

# HOME COOKING FOR GESTATIONAL DIABETES

SIMPLE EVERYDAY MEAL AND SNACK RECIPES FOR WOMEN  
WITH GESTATIONAL DIABETES

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The production of this book is supported by Ireland South Women and Infants Directorate.

Published by Cork University Maternity Hospital and University College Cork.  
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ISBN: 978-1-7397920-1-5

The contents of this book have been endorsed by the Irish Nutrition & Dietetic Institute and Maternity Dietitians Ireland.



# Home Cooking for Gestational Diabetes

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FOR WOMEN WITH GESTATIONAL DIABETES





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## Letter of Introduction

Welcome to 'Home Cooking for Gestational Diabetes'.

If you are reading this book the likelihood is that you have been diagnosed with Gestational Diabetes Mellitus (GDM) during your pregnancy. This can be a confusing and upsetting time for many women, particularly if the diagnosis was unexpected.

The good news is that diet and physical activity truly form the cornerstone of treatment for every woman - this gives much of the control back to you. This can feel like a huge challenge until you understand how both diet and activity can affect your blood glucose levels. When you are first diagnosed, meeting with a dietitian and a midwife that specialises in GDM can provide a great insight into your treatment and equip you with the knowledge to self-manage your diabetes.

This recipe book has been created to help support women that have received a diagnosis of GDM during their pregnancy and is designed to be used alongside the advice received from your diabetes team. As dietitians, we have worked for many years with women that experience diabetes in pregnancy and understand that every woman is different and each diagnosis of GDM will hold its own set of challenges for that woman. Not least amongst these is knowing what to eat and when to eat it. This is a big concern for many women, and we understand how confusing it can feel when you are faced with so many decisions every day. In our experience, so often what women want is simple, practical ideas for meals and snacks and this is what we hope you will find within this book.

We are continually amazed by the motivation and commitment mums-to-be show following a diagnosis of GDM. Many women tell us that once they have made any necessary changes to their diet and physical activity, they so often feel better, with improved energy levels and increased confidence in making food choices. Our hope is that this book will help inspire some new ideas for tasty, nutritious meals that help support you and your family throughout and following your pregnancy.

For many of you, this may not be your first pregnancy, and juggling your own dietary needs with that of a young family can be an extra worry. That is why we believe the recipes here should be enjoyable, nourishing and help feed not only you but also your family for years to come.

We are very grateful to the diabetes team in Cork University Maternity Hospital (CUMH) who have supported us in creating this resource and to the management in CUMH who have funded our efforts. Our thanks also to the catering team in Cork University Hospital and to the graphic designer (Sarah Ryan) and printers (High Quality Printing) who have been critical in ensuring the book made it across the line.

Finally, huge thanks to Laura O'Driscoll and Ali Morrison, who have worked tirelessly and enthusiastically on this resource as part of their final year project for their BSc in Nutritional Sciences in UCC. Their commitment, combined with the advice, guidance and support we have received from their academic supervisor Dr. Aoife Ryan, has been invaluable. We could not have completed this book without them.



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## Foreword



Dr. Oratile Kgosidialwa

MRCPI MSc (Clinical Research),  
Consultant Endocrinologist at Cork  
University Hospital and Cork  
University Maternity Hospital

Gestational diabetes is a common condition affecting many pregnant women. Diet and exercise are the main treatment offered to women with gestational diabetes. In some women, this requires a significant change in their lifestyle, in particular their diet. Women can find it particularly frustrating when they are restricted to certain foods because of high blood sugars.

This recipe book is an excellent resource for women with gestational diabetes. In this book, we explain how food, particularly carbohydrates (sugars) affect your blood sugars and some pointers on food preparation.

In addition, this book provides recipes that are diabetes friendly while ensuring that you and your baby get the required nutritional intake. One of the concerns for women with gestational diabetes is how 'boring' their diet becomes after their diagnosis in a bid to keep their blood sugars normal.

Therefore, I am excited that this book will be of great help to women by providing nutritious and tasty meal ideas during pregnancy that can be used after pregnancy as well.





Dr. Mairead O'Riordan

Consultant in Obstetrics &  
Gynaecology, Cork University  
Maternity Hospital

This book of recipes has been designed specifically for women with Diabetes in Pregnancy but particularly for women with Gestational Diabetes Mellitus (GDM).

GDM is a common condition that affects up to 1 in 8 women in pregnancy in Ireland. Women are generally upset and worried when the diagnosis is made but we know from evidence that women adjust quickly and by the end of pregnancy are comfortable and confident. Our extended team are available to support you through this transition and to ensure that you understand and feel comfortable in knowing how you can manage your diabetes – these include your doctors, dietitians and diabetes midwife specialists.

Diet and physical activity are the bedrock of management and indeed the majority of patients require no other intervention. A smaller number of women need oral medication and/or insulin but for them the diet is still hugely important. These recipes are designed using best evidence to help with controlling blood glucose levels and to support a healthy pregnancy for you and your baby.

This book is an excellent resource for anyone that is pregnant and indeed anyone with an interest in healthy eating and specifically those that are trying to maintain a low GI diet. These recipes have been designed for busy women and their partners and are suitable for all the family to enjoy.

We hope that this resource will take the stress out of meal planning and give you more time to look after yourself and enjoy your pregnancy.

## Foreword

As diabetes midwives, we meet women with GDM regularly during their pregnancy. We are here to guide and support you in managing your diabetes at this exciting time in your life. We work as part of the team with our doctors and dietitians.

Diet is recognised as the cornerstone of management of GDM and we value the input of our dietitians and work very closely together to help you achieve your blood glucose targets.

A diagnosis of GDM during pregnancy can feel overwhelming for many women. It's important to remember you are not alone. It is still possible to have a healthy and enjoyable pregnancy.

This book of recipes is a welcome new resource that can be used in conjunction with the advice from your dietitian to help you plan tasty, balanced meals and snacks. These recipes are designed for women with GDM and can both help with controlling blood glucose levels and also in supporting a healthy pregnancy for you and your baby.

We are delighted to be involved in this book and we hope that you will find it a great help both during and after your pregnancy.



Jacqueline Manning



Norma Wing

Diabetes Midwife Specialists,  
Cork University Maternity Hospital

## Introduction

Many women feel so much uncertainty about what to eat and when to eat when they first get a diagnosis of gestational diabetes mellitus (GDM). They understand that the most important way to control their blood glucose levels is using food and physical activity but knowing how to put this into practice can be more challenging. Every woman should be offered the opportunity to see a dietitian when they are diagnosed with GDM which will help them to understand how good food choices can help to control their blood glucose levels and at the same time meet their nutritional needs and those of their growing baby.

Following the dietary advice for gestational diabetes does not mean your food choices must be boring, bland or repetitive. With some advanced planning and sensible shopping, it is possible to enjoy a varied, nutritious and satisfying diet - during and after your pregnancy.

We hope that the information and recipes we have put together, in combination with the advice received from your dietitian will help you to enjoy the foods you choose during the remainder of your pregnancy, and well into the future for you and your family.



## Understanding carbohydrates

Throughout this book there will be a lot of focus on carbohydrates, as they are central to GDM management. Here is some information to help you understand all about carbohydrates and why they are important.

### What are carbohydrates?

Carbohydrates are a nutrient found in many foods. They are the body's main source of energy. Around half of the energy needed by the body should come from carbohydrates, with the rest of the energy coming from proteins and fats. There are different forms of carbohydrates, some of which you have probably heard about such as starch, fibre and sugar. We need carbohydrates for energy, but we need to monitor the portion sizes carefully in GDM to prevent blood glucose levels (BGLs) from going too high (spiking).

### Sources of carbohydrates?

It is important to be able to identify all the foods in your diet that contain carbohydrate. The main sources of carbohydrate are starches, natural sugars and added sugars. Carbohydrates are found in a lot of foods but some have a higher carbohydrate content than others.

### Starches

Bread, pasta, rice and potatoes are all examples of starchy carbohydrates. These foods can be an excellent source of energy, fibre and B vitamins. However, it is important to watch the portion sizes of these foods to control BGLs. Wholegrain bread contains more fibre than white bread, this helps to slow the release of carbohydrate and prevent your BGLs from going too high after a meal. The same goes for brown/wholegrain varieties of other starchy foods such as pasta, rice, couscous, noodles etc. Baby potatoes or new potatoes with skins release more slowly than processed potatoes such as mashed potato or chips. You will notice that the recipes in this book opt for brown/wholegrain starchy foods. Fibre also helps to keep us full for longer, so you are less likely to overeat or snack on foods that may cause your BGLs to go too high.



Cereals such as oats and breakfast cereals such as puffed rice cereals, cornflakes, wheat biscuits etc. are also starchy carbohydrates. Cereals can be difficult to tolerate when you have GDM, however, some cereals are better than others when it comes to controlling your BGLs. Whole rolled porridge oats are the best option because these release carbohydrates nice and slowly. Cereals high in sugar and low in fibre are best avoided as these will likely cause your BGLs to go too high.



## Natural Sugars

Fruit, milk and yoghurt are another source of carbohydrate – the carbohydrate found in these foods are called natural sugars. It is good to continue to include natural sugars in your diet as the foods containing these are a valuable source of many of the vitamins and minerals you need during pregnancy. However, the type you take, and the portion size is now more important.

Most fruit is low glycaemic index (you can read more about this on page 16), so they release sugar slowly and tend not to cause BGLs to go too high. Examples of low GI fruit includes berries, kiwis, cherries and pears. However, some of the more tropical fruits such as mango, watermelon and pineapple have a higher GI so they can cause BGLs to rise quickly. Usually, dried fruit is best avoided as these are low in volume and easy to overeat which can lead to a spike in BGLs. It is best to choose fresh/frozen low GI fruits where possible, but appropriate portion sizes should still be taken. The palm of your hand is a good guide for a portion of fruit eg. 1 medium apple/2 kiwis/1 handful of berries.

## Added Sugars

Added sugars are sugars that are added into foods during processing to improve flavour but also to extend the shelf life of the product. Examples include table sugar, honey, syrups, fizzy drinks, chocolate, biscuits and cakes etc. Added sugars should be avoided where possible because they are usually quicker to release into the bloodstream so they may often cause BGLs to go too high. If having added sugars, they are best taken in small portions and at the end of a main meal where the protein and fat in that meal will help slow the release of the sugars.



## Hidden Sugars

Many soups, sauces and condiments have carbohydrates in them, most often in the form of added sugars. If you are unsure, it is a good idea to check the labels of foods and read the total carbohydrate content as they may contain hidden sugars and elevate your BGLs. Always opt for the “No added sugar/reduced salt and sugar” varieties of products if they are available. Examples of products that contain hidden sugars are jarred sauces, canned soups, soy sauce, ketchup, relish, salad dressings, barbecue sauce, some nut butters and granola bars.

Remember also that breading or batter on chicken or fish is also a source of carbohydrate so it is better to choose lean, fresh varieties of these foods if possible.

## Why are carbohydrates important to consider when you have GDM?

GDM occurs when the pancreas does not produce enough insulin, or the insulin being produced does not work correctly due to pregnancy hormones. Insulin is needed to allow glucose to enter into cells where it gives you energy. When we eat carbohydrates, they break down into glucose, which is needed by cells. However, if there is not enough insulin produced, much of the glucose cannot get into the cells so it stays in the blood, causing high blood sugar/blood glucose levels, also known as spikes.

However, the pancreas is still producing small levels of insulin, so, if we control the amount and type of carbohydrates we eat, as well as how often we eat them, we are able to control and stabilise BGLs and prevent them from going too high. Firstly, the portion size of the carbohydrates must be controlled. The amount of carbohydrate recommended at meals varies throughout the day as the way your body works with insulin tends to change throughout the day. For most women, limiting carbohydrate to 20-30g at breakfast is a good goal.



You are more resistant to insulin in the mornings so the carbohydrate content of breakfast should be kept quite low here to prevent BGL spikes. Breakfast is important after fasting overnight, if we do not have breakfast our BGLs will often rise because our liver will send out glucose to give us energy.

At lunch and dinner we can usually tolerate more carbohydrate so here it is good to aim for 40-60g carbohydrates. Snacks should be about 15g carbohydrates.

Meal	Guide Carbohydrate Content
Breakfast	20-30g
Lunch	40-60g
Dinner	40-60g
Snacks	10-20g

Some women can tolerate larger amounts of carbohydrates at meals and so the amount of carbohydrate eaten should be based on blood glucose levels, appetite and weight gain.

Secondly, the timing of meals and snacks is important to control BGLs. Spreading the carbohydrate intake regularly throughout the day, and in controlled amounts, prevents BGLs from going too low or too high. Typically, 3 main meals and 2-4 snacks is enough to maintain stable BGLs. A bedtime snack is very important in GDM, it ensures that there is enough glucose for cells over the night. The bedtime snack should also be a good source of healthy fats and especially protein to ensure a steady BGL and to stimulate insulin secretion overnight. Good bedtime snack options are identified with the symbol  $\Delta$  in the snack section of this recipe book.

### Role of proteins and fats in stabilising blood glucose levels

It is important that each meal and snack has a good source of protein or healthy fats as well as carbohydrate. Protein can help to slow the release of carbohydrates as well as stimulating the secretion of insulin, both of which will help to stabilise blood glucose levels. Protein requirements increase during pregnancy to allow for the growth of your baby.

Healthy fats can help slow the release of glucose into the blood stream, helping to stabilise BGLs. Choose unsaturated sources of fat rather than saturated and trans fats. Unsaturated fats include olive oil, rapeseed oil, olives, oily fish such as salmon/tuna, nuts, nut butters and seeds. Saturated fats and trans fats are found in butter, cakes, crisps, processed meats and cheese. So, when cooking and meal planning, try swapping butter for olive oil/rapeseed oil. Choose lower-fat cheese options.

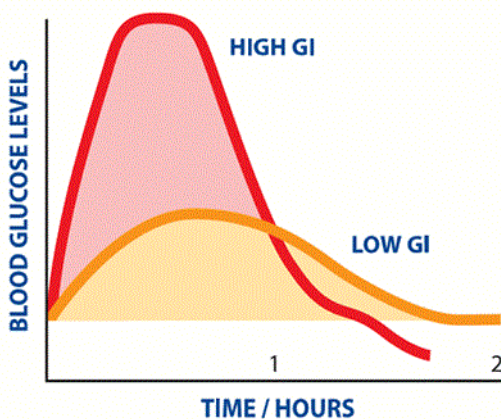
## What is the glycaemic index?

The glycaemic index (GI) of a food gives us an idea of how quickly it will affect BGLs and is ranked on a scale of 0-100. Foods with a lower GI will release glucose into the bloodstream more slowly than a food that has a higher GI. So, where possible, it is best to select low GI options rather than higher GI options when planning a meal. Cooking can also affect the GI of a food, for example mashing potatoes will increase the GI.

Low GI Foods (< 55)	Oats, beans, chickpeas, nuts, pulses, legumes, milk, plain yoghurt, sweet potato, carrot, lettuce, spinach, onions, peppers, broccoli, tomato, apple, pear, peach, berries, oranges, pasta.
High GI Foods (> 70)	Bread (white), old potatoes, mashed potatoes, fruit juices, honey, chocolates, cakes, biscuits, corn/ wheat based breakfast cereals, baked potatoes, parsnip, watermelon, dates.

### Personal Tolerance

Remember to monitor how your own BGLs respond to meals and snacks. Some women will tolerate more carbohydrates than others, depending on levels of insulin resistance. Even within your pregnancy your tolerance is likely to vary according to what stage of pregnancy you are at. Many factors can influence this including baby's growth and the levels of hormones being produced by your placenta. A meal or snack that works for you one week may not work so well another week. The best way to gauge how well you tolerate a particular food is to see how your BGLs respond after eating it. Keeping a food diary alongside your blood glucose diary can be a really useful way of tracking how your BGLs respond to different meals and snacks.





## The Basics

Having your cupboard well stocked with long-life ingredients can help to take the stress out of planning and cooking meals. Lots of recipe ingredients have a long shelf life and can be stored outside the fridge and really add to the flavour of meals and snacks.

Although your first 'stock-up' shop may be a bit more expensive, you will then have the ingredients on hand for when you need them. Pick and choose a range of different staple foods to keep in the cupboard so you can easily whip up a quick meal or snack.

### Cupboard Staples

#### Tinned food

These can be really useful and have a long shelf life:

- Tinned tomatoes- chopped, whole, plum tomatoes etc.
- Tomato purée
- Tinned beans eg. kidney beans, mixed beans, butter beans, cannellini beans, 'No added sugar' baked beans.
- Tinned fish - tuna, salmon, mackerel, sardines (opt for varieties tinned in spring water or tomato sauce rather than in brine)
- Tinned sweetcorn
- Chickpeas

#### Herbs and Spices:

A selection of herbs and spices are so useful for flavouring your food without adding salt. Handy basics include:

Black pepper	Basil	Thyme	Mixed Herbs	Paprika
Cajun	Ground Cumin	Smoked Paprika	Garam Masala	Curry Powder
Coriander	Parsley	Turmeric	Chilli	Cinnamon



## Pulses and Grains:

These are the staples of many dishes in this book and an excellent source of energy and fibre:

Wholegrain rice	Wholemeal pasta	Brown or egg noodles	Wholegrain crispbreads
Lentils - red, green, split	Wholegrain flour	Wholegrain couscous	Wholegrain bread, wraps & pitas
Oatcakes	Wholegrain crackers	Quinoa	



## Condiments and miscellaneous:

These add flavour and texture to so many dishes:

- Light or lighter-than-light mayonnaise
- Mustard - wholegrain, Dijon
- Reduced salt soy sauce
- Balsamic vinegar
- Sundried tomatoes in jars
- Chargrilled peppers in jars
- Low salt/sodium stock cubes
- Vanilla Essence
- Low salt/sugar ketchup

## Sauces:

These add flavour and texture to so many dishes:

- Pesto e.g. basil/sundried tomato
- Passata



### Nuts, seeds and nut butters:

Having a range of unsalted nuts and seeds in your cupboard can be a really easy way to enhance a meal or snack and add some of the healthier fats you need in your diet. They pair really well with carbohydrate foods at snack times. Examples include:

Walnuts	Almonds	Brazil nuts	Cashew Nuts	Pine nuts
Pistachio Nuts	Hazelnuts	Chia Seeds	Seed mixes	Pumpkin seeds
Sunflower seeds	Flaxseed / Linseed	Peanut butter (no added sugar)	Almond butter (no added sugar)	Cashew butter (no added sugar)

### Cooking oils:

These add flavour and texture to so many dishes:

- Olive oil/Extra-virgin olive oil
- Rapeseed oil
- Vegetable Oil



### Fresh Ingredients:

These add flavour and texture to so many dishes:

- Onions, garlic and potatoes – last for weeks if stored in a cool, dark cupboard.
- Light cream cheese (including garlic & herb flavour)
- Hummus – regular or flavoured eg. red pepper/beetroot hummus
- Quark
- Low-fat milk
- Low-fat plain yoghurt
- Protein yoghurts
- Lean meats - chicken, turkey, <5% fat beef/pork/lamb mince, lean steak
- Fish - oily fish eg. salmon, mackerel and white fish eg. cod/whiting/plaice
- Vegetables of choice - try making the most of seasonal vegetables - these are usually the ones on offer and will taste best.
- Fruit - low GI fruit including berries, plums, pears, cherries, grapefruit, oranges and apples
- Fresh herbs eg. basil, parsley, coriander, ginger, chilli

## Tips to increase your fruit and vegetable intake

It is recommended to consume 5-7 servings of fruit and vegetables each day. Here are some tips to help you reach this goal while maintaining stable blood glucose levels:

1. Aim to have at least one serving of fruit/veg with each meal/snack.
2. Pair fruit and veg with protein such as cheese, hummus, nut butters, nuts.
3. Choose fruit and veg that are in season. When in season, fruit/veg taste a lot nicer eg. strawberries in summer.
4. Adding berries or veg such as tomatoes or avocado to breakfast adds colour, flavour and bulk to your meal.
5. Opt for a side salad with lunches and dinners.
6. Bulk up curries, bolognese, stir-fries etc. with lots of veg.
7. Take time once/twice per week to chop up veg and have it ready to put into a dish if you are in a rush. Preparation is key to making healthier choices.
8. Use frozen fruit/veg. This is convenient and they are just as nutritious and tasty as fresh fruit/veg.

### Frozen Fruit and Vegetables

1. Convenience - Frozen fruit/veg can offer much more convenience than having to prepare fresh fruit/veg. They are washed and often chopped.
2. Nutritious - Frozen fruit and veg is just as nutritious as fresh fruit/veg.
3. Tasty - They are generally picked and frozen in season so they can be much tastier than fresh varieties, depending on the time of year.
4. Cheaper - Buying frozen fruit and veg can work out much cheaper than buying fresh fruit and veg. For example, you would get twice as many frozen raspberries for almost  $\frac{1}{2}$  the price of a punnet of fresh raspberries.
5. Reduces waste- There is much less waste as frozen fruit and veg have a very long shelf life compared to fresh fruit and veg which can spoil very fast, especially during summer months.



## Food Preparation

One of the most important aspects of managing GDM is having good food choices at hand. It is especially helpful to have the right snack options with you when you are on the go.

The first step in preparation is to shop for the right ingredients. Planning for the week ahead and writing down what meals you would like to prepare is a great way of staying organised. It is important to plan ahead for days out/occasions or work lunches where you might have to take food with you.

Make sure to see what you already have at home that could be used before making your shopping list.

Write a shopping list before you do the shop so you know exactly what you need to buy. Stock up the cupboards and fridge with the necessary ingredients so making sure each meal is stress free.

### Saving Time

Batch cooking is a great way of saving time. Many meals included in this book can be made in large quantities and frozen or chilled for future use. Some leftover breakfasts can be used for lunch the next day, and leftover dinners for lunch. e.g. curries, pastas, stews and soups.

When batch cooking, make sure to allow the meals to cool down and freeze them the same day. Freezer bags can be used as opposed to lunch boxes to save freezer space.

Frozen meals should be defrosted in the fridge overnight and reheated the next day until piping hot the whole way through.

Pre-chopping vegetables is also a great way to save time. If you are preparing veg for dinner, try to make time to chop some extra for dinner and lunch the next day. This can save time and also save you from doing extra wash up the next day.

Ready prepared vegetables that can be steamed in the microwave can also save time. e.g. broccoli florets or carrot battons.

If you are stuck for time, it is important to remember that a wrap or toasted sandwich with adequate protein and salad ingredients can be a balanced, tasty meal.

## Storage

When storing any batch-cooking/leftovers, airtight containers are the best option. Mason jars also work well for things like nuts/seeds, homemade granola. Having boxes that are microwave/dishwasher safe will also save time and this is extremely convenient if you are preparing meals that need to be eaten outside the home e.g. lunch at work or on-the-go snacks. Make sure they are good quality and leak-proof, it is best to test this before leaving home to prevent any spills. Investing in good quality storage boxes is always a good idea.

Removing fruit and vegetables from packaging and putting them into your own containers helps to keep the produce fresh for longer. This is especially true for berries.



## Toasting nuts

Toasting nuts releases their essential oils which causes the nuts to become more fragrant and flavourful. You can toast nuts in bigger batches than you need and store them in an airtight container. Many of the recipes in this book include nuts and by toasting them first this will improve the flavour and enhance your dish further.

It is important not to burn the nuts so keep an eye on them while you are toasting them.

You can toast nuts in the oven or in a frying pan:

- Toasting nuts in the oven is best when you are toasting a large volume of nuts.
- Toasting nuts in a frying pan is handy when you are toasting smaller batches of nuts and is quicker than oven toasting.

### Method

#### Frying Pan:

1. Heat a large non-stick frying pan over medium-high heat. Do NOT add any oil or cooking spray; the nuts have enough oils on their own and will not stick to the pan.
2. Once the pan is hot, add a single layer of nuts and cook them, stirring frequently, until they are golden brown. Make sure to remove the nuts from the pan when they are done so they do not continue cooking from the residual heat in the pan.

#### Oven:

1. Spread the nuts in a single layer on a baking sheet and cook them in a pre-heated oven at 170°C for approximately 10 minutes. Check the nuts regularly as they can quickly turn from toasty to burnt.



## Basic Sauces

Basic sauces such as a tomato and vegetable sauce are perfect to batch cook and freeze/refrigerate. These sauces can be used for an array of dishes throughout the week eg. pasta, lasagne, burritos etc. They are nutrient dense, versatile and easy to store making them an ideal addition to your menu. Recipes for these can be found in the “Sauces” section of this recipe book (see page 146).

## Vegetarian Diet

If you are following a vegetarian diet, there are over 30 recipes in this book that are suitable for vegetarians, these are indicated as you go through the book. Many more of the recipes are suitable if you are pescatarian (i.e. you eat fish but not meat or poultry).

Alternatively, most recipes in the book can have the meat/poultry ingredient swapped for tofu or other plant-based meat alternatives that would make them vegetarian. The important things to note if you are following a vegetarian diet while pregnant, is to ensure you are meeting your protein, iron and vitamin B12 requirements. This can be discussed with your dietitian.





## Food Safety During Pregnancy

### Buying Food

Food Safety is extremely important during pregnancy. Food poisoning can be more dangerous when you are pregnant. This is because your immune system is suppressed during pregnancy and women are more likely to suffer from food poisoning which may also affect the baby. Foodborne illnesses can be difficult to treat, so it is important to always practise good food hygiene.

Some of the important things to remember are:

- Wash your hands before, during and after food preparation.
- Use different knives, chopping boards and utensils for raw and cooked food.
- Do not eat foods past their use-by date.
- Ensure all fruit and vegetables have been washed with clean water before eating.
- Avoid products if you are unsure about their hygiene standards such as whipped ice cream and deli salads.
- Make sure all meat, poultry, seafood and eggs are cooked thoroughly.
- Eat leftovers within 2 to 3 days. Any re-heated foods should be heated until piping hot in the middle.

### Storing Food

- It is really important to store foods at the correct temperature (always check the label). Make sure the temperature of your fridge is less than 4°C and your freezer is less than -18°C.
- Place perishable foods e.g. dairy and meat products, into the fridge as soon as possible after purchase.
- Raw foods should be stored at the bottom of the fridge and kept separate from ready-to-eat foods.

## Preparing Food

- It is essential to wash your hands in warm soapy water before touching food and after handling any raw food, particularly meat or fish.
- Use 2 separate chopping boards for food preparation; one for raw meat or seafood, and the other for ready-to-eat foods like bread and vegetables. Wash chopping boards in hot soapy water after each use. Discard old chopping boards with cracks or knife marks which can hold bacteria.
- Never re-heat foods more than once.



## Food and Drinks to Avoid During Pregnancy

- 1. Raw or lightly cooked eggs and foods that contain them.**  
e.g home-made mayonnaise, ice cream and mousse. When cooking eggs make sure both the yolk and egg white are solid.
- 2. Unpasteurised dairy products and soft mould ripened cheese**  
e.g Camembert, Brie and blue cheese. Cheddar, mozzarella, feta, cottage and processed cheeses should all be safe to eat.
- 3. Raw or undercooked meat, fish and shellfish.**  
Smoked and cured meats are also unsuitable. All meats should be fully cooked before eating.
- 4. Shark, Swordfish and Marlin.**  
These fish contain high levels of mercury. Tuna can also contain Mercury so do not consume more than 2 x 140g cans weekly / or 1 fresh tuna steak.
- 5. Liver and Excess Vitamin A.**  
High amounts of vitamin A are not recommended during pregnancy. Multivitamins containing high levels of Vitamin A should be avoided. Foods high in Vitamin A such as liver, fish liver oils, liver pate and liver sausage should be avoided.
- 6. Alcohol**
- 7. Caffeine**  
Should be limited to 200mg a day (2 cups of coffee or 2-4 cups of tea)
- 8. Herbal Teas and Herbal Remedies.**  
Avoid making herbal teas too strong and always use tea bags. Do not drink more than two cups a day.

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Δ = good bedtime snack option



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Δ = good bedtime snack option



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## EGG MUFFINS AND RYE TOAST

**SERVES** 4 (2 muffins = 1 serving) | **PREP TIME** 10 mins | **COOK TIME** 15 - 20 mins

Vegetarian

### INGREDIENTS

1 tbsp. olive oil  
 1 red pepper, diced  
 2 spring onions, diced  
 150g broccoli florets  
 3 medium button mushrooms, diced  
 6 eggs  
 100ml low-fat milk  
 1-2 chives, roughly chopped  
 4 slices rye bread or suitable alternative, 1 slice per person  
 Light cream cheese - 4 tablespoons (1 tbsp. per serve)

### NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	303kcal
Carbohydrate	24g
Fat	13g
Protein	20g
Fibre	4.3g

Carbohydrate content without counting vegetables = 20g

### METHOD

1. Preheat the oven to 180°C (fan)/gas-mark 4.
2. Use ½ tbsp. of olive oil to grease the muffin tin (8 hole).
3. Use ½ tbsp. olive oil to sauté the peppers and onions until soft and then add the broccoli and mushrooms.
4. Once sautéed, allow to cool down.
5. Whisk the eggs and add the milk and the chives and mix these into the eggs. Once the vegetables have adequately cooled, add them into the egg mix.
6. Divide the mix evenly between 8 muffin holes.
7. Bake for 15-20 mins – pierce with a knife to ensure the muffins are cooked through.
8. Toast rye bread until golden and spread cream cheese evenly on top.

Serve this with 2 egg muffins and enjoy!

**Note:** Egg muffin alone can be taken as a carbohydrate-free snack or combined with two slices of bread as a lunch option.



# SPANISH OMELETTE

The perfect breakfast to use up leftover baby potatoes from the day before.

Vegetarian - A good source of Calcium and Iron

## INGREDIENTS

125g baby potatoes  
 ½ tbsp olive oil  
 2 large eggs  
 2 tbsp. low-fat milk  
 2 cherry tomatoes, cut into halves  
 2 button mushrooms, diced  
 1 spring onion, diced  
 1 cup spinach, roughly chopped

**Optional:** add ham (20g) and parsley to garnish

20g reduced fat cheddar cheese, grated

## NUTRITIONAL INFORMATION

*Vegetarian:*

Typical Values	per serving
Energy	406kcal
Carbohydrate	24g
Fat	22g
Protein	26g
Fibre	3.3g

*with ham:*

Typical Values	per serving
Energy	422kcal
Carbohydrate	24g
Fat	23g
Protein	30g
Fibre	3.3g

Carbohydrate content without counting vegetables = 21g

**SERVES** 1

**PREP TIME** 5 mins

**COOK TIME** 25 mins (10 mins if potatoes are already cooked)

## METHOD

1. Steam the baby potatoes for 15 mins until they are soft and dice them (or use leftover potatoes from the day before).
2. Heat a frying pan to medium heat and add olive oil.
3. Crack the eggs into a bowl and whisk together with the milk.
4. Add in the diced potato, tomato, mushrooms, spring onions and spinach and combine. Add ham to the mixture at this stage, if desired.
5. Preheat the grill to 180°C/gas mark 4.
6. Pour the mix into the pan and leave for 5 mins until the omelette is firm.
7. Sprinkle the cheese over the top and place the pan under the grill for 3-5 mins until the cheese starts to bubble.
8. Remove from under the grill and transfer to a plate. Garnish with parsley to serve.

**Note:** Can be used as a lunch option with 1-2 slices of bread as tolerated.



# CHIA PUDDING

Vegetarian - Good source of Fibre

## INGREDIENTS

40g chia seeds

150ml low-fat milk

Palm full of raspberries/blueberries/  
strawberries

### Optional toppings:

100g protein yoghurt

or

15g chopped nuts eg. almonds and  
hazelnuts

½ tsp cinnamon/nutmeg

## NUTRITIONAL INFORMATION

*with protein yoghurt & berries:*

Typical Values	per serving
Energy	379kcal
Carbohydrate	30g
Fat	15g
Protein	21g
Fibre	18g

*with nuts & berries:*

Typical Values	per serving
Energy	361kcal
Carbohydrate	13g
Fat	22g
Protein	18g
Fibre	17g

**SERVES** 1

**PREP TIME** 5-10 mins

**CHILL TIME** Overnight

## METHOD

1. Add chia seeds and milk to a jar/bowl and stir.
2. Add fruit if frozen, and cinnamon/nutmeg.
3. Stir to combine and place into the fridge overnight.
4. To serve, add fresh fruit and yoghurt/nuts and enjoy!





# CHICKEN FRITTATA

Vegetarian

The perfect breakfast to use up leftover potatoes from the day before. Great to make 3 servings and use one serving as a snack later in the day or before bed. Try cooking an extra chicken breast with dinner the night before or use leftover roast chicken to save time.

**SERVES** 3  
**PREP TIME** 5 mins  
**COOK TIME** 30 mins

## INGREDIENTS

250g baby potatoes, diced  
 100g asparagus  
 200g chicken, diced  
 1 tbsp. olive oil  
 6 eggs  
 40g reduced fat cheddar cheese, grated  
 2 tomatoes  
 2 spring onions  
 1 bell pepper  
 40g spinach, roughly chopped  
 1 medium slice wholemeal toast  
 5g low-fat spread

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	451kcal
Carbohydrate	33g
Fat	17g
Protein	37g
Fibre	6.7g

Carbohydrate content without counting vegetables = 28g

## METHOD

1. Steam baby potatoes and asparagus for approximately 15 mins until soft. Once baby potatoes have been steamed, dice them.
2. Boil/oven bake the chicken for 15-20 mins and ensure it is cooked through.
3. Boil/oven bake the chicken for 15-20 mins and ensure it is cooked through.
4. In a large bowl, crack in the eggs and beat together. Add in half the grated cheddar to the eggs and mix up.
5. Add in the tomato, spring onion, pepper, spinach, baby potatoes and chicken to the egg mixture. Mix together to combine and pour the mixture into the pan.
6. Preheat the grill to 180°C/gas mark 4.
7. Allow the frittata to cook for 4-5 mins in the pan and sprinkle the remaining cheese on top.
8. Put the pan under the grill and leave to cook for 3-4 mins until cooked through and golden brown on top.
9. Remove from grill, garnish with fresh herbs e.g. basil, parsley or coriander and divide into 3 even slices.
10. Serve with 1 slice of wholemeal toast as tolerated and low-fat spread.

# BAKED OATS WITH RASPBERRIES

Vegetarian - Good source of Fibre

**SERVES** 1  
**PREP TIME** 5 mins  
**COOK TIME** 15 - 20 mins

## INGREDIENTS

30g Rolled Oats  
 90ml Low fat milk  
 3 frozen raspberries  
 1 tsp. vanilla essence  
 10g Chia seeds  
 1 tbsp. Almond Butter  
 1 tbsp. low-fat natural yoghurt

## METHOD

1. Preheat the oven to 180°C(fan)/gas mark 4.
2. Add the oats, milk, frozen raspberries, vanilla essence and chia seeds to a small, deep baking dish and stir.
3. Place the dish in the oven and bake for 15-20 minutes.
4. Serve with a tablespoon of almond butter and a tablespoon of natural yoghurt.

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	350kcal
Carbohydrate	30g
Fat	16g
Protein	15g
Fibre	8.3g



# GRANOLA

Vegetarian - Good source of Fibre

**MAKES** 8 servings  
**PREP TIME** 10 mins  
**COOK TIME** 25 - 30 mins

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	305kcal
Carbohydrate	21g
Fat	11g
Protein	23g
Fibre	13g

1 serving = 40g of granola

## INGREDIENTS

25g almonds  
 25g walnuts  
 25g pecan nuts  
 20g sunflower seeds  
 20g pumpkin seeds  
 25g flaxseeds  
 200g high fibre bran  
 2 tbsp. sweetener eg. Stevia\*  
**Optional:** 1 tsp. of cinnamon

### To serve:

½ cup raspberries/blueberries  
 1 protein yoghurt (150g)



## METHOD

### To make the granola:

1. Preheat the oven to 180°C(fan)/gas mark 4 and line a baking tray with grease-proof/parchment paper.
2. Place the almonds, walnuts and pecans into a food processor and blitz until broken into smaller pieces, then place into a bowl.
3. Next, place the sunflower and pumpkin seeds into the food processor and repeat. Once blitzed, add them to the bowl with the nuts.
4. Next add the flaxseeds, sweetener, cinnamon and bran cereal to the bowl and combine all the ingredients.
5. Place the mixture onto the baking tray and flatten it out evenly across the tray.
6. Place in the oven for 25-30 mins until browned and crunchy.
7. Once cooled, store in an air-tight container for up to 2 weeks.



# SHAKSHUKA WITH FETA

Vegetarian

## INGREDIENTS

1 tsp. olive oil  
 1 medium onion, diced  
 1 bell pepper, diced  
 4 mushrooms, diced  
 100g courgette, cut into chunks  
 ½ red chilli, finely diced  
 2 cans of chopped tomatoes  
 1 tbsp. finely chopped fresh coriander  
 4 eggs  
 50g feta cheese (made from pasteurised milk), cubed

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	409kcal
Carbohydrate	28g
Fat	18g
Protein	26g
Fibre	8g

Carbohydrate content without counting vegetables = 22g

**SERVES** 2  
**PREP TIME** 10 mins  
**COOK TIME** 25 mins

## METHOD

1. Preheat the grill to 180°C (fan)/gas mark 4.
2. Heat the olive oil in a frying pan to a medium heat.
3. Sauté the onions for 5 mins until soft, add the peppers and cook for 1-2 mins.
4. Next add the mushrooms, courgette and chilli and cook until soft.
5. Add in the chopped tomatoes and 1 tbsp of the fresh coriander and stir to combine. Leave to simmer for 5 mins.
6. Using a tablespoon, make 4 indents in the mixture that will hold the egg.
7. Next crack in the 4 eggs into the indents.
8. Place the pan into the oven for 5-10 minutes until the eggs are set i.e., the yolk is solid.
9. Remove the pan from under the grill and sprinkle with feta and garnish with the remaining fresh coriander.
10. Garnish with fresh herbs e.g. basil, parsley or coriander.
11. Serve with 1-2 slices of wholegrain bread as tolerated, can be used as a lunch or dinner option.

# SHREDDED WHEAT WITH NUTS AND BERRIES

Vegetarian - Good source of Fibre

**SERVES** 1

**PREP TIME** 5 mins

## INGREDIENTS

1 shredded wheat biscuit  
 150ml low-fat milk  
 2 tbsp. flaxseed  
 4 strawberries, cut into halves  
 15 blueberries  
 6 walnuts, roughly chopped

## METHOD

1. Place the shredded wheat biscuit and the milk in a bowl and leave to soften for 1-2 mins.
2. Meanwhile, prepare the fruit and nuts and then place them on top of the shredded wheat. Sprinkle the flaxseed over the top and enjoy! Alternatively, you could add the flaxseed to the milk and shredded wheat and leave to soften.

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	411kcal
Carbohydrate	25g
Fat	26g
Protein	15g
Fibre	9.3g



# BAKED EGGS WITH SPINACH

Vegetarian

**SERVES** 2  
**PREP TIME** 5 mins  
**COOK TIME** 15 mins

## INGREDIENTS

100g spinach  
 400g chopped tomatoes (1 can)  
 Cracked black pepper  
 1 tsp. dried basil  
 4 eggs  
 30g grated cheese to finish eg.  
 cheddar, mozzarella, edam, gouda,  
 parmesan or crumbled feta  
 2 slices of wholegrain bread  
 20g lightest cream cheese

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	353kcal
Carbohydrate	25g
Fat	15g
Protein	25g
Fibre	6.2g



## METHOD

1. Preheat the oven to 180°C(fan)/gas mark 4.
2. Place spinach in a colander and pour boiling water over it, shake excess water off.
3. Spoon the spinach and tomatoes into an ovenproof dish. Season with black pepper and dried basil.
4. Make two small wells in the centre and pop one egg into each.
5. Bake in a pre-heated oven for 15 mins to ensure eggs are cooked through.
6. Sprinkle with the cheese when cooked.
7. Serve with 1-2 slices of wholegrain bread as tolerated, can be used as a lunch or dinner option.

# CINNAMON PORRIDGE

Vegetarian

**SERVES** 2  
**PREP TIME** 5 mins  
**COOK TIME** 10 mins

## INGREDIENTS

65g rolled oats  
 2 cups water  
 ½ tsp. ground cinnamon  
 200ml low-fat milk  
 30g mixed nuts  
 ½ tbsp. sunflower seeds  
 ½ tbsp. pumpkin seeds  
 10 raspberries (fresh or frozen)



## METHOD

1. Put oats, cinnamon and 1.5 cups of the water in a small saucepan.
2. Stir over low heat for several minutes, then let simmer for around 5 minutes adding the remaining water (1/2 cup) bit by bit as the porridge becomes stickier. Be careful not to let the porridge burn.
3. Stir in the milk to the porridge until it forms a creamy texture.
4. Spoon half the mixture into each bowl and top with berries, seeds, nuts and a light dusting of cinnamon.

**Alternatively:** place the oats, cinnamon and water into a bowl and cook in the microwave for 2-2.5mins (800W microwave). Stir in the milk once it has finished cooking in the microwave.

**Variation:** Vanilla & Orange Porridge:

Cook the raspberries with the porridge. Instead of cinnamon stir through 1 tsp. of finely zested orange rind and 1 teaspoon vanilla essence to sweeten.



## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	315kcal
Carbohydrate	29g
Fat	14g
Protein	13g
Fibre	5.5g



# BANANA PANCAKES

Vegetarian

**SERVES** 1  
**PREP TIME** 5 mins  
**COOK TIME** 5 - 10 mins

## INGREDIENTS

1 small banana  
 2 eggs  
 1 tsp. vanilla essence  
 1 tsp. olive oil  
 2 tbsp. plain Greek style yoghurt  
 2-3 strawberries  
 5g chia seeds  
 5g flaked almonds

## METHOD

1. Mash the banana with a fork.
2. Whisk the eggs in a separate bowl.
3. Add the mashed banana and vanilla essence to the eggs and mix.
4. Heat the olive oil in a pan to a medium-hot temperature.
5. Spoon the mixture onto the pan and fry until both sides are golden brown. (Batch makes 3 smaller or 2 medium pancakes, which is 1 serving)
6. Add the yoghurt, strawberries, chia seeds and flaked almonds as toppings.

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	472kcal
Carbohydrate	26g
Fat	29g
Protein	24g
Fibre	5.5g



# AVOCADO & BOILED EGG WITH WHOLEGRAIN TOAST

Vegetarian

**SERVES** 1  
**PREP TIME** 10 mins  
**COOK TIME** 10 mins

## INGREDIENTS

2 eggs  
 ½ avocado, peeled with stone removed  
 Pinch of salt & pepper  
 ½ tsp. chilli flakes (optional)  
 Juice of ½ a lime  
 1 slice wholegrain bread  
 10g low-fat spread

## METHOD

1. Boil 2 eggs for 8-10 minutes, ensure they are hard boiled.
2. Mash ½ an avocado with a fork and season with salt, pepper, chilli flakes and lime juice.
3. Spread the butter on the toast and place the avocado mixture on top or serve it on the side.
4. Serve with the boiled eggs..

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	451kcal
Carbohydrate	23g
Fat	29g
Protein	21g
Fibre	6.8g



# FRENCH TOAST

Vegetarian

**SERVES** 1  
**PREP TIME** 5 mins  
**COOK TIME** 10 mins

## INGREDIENTS

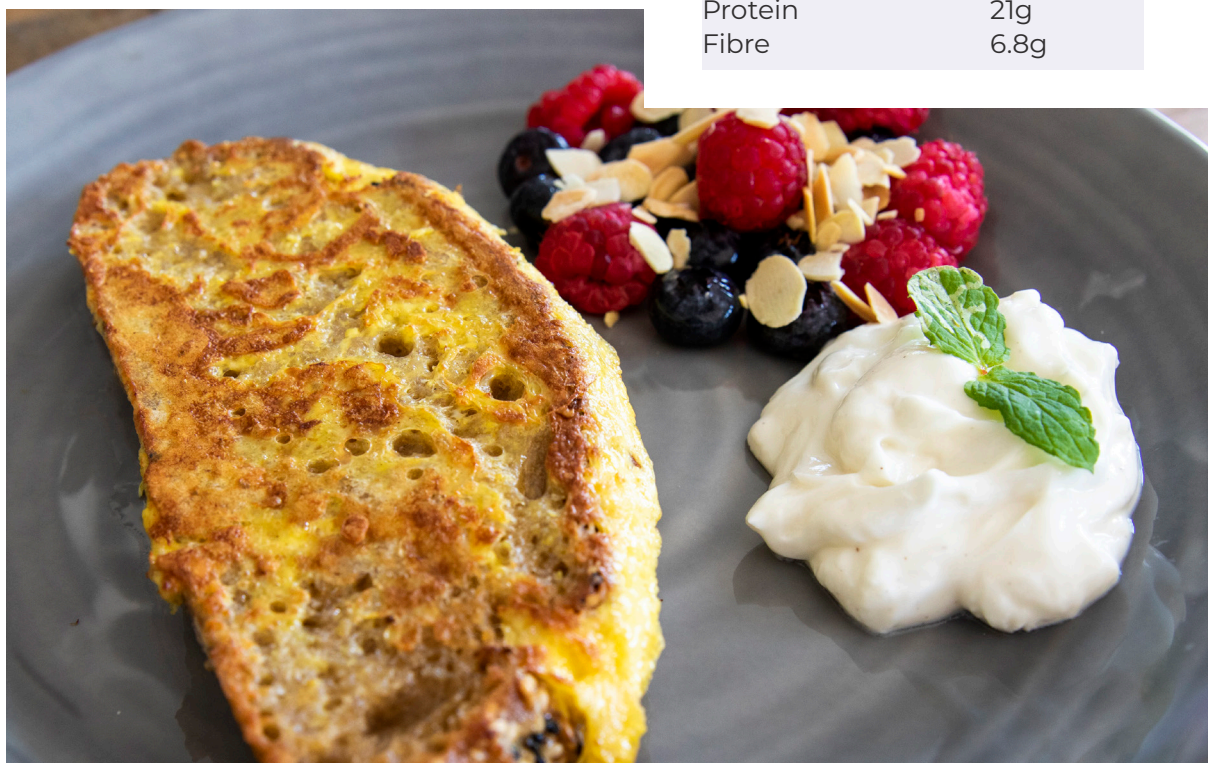
½ tbsp. vegetable oil e.g. rapeseed oil  
 1 egg, beaten  
 30mls milk  
 1 slice wholemeal sourdough bread  
 50g protein yoghurt e.g. vanilla  
 50g berries  
 10g flaked almonds

## METHOD

1. Heat the oil to a medium heat in a non-stick pan.
2. Mix the beaten egg and milk together in a shallow bowl.
3. Dip the bread into the egg mix, turning mid-way, until all the mix has been absorbed.
4. Fry the bread in the hot pan until it is golden brown, approximately 6-8 mins, turning halfway through cooking.
5. Serve with yoghurt, berries and flaked almonds.

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	451kcal
Carbohydrate	23g
Fat	29g
Protein	21g
Fibre	6.8g



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# CLUB PITA

A good source of Calcium

**SERVES** 1  
**PREP TIME** 5 - 10 mins

## INGREDIENTS

1 wholewheat wrap/pita  
1 ½ tbsp. hummus  
2 slices turkey  
1 slice ham  
55g cucumber, slices  
1 cup lettuce  
1 small tomato, thinly sliced  
1 slice (20g) reduced-fat cheddar cheese  
70g cherry tomatoes, cut into halves

## METHOD

1. Open the pita bread and spread the hummus evenly on the inside.
2. Place the turkey, ham, cucumber slices, lettuce, tomato, and cheese in the pita.
3. Serve with the cherry tomatoes. You could also serve with a ½ cup of pepper/carrot sticks instead.

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	488kcal
Carbohydrate	44g
Fat	20g
Protein	28g
Fibre	9.3g



## TURKEY BURGER & SPICY WEDGES

### INGREDIENTS

#### For the burger:

1 turkey burger (from butcher/  
supermarket fridge)

1 small corn on the cob

1 wholemeal slimster®/slimbo®

25g lettuce

1 small tomato sliced

1 tbsp. low-salt+sugar ketchup / 1  
tbsp. low-fat mayo

20g slice of reduced-fat cheese

#### For the wedges:

125g baby potatoes

1 tsp. of Cajun spice

½ tbsp. olive oil

**SERVES** 1

**PREP TIME** 5 mins

**COOK TIME** 25 mins





## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	500kcal
Carbohydrate	46g
Fat	18.5g
Protein	32.6g
Fibre	9.2g

Carbohydrate content without counting vegetables = 43g

## METHOD

1. Preheat the oven to 200°C(fan)/gas mark 6 and the grill to 180°C/gas mark 4.
2. Place potatoes in a microwave safe bowl and pour 3 tbsp of water over them. Cover with pierced cling film.
3. Par-steam the potatoes in the microwave for 2-3 mins until soft. Empty the water from the bowl.
4. Quarter the baby potatoes and place back into the bowl. Drizzle with ½ tbsp. olive oil and add the Cajun spice. Mix the spice and oil with the wedges to ensure they are evenly coated.
5. Place the wedges on a baking tray and spread out evenly.
6. Put tray into the oven for 20 mins and toss the wedges halfway through to prevent sticking.
7. Grill the burger for 10-12 mins until cooked through (internal temp. of 75°C+).
8. Boil the corn in the cob for 10 mins and toast the slimster®/slimbo®.
9. Assemble the burger putting the cooked burger, lettuce, tomato, ketchup/mayo and cheese in the toasted slimster®/slimbo®.
10. Add the wedges and corn on the cob to the plate and enjoy!





# TOMATO & LENTIL SOUP

Good source of Iron - Vegetarian - Suitable for Freezing

## INGREDIENTS

1 tbsp. olive oil  
 1 medium onion, diced  
 2 medium carrots, sliced  
 ½ fresh chilli (optional), finely diced  
 2 cans of plum tomatoes/800g fresh tomatoes, roughly chopped  
 2 cloves garlic, crushed  
 1 tbsp. tomato purée  
 1L of stock made with 1 vegetable stock cube  
 400g dried red lentils  
 Handful of basil leaves, roughly chopped  
 6 tbsp. pumpkin seeds, toasted  
 3 tbsp. feta cheese, cut into cubes

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	373kcal
Carbohydrate	46g
Fat	9g
Protein	22g
Fibre	6.9g

Carbohydrate content without counting vegetables = 44g

**SERVES** 6  
**PREP TIME** 10 mins  
**COOK TIME** 40 mins

## METHOD

1. Heat the olive oil in a saucepan to a medium heat.
2. Add in the onion and sauté for 5 mins until soft.
3. Add the carrots and chilli and sauté for 3-4 mins before adding in the tomatoes and garlic.
4. Stir in the tomato purée.
5. Add in the vegetable stock and bring the soup to a simmer.
6. Add the lentils and allow to cook for 10-15 mins.
7. Add the basil and simmer on a low heat for a further 20 mins to allow the flavours to come through.
8. Blend the soup with a food processor until you get a smooth consistency.
9. Serve with toasted pumpkin seeds and a sprinkle of feta cheese on top.
10. Garnish with basil and enjoy!
11. Serve with 1 slice of wholegrain bread or alternative.



# CHICKEN NOODLE SOUP

A good source of Fibre - Suitable for Freezing

## INGREDIENTS

1 tbsp. sesame oil  
 1 large chicken breast, finely sliced  
 1 medium carrot, finely sliced  
 1 red onion, finely sliced  
 ½ fresh chilli, finely diced  
 1 clove garlic, crushed  
 2 tsp. fresh ginger, finely chopped or grated  
 4 mushrooms, finely sliced  
 1L of stock made with 1 chicken stock cube  
 50g dried egg noodles  
 2 tbsp. frozen peas  
 2 spring onions, finely sliced  
 2 tsp. reduced-salt soy sauce  
 2 tsp. sesame seeds  
 Handful of leaves of fresh herbs, roughly chopped (mint/basil/parsley)

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	364kcal
Carbohydrate	32g
Fat	12g
Protein	29g
Fibre	6.9g

Carbohydrate content without counting vegetables = 23g

**SERVES** 2

**PREP TIME** 10 mins

**COOK TIME** 20 mins

## METHOD

1. Heat the sesame oil to a medium heat in a large saucepan.
2. Add in the chicken, carrot and onion and sauté for 5 mins..
3. Add the chilli, garlic, ginger and mushrooms and sauté for a further 2 mins.
4. Add the chicken stock and simmer for 5 minutes before adding in the noodles, peas and sweetcorn. Bring to the boil and simmer for 4 minutes until the noodles are cooked.
5. Stir through the spring onions and soy sauce.
6. Serve in 2 bowls, sprinkled with sesame seeds and fresh herbs.
7. Serve with 1 slice of wholegrain bread or alternative.



# STUFFED MUSHROOMS / PEPPERS

A good source of Fibre - Vegetarian

## INGREDIENTS

½ tbsp. olive oil  
 ½ small onion, finely diced  
 2 medium slices of wholegrain bread, blended into breadcrumbs  
 1 chive, finely chopped  
 1 tbsp. dried mixed herbs  
 1-2 tbsp. water  
 25g parmesan, grated  
 2 portobello mushrooms or 1 red bell pepper, halved and deseeded

## NUTRITIONAL INFORMATION

### Stuffed Peppers:

Typical Values	per serving
Energy	392kcal
Carbohydrate	39g
Fat	16g
Protein	18g
Fibre	9.4g

### Stuffed Mushrooms:

Typical Values	per serving
Energy	390kcal
Carbohydrate	36g
Fat	16g
Protein	21g
Fibre	8.1g

Carbohydrate content without counting vegetables = 29g

**SERVES** 1

**PREP TIME** 10 mins

**COOK TIME** 25 - 30 mins

## METHOD

1. Preheat the oven to 180°C (fan)/gas mark 4.
2. Heat the oil in a pan to a medium heat and sauté the onion for 5 mins until soft.
3. Add the sautéed onion, breadcrumb, chives, herbs and water to a bowl and mix together.
4. Add the parmesan cheese to the mixture and stir to combine.
5. Lay the 2 mushrooms or the two halves of the bell pepper on a baking tray.
6. Spoon the breadcrumb mix into the peppers/mushrooms, dividing equally between the 2.
7. Place the tray into the oven and cook for 25-30 mins until the crumb is crispy and golden brown and the pepper/mushroom is cooked through.

## TUNA PASTA SALAD

Source of Omega 3 fats

**SERVES** 2  
**PREP TIME** 15 mins  
**COOK TIME** 10 mins  
**CHILL TIME** 2-3 hrs

### INGREDIENTS

100g wholemeal pasta - dry weight  
 1 can of tuna (180g), tinned in brine  
 2 tbsp. light mayonnaise  
 100g sweetcorn  
 1 bell pepper, diced  
 1 small apple, diced  
 2 spring onions, finely diced  
 30g seeds (mixed/sunflower/  
 pumpkin/sesame etc)  
 Handful of fresh coriander, finely  
 chopped  
 1 tbsp. lemon juice

### NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	462kcal
Carbohydrate	45g
Fat	16g
Protein	29g
Fibre	10g

Carbohydrate content without counting  
 vegetables = 43g



### METHOD

1. Follow cooking instructions on the pack to cook the pasta. Once cooked, strain and leave to cool down to room temp.
2. Drain tuna and put into a bowl. Mix in the mayonnaise.
3. Into a large bowl, mix the cooled pasta, tuna-mayo, sweetcorn, peppers, apple, spring onion, seeds and  $\frac{1}{2}$  the coriander.
4. Once combined, drizzle with lemon juice and place in the fridge for 2-3hrs, or overnight.
5. Serve with the remaining coriander sprinkled over the top.

## BEEF & GINGER STIR-FRY

**SERVES** 2  
**PREP TIME** 10 mins  
**COOK TIME** 15 mins

### INGREDIENTS

100g raw egg noodles  
 1 tbsp. olive oil  
 250g lean beef, cut into chunks  
 1 spring onion, diced  
 1 bell pepper, diced  
 10 button mushrooms, diced  
 150g broccoli florets  
 1 red chilli, finely diced (optional)  
 2 cloves garlic, crushed  
 5g grated ginger, grated  
 2 tbsp. reduced-salt soy sauce

### NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	472kcal
Carbohydrate	44g
Fat	14g
Protein	40g
Fibre	8g

Carbohydrate content without counting vegetables = 35g

### METHOD

1. Cook noodles according to pack instructions.
2. Heat ½ tbsp. of oil in a frying pan to a medium heat.
3. Add the beef to the pan, cook for 10 minutes until browned through. Set to one side.
4. Heat the remaining oil and stir-fry the onion, pepper, mushrooms and broccoli until soft.
5. Next add in the chilli, garlic and ginger and sauté until soft.
6. Add the cooked beef, noodles and soy sauce to the pan and combine.
7. Divide the stir-fry between 2 plates and enjoy!

### Variation:

You could use 100g of wholegrain rice instead of egg noodles if preferred.





## NUTRITIONAL INFORMATION

*With salmon:*

Typical Values	per serving
Energy	577kcal
Carbohydrate	35g
Fat	30g
Protein	38g
Fibre	7.6g

Carbohydrate content without counting vegetables = 21g

*With ½ chicken & ½ salmon:*

Typical Values	per serving
Energy	493kcal
Carbohydrate	35g
Fat	19g
Protein	40g
Fibre	7.4g

Carbohydrate content without counting vegetables = 21g



# CAJUN SALMON / CHICKEN SALAD with couscous

Good source of Omega 3 fats

**SERVES** 1  
**PREP TIME** 10 mins  
**COOK TIME** 15 - 25 mins

## INGREDIENTS

100g wholegrain couscous (cooked)

½ tbsp. Cajun spice

1 chicken breast/1 fillet of salmon (approx. 150g raw weight) (or use 75g chicken and 75g salmon)

1 bell pepper, diced

1 cup baby spinach

1 cup mixed leaves

6 cherry tomatoes, cut into halves

3 tbsp. lemon juice

½ tbsp. olive oil

## METHOD

1. Preheat the oven to 180°C (fan)/gas mark 4.
2. Cook the couscous by following instructions on the pack.
3. Rub the Cajun spice onto the salmon/chicken.
4. Place in the oven to bake for 20-25 mins (chicken)/15 mins (salmon) – until cooked through.
5. Place peppers, spinach, mixed leaves and cherry tomatoes into a bowl and add in the lemon juice and the olive oil.
6. Toss to cover the salad with this dressing. Push to one side of the bowl.
7. Remove the salmon/chicken from the oven and place into the centre of the bowl.
8. Add the cooked couscous to the other side of the bowl.
9. Eat straight away while still warm or leave the couscous and salmon/chicken cool before putting them into the bowl if making the dish in advance.

*With chicken:*

Typical Values	per serving
Energy	355kcal
Carbohydrate	35g
Fat	2.9g
Protein	43g
Fibre	7.3g

Carbohydrate content without counting vegetables = 21g



# CHAPATI WRAP

A good source of Fibre - Vegetarian

## INGREDIENTS

1 tsp. olive oil  
 100g Quorn® pieces  
 1 small onion, diced  
 1 bell pepper, diced  
 4 mushrooms, sliced  
 1 tsp. tikka masala/red Thai curry paste  
 ½ tsp. chilli powder  
 1 medium chapati  
 1 heaped tbsp (~20g) quark/lightest cream-cheese  
 1 cup baby spinach  
 6 cherry tomatoes, cut into halves

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	482kcal
Carbohydrate	48g
Fat	16g
Protein	27g
Fibre	18g

Carbohydrate content without counting vegetables = 32g

**SERVES** 1

**PREP TIME** 10 mins

**COOK TIME** 15 mins

## METHOD

1. Heat the oil in a pan to a medium heat and brown off the Quorn® pieces. When cooked, remove the Quorn® from the pan and set to one side.
2. Next sauté the onion, pepper and mushrooms. Once softened, add the Quorn® pieces back into the pan.
3. Add the curry paste and chilli powder to the pan and stir to combine the ingredients.
4. Heat up the chapati and spread the quark cheese evenly across it, then add the spinach and curried veg mix to the chapati.
5. Serve with cherry tomatoes and enjoy!

**Tip:** when shopping for chapatis, ensure that they are <30g carbohydrate per chapati, this can be checked on the food label on the package under "Total Carbohydrate per chapati".

In general, 2 small chapati's weighing 30g each (60g weight in total) or 1 large chapati weighing 60g would contain approximately 26g carbs.

# WHOLEGRAIN TURKEY BAGEL SERVED WITH VEGGIES & HUMMUS

Good source of Fibre - Rich source of Iron

**SERVES** 1

**PREP TIME** 5 - 10 mins

## INGREDIENTS

1 wholegrain bagel  
 1 tbsp. lighter-than-light mayo  
 2 slices of turkey  
 30g low-fat cheddar, grated  
 1 cup of spinach  
 6 cherry tomatoes, cut into halves  
 1 medium carrot, cut into sticks  
 ¼ of a large cucumber, cut into sticks  
 1 tbsp. reduced-fat hummus

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	459kcal
Carbohydrate	48g
Fat	15g
Protein	27g
Fibre	11g

Carbohydrate content without counting vegetables = 38g

## METHOD

1. Slice open the bagel and toast the bagel at this point if desired.
2. Add the mayo, turkey, cheese, spinach and tomato to the wholewheat bagel.
3. Place the carrot and cucumber sticks on the side and serve with hummus.



# WHOLEMEAL TUNA WRAP

Source of Omega 3 fats

**SERVES** 1

**PREP TIME** 10 mins

## INGREDIENTS

130g tuna (tinned in brine-drained)

50g lighter-than-light mayo

45g sweetcorn

1 wholemeal wrap

½ medium tomato, thinly sliced

½ spring onion, finely diced

25g lettuce

## METHOD

1. Combine tuna and mayo in a bowl. Once combined, add in the sweetcorn and mix together.
2. Lay the wholemeal wrap flat and spread the tuna-mayo mix evenly across it.
3. Next, add the tomato slices, spring onion and the lettuce to the wrap and roll it up. Tuck in both ends to prevent the mix from falling out of the wrap and enjoy!

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	434kcal
Carbohydrate	43g
Fat	9.6g
Protein	39g
Fibre	6.5g

Carbohydrate content without counting vegetables = 40g





# CHICKEN & QUINOA SALAD

Rich source of Iron

## INGREDIENTS

1 chicken stock cube, dissolved in 180ml of boiling water

60g raw quinoa

1 chicken breast, sliced into strips

Handful mixed salad leaves

4 cherry tomatoes, cut into halves

60g cucumber, sliced

½ a red pepper, diced

30g sweetcorn

30g feta cheese

1 tbsp. of balsamic vinegar

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	489kcal
Carbohydrate	46g
Fat	12g
Protein	44g
Fibre	8.6g

Carbohydrate content without counting vegetables = 41g

**SERVES** 1

**PREP TIME** 10 mins

**COOK TIME** 20 mins

## METHOD

1. Preheat the grill to 180°C/gas mark 4.
2. Heat a saucepan to a medium heat and add the chicken stock and the quinoa. Leave to cook for 15-20 mins.
3. Grill the chicken breast strips for approximately 10 mins, ensure they are cooked through.
4. Combine the quinoa, salad leaves, tomato, cucumber, pepper and sweetcorn in a large bowl and mix together.
5. Place the cooked chicken on top and crumble the feta cheese over the salad.
6. Dress with the balsamic vinegar and enjoy!





# VEGGIE OMELETTE WITH SAUSAGES & WHOLEGRAIN TOAST

Vegetarian

## INGREDIENTS

1 Vegetarian sausage (eg. Linda McCartney®/Quorn®)

2 eggs

30ml low-fat milk

50g spinach

1 spring onion,, finely diced

7 cherry tomatoes, cut into halves

30g mushrooms, diced

20g low fat cheddar, grated

1 slice wholegrain bread

1 tsp. low-fat spread

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	513kcal
Carbohydrate	27g
Fat	27g
Protein	36g
Fibre	6.8g

Carbohydrate content without counting vegetables = 22g

**SERVES** 1

**PREP TIME** 10 mins

**COOK TIME** 15 mins

## METHOD

1. Preheat both the oven and grill to 180°C/gas mark 4.
2. Place the sausage on a baking tray and put into the oven to cook for 15 mins.
3. In a bowl, add the eggs and milk and whisk together.
4. Add the spinach, spring onion, cherry tomatoes, mushrooms and half the grated cheese to the egg mixture and stir to combine.
5. Heat a non-stick pan to a medium heat and add in the egg mixture. Cook the omelette for 4-5 mins until the bottom side is cooked and it begins to solidify.
6. Sprinkle the remaining cheese on top and place the pan under the grill for 3-4 mins until the cheese is melted and starts to bubble.
7. Toast the bread and top it with low-fat spread.
8. Serve the omelette with a vegetarian sausage and buttered toast.



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# CHILLI GARLIC SALMON STIR-FRY

Source of Omega 3 fats

## INGREDIENTS

2 average salmon darnes (approx. 100g each)

100g broccoli, broken into florets

2 tsp. olive oil

1 medium red onion, peeled and finely chopped

½ red pepper, cut into strips

½ yellow pepper, cut into strips

1 cup mangetout, cut in half

1 thumb fresh ginger, finely chopped

1 medium red chilli, finely sliced

2 cloves garlic, crushed

1 tbsp. reduced salt soy sauce

100g raw egg noodles

Pinch of fresh coriander

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	494kcal
Carbohydrate	44g
Fat	20g
Protein	30g
Fibre	6.6g

Carbohydrate content without counting vegetables = 33g

**SERVES** 2

**PREP TIME** 5 mins

**COOK TIME** 20 mins

## METHOD

1. Place the salmon darnes on a baking tray in a pre-heated oven at 180°C/ Gas mark 4 and season with salt and pepper.
2. Boil or steam the broccoli for 5 minutes until just tender.
3. Heat the olive oil in a wok or frying pan and add the onions and peppers and stir fry for 3 minutes.
4. Add the mangetout, chilli, ginger, garlic and cooked broccoli and stir fry for a further 3 minutes.
5. Finally, add the soy sauce, stir well and turn off the heat.
6. Cook the egg noodles according to packet instructions.
7. Drain the noodles and add to the wok/ frying pan with the vegetables, mix well.
8. Serve the salmon on a bed of the noodle and veg mix.
9. Sprinkle with coriander and fresh chilli slices for extra flavour/ kick if desired.



# FISH CURRY

Source of Omega 3 fats

## INGREDIENTS

1 tbsp. olive oil  
 1 medium onion, peeled and finely chopped  
 1 bell pepper  
 8 button mushrooms, chopped  
 1 clove garlic, crushed  
 ½ head of broccoli florets ( approx. 150g)  
 1 can (400g) chopped tomatoes  
 400ml vegetable stock (1 stock cube)  
 200g white fish eg. Cod, diced  
 200g oily fish eg. Salmon, diced  
 200g wholegrain rice (raw weight)  
 Handful of fresh coriander

### For the spice mix:

1 tsp. turmeric  
 1 tsp. chilli  
 1 tsp. garam masala  
 ½ tsp. crushed cloves  
 1 tbsp. fresh/dried coriander  
 1 tbsp. medium curry powder

**SERVES** 4

**PREP TIME** 10 mins

**COOK TIME** 30 mins

## METHOD

1. Cook rice as per packet instructions.
2. Heat saucepan with olive oil and sauté the onion for 5 minutes.
3. After 5 mins add the pepper and once softened add in the mushrooms and garlic and cook until golden.
4. Add in the broccoli and sauté for 2 mins until tender.
5. Next add in the spice mix and stir into the veg. Keep stirring this for around 1 minute to prevent the spices sticking to the pot.
6. Add in the tinned tomatoes and stock and bring to the boil.
7. Add in the fish and simmer for 15 mins.
8. Serve with rice and garnish with coriander.

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	434kcal
Carbohydrate	46g
Fat	13g
Protein	29g
Fibre	7.3g

Carbohydrate content without counting vegetables = 41g





# TURKEY LENTIL RAGU

**SERVES** 4 | **PREP TIME** 7 mins | **COOK TIME** 30 mins

Suitable for Freezing

## INGREDIENTS

1 tbsp. olive oil  
 400g turkey mince  
 2 onions, diced  
 1 bell pepper, diced  
 2 cloves garlic, crushed  
 100g tinned red lentils, strained  
 1 tin chopped tomatoes (400g)  
 1 jar of passata (500g)  
 1 tbsp. dried mixed herbs  
 2 tbsp. reduced-sugar ketchup  
 2 vegetable stock cubes, 1L boiling water  
 160g raw quinoa  
 2 cups spinach, washed  
 Handful fresh basil leaves

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	438kcal
Carbohydrate	52g
Fat	4.7g
Protein	41g
Fibre	10g

Carbohydrate content without counting vegetables = 36g

## METHOD

1. Heat 1 tbsp. olive oil in a large saucepan.
2. Sauté turkey mince and onion until soft, then add peppers and garlic and cook for 5 mins.
3. Add lentils, tinned tomatoes, passata, herbs, ketchup and 500mls stock to the saucepan.
4. Simmer on a low heat for 20 mins until sauce is reduced.
5. Meanwhile add the remaining 500mls stock to the raw quinoa in a separate pot. Bring to the boil, then reduce the heat to a simmer and cook for 20 mins or until all the stock is absorbed.
6. Before serving, stir the fresh basil and spinach leaves through the turkey ragu.
7. Divide the quinoa into 4 equal servings and serve topped with the ragu and some extra fresh basil.



# CHICKEN & VEGETABLE PASTA

**SERVES 4** | **PREP TIME 10 mins** | **COOK TIME 30 mins**

Good source of Fibre

## INGREDIENTS

1 ½ tbsp. olive oil  
 200g chicken, diced  
 1 onion, peeled & finely chopped  
 1 bell pepper, chopped  
 8 button mushrooms, chopped  
 2 cloves garlic, crushed  
 2 cups spinach  
 1 tin chopped tomatoes (400g)  
 ½ head broccoli broken into florets(150g)  
 240g wholemeal pasta (dry weight)  
 25g reduced-fat cheddar/parmesan cheese  
 Fresh basil leaves

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	510kcal
Carbohydrate	45g
Fat	21g
Protein	30g
Fibre	11g

Carbohydrate content without counting vegetables = 37g

## METHOD

1. Heat pan and fry chicken until cooked through using ½ tbsp. olive oil. Once cooked, remove from the pan and leave to one side.
2. Sauté the onion until soft, add peppers and cook for 5 mins, add mushrooms and garlic and cook until golden brown.
3. Add spinach and tomatoes to the pan and leave to cook for 2 mins.
4. Add spinach and tomatoes to the pan and leave to cook for 2 mins.
5. Cook pasta according to packet instructions.
6. Once the pasta is cooked, drain away most of the water leaving just enough to cover the base of the saucepan. Add the pasta and remaining water as well as the cooked chicken into the pan containing the sauce and mix together.
7. Sprinkle in half of the cheese and stir until the cheese begins to melt.
8. Divide the pasta into 4 equal servings and sprinkle the remaining cheese on top.
9. Garnish with fresh basil and enjoy!



# CHICKEN PASTA WITH GREEK YOGHURT

**SERVES** 4 | **PREP TIME** 5 mins | **COOK TIME** 30 mins

Good source of Fibre & Calcium

## INGREDIENTS

1 tbsp. olive oil  
 1 medium onion, finely chopped  
 400g chicken, diced  
 240g wholewheat pasta  
 1 bell pepper, chopped  
 150g broccoli florets  
 5 button mushrooms, chopped  
 2 cloves garlic, crushed  
 2 cups spinach  
 2 tbsp. tomato purée  
 100g 0% Greek Yoghurt  
 60g reduced-fat cheddar cheese -  
 grated  
 Handful of finely chopped fresh  
 parsley

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	432kcal
Carbohydrate	42g
Fat	8g
Protein	42g
Fibre	10g

Carbohydrate content without counting  
 vegetables = 39g

## METHOD

1. Heat oil in a pan and sauté onion and chicken for approx. 5 mins until soft.
2. In a separate saucepan, cook pasta by following instructions on the pack.
3. Once the onion and chicken has been sautéed, add in the pepper to the pan and cook for a further 5 mins.
4. Add in the broccoli, mushrooms and garlic and leave to cook until all the veg has softened (5 mins).
5. Add the spinach to the pan and mix together.
6. Add in the tomato purée and stir through.
7. Next, add in the Greek yoghurt and coat all the veg and chicken with the sauce.
8. Finally add in the pasta and stir in the grated cheese. Leave for 3-5 mins on a low heat.
9. Serve with fresh parsley.

This freezes really well and is also really tasty served with a baked sweet potato or in a wholegrain wrap as a burrito.



# SEAFOOD PAELLA

**SERVES** 4 | **PREP TIME** 15 - 20 mins | **COOK TIME** 45 - 50 mins

Source of Omega 3 fatty acids

## INGREDIENTS

1 tbsp. olive oil  
 100g courgette, chopped  
 2 cloves of garlic, minced  
 ½ tbsp. paprika  
 4 tomatoes, chopped  
 200g wholegrain rice, dry weight  
 750ml water + 1 vegetable stock cube  
 600g mixed fish eg. salmon, cod, haddock etc, diced  
 250g peas  
 10 king prawns, peeled  
 ½ lemon, wedged  
 1 tbsp. fresh parsley

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	499kcal
Carbohydrate	46g
Fat	14g
Protein	42g
Fibre	8.2g

Carbohydrate content without counting vegetables = 42g

## METHOD

1. Heat the olive oil in the pan and sauté the courgette until soft, then add the garlic and cook until it is a light golden colour.
2. To the pan, stir in the paprika and leave for 30 seconds to allow the flavour to emerge.
3. Next add in the tomatoes, the rice and the stock and allow to come to the boil.
4. Reduce the heat and leave to simmer while the rice cooks for approximately 25 mins.
5. Add in the mixed fish and cook for 5 mins.
6. Next add in the peas, and the prawns.
7. Leave to simmer until all the liquid is absorbed, ensure that all the fish is cooked through before removing from the heat.
8. Serve up by drizzling with fresh lemon juice and garnishing with parsley.

# BAKED HAKE with sweet potato mash

Good source of Fibre

**SERVES** 2  
**PREP TIME** 5 mins  
**COOK TIME** 20-25 mins

## INGREDIENTS

2 small/1 large sweet potatoes (approx. 270g), peeled and quartered  
 2 fillets of hake (250g)  
 Small handful of fresh thyme  
 ½ red chilli, finely chopped  
 2 large carrots, peeled and chopped  
 1 head broccoli (approx. 300g)  
 1 tbsp. butter / spread  
 2 lemon wedges  
 Salt and pepper

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	411kcal
Carbohydrate	43g
Fat	9.4g
Protein	31g
Fibre	14g

Carbohydrate content without counting vegetables = 28g

## METHOD

1. Preheat the oven to 200°C/Gas mark 6.
2. Steam the sweet potatoes until soft.
3. Place the hake on a baking tray with thyme and finely chopped chilli.
4. Put the baking tray in the oven and bake for 15-20 mins until cooked through.
5. Chop the carrots and steam for 5 mins.
6. Add the broccoli florets and steam for a further 5-10 mins until tender.
7. Mash the sweet potato with the butter and lightly season with salt and pepper.
8. Plate up the hake, mash and veg with a lemon wedge and enjoy!





# WHOLEMEAL PIZZA WRAP

Good source of Fibre

**SERVES** 1  
**PREP TIME** 5 mins  
**COOK TIME** 15 mins

## INGREDIENTS

1 wholemeal wrap  
 2 tbsp. tomato purée  
 80g mozzarella (pasteurised) fresh, diced/grated/grated mixed with cheddar

### Optional toppings:

- avoid salami / pepperoni / Parma ham / prosciutto ham

45g chicken

½ pepper

1 x 20g slice of ham

2 mushrooms

2 tbsp. sweetcorn

Fresh / dried basil

½ cup of spinach

2 cherry tomatos

Italian herb mix

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	604kcal
Carbohydrate	49g
Fat	24g
Protein	40g
Fibre	10g

Carbohydrate content without counting vegetables = 44g

## METHOD

1. Preheat the oven to 220°C/ Gas mark 7.
2. Lay the wrap on a pizza tray to act as pizza base.
3. Cover the base evenly with tomato purée/passata.
4. Add the cheese to cover the base evenly.
5. Add the chicken, peppers and mushrooms and some dried Italian herbs.
6. Place tray in oven for 10-12 mins until cheese is golden and bubbling.
7. Remove from oven and slice, enjoy with an optional side salad.

### Option:

-Have ½ wrap pizza and add a serving of homemade potato wedges + side salad instead





# PANEER CURRY

**SERVES 4** | **PREP TIME** 10 mins | **COOK TIME** 35 mins

Vegetarian - Suitable for Freezing - Good source of Fibre

## INGREDIENTS

200g wholegrain rice, dry weight  
 1 tbsp. olive oil  
 200g Paneer cheese  
 1 small onion, peeled & chopped  
 1 large carrot, peeled & chopped  
 200g cauliflower florets  
 10 medium button mushrooms, chopped  
 1 clove garlic, minced  
 2 tbsp. tikka masala paste  
 500g passata  
 250mls vegetable stock  
 50g frozen peas  
 Handful of fresh coriander, chopped

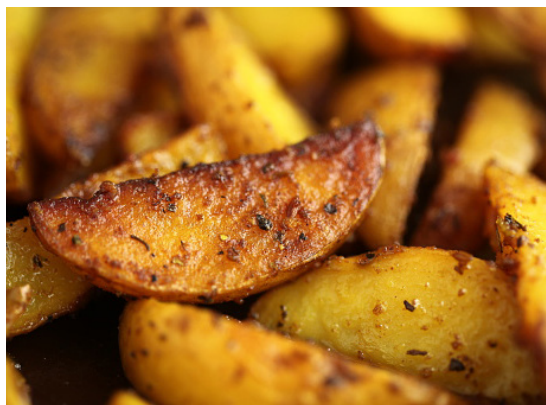
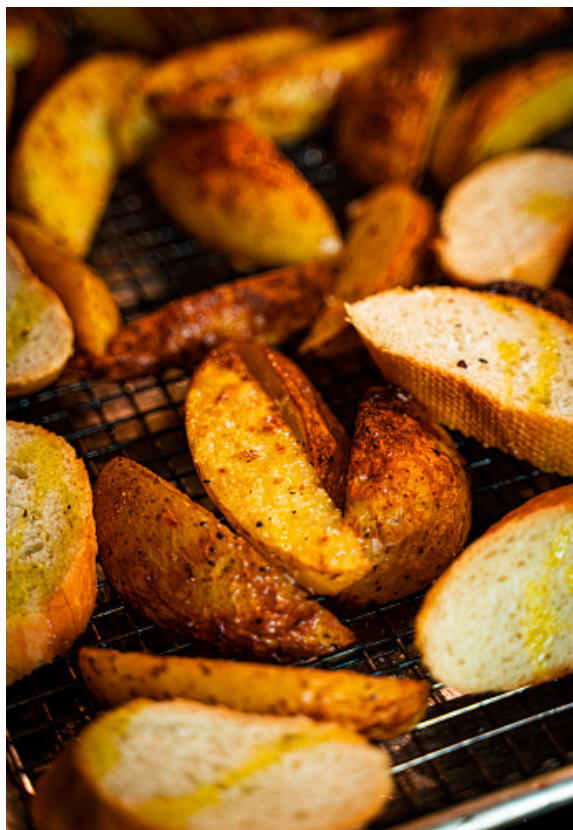
## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	490kcal
Carbohydrate	50g
Fat	21g
Protein	23g
Fibre	7.3g

Carbohydrate content without counting vegetables = 42g

## METHOD

1. Put the rice on to cook while preparing the curry (according to packet instructions).
2. Heat  $\frac{1}{2}$  a tbsp of oil in a large frying pan, sauté the paneer until golden and crispy. Remove from the pan and set to one side.
3. Add the remaining oil to the pan and gently heat.
4. Add in the onion, carrot and cauliflower and cook for 10 mins.
5. Add the mushrooms and garlic and cook until softened.
6. Stir in the tikka masala paste and add in the passata along with 250ml stock.
7. Allow the curry to come to a simmer and then cover with a lid and leave to cook for 20 mins or until the cauliflower has softened.
8. Add the peas and paneer to the pan and cook for a further 5 mins.
9. Stir through  $\frac{3}{4}$  of the coriander and leave the rest to garnish.
10. Serve with wholegrain rice.



# CHICKEN/BEEF BURGER & SPICY WEDGES

SERVES 1 | PREP TIME 10 mins | COOK TIME 35 mins

## INGREDIENTS

3 small or 2 medium baby potatoes, quartered

½ tbsp. olive oil

1 tsp. of Cajun spice

1 beef burger (fresh from butcher/homemade) or 1 chicken breast

1 wholemeal slim bun e.g slimster®/slimbo®

25g lettuce

45g onion, sliced

15g tomato, sliced

20g slice of reduced-fat cheese, sliced or grated

1 tbsp. low salt +sugar ketchup/1 tbsp low-fat mayo

## NUTRITIONAL INFORMATION

*Wedges:*

Typical Values	per serving
Energy	118kcal
Carbohydrate	13g
Fat	6.5g
Protein	1.6g
Fibre	1.4g

*Chicken Burger:*

Typical Values	per serving
Energy	461kcal
Carbohydrate	25g
Fat	20g
Protein	43g
Fibre	6.2g

Carbohydrate content without counting vegetables = 20g

## METHOD

1. Preheat the oven to 200°C/ Gas mark 6 and the grill to 180°C.
2. Place potatoes in a microwave safe bowl and pour 3 tbsp. of water over them.
3. Par-steam the potatoes in the microwave for 2-3 mins until soft.
4. Place the baby potatoes into a bowl. Drizzle with ½ tbsp olive oil and add the Cajun spice. Mix the spice and oil with the wedges to ensure they are all evenly coated.
5. Place on a baking tray and toss the wedges using the remaining olive oil.
6. Put tray into the oven for 20 mins and toss the wedges after 10 mins to prevent sticking.
7. Grill the burger until cooked through (internal temp. of 75°C+).
8. Toast the bun.
9. Assemble the burger putting the cooked burger, lettuce, onion, tomato, ketchup/mayo and cheese in the toasted bun.
10. Add the wedges and burger to the plate and enjoy!

*Beef Burger:*

Typical Values	per serving
Energy	505kcal
Carbohydrate	25g
Fat	29g
Protein	33g
Fibre	6.3g

Carbohydrate content without counting vegetables = 20g



# CLASSIC BOLOGNESE

**SERVES** 6 | **PREP TIME** 10 mins | **COOK TIME** 20 mins

Good source of Iron - Suitable for Freezing

## INGREDIENTS

1 tbsp. olive oil  
 500g lean minced beef  
 1 onion, finely chopped  
 2 bell peppers, diced  
 8 mushrooms, chopped  
 4 cloves garlic, minced  
 2 cans chopped tomatoes  
 1 tbsp. tomato purée  
 5 leaves of fresh basil  
 1 tbsp. reduced sugar ketchup  
 120g reduced fat cheddar, grated  
 360g Brown spaghetti (dry weight)  
 OR 6 wholemeal wraps for burritos

### Green Side Salad:

½ cup baby spinach  
 ½ cup rocket  
 1 tbsp. lemon juice  
 ½ tbsp. olive oil

## NUTRITIONAL INFORMATION

*Spaghetti Bolognese + Side salad:*

Typical Values	per serving
Energy	485kcal
Carbohydrate	49g
Fat	14g
Protein	35g
Fibre	10g

Carbohydrate content without counting vegetables = 39g

## METHOD

1. Heat ½ tbsp. olive oil in a frying pan on a medium heat and sauté the onion and garlic.
2. Add in the beef and cook until browned off.
3. Next add in the mushrooms and peppers and leave to cook for 3-4 mins until softened.
4. Next add in tinned tomatoes, tomato purée, basil and ketchup.
5. Allow the bolognese to bubble, then reduce to a low heat and leave to simmer for at least 20-30 mins before serving to allow the flavours to come through and the sauce to reduce.
6. Boil the pasta according to packet instructions or heat up the wraps (for 20 seconds in the microwave) before adding the bolognese to the dish.

### Variations:

- Spaghetti Bolognese- Boil wholewheat spaghetti and serve with bolognese sauce and reduced fat cheddar. Enjoy with a green salad on the side.
- Burritos – Heat up a wholemeal wrap and place the bolognese, cheese, rocket and spinach inside. Roll up into a burrito parcel and enjoy! These may also be enjoyed as a lunch the following day if there is left over bolognese from the night before.

*Burritos:*

Typical Values	per serving
Energy	467kcal
Carbohydrate	42g
Fat	17g
Protein	32g
Fibre	7g

Carbohydrate content without counting vegetables = 32g





# LASAGNE

**SERVES** 6 | **PREP TIME** 5 mins | **COOK TIME** 1 hour

Good source of Iron - Suitable for Freezing

## INGREDIENTS

1 tbsp. olive oil  
 800g lean mince  
 1 onion, peeled & finely chopped  
 4 cloves of garlic, crushed  
 700ml passata  
 1 bag of spinach (~200-250g)  
 1 tbsp. mixed herbs  
 12 small lasagne sheets

### For the white sauce:

750g ricotta  
 ½ cup low fat milk  
 1 cup reduced fat grated cheddar

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	590kcal
Carbohydrate	31g
Fat	27g
Protein	53g
Fibre	3.8g

Carbohydrate content without counting vegetables = 30g

## METHOD

1. Preheat the oven to 180°C (fan)/Gas mark 4.
2. Heat oil in a pan to a medium heat, add in minced beef and onion and cook until brown.
3. Add in the garlic, passata, spinach, and herbs and leave to simmer.
4. To make the white sauce, combine the ricotta and milk in a mixing bowl. Fold ¾ cup of grated cheese into the white sauce.
5. In an oven dish, begin layering with ⅓ of the meat sauce. In subsequent layers add, ½ white sauce, 6 sheets of lasagne, ⅓ meat sauce, 6 sheets of lasagne, ⅓ meat sauce, ½ white sauce, top with the remaining grated cheese.
6. Cover dish with foil and place in the oven to cook for 40 mins, remove foil and leave to cook for a further 5-10 mins until browned.
7. Serve with a green side salad.



Our thanks to Robyn Compton, RD, who provided this lasagne recipe.



# FALAFEL / VEGGIE BURGERS

**SERVES 4** | **PREP TIME** 15 mins | **COOK TIME** 20 mins

Vegetarian - Suitable for Freezing - Good source of Fibre

## INGREDIENTS

### For the Falafel/Burger:

- 1 can chickpeas, drained
- 1 shallot, peeled & chopped
- ¼ red pepper, finely chopped
- 2 tsp. garam masala
- 2 tsp. fresh parsley, finely chopped
- 1 tbsp. tomato puree
- 2 tbsp. olive oil

### For the bun/filling:

- 1 slim wholemeal bun
- 100g lettuce
- 8 slices of tomato (approx. 150g)
- 4 tbsp. lighter-than-light mayo
- 4 slices of reduced-fat cheddar cheese
- 4 tsp. pickles

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	409kcal
Carbohydrate	48g
Fat	13g
Protein	18g
Fibre	9.4g

Carbohydrate content without counting vegetables = 47g

## METHOD

1. In a blender/food processor, pulse the chickpeas, shallots and red pepper until they are just combined but be careful not to blend into a paste. The mix should be lumpier than hummus.
2. Mix in the garam masala, parsley and tomato purée with a spoon until everything is combined.
3. Shape the mixture into 4 burgers/12 falafel balls and coat with flour.
4. Heat 2 tsp. of olive oil in a large non-stick frying pan and cook the burgers/falafel on either side for 3-4 mins until lightly golden.
5. Toast the bun and layer the mayo, lettuce, tomato, pickles, cheese, veggie burger and hummus inside.

### Variations:

Stuff wholemeal tortilla/taco boats with the falafel/veggie burgers and salad. Perfect for lunch the next day. One tortilla boat (25g) is around 11g carbohydrates.



# BAKED COD with Green Veg & Creamy Lentils

**SERVES** 2 | **PREP TIME** 5 mins | **COOK TIME** 30 mins

Good source of Iron & Fibre - Good source of Omega 3 fats

## INGREDIENTS

2 fillets of cod (110g)  
 12 baby potatoes, chopped  
 160g green beans (About 8 tbsp.)  
 120g broccoli florets  
 2 tbsp. of olive oil  
 2 cloves of garlic, crushed  
 1 onion, peeled and finely chopped  
 80g of cooked lentils (about 6 tbsp.)  
 2 tbsp. crème fraîche  
 8g parsley (2 tbsp.)  
 Juice of a lemon



## METHOD

1. Pre-heat oven to 200°C/Gas mark 6.
2. Place the cod on a baking tray, season with salt and pepper and cook for 20 mins.
3. At the same time steam the baby potatoes for 10 minutes.
4. Add green beans and broccoli to the same pot and steam for a further 5 minutes until tender.
5. To a hot pan, add a tbsp of olive oil and the chopped garlic. (Medium heat as not to burn the garlic)
6. Add the chopped onion and fry for 5 minutes.
7. Add the lentils and a splash of water and cook for a further 5 mins.
8. Take off the heat and stir through the crème fraîche and parsley.
9. Squeeze the lemon juice over the cod and serve.

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	488kcal
Carbohydrate	48g
Fat	12g
Protein	39g
Fibre	11g

Carbohydrate content without counting vegetables = 43g

# CHICKEN PESTO PASTA

Good source of Iron

**SERVES** 2  
**PREP TIME** 5 mins  
**COOK TIME** 20 mins

## INGREDIENTS

1 tsp. olive oil  
 1 small onion, peeled & finely chopped  
 1 cup of chopped mushrooms  
 2 medium chicken breasts, diced  
 120g wholewheat pasta (raw weight)  
 170g boiled broccoli florets  
 2 tbsp. pesto  
 2 tbsp. 0% Greek yoghurt  
 Sprinkle of pine nuts (3g)

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	576kcal
Carbohydrate	46g
Fat	25g
Protein	38g
Fibre	11g

Carbohydrate content without counting vegetables = 40g

## METHOD

1. Add ½ tsp. olive oil to a hot pan and fry the onions and mushrooms and set aside.
2. Add the chicken to the same pan with the remaining olive oil and fry until cooked through.
3. Cook the pasta according to packet instructions.
4. For the final 5 minutes add the broccoli to the same pot to cook with the pasta.
5. Add the pesto, Greek yoghurt, mushrooms, onions and pine nuts to the chicken and combine.
6. Pour over the pasta and broccoli and mix.



# BEEF & LENTIL STEW

Suitable for Freezing - A rich source of Iron

**SERVES** 2  
**PREP TIME** 10 mins  
**COOK TIME** 1 hour

## INGREDIENTS

1 tbsp. olive oil  
 120g cooked broccoli florets  
 180g raw lean beef, diced  
 1 medium onion, chopped  
 1 beef stock cube, 500ml boiling water  
 4 tbsp. of dried raw red lentils (60g)  
 2 large carrots  
 1 celery stick  
 1 tbsp. tomato puree  
 1 small, sweet potato  
 Salt, pepper, thyme and cayenne pepper

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	501kcal
Carbohydrate	52g
Fat	13g
Protein	38g
Fibre	11g

Carbohydrate content without counting vegetables = 32g



## METHOD

1. Add olive oil to a hot pan and fry off the onions and brown the beef.
2. To a large pot add 2 cups of beef stock, ½ cup of lentils, the beef and onion, 2 chopped carrots, 2 chopped sticks of celery, tomato puree and the chopped sweet potato.
3. Season with a tsp of cayenne pepper, a pinch of thyme, salt and pepper.
4. Let this simmer for about an hour until the vegetables are tender and the sauce thickened and serve.





# LAMB TAGINE

**SERVES** 2 | **PREP TIME** 10 mins | **COOK TIME** 1 hour

Rich source of Iron - Suitable for Freezing

## INGREDIENTS

1 tbsp. of olive oil  
 200g lean lamb, diced  
 1 small onion finely chopped  
 2 cloves of garlic, minced  
 1 cup of green beans  
 1 large carrot, peeled & chopped  
 1 tbsp. honey  
 1 tsp. cumin  
 1 tsp. ground ginger  
 140g butternut squash, peeled & chopped  
 1 x veg stock cube  
 100g wholewheat couscous  
 Small handful of fresh mint to serve

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	483kcal
Carbohydrate	46g
Fat	17g
Protein	29g
Fibre	11g

Carbohydrate content without counting vegetables = 33g

## METHOD

1. Pre-heat oven to 160°C/Gas mark 3.
2. Add the oil to a hot pan and brown the lamb on all sides.
3. Remove the lamb from the pan and add the onions, garlic, green beans and carrots and cook for 2-3 mins.
4. Add the tin of tomatoes, honey and spices and stir.
5. Along with the lamb and sweet potato, add everything except the couscous to a casserole dish and pour over the stock.
6. Place in the oven for an hour until the lamb is tender.
7. Just before serving, cook the couscous per packet instructions.
8. Serve the tagine with the wholewheat couscous and a sprinkle of fresh mint leaves.

## CHILLI CON CARNE with Wholegrain Rice

**SERVES** 2 | **PREP TIME** 5 mins | **COOK TIME** 20 mins

Suitable for Freezing - Rich in Iron

### INGREDIENTS

1 tsp. olive oil  
 ½ a small onion, finely chopped  
 150g lean beef mince  
 Pinch of salt & pepper  
 2 tbsp. chilli powder  
 2 tsp. paprika  
 1 medium bell pepper, chopped  
 120g red kidney beans (½ can)  
 1 can chopped tomatoes  
 80g raw wholegrain rice

### METHOD

1. Add olive oil and onion to a hot pan and brown off the mince.
2. Season with salt, pepper, chilli powder and paprika. Add a tsp chilli flakes for extra spice.
3. Add the chopped pepper, kidney beans and can of tomatoes and cook for 25 minutes.
4. Boil rice according to packet instructions and serve.

### NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	418kcal
Carbohydrate	53g
Fat	6.6g
Protein	28g
Fibre	13g

Carbohydrate content without counting vegetables = 51g



# HONEY & SOY BAKED SALMON

**SERVES** 2 | **PREP TIME** 5 mins | **COOK TIME** 30 mins

Source of Omega 3 fatty acids

## INGREDIENTS

8 baby potatoes (approx. 340g), quartered  
 1 bell pepper, sliced  
 2 tsp. olive oil  
 2 tsp. of mixed herbs/piri piri seasoning/chilli flakes /seasoning of choice  
 2 tbsp. light soy sauce  
 2 tsp. honey  
 2 average salmon darnes (approx. 100g)  
 100g broccoli florets  
 Sprinkle of salt & pepper

## METHOD

1. Pre-heat oven to 180°C/Gas mark 4.
2. Place the baby potatoes on a baking tray.
3. Pour the olive oil over the potatoes ensuring they are evenly coated.
4. Season with salt, pepper and mixed herbs and roast for 15 minutes until cooked through.
5. Meanwhile, mix the soy sauce and honey and pour this over the salmon.
6. Wrap in tinfoil along with the peppers and broccolil and place in the oven with the potatoes for a further 15-20 mins until the salmon, vegetables and potatoes are cooked through.

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	443kcal
Carbohydrate	37g
Fat	17g
Protein	33g
Fibre	7g

Carbohydrate content without counting vegetables = 31g





# SWEET POTATO SHEPARD'S PIE

**SERVES** 4 | **PREP TIME** 5 mins | **COOK TIME** 30 mins

Good source of Iron & Calcium

## INGREDIENTS

- 4 tsp. olive oil
- 2 medium onions, finely chopped
- 480g lean beef mince
- 2 medium carrots, peeled and chopped
- 3 medium sweet potatoes (700g), peeled and chopped
- 1 tin of chopped tomatoes
- 3 beef stock cubes
- 1 tbsp. oregano
- 4 tbsp. Greek yoghurt (68g)

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	485kcal
Carbohydrate	50g
Fat	14g
Protein	34g
Fibre	8g

Carbohydrate content without counting vegetables = 43g

## METHOD

1. Add the oil to a hot pan and brown off the onions and meat for 5-6 minutes breaking up any large chunks of meat.
2. Meanwhile, par-boil the carrot and put the sweet potato in the microwave for about 4 mins until soft.
3. Add the tinned tomatoes, crumbled beef stock cubes, oregano and carrot to the meat and add enough water to make a thick sauce.
4. Let this simmer for about 10 minutes.
5. Mash the sweet potato with the Greek yoghurt in a separate bowl.
6. Add the meat to a small baking dish and top with the sweet potato mash.



# THAI COD COCONUT TRAY BAKE

**SERVES** 2 | **PREP TIME** 10 mins | **COOK TIME** 30 mins

Good source of Iron

## INGREDIENTS

1 cup of reduced fat coconut milk (250g)

1 tbsp. Thai red curry paste (36g)

1 tbsp. fish sauce

10g fresh ginger, finely chopped

Juice of ½ a lime

1 clove of garlic, crushed

1 red chilli, finely chopped

1 red pepper, sliced

160g cauliflower florets

2 shallots (40g), peeled and chopped

½ a courgette, chopped (100g)

1 tbsp. olive oil

1 tsp. honey

2 x medium cod fillets (approx. 240g)

100g wholegrain rice

Pinch of fresh coriander

## METHOD

1. Preheat the oven to 220°C/200°C Fan/Gas 7.
2. Pour the coconut milk, Thai paste, fish sauce, ginger, lime juice, garlic and diced chilli into a small bowl and mix.
3. Season with salt and pepper.
4. Scatter the chopped cauliflower, peppers, shallots and courgette into a large roasting tin.
5. Drizzle over half of the sauce and a tablespoon of oil and honey.
6. Roast for 10 minutes until the veg is starting to brown.
7. Add the cod to the roasting dish and pour over the remaining sauce.
8. Bake for 10-15 minutes until the cod is cooked through.
9. Boil the rice according to packet instructions and serve with a sprinkle of coriander.

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	542kcal
Carbohydrate	49g
Fat	23g
Protein	31g
Fibre	7.5g

Carbohydrate content without counting vegetables = 43g

Can replace Cod with Salmon or King Prawns.





# THAI GREEN BEEF CURRY

**SERVES** 2 | **PREP TIME** 10 mins | **COOK TIME** 25 mins

Good source of Iron - Suitable for Freezing

## INGREDIENTS

1 tbsp. olive oil  
 ¾ of a courgette, chopped (160g)  
 ½ a red pepper, chopped  
 1 small onion (60g) finely chopped  
 1 tbsp. Thai green curry paste  
 250g lean beef, diced  
 200g reduced-fat coconut milk (half a can)  
 2.5g ginger, finely chopped  
 1 ½ tsp. brown sugar (10g)  
 100g wholegrain rice  
 1 red chilli, finely sliced

## METHOD

1. Add ½ tbsp oil to the pan and cook the courgette, pepper and onions for about 3 minutes.
2. Remove from the pan.
3. To a hot pan, add the curry paste and remaining oil and let it heat up for 1 minute.
4. Add the beef to the pan and cook for 1 minute.
5. Add the coconut milk, sugar, ginger and bring to the boil.
6. Add the veg and let this simmer for 10 minutes until the beef is cooked through.
7. Serve with boiled rice and top with red chilli.

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	559kcal
Carbohydrate	50g
Fat	22g
Protein	36g
Fibre	5.9g

Carbohydrate content without counting vegetables = 44g



## VEGAN TOFU STIR-FRY with Peanut Sauce

**SERVES** 2 | **PREP TIME** 10 mins | **COOK TIME** 15 mins

Rich course of Iron - Vegetarian

### INGREDIENTS

100g wholegrain rice  
 200 ml reduced fat coconut milk  
 2 ½ tbsp. peanut butter  
 1 tbsp. lime juice  
 1 tbsp. light soy sauce  
 2 tbsp. hot sauce/sriracha  
 200g tofu, chopped  
 1 tbsp. olive oil  
 1 small onion, peeled & chopped  
 1 medium pepper, chopped  
 220g broccoli florets  
 1 clove of garlic, crushed  
 1 tbsp. curry powder

### METHOD

1. Place the wholegrain rice on to cook according to packet instructions.
2. In a small pot combine the coconut milk, peanut butter, lime juice, soy sauce, curry powder and sriracha/hot sauce.
3. Heat for 5 minutes on a low heat while stirring.
4. In a separate pan, fry off the tofu in olive oil until golden brown on all sides and season with seasonings of choice.
5. Remove the tofu and sauté the veggies and garlic in the same pan until cooked to your liking.
6. Stir the veggies and tofu into the sauce and serve this with the cooked rice.

### NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	719kcal
Carbohydrate	51g
Fat	38g
Protein	36g
Fibre	13g

Carbohydrate content without counting vegetables = 42g

## SAVOURY SNACKS

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Tuna Salad Lettuce Wraps	Δ	131

Δ = good bedtime snack option



# BRUSCHETTA



Suitable as a bedtime snack - Vegetarian

**SERVES** 1  
**PREP TIME** 10 mins

## INGREDIENTS

6 cherry tomatoes  
5 leaves of fresh basil, finely chopped  
1 tbsp. balsamic vinegar  
1 tbsp. olive oil  
1 thin slice of brown sourdough bread  
1 clove of garlic, crushed  
30g of fresh mozzarella, sliced

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	237kcal
Carbohydrate	19g
Fat	11g
Protein	10g
Fibre	3.1g

## METHOD

1. Dice the cherry tomatoes and add to a bowl.
2. Add the chopped basil, balsamic vinegar and olive oil.
3. Season with salt and pepper.
4. Toast the sourdough bread to your liking.
5. Half the garlic clove and rub onto the warm bread to create a garlic flavour.
6. Place the sliced mozzarella onto the sourdough.
7. Spoon the tomato mixture onto the bread and enjoy.



# CRACKERS WITH HUMMUS & TOMATO

Vegetarian

**SERVES** 1  
**PREP TIME** 5 mins

## INGREDIENTS

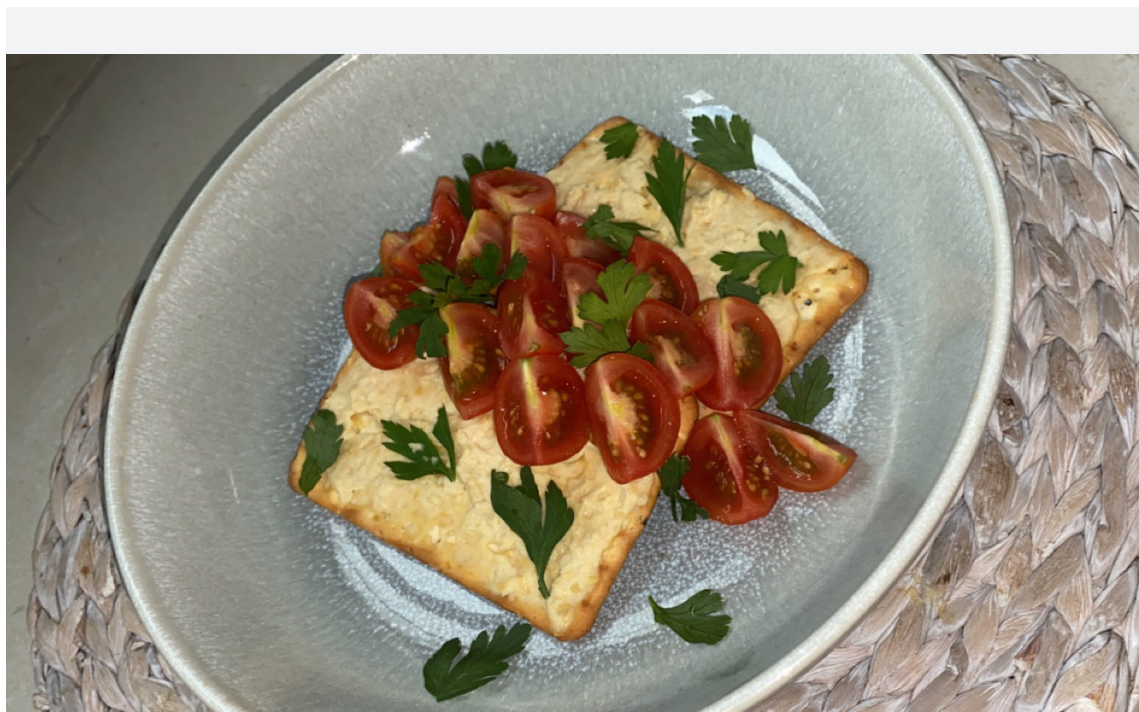
2 rye crackers  
2 tbsp. hummus  
6-7 cherry tomatoes, chopped  
Parsley to garnish

## METHOD

1. Spread the hummus onto the crackers and top with the cherry tomatoes.

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	283kcal
Carbohydrate	21g
Fat	17g
Protein	7g
Fibre	8.2g



# EGG & TOMATO CRISPBREAD



Suitable as a bedtime snack - Vegetarian

**SERVES** 1  
**PREP TIME** 10 mins

## INGREDIENTS

2 boiled eggs  
2 tbsp. lighter-than-light mayo  
5-6 cherry tomatoes  
2 rye crispbreads

## METHOD

1. Mash the boiled egg with the mayo.
2. Add the chopped cherry tomatoes and serve on the crispbreads.

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	528kcal
Carbohydrate	18g
Fat	11g
Protein	17g
Fibre	5.2g



## VEGGIE STICKS & DIPS

Vegetarian

**SERVES** 1  
**PREP TIME** 5 mins

### INGREDIENTS

½ large carrot

½ stick of celery

50g hummus (plain/red pepper variety)

50g reduced fat cottage cheese (plain/chive and onion variety)

### METHOD

1. Cut the carrot and celery into batons and dip the veggie sticks into the hummus and cottage cheese.

### NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	231kcal
Carbohydrate	13g
Fat	14g
Protein	9.1g
Fibre	5.9g





# ROASTED CHICKPEAS

Vegetarian

**SERVES** 2  
**PREP TIME** 5 mins  
**COOK TIME** 35-40 mins

## INGREDIENTS

1 x 400g tin chickpeas, drained  
 2 tbsp. olive oil  
 2 tsp. paprika  
 2 tsp. Cajun  
 2 tsp. cumin  
 1 tsp. mild chilli  
 ½ tsp. salt

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	162kcal
Carbohydrate	19g
Fat	4.2g
Protein	9.1g
Fibre	6.5g

## METHOD

1. Preheat oven to 180°C (fan).
2. Drain the chickpeas and empty into a bowl.
3. Add in the spices and olive oil and mix together until all chickpeas are coated well with seasoning and oil.
4. Line a baking tray with parchment paper and distribute the chickpeas evenly across the tray, ensuring that none of them are touching to prevent them sticking together.
5. Place in the oven for 35-40 mins, tossing halfway through.
6. Eat while still hot or leave to cool before eating them, they may be stored in an airtight container for 2-3 days.



# OATCAKES & HUMMUS



Suitable as a bedtime snack

**SERVES** 1  
**PREP TIME** 5 mins

## INGREDIENTS

2 oatcakes  
1 tbsp. hummus - plain/flavoured  
1 cup cucumber  
2 slices of turkey

## METHOD

1. Spread hummus over the oatcakes and top with the turkey.
2. Slice cucumber and place on top of the turkey or enjoy it on the side.

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	203kcal
Carbohydrate	18g
Fat	9.4g
Protein	10g
Fibre	3.8g



# FETA SALAD with High Fibre Bread



Suitable as a bedtime snack - Vegetarian

**SERVES** 1  
**PREP TIME** 5-7 mins

## INGREDIENTS

1 slice high fibre bread e.g. granary/  
rye/ wholegrain  
30g (5 cubes) of feta cheese  
3 sundried tomatoes, sliced  
5 green olives, chopped  
5 Basil Leaves, finely chopped  
Handful rocket leaves

## METHOD

1. Mix the feta with the sliced tomatoes, halved olives, rockets and torn basil leaves.
2. Spread mix over bread and enjoy!

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	348kcal
Carbohydrate	20g
Fat	22g
Protein	12g
Fibre	7.7g



# OATCAKES & CHICKEN



Suitable as a bedtime snack

**SERVES** 1  
**PREP TIME** 7 mins

## INGREDIENTS

2 oatcakes  
2 slices of chicken (eg. leftover roast/  
cooked chicken breast)  
½ red bell pepper, sliced  
2 slices of turkey  
20g light cream cheese

## METHOD

1. Spread the cream cheese over the oatcakes.
2. Assemble the chicken and pepper sticks on the oatcakes and enjoy!

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	187kcal
Carbohydrate	18g
Fat	6.5g
Protein	12g
Fibre	3.8g



# TUNA MAYO



Suitable as a bedtime snack

**SERVES** 1

**PREP TIME** 10 mins

## INGREDIENTS

2 tbsp. lighter-than-light mayo

1 small can of tuna, drained

1 spring onion, finely chopped

4 cherry tomatoes, chopped

1 slice of wholegrain bread

## METHOD

1. Mix the mayo with the tuna until combined.
2. Add the spring onion into the tuna-mayo.
3. Place the tuna-mayo mix on the bread. Half the cherry tomatoes and place

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	258kcal
Carbohydrate	18g
Fat	9.2g
Protein	23g
Fibre	3.7g



# TURKEY ROLL-UPS



Suitable as a bedtime snack

**SERVES** 1  
**PREP TIME** 5 mins

## INGREDIENTS

30g quark cheese/cottage cheese  
2-3 wholegrain crackers  
½ a cup of cucumber slices  
50g red bell pepper, sliced  
2 turkey slices

## METHOD

1. Spread the quark cheese on the crackers.
2. Slice the cucumber and bell pepper and place on the turkey slice.
3. Roll up the turkey slice and place it onto the cracker and enjoy.

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	161kcal
Carbohydrate	18g
Fat	3.5g
Protein	14g
Fibre	2.5g



# CRACKERS & CUCUMBER



Suitable as a bedtime snack - Vegetarian

**SERVES** 1  
**PREP TIME** 5 mins

## INGREDIENTS

3 wholegrain crackers  
80g quark cheese  
½ cup cucumber slices

## METHOD

1. Slice up cucumber into slices and spread the quark on the crackers.
2. Place cucumber on top and enjoy!

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	152kcal
Carbohydrate	18g
Fat	2.4g
Protein	14g
Fibre	1.5g



# CRISPBREADS & COTTAGE CHEESE



Suitable as a bedtime snack - Vegetarian

**SERVES** 1  
**PREP TIME** 5 mins

## INGREDIENTS

2 wholegrain crispbreads  
3 tbsp. reduced fat ricotta cheese  
10 strawberries, chopped

## METHOD

1. Spread cottage cheese onto the crispbreads and enjoy with a side portion of strawberries/ strawberries sliced on top.

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	179kcal
Carbohydrate	20g
Fat	2.5g
Protein	15g
Fibre	7g





# MEZZE PLATTER



Suitable as a bedtime snack - Vegetarian

## INGREDIENTS

4 small gherkins (25g), sliced  
 Handful of almonds (10g)  
 5 sundried tomatoes, sliced  
 5 olives, sliced  
 4 slices of red pepper  
 1 tbsp. of cottage cheese  
 1 tbsp. hummus  
 2 rye crispbreads

**SERVES** 1

**PREP TIME** 10 mins

## METHOD

1. Plate up ingredients, mix and match as you please!

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	348kcal
Carbohydrate	20g
Fat	23g
Protein	10g
Fibre	10g



# RYE BREAD WITH CHICKEN, PESTO & TOMATO △

Suitable as a bedtime snack

**SERVES** 1  
**PREP TIME** 5 mins

## INGREDIENTS

1 slice of rye bread  
1 tbsp. pesto  
2 slices of roast chicken breast  
Handful of rocket leaves  
6 cherry tomatoes/1 medium tomato, chopped

## METHOD

1. Spread pesto over bread and top with rocket, then chicken and chopped tomato.

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	348kcal
Carbohydrate	22g
Fat	14g
Protein	30g
Fibre	3.7g



# TUNA SALAD LETTUCE WRAPS



Suitable as a bedtime snack

**SERVES** 1  
**PREP TIME** 10 mins

## INGREDIENTS

1 can of tuna in brine (130g), drained  
1 tbsp. lighter-than-light mayo  
3 tbsp. tinned sweetcorn  
½ a red pepper, sliced  
50g grated cheddar (low fat)  
4-5 large romaine lettuce leaves, washed

## METHOD

1. Combine the tuna, mayo, sweetcorn and pepper in a large bowl.
2. Spoon onto lettuce leaves, add some cheese and enjoy as a wrap.

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	349kcal
Carbohydrate	14g
Fat	14g
Protein	45g
Fibre	4.6g



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Δ = good bedtime snack option



# CHOCOLATE, BERRIES & YOGHURT



**SERVES 1** | **PREP TIME** 5 mins

Suitable as a bedtime snack - Vegetarian

## INGREDIENTS

1 protein yoghurt (150g) e.g Glenisk/  
Kvarg/Skyr/Brooklea/My Q protein

25g dark chocolate (70-80% cocoa),  
chopped

5 raspberries, washed

7 blueberries, washed

## METHOD

1. Mix up the yoghurt and raspberries.
2. Melt or crumble up the chocolate and

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	246kcal
Carbohydrate	16g
Fat	11g
Protein	17g
Fibre	5.4g



## FRUIT & NUTS

Vegetarian

**SERVES** 1  
**PREP TIME** 5 mins

### INGREDIENTS

1 small apple  
20g Brazil nuts  
80g quark cheese

### METHOD

1. Slice apple into thick slices/chunks.
2. Dip into the quark cheese and top with brazil nuts to add extra crunch.

### NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	271kcal
Carbohydrate	19g
Fat	14g
Protein	15g
Fibre	3.1g



# FRESH FIG & WALNUTS

Vegetarian

**SERVES** 1  
**PREP TIME** 5 mins

## INGREDIENTS

2 fresh figs, cut into wedges  
30g walnuts

## METHOD

1. Toast walnuts under the grill for 5 minutes.
2. Serve with figs.

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	269kcal
Carbohydrate	11g
Fat	21g
Protein	6.6g
Fibre	4.3g



# GRANOLA WITH YOGHURT & BERRIES



Suitable as a bedtime snack - Vegetarian

**SERVES** 1  
**PREP TIME** 2 mins

## INGREDIENTS

50g homemade Granola (recipe in Breakfast section)

1 protein yoghurt

10 raspberries, washed

10 blueberries, washed

## METHOD

1. Mix raspberries, blueberries and granola together and pour on top of the yoghurt.

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	164kcal
Carbohydrate	12g
Fat	2.6g
Protein	20g
Fibre	5.2g





# YOGHURT WITH BLUEBERRIES & WALNUTS △

Suitable as a bedtime snack - Vegetarian

**SERVES** 1  
**PREP TIME** 2 mins

## INGREDIENTS

20g walnuts  
15 blueberries  
1 pot natural yoghurt (125g)

## METHOD

1. Finely chop the walnuts and sprinkle over a bowl of yoghurt. Serve with freshly washed blueberries.

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	216kcal
Carbohydrate	12g
Fat	14g
Protein	10g
Fibre	1.3g





# BANANA BREAD

**MAKES** 10 slices (1 slice = 1 serving) | **PREP TIME** 15 mins | **COOK TIME** 50 mins

Vegetarian - Suitable for Freezing

## INGREDIENTS

2 large bananas, mashed  
 4 tbsp. Greek yoghurt  
 6 tbsp. olive oil  
 2 eggs  
 1 cup of wholemeal self-raising flour  
 100g rolled oats  
 1 tsp. baking powder  
 1 ½ tsp. cinnamon  
 ½ tsp. nutmeg  
 20g dark chocolate, finely chopped  
 Handful of walnuts (30g), crushed

## METHOD

1. Preheat the oven to 180°C/Gas mark 4.
2. Mix mashed bananas, yoghurt, oil and eggs in a bowl with a wooden spoon.
3. Mix in dry ingredients, walnuts and choc chips.
4. Pour into a paper lined loaf tin.
5. Bake for about 50 mins.

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	246kcal
Carbohydrate	22g
Fat	14g
Protein	6.1g
Fibre	1.7g

Our thanks to Robyn Compton, RD, who provided this banana bread recipe.

# ENERGY BALLS

Suitable for Freezing - Vegetarian

**MAKES** 25 (2 balls = 1 serving)

**PREP TIME** 5 mins

## INGREDIENTS

100g rolled oats

50g desiccated coconut

8 tbsp. peanut butter

6 tbsp. flaxseed

2 tbsp. chia seeds

60g dark chocolate chips/chunks

5 tbsp. honey

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	218kcal
Carbohydrate	15.4g
Fat	13.6g
Protein	5.8g
Fibre	6.6g

## METHOD

1. Combine all ingredients in a large bowl until a sticky, dough-like consistency is formed.
2. Form into about 25 small balls with the palm of your hand.
3. Store in the fridge in a lunchbox and enjoy.



# FROYO BLUEBERRIES WITH CHIA SEEDS

Suitable as a bedtime snack - Vegetarian

**SERVES** 1  
**PREP TIME** 5 mins  
**FREEZE TIME** 2 hours

## INGREDIENTS

A handful of blueberries

1 tbsp. of chia seeds

3 tbsp. of plain Greek yoghurt (use flavoured protein yoghurt for extra sweetness)

1 tsp. vanilla extract

## METHOD

1. Mix the chia seeds, yoghurt and vanilla extract in a bowl.
2. Coat the blueberries in the yoghurt mixture and freeze on a baking tray for 2 hours.

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	266kcal
Carbohydrate	10g
Fat	18g
Protein	11g
Fibre	5.2g



# CRACKERS & CASHEW BUTTER



Vegetarian

**SERVES** 1  
**PREP TIME** 2 mins

## INGREDIENTS

2 wholegrain crackers  
1 tbsp. cashew butter  
1 tbsp. cashew nuts, roughly  
chopped

## METHOD

1. Spread the crackers evenly with cashew butter.
2. Sprinkle over the roughly chopped

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	280kcal
Carbohydrate	17g
Fat	18g
Protein	8.1g
Fibre	1.8g



# STRAWBERRY ICE CREAM

Vegetarian

**SERVES** 1

**PREP TIME** 5 mins

## INGREDIENTS

10 frozen strawberries (fresh or frozen)

100g 0% Vanilla Protein Yoghurt

## METHOD

1. Blend the frozen strawberries and yoghurt in a blender until a smooth consistency is formed.

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	121kcal
Carbohydrate	19g
Fat	0g
Protein	9g
Fibre	2g



# GRILLED GRAPEFRUIT WITH CINNAMON

**SERVES** 1 | **PREP TIME** 5 mins | **COOK TIME** 5 mins

Vegetarian

## INGREDIENTS

½ medium grapefruit

75g Vanilla Protein Yoghurt (½ standard small pot)

¼ tsp. cinnamon

1 tsp. fresh mint leaves, sliced

1 tbsp. flaked almonds

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	172kcal
Carbohydrate	15g
Fat	5.9g
Protein	11g
Fibre	4g

## METHOD

1. Gently cut through the segments of the halved grapefruit to separate them without piercing the skin.
2. Sprinkle the grapefruit with cinnamon and place under a hot grill for approximately 5 minutes or until lightly browned on top.
3. Scoop out the cooked grapefruit flesh into a bowl and top with the yoghurt, a sprinkle of mint leaves and flaked almonds.





# CHOCOLATE MOUSSE

**SERVES** 2 | **PREP TIME** 5 mins

Vegetarian

**SERVES** 1  
**PREP TIME** 5 mins

## INGREDIENTS

1 medium avocado, peeled and de-stoned

6 tsp. cocoa powder

2 tsp. honey

1 tsp. vanilla essence

100mls low-fat milk

2 tsp. hazelnuts

10 strawberries, sliced

1 square dark chocolate

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	304kcal
Carbohydrate	15g
Fat	22g
Protein	7.8g
Fibre	6.3g

## METHOD

1. Place avocado flesh, cocoa powder, honey, milk and vanilla essence in a food processor (or use a hand blender) and blitz until smooth.
2. If the mixture is too thick, use a little more milk to thin it out.
3. Split the mixture into 2 serving bowls and top with strawberries, hazelnuts and a grating of dark chocolate



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# PICO DE GALLO SALSA

**SERVES 1 | PREP TIME 10 mins**

Vegetarian

## INGREDIENTS

1 cup of cherry tomatoes  
 4 tbsp. chopped shallots  
 1 clove of garlic  
 1 tbsp. lime juice  
 Pinch of salt  
 Pinch of Coriander

## METHOD

1. Chop the cherry tomatoes and add them to a large bowl.
2. Add the chopped shallots and minced garlic.
3. Add the lime juice, salt and coriander and stir.

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	60kcal
Carbohydrate	6.6g
Fat	0.8g
Protein	2.5g
Fibre	3.2g



# CREAMY PASTA SAUCE

**SERVES** 2 | **PREP TIME** 5 mins | **COOK TIME** 10 mins

Suitable for Freezing - Vegetarian

## INGREDIENTS

- 1 tsp. olive oil
- 1 shallot, finely diced
- 1 clove garlic, crushed
- 10 button mushrooms, sliced
- 90g Low-Fat Cream Cheese (~½ tub)
- 1 tbsp. mixed herbs
- ½ stock cube dissolved in 200ml boiling water
- 50ml cold water
- 1 tsp. cornflour
- 10g fresh parsley, finely chopped

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	95kcal
Carbohydrate	7.2g
Fat	3.9g
Protein	7.8g
Fibre	1.4g

## METHOD

1. Heat oil in a pan to a medium heat, add in the shallot and cook until soft.
2. Next add in garlic and mushrooms and cook until softened.
3. Next add in the cream-cheese and mixed herbs and mix together.
4. Add ½ a stock cube to 200ml boiling water and add to the pan. Bring to a simmer.
5. In a cup, mix 50ml of cold water with the cornflour until it forms a paste. Add this to the pan once the sauce is bubbling.
6. Stir the sauce as it thickens and reduce to a low heat until ready to serve.
7. Serve with wholemeal pasta and garnish with parsley.
8. Can be stored in the fridge for up to 2-3 days.



# GUACAMOLE

**SERVES** 2 | **PREP TIME** 10 mins

Suitable for Freezing - Vegetarian

## INGREDIENTS

1 avocado, halved and with stone removed

Sprinkle of black pepper

5g chilli, finely diced

1 tbsp. lime juice

½ red onion, finely diced

1 tsp. coriander, finely chopped

½ cup cherry tomatoes, chopped into quarters

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	160kcal
Carbohydrate	4.1g
Fat	14g
Protein	2g
Fibre	3.3g

## METHOD

1. In the bowl, mash the avocado with a fork until smooth (can leave it chunkier if preferred).
2. Add in the pepper, chilli, lime juice, red onion and coriander and combine.
3. Lastly fold through the cherry tomatoes and serve.
4. Can be stored in the fridge for 1-2 days - drizzle an extra tablespoon of lime juice over the top to prevent the avocado from turning brown in colour, cover with cling film.



# TOMATO & VEGETABLE PASTA SAUCE

**SERVES** 3 | **PREP TIME** 5 mins | **COOK TIME** 30 mins

Suitable for Freezing - Vegetarian

## INGREDIENTS

- 1 tbsp. olive oil
- 1 medium onion, finely diced
- 1 large carrot / 2 small carrots, chopped
- 8 button mushrooms, sliced
- 2 cloves garlic, crushed
- 1 x 400g can chopped tomatoes
- ¼ stock cube + 100ml boiled water
- Sprinkle of black pepper
- 1 tbsp. Italian seasoning



## METHOD

1. Heat olive oil in a saucepan to a medium heat.
2. Sauté onion and carrot for 5-7 mins until softened.
3. Add mushrooms and garlic and cook until golden brown.
4. Add chopped tomatoes to the pan and add in the stock cube dissolved in boiled water.
5. Season with black pepper and Italian seasoning.
6. Reduce to a low heat and leave to simmer for 20 -30 mins.
7. This sauce can be blended partially/ fully with a food processor if desired.
8. Serve with wholemeal pasta.
9. Can be stored in the fridge for 2-3 days.

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	124kcal
Carbohydrate	13g
Fat	4.9g
Protein	3.5g
Fibre	4.3g

# HIGH-FIBRE BREAD

**MAKES** 12 slices | **PREP TIME** 10 mins | **COOK TIME** 60 mins

Vegetarian

## INGREDIENTS

500mls buttermilk

2 tsp. bread soda (bicarbonate of soda)

½ tsp. salt

200g rolled porridge oats

140g Bran cereal (e.g. All Bran®)

1 tbsp. flaxseed

1 tbsp. pumpkin seeds

½ cup walnuts, roughly chopped

1 egg, beaten until fluffy

## NUTRITIONAL INFORMATION

Typical Values	per serving
Energy	174kcal
Carbohydrate	19g
Fat	6.7g
Protein	7.1g
Fibre	5.2g

## METHOD

1. Preheat oven to 180°C(fan)/gas mark 4.
2. Place the buttermilk, bread soda and salt in a large mixing bowl and stir.
3. Next add in the porridge oats, bran cereal, flaxseed, pumpkin seeds and walnuts, and stir thoroughly until all ingredients are well mixed.
4. Add the beaten egg in with the rest of the ingredients and stir.
5. Line a bread tin or oven tray with parchment paper and add the bread mix in.
6. Cook for approximately 50 mins.
7. After 50 mins, remove the bread from the tin and cook for another 10 mins.
8. After 60mins, insert a clean knife or skewer to test if the bread is cooked (it must come out clean for the bread to be cooked).
9. Remove from the oven and leave to cool.



## People behind the book...

### Louise O'Mahony

*Registered Dietitian at Cork University Maternity Hospital*

Louise qualified with a BSc in Nutritional Sciences, followed by a MSc in Dietetics, receiving an award for best academic performance. She first worked on a human intervention trial in UCD focused on Vitamin D. Following this, she spent a number of years working as a primary care dietitian in London. In 2015, she joined the team in CUMH where she currently works in the care of women with Diabetes in Pregnancy. She has a number of publications, is a member of 'Maternity Dietitians Ireland' and has contributed to national clinical care guidelines.



### Linda Culliney

*Registered Dietitian at Cork University Maternity Hospital*

Linda is a Clinical Specialist Diabetes Dietitian working as part of the diabetes team in Cork University Hospital (CUH) and Cork University Maternity Hospital (CUMH). She is involved in the development and management of the nutrition and dietetic services provided to women with diabetes in pregnancy at CUMH. She graduated with a BSc (Hons) and Diploma in Human Nutrition and Dietetic from Trinity College Dublin & Dublin Institute of Technology and completed an MSc in Diabetes at the University of Warwick. She is a member of the Maternity Dietitians Ireland and the Irish Nutrition and Dietetic Institute.



### Laura O'Driscoll

*Nutritional Sciences student at University College Cork*

Laura is currently in her final year of studying a BSc in Nutritional Science. She was awarded title of 'College Scholar' for academic years 2019, 2020 and 2021. Having achieved a number one class ranking based on the results in 2020, Laura was nominated for the Quercus Academic Scholarship. She undertook a 6 month placement working with Cork University Maternity Hospital as a project intern. The project was focused around developing resources for Gestational Diabetes, including this recipe book. Laura and her fellow class-mate Ali decided to continue this work into their final year project. Following completion of her degree, she hopes to progress her studies at a postgraduate level in order to qualify as a dietitian.





## Ali Morrison

*Nutritional Sciences student at University College Cork*

Ali is currently completing her final year of a BSc in Nutritional Science in UCC, having achieved a First-Class Honours in 1st, 2nd and 3rd Year, and the title of 'College Scholar' as a result of her 2019, 2020 and 2021 examinations. Ali is keen to pursue a career in dietetics and completed her 6-month placement with Cork University Maternity Hospital as a project-intern. This placement focused on developing and improving CUMH's resources for Gestational Diabetes. Ali and Laura continued working on the recipe book as their Final Year Project. Following completion of her degree, she hopes to progress her studies at a postgraduate level in order to qualify as a dietitian.



## Aoife Ryan

*Registered Dietitian & Senior Lecturer at University College Cork*

Aoife Ryan is a Senior Lecturer in Human Nutrition & Dietetics at University College Cork. She is a CORU Registered Dietitian and completed her PhD in Dietetics at the Department of Surgery, Trinity College Dublin. For the past 20 years she has focused her dietetic practice and research in oncology. She has been awarded INDI Research Dietitian of the Year and both the Julie Wallace Medal and the Cuthbertson Medal from the Nutrition Society. In addition to publishing over 35 scientific papers, Aoife is passionate about translating scientific knowledge on dietetics into patient resources. Her group at UCC have published seven cookbooks to-date for cancer prevention, cancer treatment, swallowing difficulties and for the treatment of malnutrition in both adults and paediatrics. All have been professionally endorsed and have received a number of awards. She has a postgraduate diploma in Teaching & Learning in Higher Education and has taught nutrition and dietetics at New York University (2008-2010), and UCC (2011 to present) and is the current Programme Director of the MSc Human Nutrition Dietetics programme at UCC.



## Our Hospital Sites



Cork University Maternity Hospital



University Hospital Kerry



Tipperary University Hospital



University Hospital Waterford





This recipe book has been created by dietitians to help support women that have received a diagnosis of Gestational Diabetes during their pregnancy.

It provides simple, practical ideas for meals and snacks which will support you throughout and following your pregnancy.

We hope you will find the recipes enjoyable, nourishing and help feed not only you but also your family for years to come.

