

2024

# JANUARY



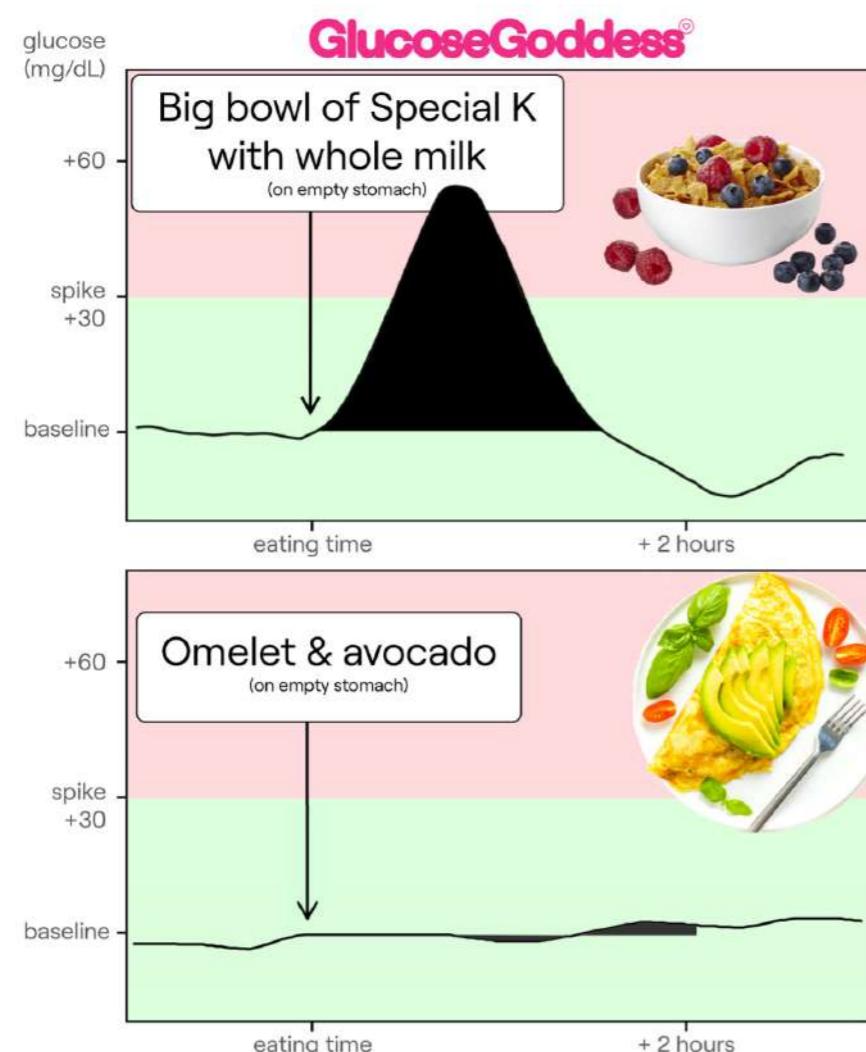
# How the Recipe Club works

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:

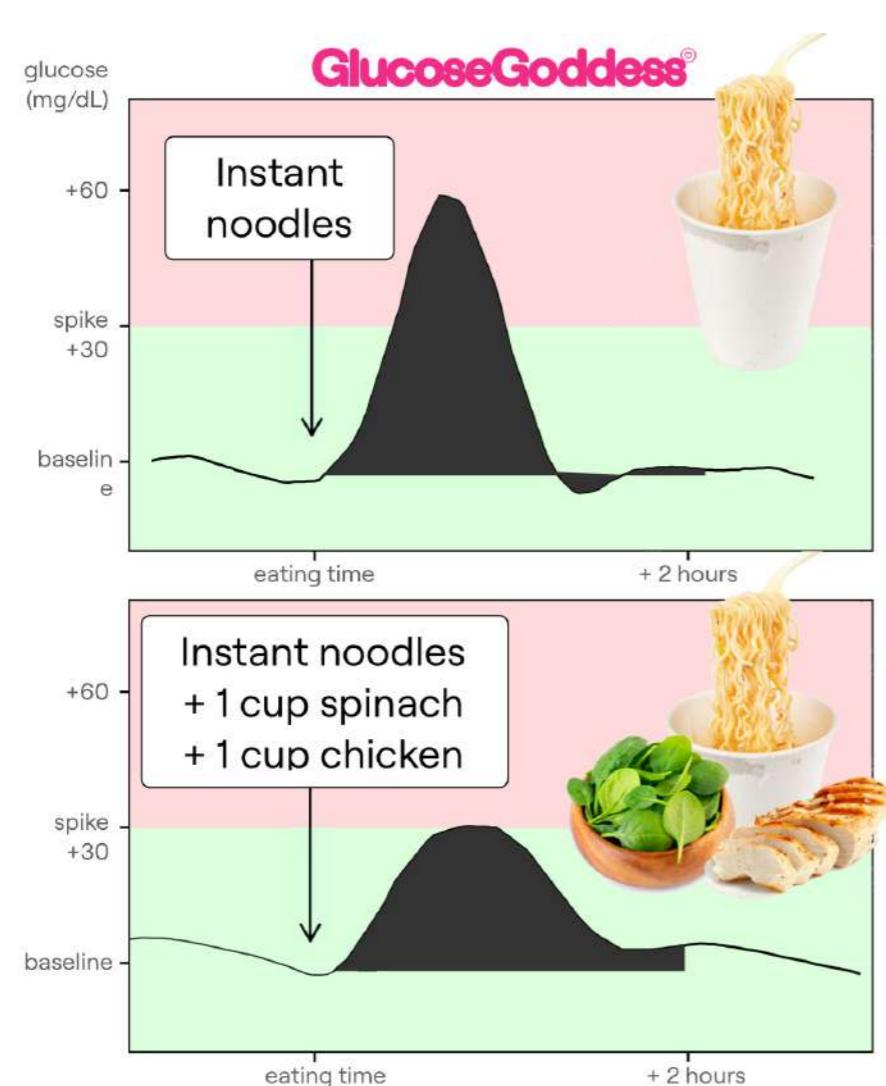
## Savoury breakfasts

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



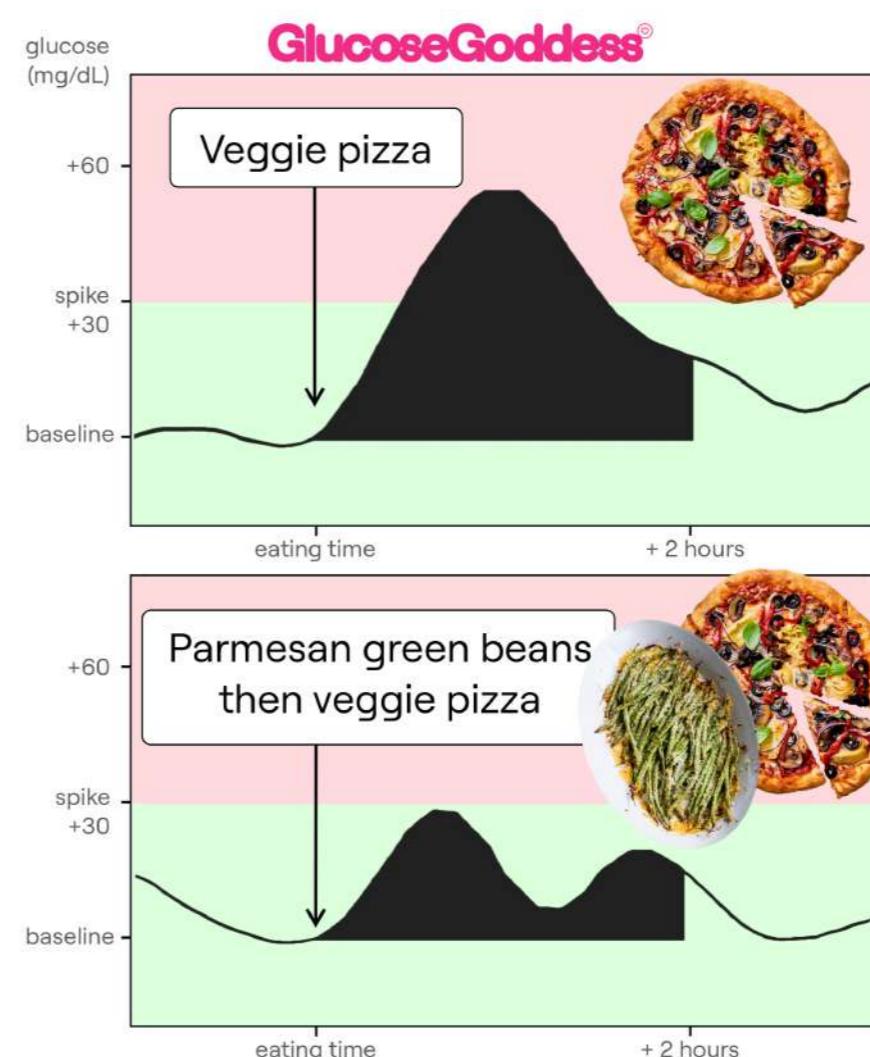
## Main dishes

They all contain a good mix of protein, fat, and fiber. To eat after a veggie starter.



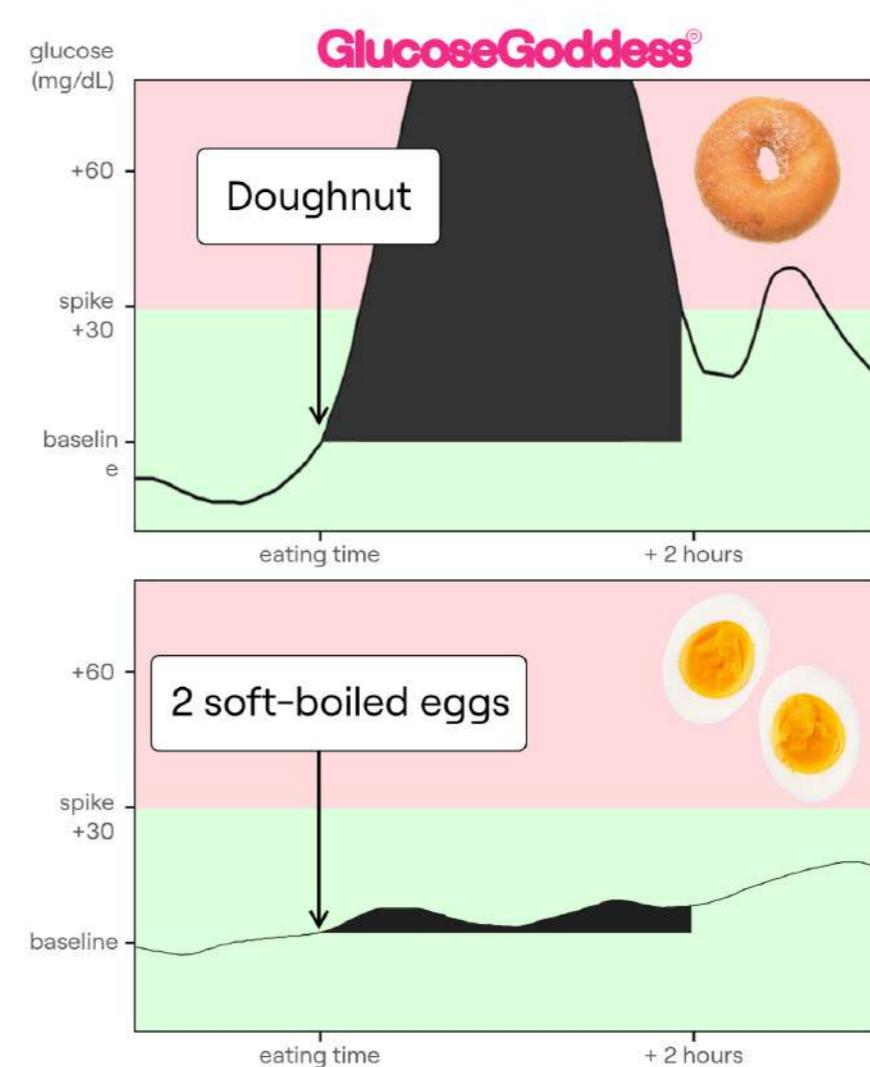
## Veggie starters

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



## Savoury snack

Keep your sugary snacks for dessert after a main meal. These savoury snacks will keep you steady and avoid starting a cravings cycle.



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## *SAVOURY BREAKFAST*

Coffee protein smoothie

Puy lentils with portobello mushroom

Chop chop avo

## *VEGGIE STARTERS*

Miso braised cabbage

10-minute goddess soup

Grated carrot salad

## *ANYTIME MAIN DISHES*

Baked rice with paprika

Roasted chicken and bortoli beans

One pot white fish with sage & mushrooms

## *ANYTIME SNACK*

Soy & black bean marinated cucumber

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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.



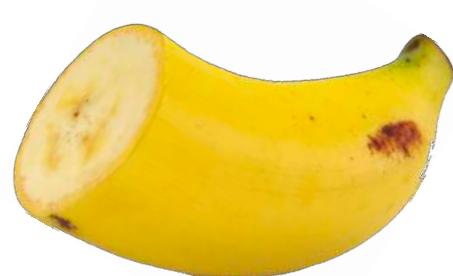
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# *Good morning* COFFEE PROTEIN SMOOTHIE

## *What you need:*



**½ cup freshly brewed coffee, cooled (80ml)**



**½ banana**



**50g (½ cup) raw cauliflower**



**50g (3 heaped tablespoons)  
full fat greek yoghurt**



**2 tablespoons protein powder**



**2 tablespoons  
unsweetened nut butter**

Rise and shine angels. You wanted coffee, you wanted protein smoothies that keep you steady, you got it.

## *How to make it:*

- Place **all the ingredients** in a blender and blitz until completely smooth. Add some ice to make it even more refreshing!

**Makes: 1 portion**

**Prep time: 5 mins**

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

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

Use coconut or soy yoghurt instead of full fat greek yoghurt.



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# PUY LENTILS *with portobello mushroom, perfect 7-minute eggs & capers*

## *What you need:*



1 large portobello mushroom



100g (½ cup) puy lentils



2 eggs



2 teaspoons capers



¼ teaspoon nutmeg



2 teaspoons dijon mustard

+ 1½ tablespoons olive oil,  
salt and pepper

For when you want to feel a little bit French. I'm obsessed with lentils and this one is now a staple.

## *How to make it:*

- Preheat the oven to 200°C/180°C fan/Gas 6. Lay the **mushroom** on a small baking tray lined with baking parchment and drizzle with ½ tablespoon of olive oil and a pinch of **salt** and **pepper**. Roast in the oven for 15 minutes.
- Meanwhile, place the **puy lentils** in a medium saucepan and cover with 400ml of water. Bring to the boil and then reduce to a simmer, cover with a lid and cook for 25-30 minutes, or until al dente. Drain and season with a pinch of **salt** and **pepper**.
- Fill another saucepan with water and bring to the boil. When the water is bubbling, gently lower in the **eggs** and cook for 7 minutes. When ready, run the eggs under a cold tap until they are cool enough to handle. Peel the eggs and slice in half.
- Toss the **capers** and **dijon mustard** with the puy lentils along with 1 tablespoon of olive oil. Top with the mushroom and gooey eggs.

Makes: 1 portion

Prep time: 5 mins / Total cook time: 25-30 mins

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

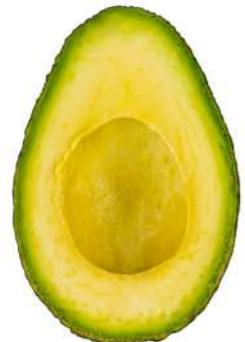
### **HOW TO MAKE IT VEGAN:**

Omit the eggs and cook 2 portobello mushrooms. Add ½ tin of chickpeas, drained and rinsed, to the lentils. Add a handful of flaked almonds for texture.



# CHOP CHOP AVO

*What you need:*



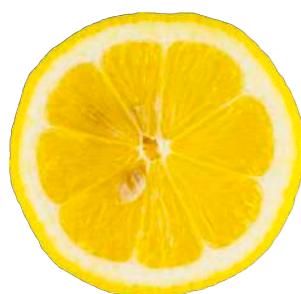
1 large avocado, stone removed and roughly chopped



2 tablespoons chopped dill



2 tablespoons pumpkin seeds



Zest and juice of  $\frac{1}{2}$  lemon, plus a lemon wedge to serve



150g (5 oz) cooked salmon

+ 1 tablespoon olive oil, salt and pepper

Chippy chop! I highly recommend eating this dish with a large spoon. You can even crumble some crackers onto it, or spread it on a slice of my no-spike bread from last month.

*How to make it:*

- Toss the chopped **avocado, dill, pumpkin seeds, lemon zest** and **juice** with 1 tablespoon of **olive oil** and a pinch of **salt** and **pepper**.
- Top with the **cooked salmon**, squeeze a little more **lemon juice** on top and serve.

Makes: 1 portion

Prep time: 10 mins

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

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

Omit the salmon and add 200g of black beans or chickpeas from a tin. Increase the dill and pumpkin seeds to 3 tablespoons and increase the olive oil to 2 tablespoons. Chilli sauce would make a nice addition of flavour.

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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.



# MISO BRAISED CABBAGE

Counts as your vinegar hack too.

## *What you need:*



2 ½ tablespoons miso



3 tablespoons apple cider vinegar



1 small sweetheart or hispi cabbage, quartered lengthways



1 red onion, peeled and thinly sliced



2 tablespoons sesame seeds, black or white (or a mix)



4–5 sprigs of coriander, leaves picked and roughly chopped (optional)

+ 3 tablespoons olive oil, salt and pepper

A classic with an amazing twist that generally leaves me licking the sauce off the plate. You're welcome.

## *How to make it:*

- Preheat the oven to 200°C/180°C fan/Gas 6. Pour 250ml of hot water into a jug, add the **miso**, **apple cider vinegar**, a pinch of **salt** and **pepper** and mix to combine.
- Place an oven proof frying pan or skillet over a medium heat. Add 2 tablespoons of **olive oil** and when hot, sear the **cabbage** on each side, until golden brown. Remove from the pan and set aside.
- Add the remaining **olive oil** to the pan along with the **red onion** and sauté for 2–3 minutes until softened. Pour in the miso/apple cider vinegar mix and bring to the boil. Turn off the heat, return the cabbage to the pan, cover with tin foil and transfer to the oven for 15 minutes.
- Carefully remove the foil from the dish and cook for 10 minutes uncovered to allow the liquid to reduce a little.
- When ready, serve topped with **sesame seeds** and chopped **coriander**, if using.

**Makes:** 2 portions  
**Prep time:** 5 mins / **Total cook time:** 30 mins

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



# 10-MINUTE GODDESS SOUP

## *What you need:*



1 small leek, roughly chopped



1 green chilli, roughly chopped



40g (1.3 oz) ginger, roughly chopped (no need to peel)



1 (400ml, 13.5 oz) tin coconut milk



1 teaspoon turmeric powder



200g (7 cups) fresh spinach

+ 1 tablespoon olive oil,  
salt and pepper

I love adding turmeric to dishes for its anti-inflammatory properties, which are even more powerful when combined with black pepper. So pepper it up!

## *How to make it:*

- Place the **leeks, chilli, ginger, olive oil** and 2 tablespoons of **water** into a food processor and blitz until finely chopped. Transfer to a saucepan and sauté on a medium heat for 3 minutes, stirring constantly.
- Add the **coconut milk** along with 400ml of boiling hot water, bring to the boil, add the **spinach** and simmer for 1 minute.
- Remove from the heat, allow to cool slightly and season with **salt** and **pepper**. The soup will keep for up to 4 days in the fridge and freezes well.

Makes: 4 portions

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

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

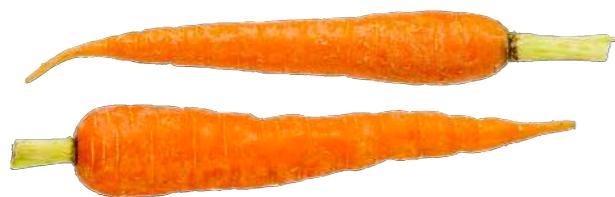


# GRATED CARROT SALAD

*with chopped coriander, pistachios, lime & tahini*

Counts as your vinegar hack too.

## What you need:



1 large or 2 medium carrots, peeled (a mix of colours if you can find them)



20g (3 tablespoons) coriander, roughly chopped



2 tablespoons pistachios, roughly chopped



Zest and juice of ½ lime



1 tablespoon apple cider vinegar



1 tablespoon tahini

+ ½ tablespoons olive oil,  
salt and pepper

Trust me, this one looks a bit wild but the lime and tahini bring it all together absolutely perfectly. And it's a great veggie starter for when you have very little time. 8 minutes flat!

## How to make it:

- Coarsely grate or finely slice the **carrot** and toss with the **coriander**, chopped **pistachios**, **lime zest and juice**.
- Mix the **apple cider vinegar** and **tahini** together. If it seizes up, add 1 tablespoon of **cold water** at a time and whisk until you have a smooth pouring consistency. Drizzle over the carrot salad, followed by the **olive oil** and a pinch of **salt** and **pepper**.

Makes: 1 portion  
Prep time: 8 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.



# BAKED RICE WITH PAPRIKA

## *artichoke, olives & tomatoes*

*What you need:*



300g (2 cups) cherry tomatoes



120g ( $\frac{5}{8}$  cup) red rice



1 teaspoon paprika



15 pitted olives, mix of black and green



120g ( $\frac{1}{2}$  cup) artichoke from a jar, drained



2 tablespoons basil pesto, to garnish

+ 2 tablespoons olive oil, salt and pepper

As you might know I am obsessed with parmesan, and you'll find me grating a bunch over this dish and eating it all on my own still standing in the kitchen. It's that good.

*How to make it:*

- Preheat the oven to 200°C/180°C fan/Gas 6. Place the **tomatoes** in a medium baking dish (I used a 9 inch round dish) toss with the **olive oil**, and a generous pinch of **salt** and **pepper**. Roast in the oven for 10 minutes.
- When ready, remove from the oven and stir in the **rice**, **paprika** and **olives** followed by 450ml of cold **water**. Place the **artichokes** on top, cover with foil and return the dish to the oven for 30 minutes.
- Remove the foil from the dish and allow to cook for another 20 minutes or until the liquid has been absorbed and the rice is al dente. Serve topped with **basil pesto**.

Makes: 2 portions

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

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

**HOW TO MAKE IT VEGAN:**

Use a vegan pesto, or harissa also works well.

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

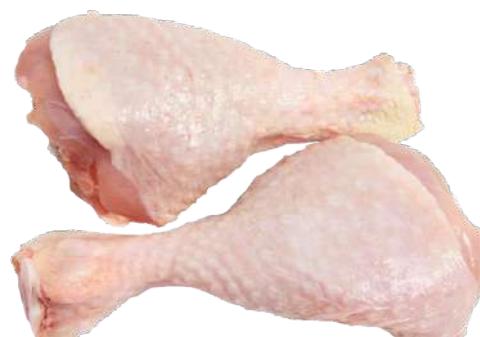
Use a dairy free pesto, or harissa also works well.



## MAINS

# ROASTED CHICKEN *and borlotti beans with preserved lemon, parsley, coriander & garlic sauce*

### What you need:



4 skin on, bone in chicken thighs



1 (400g, 15 oz) tin of borlotti beans, drained and rinsed



4 big garlic cloves, skin on



2 small preserved lemons, quartered



7 sprigs of parsley, leave picked



7 sprigs of coriander, leaves picked

+ 3 tablespoons olive oil, salt and pepper

### How to make it:

- Preheat the oven to 190°C/170°C fan/Gas 5. Place the **borlotti beans, garlic** and **preserved lemon** in a medium size baking dish. Cover with 250ml of **water**, making sure the beans are submerged. Place the **chicken thighs** on top, drizzle 2 tablespoons of **olive oil** over the skin of the chicken and season generously with **salt** and **pepper**. Roast in the oven for 40 minutes. Check half way through to make sure the beans are still submerged in the stock and if not, add a little more water.

- Put the **parsley** and **coriander leaves** in a blender. When the chicken is ready, remove it from the oven. Carefully transfer the preserved lemons into the blender. Peel the garlic and add this to the blender too. Pour in 4 tablespoons of the cooking stock along with 1 tablespoon of **olive oil** and 1 tsp of the liquid from the jar of preserved lemons. Blitz until smooth.

- Stir the sauce through the borlotti beans and remaining stock and serve with the chicken thighs on top.

Makes: 2 portions

Prep time: 10 mins / Total cook time: 40 mins

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

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

Trim, peel and slice 4 carrots lengthways and halve 4 plum tomatoes. Once you have put the borlotti beans, garlic and preserved lemon and water into the baking dish, submerge the carrots in the stock and lay the tomatoes on top. Season everything really well with salt and pepper and drizzle 2 tablespoons of the olive oil all over the tomatoes. Bake for 30 minutes in the oven, or until the carrots are tender and the tomatoes are nicely roasted. Create the sauce as above.

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# ONE POT WHITE FISH

## *with sage & mushrooms*

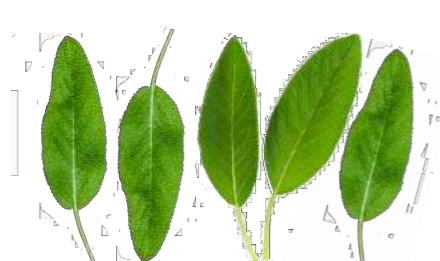
### What you need:



1 medium onion, peeled and finely diced



200g (1½ cups) chestnut mushrooms, halved



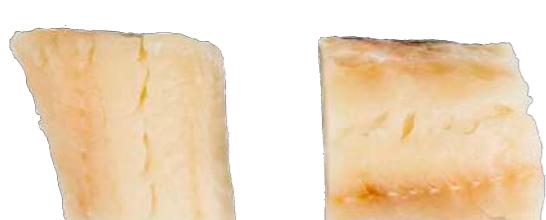
10 sage leaves, roughly chopped



1 (400g, 15oz) tin of butter beans, drained and rinsed



2 tablespoons creme fraiche



2 medium fillets of cod, skin removed

+ 3 tablespoons olive oil, salt and pepper

You told me you loved the one-pot recipes, so here I am again. And you can replace creme fraiche with heavy cream.

### How to make it:

- Preheat the oven to 200°C/180°C Fan/Gas 6. Place 2 tablespoons of **olive oil** in a medium heavy-based casserole dish on a medium heat. Saute the **onions** and **mushrooms** for 10 minutes, stirring often. Add the **sage**, **butter beans**, 200ml of **water**, a generous pinch of **salt** and **pepper**, bring to the boil and simmer for 2 minutes.
- Remove from the heat, place the **fish** on top, drizzle with the remaining **olive oil** and season with a small pinch of **salt** and **pepper**.
- Transfer to the oven and bake for 10 minutes. When ready, carefully remove from the oven and stir the **creme fraiche** into the sauce before serving.

Makes: 2 portions

Prep time: 5 mins / Total cook time: 25 mins

This recipe is **GLUTEN-FREE**

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

Slice two medium courgettes in half, drizzle with olive oil and season with salt and pepper. Place on a baking tray lined with baking parchment and roast in the oven for about 25 minutes. Use a vegan creme fraiche or cream alternative. Serve the mushroom and sage stew topped with the roasted courgette.

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

Use a dairy free creme fraiche or cream alternative.

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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.



# SOY & BLACK BEAN MARINATED CUCUMBER

## *What you need:*



200g (7 oz) cucumber



2 tablespoons soy sauce



Juice of 1 lime



1 tablespoons preserved  
black beans in chilli oil

Cucumbers have never tasted this good! This mid day snack is deliciously refreshing while also satisfying and great to keep your glucose steady. The cucumber will keep for up to 4 days in the fridge, but will get less crunchy over time.

## *How to make it:*

- Run a fork down the length of the **cucumber**, pressing hard, creating half centimetre (about  $\frac{1}{4}$  inch) deep lines in the cucumber.
- Slice thinly into circles and place in a small dish or tupperware box. Add the **soy sauce**, **lime juice** and **preserved black beans in chilli oil**, mix well and marinade overnight. Enjoy as a midday snack.

Makes: 1 portion  
Prep time: 5 mins

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

SEE YOU  
IN FEBRUARY!

