Newcastle Biomedicine

Telephone: 0191 208 1250 Fax: 0191 208 1151 www.ncl.ac.uk/crp www.ncl.ac.uk/magres

Magnetic Resonance Centre

Newcastle University Campus for Ageing and Vitality Newcastle upon Tyne NE4 5PL

Sample Vegetable Recipes

Low Calorie Diet Programme

(~700 calories per day)

- Meal replacement with Optifast (3 sachets each day) this provides a total of 600 calories and the necessary daily vitamins and mineral requirements
- Eat up to 3 portions of non-starchy vegetables each day (total of 250g each day) (for fibre content) this will provide another 200 calories
- Drink 3 litre of water or calorie-free beverages each day

During the 8 weeks of the diet;

- No poultry or fish or meat
- No bread or pasta
- No dairy products (even full skimmed milk!)
- No root vegetables like potato, sweet potato, turnip
- No pulses
- No fruits
- No alcohol

During the first few days of the diet, you may experience some symptoms like

- headache
- dizziness
- tiredness
- hunger
- cold

These are expected as your body adjust to using your fat store as energy source.

The symptoms will improve after 2-4 days. It is important to keep up your fluid intake and remember to wrap up warmly!

Day Plan and Ideas

Breakfast: Optifast milkshake

Lunch: Optifast soup or milkshake/salad

Evening meal: Optifast soup or milkshake

Snacks/super: Salad/roasted veg/ home made soup/ vegetable snacks

Vegetables allowed (at least 240g per day ~ i.e. 3 portions per day)

Cabbage Tomatoes Cauliflower Broccoli

Celery Cucumber Onions Bean Sprouts
Carrots Lettuce Leeks Mushrooms

Peppers Artichoke Radish Water chestnuts

Brussel sprouts Mung bean sprouts

You can have all these vegetables (and some others as well – see below).

Boiled, grilled, dry fry, stir fry, wrap in tin foil and roast in the oven.

Herbs and Spices

You will need to use some flavouring to prevent your dishes tasting so bland. Try to find some you like e.g.

Basil Lemon juice Parsley
Oregano Vinegar Tumeric
Tarragon Chilli powder Cinnamon

Rosemary Curry powder Vanilla essence
Thyme Dried chillies Rum essence

Chillies Coriander
Ginger Cumin
Black pepper Sage

Meal Ideas

- Salads
- Stir fry
- Soups
- Tomato based sauces



Some Recipe Ideas: SOUPS

Just a small bowl of soup (200 ml) can fill you up for a long time, also good to freeze or leave in the fridge for a couple of days.

French Onion Soup: Vegetable Soup:

1kg onions, chopped2 onions, chopped2 tbsp thyme1tsp mustard seeds1litre beef stock1tsp cumin seeds

2 leeks, sliced3 carrots, sliced

Mushroom Soup: 2-3 tsp curry powder

1 onion, chopped 1-2 litre vegetable stock

1 garlic clove, crushed

fresh thyme

400g mushrooms

850ml vegetable stock **Pea and watercress Soup:**

1 onion, chopped

1 clove of garlic, crushed

Tomato Soup: 500ml vegetable stock

3x400g tins of chopped tomatoes 300g fresh peas 850ml vegetable stock 100g watercress

1 clove garlic, crushed basil leaves, chopped

Carrot and coriander Soup:

1 onion, chopped

Carrot Soup: 1tsp ground coriander

600g carrots, grated 450g carrots, peeled and chopped

2tsp cumin seeds 1-2 litre vegetable stock

pinch chilli flakes can also add cumin seeds, and chilli

1 litre vegetable stock flakes

Other Recipe Ideas

Try different lettuces such as rocket and crispy leaf, don't just stick to the iceberg lettuce. Try different types of fat free, low kcal dressings to add some different flavours. Using herbs and vinegars can help with flavour.



Simple Salad:

80g/3oz of mixed lettuce/salad leaves (around 1 cereal bowl full)

1 medium tomato, sliced

3 mushrooms, sliced

2-3 sticks celery, chopped

3 sliced rings of green pepper

1 tablespoon fat free dressing

Red pepper and chilli soup:

6 red peppers, halved, cored and deseeded

2 red chillies, halved, cored and deseeded

1 bulb garlic, halved but not peeled

6 tomatoes, halved

450 ml (¾ pint) vegetable stock

Tomato sauce:

1 onion, chopped

2 garlic cloves, crushed

1 red pepper

400 g tinned chopped tomatoes

1 tbsp basil

1 tbsp parsley

1 tbsp chives

1 green pepper

Salsa:

4 fresh plum tomatoes, finely chopped

1 bunch rocket, finely chopped

1 bunch flat leafed parsley, finely chopped

