 tsp cumin powder
- 1 tsp turmeric powder
- 1 tbsp dried oregano
- ½ tsp cocoa powder
- 400g tinned black beans, drained
- 400g tinned kidney beans, drained
- 400g tinned lentils, drained
- 500g passata

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
1,372kJ 326kcal	2.7g	0.4g	18g	0.71g
16%	4%	2%	20%	12%

Method

- 1** Pre-heat the oven to 150°C/300°C/Gas 2.
- 2** Chop the vegetables and add the onion, carrot, celery and a splash of water to a non-stick ovenproof pan. Cook for around 5 minutes, stirring occasionally to make sure it doesn't burn.
- 3** Add all the spices, cocoa powder and the chipotle paste to the pot and stir well to combine. Cook for another few minutes to really bring the spices to life.
- 4** Add the passata, black beans, kidney beans and lentils and stir well. Put the dish in the oven for an hour.
- 5** Stir every 15 minutes. If the chilli dries out, add some hot water to get it to a consistency of your liking, but try not to add too much water as this will dilute the flavour. Add a little at a time to be on the safe side.
- 6** Season with salt and pepper and serve!



Tips and tweaks: Get creative and use any vegetables that take your fancy!

Why we love this recipe...



High in protein



Low fat



High in fibre

Tofu stir fry



Main



15 mins



4 servings

Veggie



Enjoy this tasty veggie meal that's high in protein, super quick and easy to make, perfect for a midweek supper.

⚠ Contains gluten

⚠ Contains soya

Ingredients

300g basmati rice

2 tsp olive oil

280g firm tofu

2 cloves garlic

1 red pepper

1 yellow pepper

150g mushrooms

85g baby corn

85g mange tout

Sprinkle of chilli flakes

Sprinkle Thai seasoning

Sprinkle of Chinese 5 spice

1 tsp soy sauce

Method

1

Boil the basmati rice as per instructions on package.

2

Heat some oil in a wok and drain any water away in the tofu pack before chopping the tofu into cubes.

3

Chop the garlic, peppers, mushrooms, baby corn and mange tout into chunks.

4

Fry the tofu in the wok for a few minutes either side until it starts to brown then add the chopped veg and cook over high heat for a few minutes.

5

Add the Thai seasoning, Chinese 5 spice, chilli flakes, soy sauce and rice to the wok and mix.

6

Serve and enjoy!

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
1,753kJ 415kcal	7.5g	1.1g	6g	0.25g
21%	11%	6%	7%	4%



Tips and tweaks: To save time, you can use a pouch of pre-cooked rice.

Why we love this recipe...

✓ Low fat

✓ Low sat fat

✓ Source of fibre

✓ Source of protein

Tuna pasta bake



Main



25 mins



4 servings



This tuna pasta bake is a quick and easy dinner, low in fat and doesn't compromise on taste!

⚠ Contains gluten

⚠ Contains milk

⚠ Contains fish

Ingredients

300g wholemeal pasta

1 tin sweetcorn in water

1 red pepper, chopped

½ medium broccoli, chopped

2 100g tins tuna, drained

1 tin chopped tomatoes

1 tsp dried mixed herbs

60g cheddar cheese, grated

Method

1 Preheat oven to 190°C/375°F/Gas 5.

2 Cook pasta to the packet instructions. When it has a couple of minutes left, add the broccoli to the pot. Drain and transfer the pasta and broccoli to a baking dish.

3 Add sweetcorn, pepper, tuna, tomatoes and mixed herbs to the dish and mix well.

4 Sprinkle over the grated cheese and bake for 10 mins until cheese is golden!

What's in a serving

ENERGY 1,876kJ 445kcal	FAT 9g	SATURATES 4g	SUGARS 10g	SALT 0.88g
22%	13%	20%	11%	15%



Tips and tweaks: Add as many different vegetables as you like – spinach or kale pack a punch of nutrients and colour!

Why we love this recipe...

✓ Source of fibre

✓ Low fat

✓ High in protein

Turkey stir fry



Main



10 mins



4 servings

Dairy free



This stir fry makes for a great quick and easy dinner and thanks to the turkey you'll be getting plenty of protein in as well.

ⓘ Contains eggs

ⓘ Contains gluten

ⓘ Contains soya

ⓘ Contains celery

Ingredients

1 bunch spring onions

1 red pepper

1 yellow pepper

2 carrots

2 celery sticks

100g mushrooms

350g fresh turkey

250g dried egg noodles

Zest of 1 orange

Juice of 2 oranges

4 tbsp soy sauce

2 tbsp cornflour

1 tbsp vegetable oil

Method

1 Prepare all the vegetables and turkey by slicing thinly.

2 Cook the noodles as per the packet instructions.

3 Mix the orange juice, orange zest, soy sauce and cornflour until smooth and set to one side.

4 Heat the oil in a wok or a very large frying pan.

5 Add the turkey and stir fry briskly for 3 minutes.

6 Add the spring onions, peppers, carrots, celery

and mushrooms and stir fry over a high heat for another 3 minutes, until the turkey is cooked – the vegetables should remain crisp and crunchy.

7 Give the orange juice mixture a good stir, add it to the stir fry and cook for a few moments until thickened.

8 Drain the noodles thoroughly, then add them to the turkey mixture stirring thoroughly and serve immediately.

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
2,076kJ 491kcal	6.1g	0.9g	14g	3.1g
25%	9%	5%	16%	52%



Tips and tweaks: Noodles not your thing? Swap them for rice instead or just add extra veggies!

Why we love this recipe...

✓ High in protein

✓ Low sat fat

✓ Source of fibre

Vegetable orzo



Main



30 mins



4 servings

Veggie



A twist on a vegetable risotto, this Mediterranean pasta dish will help you on your way to your 5 a day.

Contains milk

Contains gluten

Ingredients

1 tbsp olive oil	1 courgette, diced
1 white onion, diced	12 cherry tomatoes, diced
6 cloves of garlic, finely chopped	80g baby spinach
1 tsp dried oregano	500ml vegetable stock
160g mushrooms, sliced	200g orzo
80g broccoli, chopped	20g cheddar cheese, grated
80g peas (frozen or fresh)	Chilli flakes
1 carrot, grated	

What's in a serving

ENERGY 1,714kJ 406kcal 20%	FAT 6.9g 10%	
SATURATES 1.9g 10%	SUGARS 8.4g 9%	SALT 0.16g 3%



Tips and tweaks: Don't have all the veg listed? Not to worry! This dish is super versatile, so you can use whatever vegetables you have to hand.

Method

- Heat the olive oil in a pan over a medium heat and fry the onion until slightly softened.
- Add the garlic and oregano and cook for a further 3 minutes.
- Add the mushrooms, broccoli, peas, carrot, courgette, and tomatoes. Cook, stirring frequently, for 5 minutes.
- Add the vegetable stock and orzo and cook as per the pack instructions, stirring occasionally.
- Add more stock if required – this dish is best with a little stock left in the pan once the orzo is cooked.
- Add the spinach and stir until wilted then serve with a sprinkle of grated cheese and chilli flakes. Best eaten straight away!

Why we love this recipe...

Low fat

Source of fibre

Source of protein

Veggie fajitas



Main



20 mins



4 servings



This vegetarian twist on a Mexican classic is packed with protein and super simple to cook.

Contains gluten

Contains milk

Contains eggs

Ingredients

1 green pepper,
chopped

1 red onion, chopped

2 large flat
mushrooms, sliced

1 tsp olive oil

250g Quorn chicken
pieces

1 sachet of fajita
spice mix

6 salad tomatoes,
chopped

4 large wholemeal
wraps

4 tbsp salsa

4 tbsp guacamole

4 tsp sour cream

Method

1 Heat the oil in a pan and cook the Quorn pieces according to instructions.

2 Fry the green pepper, red onion and mushrooms until they start to soften.

3 Add in the tomatoes and spice mix and cook until they have softened and everything has browned.

4 Pre heat the wraps in a microwave for 10 secs each side.

5 Place wraps on the plate and top with the fajita mix and one spoon of each of the sauces.

What's in a serving

ENERGY 1,740kJ 415kcal	FAT 16g	SATURATES 4.9g	SUGARS 12g	SALT 1.8g
21%	23%	25%	13%	30%



Tips and tweaks: Not a fan of Quorn? Use tofu or black beans instead!

Why we love this recipe...

High in protein

Source of fibre

Low sugar

Desserts



Apple and plum crumble



Dessert



1 hr 10 mins



8 servings

Veggie



This dessert is perfect for a chilly day, and adds a boost of fibre to your diet.

Contains gluten

Contains milk

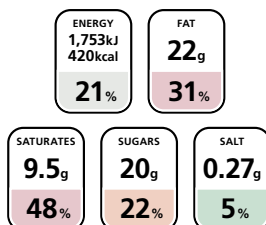
Ingredients

900g apples
1 lemon
400g plums
4 tbsp cold water
1 tsp cinnamon
1 tsp mixed spice
195g plain flour
175g butter
50g desiccated coconut
50g ground almonds
75g oats
35g brown sugar

Method

- 1 Preheat the oven to 180°C/350°F/Gas 4.
- 2 Peel, core and chop the apples into slices. Squeeze the lemon juice over the apple and mix well to prevent the apples from discolouring.
- 3 Core the plums and cut them into slices.
- 4 Layer the apple and plum slices in a large oven proof dish. Spoon over the water. Sprinkle over the cinnamon and mixed spice and mix together gently.
- 5 Bake in the oven for 30 minutes until lightly browned and mostly cooked.
- 6 Meanwhile place the flour in a large bowl and then rub in the butter until it resembles breadcrumbs – leave a few lumps of butter so that the topping is not too fine.
- 7 Stir in the sugar, desiccated coconut, ground almonds and oats and combine well.
- 8 Sprinkle the crumble topping evenly over the fruit. Bake for a further 30 minutes or until the topping is golden brown and has a crispness.
- 9 Cool for a few minutes before serving.

What's in a serving



Tips and tweaks: Make this dairy free or vegan by using a vegetable-based spread instead of butter.

Why we love this recipe...



Source of fibre



Low salt

Banana and blueberry tart



Dessert



40 mins



6 servings

Veggie



A delicious fruit tart containing 2 of your 5 a day, serve with yogurt for extra calcium.

Contains gluten

Contains milk

Ingredients

Cooking oil spray

125g plain flour

60g self-raising flour

1 tsp ground cinnamon

1 tsp ground ginger

40g butter, chopped

1 tbsp demerara sugar

95g soft brown sugar

125ml buttermilk

200g blueberries

2 bananas

2 tsp lemon juice

2 tbsp Greek yoghurt

Method

1 Preheat oven to 200°C/400°F/Gas 6 and lightly spray a tart tin with cooking oil spray and set aside.

2 Sift the flours and spices into a bowl. Add the butter and sugar and rub in until it resembles breadcrumbs.

3 Make a well in the middle then add the buttermilk and mix until it makes a soft dough.

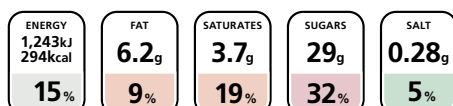
4 Roll out the dough on a lightly floured surface into a round, about 23cm across. Place it carefully into the tart tin.

5 Sprinkle the blueberries over the dough.

6 Slice the bananas, toss them in lemon juice, then arrange them over the top. Sprinkle with sugar and bake for 25 minutes or until the base is brown.

7 Serve with Greek yoghurt.

What's in a serving



Tips and tweaks: Replace the blueberries with any berries you fancy!

Why we love this recipe...

Source of manganese

Low salt

Coconut banana bread



Dessert



1 hr 20 mins



10 servings

Veggie



Love soft, squidgy banana bread? Try this lower sugar version for a bang of fibre and sweet banana goodness.

⚠ Contains eggs

⚠ Contains gluten

⚠ Contains milk

Ingredients

285g plain flour

1 tsp bicarbonate of soda

½ tsp salt

50g desiccated coconut

50g ground almonds

1 tsp ground cinnamon

1 tsp ground mixed spice

110g unsalted butter

100g caster sugar

2 free-range eggs

3 ripe bananas, mashed

3 tbsp semi-skimmed milk

Method

1 Preheat the oven to 180°C/350°F/Gas 4.

2 Sift the flour, bicarbonate of soda and salt into a large mixing bowl.

3 Add the desiccated coconut, ground almonds and spices to the flour and mix until evenly blended.

4 In another bowl, cream the butter and sugar together until light and fluffy.

5 Add the eggs, mashed bananas and milk to the butter and sugar mixture and mix well.

6 Fold in the flour mixture.

7 Lightly grease a 2lb loaf tin and pour the cake mixture into the tin.

8 Put in the oven and bake for about an hour until the cake is well-risen and golden-brown.

9 Remove from the oven and cool in the tin for a few minutes, then turn out and allow to cool for 20 minutes before serving.

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
1,398kJ 334kcal	16g	9.2g	16g	0.58g
17%	23%	46%	18%	10%



Tips and tweaks:

It's easy to turn this vegan by using a vegetable spread and your favourite milk alternative.

Why we love this recipe...

Source of fibre

Source of manganese

Fudgy chocolate kiwi brownies



Dessert



30 mins



18 servings



Veggie

These are a real chocolate treat with a very healthy makeover.

ⓘ Contains milk

ⓘ Contains eggs

Ingredients

60g plain flour

60g g self-raising flour

1 tsp bicarbonate of soda

90g cocoa powder

2 eggs

160g caster sugar

2 tsp vanilla essence

2 tbsp vegetable oil

200g low fat fromage frais or Greek yogurt

140g kiwi fruit, mashed

Method

1 Preheat oven to 180°C/350°F/Gas 4.

2 Sift the flour, bicarbonate of soda and cocoa powder in a large bowl.

3 Combine the eggs, sugar, vanilla essence, oil, fromage frais and mashed kiwi fruit in another bowl.

4 Make a well in the centre of the dry ingredients and add the wet ingredients, stirring gently until just mixed.

5 Pour into a lined brownie tray and bake for about 25 mins. Leave to cool for about 5 mins then remove from the tray and dust with icing sugar. Store in an airtight container in the fridge, or freeze.

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
456kJ 108kcal	3.2g	0.9g	10g	0.24g
5%	5%	5%	11%	4%



Tips and tweaks: If you haven't got kiwis, you can use apple puree instead.

Why we love this recipe...



Source of Manganese



Source of protein



Layered berry crumble



Dessert



8 mins



4 servings

Veggie



You can't go wrong with crumble for dessert, it's comforting, warming and this one counts towards your 5 a day!

ⓘ Contains gluten

ⓘ Contains tree nuts

Ingredients

175g oats

70g sliced almonds

160g blueberries

160g strawberries

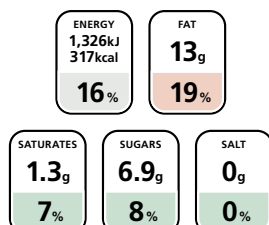
1 tsp ground ginger

6 tbsp water

Method

- 1 Toast the oats and almonds under a grill until golden brown and set aside to cool.
- 2 Place the berries, ginger and water in a pan and simmer gently for 5 minutes.
- 3 Layer the berries and oat mix to fill a small pudding dish or glass and get stuck in!

What's in a serving



Tips and tweaks: Use more fruit to less crumble if you want to get more of your 5 a day in a dessert form!

Why we love this recipe...

✓ Low sat fat

✓ Source of fibre

✓ Source of protein

✓ Low sugar

Spiced pineapple upside-down cake



Dessert



55 mins



8 servings

Veggie



This beautifully spiced cake is perfect as a treat on a wintery day.

Contains milk

Contains eggs

Ingredients

50g soft brown sugar

120g unsalted butter

2 eggs

50g apple puree

½ tsp vanilla extract

100g plain flour

½ tsp bicarbonate of soda

1 tsp baking powder

60g ground almonds

5 tsp stemmed ginger

350g canned pineapple rings

Method

1 Preheat the oven to 180°C/350°F/Gas 4 and grease and line a 18cm cake tin.

2 Cream together the sugar and butter with an electric whisk.

3 Mix in the eggs, apple puree and vanilla extract.

4 Gently fold in the flour, bicarbonate of soda, baking powder, ground almonds and ginger.

5 In the bottom of the tin place a scattering of sugar and then lay the pineapple slices in the tin (it's okay if they slightly overlap).

6 Pour the batter over the pineapple slices and place in the oven.

7 Bake for around 40 minutes, checking and turning half way through if needed.

8 The cake is ready when it's golden brown on top and a skewer comes out clean when inserted into the middle.

9 Leave to cool slightly for 10 minutes and then turn out from the tin and serve warm.

What's in a serving

ENERGY	FAT	SATURATES	SUGARS	SALT
807kJ 194kcal	14g	7.8g	14g	0.42g
10%	20%	39%	16%	7%



Tips and tweaks: Instead of pineapple, try using plums or figs.

Why we love this recipe...



Source of antioxidants

Tiramisu



Dessert



Overnight



6 servings



Veggie

This twist on an Italian classic is lower in calories but not in flavour!

ⓘ Contains gluten

ⓘ Contains milk

ⓘ Contains eggs

Ingredients

30g custard powder

250ml skimmed milk

2 tbsp caster sugar

2 tsp vanilla essence

2 130g low fat vanilla fromage frais

2 egg whites

410ml strong coffee, cooled

250g sponge fingers

2 tbsp unsweetened dark cocoa powder

Method

1 Stir the custard powder in a small pan with 2 tbsp of milk until dissolved. Add the rest of the milk, sugar and vanilla over medium heat until it boils then thickens. Remove from the heat, transfer to a bowl and cover to cool.

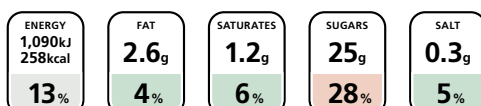
2 Using an electric whisk beat the custard and fromage frais together for about 2 minutes. Whip up the egg whites until soft peaks form then fold them into the custard mixture.

3 Pour coffee into a dish. Quickly dip the sponge fingers into the coffee, just enough to cover them! Arrange in the bottom of a large dish.

4 Smooth half the custard mixture over the fingers, dust cocoa powder over the top then repeat the layers of sponge fingers and custard mixture.

5 Cover and refrigerate overnight or for at least 6 hours. Dust with the remaining cocoa powder to serve.

What's in a serving



Tips and tweaks: Cutting down on caffeine? Use decaf for an equally delicious tiramisu.

Why we love this recipe...

✓ Low sat fat

✓ Low salt

✓ Low fat

✓ Source of protein

**“Happiness is the highest
form of health.”**

Dalai Lama



Nutrition



Movement



Mind



Alcohol



Sleep