

2024

# OCTOBER



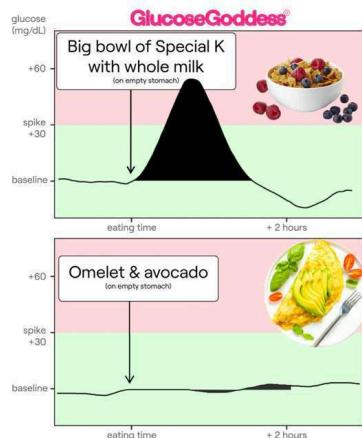
# How the Recipe Club works

Hi! And welcome. Here's the deal: glucose spikes can mess up your life. Most of us experience them, and they lead to cravings, brain fog, irritability, skin issues, hormonal imbalances, type 2 diabetes, and much more.

My Recipe Club is going to help you avoid them with key principles:

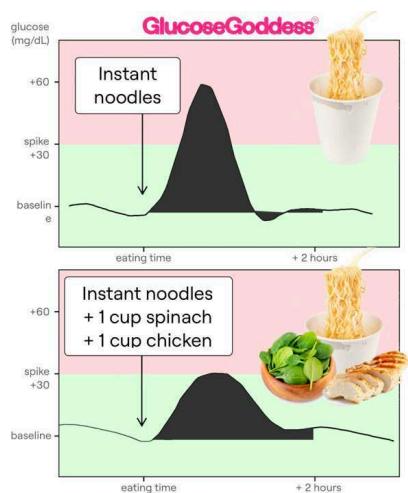
## Savoury breakfasts

They're centered around protein and they avoid starting the day with a rollercoaster. They are the most important hack.



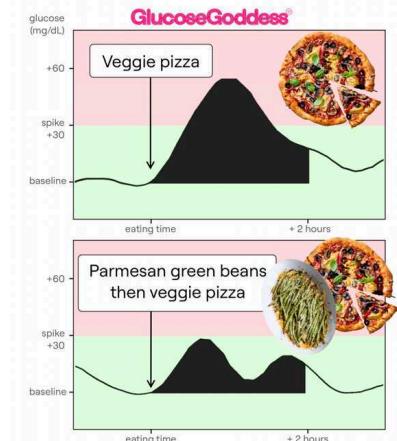
## Main dishes

They all contain a balanced mix of protein, fat, and fiber. To eat after a veggie starter when you can.



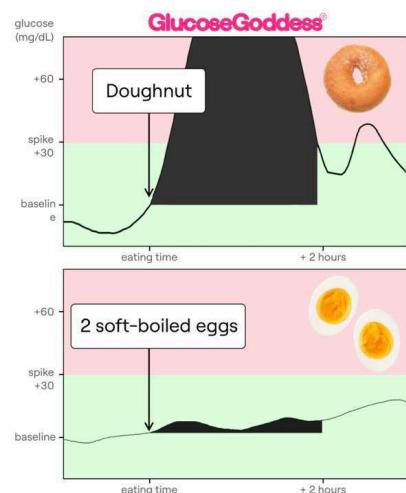
## Veggie starters

To eat before a main dish. The fiber in them will keep your glucose levels steady for the rest of the meal.



## Savoury snack

Keep your sugary snacks for dessert after a main meal. These snacks will avoid starting a cravings cycle.



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## *SAVOURY BREAKFASTS*

Chipotle tofu falafels

Salmon avocado mayo

Cherry no-oats ‘porridge’

## *VEGGIE STARTERS*

Braised lemon celeriac

Spicy tzatziki

Chili tomatoes

## *ANYTIME MAIN DISHES*

Harissa haddock

Aubergine lentil bake

Smoked tofu stir fry

## *ANYTIME SNACK*

Stuffed roasted peppers

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# SAVOURY BREAKFASTS

Your savoury breakfast should keep you satiated for 4 hours. If that's not the case, increase the amount of protein in the recipe.



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# CHIPOTLE TOFU FALAFELS

## *with spinach & yogurt*

**What you need:**



1 tin (400g/14 oz) chickpeas,  
drained and rinsed



100g (½ cup) smoked  
tofu, cut into rough  
dice



2 ½ teaspoons chipotle  
paste



200g (9 cups) spinach



2 tablespoons full fat greek  
yoghurt



2 tablespoons hummus

+ 4 tablespoons olive oil,  
salt and pepper

The combination of chickpeas, tofu, yoghurt and hummus isn't just about flavor... it's about combining 4 sources of protein into one breakfast. The more the merrier!

**How to make it:**

- Preheat the oven to 180°C/160°Cf/360°F/gas 4 and line a baking tray with baking parchment.
- Put the **chickpeas**, **tofu**, 2 teaspoons of **chipotle paste**, **olive oil**, and a generous pinch of **salt and pepper** into a food processor and blitz until the mixture starts to clump together. Roll into 8 equal balls, lay out onto the tray, and press down to flatten slightly. Bake for 15 minutes, until golden.
- Put the **spinach** in a dry frying pan with a pinch of salt and pepper and stir until wilted – this only takes a minute or so. Stir the remaining chipotle into the **yoghurt**.
- When the falafels are ready, allow them to cool slightly and serve with the chipotle yoghurt, spinach, and some **hummus** on the side.

**Makes:** 1 portion

**Prep time:** 10 mins / **Total cook time:** 15 mins

This recipe is **VEGETERIAN** and **GLUTEN-FREE**

**HOW TO MAKE IT VEGAN**  
Use plant-based yoghurt.



# SALMON AVOCADO MAYO *with dill & gherkins*

## *What you need:*



2 fillets salmon



2 eggs



1 avocado, finely diced



10g (1/4 cup) dill, finely chopped



Juice of ½ lemon



3 tablespoons full fat greek yoghurt

+ 2 tablespoons olive oil,  
salt and pepper

A supercharged savoury breakfast that is wonderfully rich in healthy fats (in the salmon, eggs, avocado and yoghurt) to support everything from brain health to glowing skin.

## *How to make it:*

- Preheat the oven to 180°C/160°C fan/360°F/gas 4 and lay the **salmon** onto a baking tray lined with baking parchment. Cook for 10 minutes and then allow to cool (you can buy ready-cooked salmon if you wish to save on time – you will need about 350g/12oz).
- Bring a small saucepan of water to the boil and cook the **eggs** for 7 minutes. When ready, run under a cold tap to cool, peel, and slice in half.
- Flake the cooled salmon into a bowl with the **avocado**, **dill**, **lemon juice**, and **greek yoghurt**. Season and mix to combine. Serve with the eggs on top. Add a slice of **sourdough toast** to make this even more delicious.

Makes: 2 portions

Prep time: 10 mins / Total cook time: 10 mins

This recipe is **GLUTEN-FREE**

### **HOW TO MAKE IT VEGAN OR VEGETARIAN**

Use a tin of black beans (drained and rinsed) instead of salmon and eggs. Use two avocados instead of 1 and increase the dill to 15g for extra flavour. Add ½ tsp chilli flakes. Use a plant-based yoghurt.

### **HOW TO MAKE IT DAIRY FREE**

Use a plant based yoghurt.



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# CHERRY *no-oats* ‘PORRIDGE’

## *What you need:*



200g (1 cup) frozen pitted cherries



1 (400g/14oz) tin coconut milk



150g (5.3 oz) silken tofu



3 tablespoons unsweetened almond butter



1 ½ teaspoons ground cinnamon



250g (1 cup) of grains of your choice, like quinoa, rice, or barley

I’m not a fan of sweet oats in the morning – they tend to spike our glucose levels. Here is a version of porridge that will keep you steady, and deliver to your body a nice dose of antioxidants from the cherries, too!

## *How to make it:*

- Put the **cherries** in a small saucepan with 1-2 tablespoons of **water** and set over medium heat. Simmer for about 10 minutes, stirring occasionally, until broken down and soft. Remove from the heat, blitz until smooth, and set aside.
- Blitz the **coconut milk** with the **silken tofu, almond butter**, and **cinnamon** together until smooth. Add to a small saucepan with the cooked grains and simmer for 8 minutes.
- Divide between two bowls, top with the cherry sauce and some extra cherries if you have them. A spoonful of yoghurt makes a lovely addition.

Makes: 2 portions

Prep time: 10 mins / Total cook time: 10 mins

This recipe is **VEGAN, VEGETARIAN, DAIRY-FREE and GLUTEN-FREE**

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# VEGGIE STARTERS

Add one of these veggie starters to the beginning of lunch or dinner. The fiber in the veggies will reduce the glucose spike of the rest of the meal.



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# BRAISED LEMON CELERIAC *with kale*

## *What you need:*



1 onion



½ small celeriac, peeled and cut into 1 cm cubes



Juice of 1 lemon



250ml (1 cup) vegetable or chicken stock



2 garlic cloves, peeled and left whole



150g (1 ¼ cups) kale, stalks removed and finely chopped

+ 3 tablespoons olive oil,  
salt and pepper

Celeriac is such an underrated vegetable! Full of fiber, it's a wonderful veggie starter. The lemon brightens the dish, giving it a fresh, zesty twist.

## *How to make it:*

- Place a large frying pan over medium heat and sauté the **onions** and **celeriac** in 2 tablespoons of **olive oil** for 4 minutes.
- Add the **lemon juice, stock and garlic cloves**. Reduce to a simmer, cover with a lid, and braise for 20 minutes, until the celeriac is tender and the stock has reduced.
- Remove the whole garlic and add the **kale** – stir to combine. Cook for 1 minute, then remove from the heat. Serve hot or cold, dressed with a little extra olive oil.

Makes: 2 portions

Prep time: 10 mins / Total cook time: 20 mins

This recipe is **VEGAN, VEGETARIAN, DAIRY-FREE and GLUTEN-FREE**

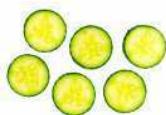


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# SPICY TZATZIKI

## *with pickled green chilies & gherkins*

### What you need:



1 cucumber, spiralised



3 pickled green chillies,  
finely chopped



2 gherkins, finely chopped



15g ( $\frac{1}{3}$  cup) parsley,  
roughly chopped



85g ( $\frac{1}{3}$  cup) full-fat  
greek yoghurt

+ 1 tablespoons olive oil,  
salt and pepper

Feel free to add proteins or fats to your veggie starter to make them more tasty – here, the yoghurt. Proteins and fats at the beginning of a meal will also reduce the meal's spike.

### How to make it:

- If you don't have a spiralizer, finely slice the **cucumber**. Toss with  $\frac{1}{2}$  teaspoon **salt**, place in a sieve suspended over a bowl and set aside for 30 minutes.
- When ready, squeeze the cucumber tightly to remove any excess water. Transfer to a clean bowl and toss with **chillies**, **gherkins**, **parsley**, and **yoghurt**. Season and serve.

Makes: 2 portions  
Prep time: 15 mins

This recipe is **VEGETARIAN** and **GLUTEN-FREE**

**HOW TO MAKE IT VEGAN OR DAIRY-FREE**  
Use a plant-based yoghurt



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# CHILI TOMATOES

*What you need:*



5 medium tomatoes,  
halved



1 tablespoon mild curry  
powder



½ teaspoon chilli flakes

+ 3 tablespoons olive oil,  
salt and pepper

A gorgeous and simple way to start your meals. I'm  
obsessed!

*How to make it:*

- Preheat the oven to 180°C/160°C fan/360°F/gas 4 and lay the **tomatoes** onto a medium baking dish - one they fit snugly into.
- Mix the **curry powder**, **chilli flakes**, and **olive oil** together and pour over the tomatoes. Season with salt and pepper and roast in the oven for 30-40 minutes, or until they have softened and caramelised slightly. Serve warm or cold.

**Makes:** 2 portions

**Prep time:** 5 mins / **Total cook time:** 40 mins

This recipe is **VEGAN**, **VEGETARIAN**,  
**DAIRY-FREE** and **GLUTEN-FREE**

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# ANYTIME MAIN DISHES

After a veggie starter or on their own, get ready to meet these seriously tasty main dishes.



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# HARISSA HADDOCK with tahini lemon sauce

## *What you need:*



2 red peppers, finely diced



250g (2 ¼ cups) cherry tomatoes, halved



1 tablespoon harissa



2 fillets haddock



3 tablespoons tahini



Juice of 1 lemon

+ 2 ½ tablespoons olive oil,  
salt and pepper

Haddock is a great fish, and it's perfect for when I want to keep things light but still satisfying. The harissa adds a fiery kick, and the tahini and lemon sauce balances it all out with creamy, tangy goodness.

## *How to make it:*

- Preheat the oven to 200°C/180°C fan/390°F/gas 6. Put the **peppers** and **tomatoes** into a medium roasting dish, toss with the **harissa** and 2 tablespoons of **olive oil**, season with **salt** and **pepper**, and roast for 20 minutes, stirring halfway through.
- Carefully remove from the oven and lay the **haddock** on top. Drizzle the remaining olive oil onto the fish and return to the oven for 10 minutes.
- In a small bowl, mix the **tahini**, **lemon juice**, and 2 tablespoons of **water** until you have the consistency of pouring cream. Season with salt and pepper.
- When the fish is ready, divide it between two plates and spoon the tahini sauce all over.

**Makes:** 2 portions

**Prep time:** 8 mins / **Total cook time:** 30 mins

This recipe is **GLUTEN-FREE** and **DAIRY-FREE**

### HOW TO MAKE IT VEGAN OR VEGETARIAN

Dress 2 1cm-thick slices of tofu with 1 ½ tablespoons of harissa and drizzle with 1 tablespoon of olive oil. Bake with the peppers and tomatoes instead of the fish.



# AUBERGINE LENTIL BAKE

## *with basil*

### What you need:



1 medium aubergine,  
cut into 1 cm dice



1 tin (400g/14 oz) lentils,  
drained and rinsed



1 tin (400g/14 oz) chopped  
tomatoes



3 tablespoons sundried  
tomato pesto



4 sprigs basil, leaves  
picked and finely chopped



1 ball mozzarella, roughly  
chopped

+ 3 tablespoons olive oil,  
salt and pepper

Aubergines are full of fiber and have such a satisfying texture when baked. Paired with lentils, which add protein and heartiness, this bake becomes a comforting glucose-steady dish!

### How to make it:

- Preheat the oven to 220°C/200°C fan/430°F/gas 7. Put the **aubergines** into a medium roasting dish, toss with the **olive** oil, season, and roast for 25 minutes, until softened and charred.
- Add the **lentils**, **tinned tomatoes**, **sundried tomato pesto**, and **basil**. Mix everything until combined. Dot the **mozzarella** all over, season once more, and return to the oven for 15–20 minutes, until bubbling and golden on top. Serve with a green salad.

Makes: 2 portions

Prep time: 10 mins / Total cook time: 45 mins

This recipe is **GLUTEN-FREE**

#### HOW TO MAKE IT VEGAN OR DAIRY-FREE

Use a vegan pesto and vegan cheese alternative

#### HOW TO MAKE IT VEGATARIAN

Make sure to use mozzarella made without animal rennet. Most commercial brands will do this.



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# SMOKED TOFU STIR FRY

## *with broccoli, ginger & chili*

### *What you need:*



250g (1½ cups)  
smoked tofu



100g tenderstem broccoli,  
roughly chopped



2 garlic cloves, peeled and  
finely chopped



2 inch piece of ginger,  
peeled and finely chopped



1 red chilli, peeled and  
finely chopped



2-3 tablespoons soy  
sauce

+ 2 tablespoons olive oil,  
salt and pepper

### *How to make it:*

- Place the **tofu** between two sheets of kitchen paper and press firmly to extract any excess liquid. Cut into 1cm dice.
- Place a wok or large frying pan over high heat with 1 tablespoon of **olive oil**. When hot, stir fry the tofu for 3-4 minutes, until golden and crisp. Remove from the pan and add 1 more tablespoon of olive oil. Stir fry the **broccoli** for 3-4 minutes. Remove from the pan.
- Add the **garlic, ginger** and **chilli** to the pan and stir fry for about 30 seconds. Return the tofu and broccoli, remove from the heat, and stir in the **soy sauce**. Toss to coat and serve, either on its own or with some cooked grains or rice.

Makes: 2 portions

Prep time: 10 mins / Total cook time: 45 mins

This recipe is **VEGAN, VEGETARIAN** and **DAIRY-FREE**

**HOW TO MAKE IT GLUTEN-FREE:**

Use tamari in place of soy sauce

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# ANYTIME SNACK

The secret to snacking without starting a cravings rollercoaster? Snack on savoury foods – and keep the sweets for dessert after a meal.



# STUFFED ROASTED PEPPERS

*What you need:*



50g (½ cup) walnuts



4 sprigs basil, leaves picked



100g (1 cup)  
pitted black olives



8 baby peppers

+ 3 tablespoons olive oil,  
salt and pepper

My new favorite snack – which also makes a great appetizer. I love serving it with some yoghurt dip.

*How to make it:*

- Preheat the oven to 200°C/180°c fan/392°F/gas 6 and line a baking tray with baking parchment. Place the **walnuts**, **basil**, **olives**, and **olive oil** into a food processor and blitz until finely chopped.
- Slice the tops from the **peppers** and remove any seeds from inside. Stuff each pepper with the stuffing and secure the top of each pepper with a cocktail stick. (Reserve any leftover stuffing to have with a salad or to serve with cheese). Lay onto the baking tray, drizzle the remaining olive oil all over, then roast for 20 minutes. Serve hot or cold.

Makes: 8 stuffed peppers

Prep time: 10 mins / Total cook time: 20 mins

This recipe is **VEGAN**, **VEGETARIAN**,  
**DAIRY-FREE** and **GLUTEN-FREE**

SEE YOU  
IN NOVEMBER!

