

2023

# AUGUST



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# SAVOURY BREAKFAST

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



# ROASTED MUSHROOMS, BACON, HARISSA YOGURT

## *What you need:*



2 large portobello mushrooms, sliced



3 strips of streaky bacon



1 tablespoon full fat Greek yoghurt



1/2 teaspoon harissa



Small handful of spinach

+ 1 tablespoon olive oil,  
salt and pepper

A protein-centric savoury breakfast: the cornerstone of a day of steady glucose levels. Here we get the all-important protein from the yoghurt and the bacon - and we even add some fiber thanks to the veggies. Yum.

## *How to make it:*

- Preheat the oven to 180°C Fan/200°C/400°F/Gas mark 6. Place the **mushrooms** and **bacon** on a baking tray lined with baking parchment. Drizzle the **olive oil** over the mushrooms, season with **salt** and **pepper** and cook in the oven for 12-15 minutes, or until the bacon is crispy.
- Mix the **yoghurt** and **harissa** together and season with a pinch of salt and pepper.
- When ready, toss the mushrooms with the harissa yoghurt and serve with the **spinach** and crispy bacon.

**Makes:** 1 portion

**Prep time:** 5 mins / **Total cook time:** 15 mins

**GLUTEN-FREE**

### HOW TO MAKE IT VEGAN OR VEGETARIAN:

Omit the bacon and use 100g of smoked tofu, sliced in two. Fry in 1 tablespoon of olive oil until golden on both sides. For vegans, change the full fat Greek yoghurt for soy or other plant based yoghurt.

### HOW TO MAKE IT DAIRY-FREE:

Use coconut, soy or almond yoghurt instead of Greek yoghurt.



# MICROWAVE EGGS

## *with smoked salmon*

*What you need:*



2 eggs



1 medium slice of smoked salmon, torn into 3 or 4 strips

+ Salt and pepper

No time? No problem. Two minutes is all you need to kick your day off with yummy eggs and steady glucose. No microwave? You can do this in the oven, just bake it at 180°C fan oven for 5 - 7 minutes or until set.

*How to make it:*

- Crack the **eggs** into a microwave safe ramekin dish (measuring between 4 and 5 inches), and use a sharp knife to pierce a hole in each yolk. This stops the yolks from exploding in the microwave! Lay the **smoked salmon** around the yolks and season with **salt** and **pepper**.
- Cook in the microwave for 45 seconds and check for every 10 seconds after. It can take anywhere from 1 minute to 1 minute 30 seconds. It is ready when the yolks are still a little runny and the egg whites are set.

**Makes: 1 portion**

**Prep time: 2 mins / Total cook time: 1½ mins**

**GLUTEN-FREE, DAIRY-FREE**

**HOW TO MAKE A VEGAN ALTERNATIVE:**

Change the eggs for 6 tablespoons of chickpea flour mixed with 6 tablespoons of water; change the salmon for baked smoked tofu.

**HOW TO MAKE IT VEGETARIAN:**

Change the salmon for baked smoked tofu or smoked cheese.



# NUT BUTTER & CHIA BIRCHER MUESLI

*What you need:*



85g /  $\frac{1}{3}$  cup coconut yoghurt



60ml /  $\frac{1}{4}$  cup unsweetened nut milk



$\frac{1}{2}$  teaspoon ground cinnamon, plus a little extra for garnish



2 tablespoons chia seeds



$\frac{1}{2}$  tart green apple, coarsely grated and tossed in a little lemon juice



1 tablespoon unsweetened nut butter

Store-bought muesli, granola, chia pudding, cereal (or any other breakfast food for that matter) are usually full of sugar and will spike you. It's much better to make your own. This dish still counts as a savoury breakfast, because it contains protein (the yoghurt, nut milk and nut butter), and nothing sweet except whole fruit (the apple). I think you'll love it.

*How to make it:*

- Mix the **yoghurt**, **nut milk**, **cinnamon**, **chia seeds** and  $\frac{1}{2}$  the **apple** together in a bowl. Leave to thicken for about 15 minutes.
- Top with the **nut butter**, remaining **apple** and a small pinch of **cinnamon**.

Makes: 1 portion

Prep time: 5 mins

VEGAN, VEGETARIAN, GLUTEN-FREE, DAIRY-FREE

AUGUST 2023

# 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.

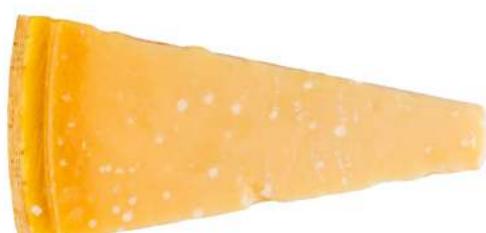


# SNOWED UNDER BABY GEM

*What you need:*



2 small heads of baby gem lettuce, leaves kept whole



30g parmesan cheese



1 tablespoon apple cider vinegar

+ 2 tablespoons olive oil, and pepper

Who said veggie starters can't have cheese? No one. Here's another of my parmesan addictions, and it combines two hacks in one: veggie starter, and vinegar. A powerful combination to reduce your glucose spikes.

*How to make it:*

- Pile the **baby gem leaves** onto a plate and finely grate the **parmesan** all over so that you can hardly see the lettuce. Drizzle **apple cider vinegar** and **olive oil** all over and season generously with freshly ground **black pepper**. No need for salt, the parmesan will be salty enough!

Makes: 1 portion

Prep time: 5 mins

VEGETARIAN, GLUTEN-FREE

Counts as your vinegar hack.

**HOW TO MAKE IT VEGAN:**

Use a vegan parmesan cheese substitute.

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

Omit the parmesan and add ¾ tablespoons of dijon mustard to the olive oil and ACV. Mix until emulsified and season. Add 1 tablespoon of flaked almonds for texture.



# MISO GREEN BEANS

## *with cashews*

*What you need:*



30g /  $\frac{1}{4}$  cup cashew nuts



150g green beans



2 teaspoons white miso



2 teaspoons apple cider  
vinegar



$\frac{1}{2}$  teaspoon sesame oil

+ Salt and pepper

More veggie starter fun! Enjoy the crunchiness of the beautiful green beans while your body rejoices in all that fiber. And we also recruit the help of vinegar here to reduce the spike of our meal even more.

*How to make it:*

- Toast the **cashew nuts** in a dry frying pan over a medium heat until turning golden brown. Remove from the heat and finely chop.
- Place the **green beans** in a saucepan of boiling water and cook for 2 minutes, drain and keep warm.
- Mix the **miso**, **apple cider vinegar** and **sesame oil** together until smooth.
- Serve the green beans on a plate, drizzle the miso dressing all over, and finish with the chopped cashew nuts. Optionally, sprinkle some chopped fresh parsley and ground pepper on top.

**Makes:** 1 portion

**Prep time:** 7 mins / **Total cook time:** 3 mins

**VEGAN, VEGETARIAN, GLUTEN-FREE, DAIRY-FREE**

**Counts as your vinegar hack.**



# TOMATO & MINT SALAD

*with ginger and lime dressing*

*What you need:*



1 cm piece of ginger,  
peeled and finely chopped



Zest of  $\frac{1}{2}$  lime plus 1  
tablespoon of juice



200g cherry tomatoes,  
halved



1 tablespoon finely chopped  
mint leaves

+  $\frac{1}{2}$  tablespoon olive oil, salt  
and pepper

When I was a kid I used to hate raw tomatoes. Now, I can't get enough! The lime and ginger combination is a fun new twist that will leave your tastebuds happy.

*How to make it:*

- Mix the **ginger**, **lime** zest and juice, and **olive oil** together in a bowl and season with a pinch of **salt** and **pepper**. Add the cherry **tomatoes** and toss until coated. Scatter the **mint leaves** all over and serve.

Makes: 1 portion

Prep time: 7 mins

VEGAN, VEGETARIAN, GLUTEN-FREE, DAIRY-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.



# GARLIC & LEMON BUTTER BEANS, PREPPED RIB EYE STEAK

## *What you need:*



1 tin (400g) of butter beans, drained and rinsed



2 garlic cloves, peeled and sliced



1 lemon



2 rib eye steaks, roughly 225g each



1 tablespoon finely chopped parsley

+ 4 tablespoons olive oil, salt and pepper

Beans are an excellent food to add to our day. The fiber and protein in them do a great job at keeping our glucose steady too. I love them as a side in this delicious main.

## *How to make it:*

- Place the **butter beans** and sliced **garlic** into a small frying pan with 3 tablespoons of **olive oil** and a pinch of **salt** and **pepper**. Slice the **lemon** in half. Squeeze the juice of one half into the pan, and slice the other half into small wedges. Add these to the frying pan and stir everything together.
- Place on a low heat and cover the butter beans with a sheet of baking parchment. Cook for 10–15 minutes, or until the beans have turned golden brown.
- Place another frying pan onto a high heat. Coat the **steaks** with the remaining tablespoon of olive oil and cover generously with freshly ground **black pepper**. When the pan is smoking hot, cook the rib-eyes for 2 minutes on each side. When ready, rest for 5 minutes.
- Thinly slice the steak and serve with the butter beans. Top with chopped **parsley**.

**Makes:** 2 portions

**Prep time:** 5 mins / **Total cook time:** 20 mins

**GLUTEN-FREE, DAIRY-FREE**

### HOW TO MAKE IT VEGAN OR VEGETARIAN:

Substitute 2 portobello mushrooms for the rib eye steak and fry for 3–4 minutes on each side. You may need to use a little extra olive oil.



# GREEN LENTIL TIKKA CURRY

*What you need:*



1 medium onion, peeled and finely chopped



2 garlic cloves, peeled and finely chopped



1½ tablespoons medium tikka curry powder



1 tin (400g) cooked green lentils, drained and rinsed



1 tin (400g) of chopped tomatoes



1 avocado, halved and sliced

+ 2 tablespoons olive oil, salt and pepper

A beautiful comforting meal. The second portion can make a great savoury breakfast.

*How to make it:*

- Heat the **olive oil** in a medium saucepan and sauté the **onion** for 4 minutes, stirring occasionally, until golden brown. Add the **garlic** and cook for 1 minute more.
- Stir in the **tikka powder** and **lentils** and heat through for 30 seconds. Now add the **chopped tomatoes**, 400ml of **water** and a generous pinch of **salt** and **pepper**.
- Bring to the boil and simmer for 10 minutes. When ready, serve topped with **avocado**.
- Optionally, add 1 tablespoon of crème fraîche or vegan yoghurt (if you are dairy-free) on top and some chopped parsley.

Makes: 2 portions

Prep time: 5 mins / Total cook time: 20 mins

VEGAN, VEGETARIAN, GLUTEN-FREE, DAIRY-FREE



# TAPENADE & SMOKED SALMON TART WITH ROCKET

*What you need:*



1 sheet of puff pastry, trimmed to a 9 inch square



1 tablespoon black olive tapenade



2 tablespoons cream cheese



4 slices of smoked salmon



Small handful of rocket

+ Salt and pepper

For those days when you want to get fancy.

*How to make it:*

- Preheat the oven to 180°C Fan/200°C/400°F/Gas mark 6 and line a baking tray with baking parchment.
- Lay the **puff pastry** onto the prepared baking tray. Create a border all the way round by running a sharp knife 2cm in from the edge. Score the border with little criss-crosses.
- Mix the **tapenade** and **cream cheese** together and season with **salt** and **pepper**. Spread it all over the puff pastry, keeping it within the border. Bake in the oven for 15 minutes, or until puffed and golden.
- Allow to cool slightly and then lay the **salmon** on top, followed by the **rocket**. Serve with a few wedges of **lemon** if you have them.

**Makes:** 2 portions

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

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

Use vegan puff pastry or a vegan pastry alternative. Omit the tapenade for 2 tablespoons of harissa. Place 200g of cherry tomatoes in a small dish with 1 tablespoon of olive oil and bake in the oven at the same time as the pastry. When ready, serve the roasted tomatoes on top of the cooked pastry tart and top with rocket and 1 tablespoon of balsamic vinegar.

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

Use a nut based spread instead of cream cheese and a dairy-free pastry alternative.

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

Go for a gluten-free pastry alternative.

AUGUST 2023

# ANYTIME SNACK

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

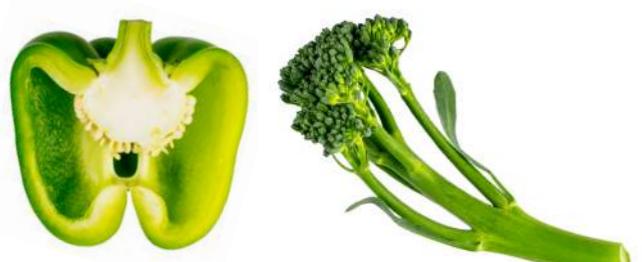


# QUICK PICKLED VEG

*What you need:*



1 litre preserving jar,  
sterilised



500g mix of veg , washed,  
cut and sliced into bite size  
pieces



A few sprigs of herbs (thyme  
or rosemary)



500ml apple cider vinegar

Grab some of these veggies with your fingers if you get hungry between meals. You'll get fiber, vinegar, and no glucose spike – so no kicking off of a cravings rollercoaster.

*How to make it:*

- Tightly pack the **veg** and **herbs** into the **jar** and cover with the **apple cider vinegar**, making sure the vegetables are fully submerged. Add more if necessary. Seal, refrigerate and eat within 2 weeks. Don't waste the apple cider vinegar – it can still be used for dressings and salads.

Makes: 1 jar  
Prep time: 10 mins

VEGAN, VEGETARIAN, GLUTEN-FREE, DAIRY-FREE

SEE YOU  
IN SEPTEMBER!

