



# Easy-to-follow **WHEAT, GLUTEN & DAIRY-FREE RECIPES**

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## From the author

If you have just found out that you have wheat, gluten or dairy sensitivity, you may be feeling confused and apprehensive. There is no need. Believe me, a wheat, gluten and dairy-free diet can be very easy to follow. Moreover, there is no need to feel deprived. Quite the opposite, you can have delicious food and enjoy it. And more importantly, you may find that if you have previously had some unpleasant, medically unexplained symptoms, they may “mysteriously” disappear when you eliminate wheat, gluten and (or) dairy from your diet.

When I first discovered I was gluten-intolerant, I felt like my world was about to end. I did not think I could manage that. In a way, that discovery was what sparked my interest in nutrition. Twenty five years later, I have quite a different outlook. The gluten-free world is incredibly variable, and it is a great opportunity to expand your diet and explore different foods and flavours. So you can eat well, enjoy your food, and be free of nasty symptoms that interfere with your life. What is there not to like?

I was prompted to write this book because I see many clients who are sensitive to wheat, gluten and dairy, and I am always being asked for “free-from” recipes. I see clients across the entire sensitivity spectrum. Some people have terrible symptoms that make it very difficult for them to function. Those are the people who see the greatest improvements in their health once the problematic foods have been identified and eliminated. Others may not have debilitating symptoms, yet still find that cutting down on certain foods, and introducing more variety into their diets, boosts their energy levels and improves their mental clarity.

I also work with many clients who need to keep their blood sugar levels balanced, either because they want to lose weight, or because they have diabetes. I have found that many gluten-free cook books go a little crazy with flour. This means that the carbohydrate content of many of the recipes in those books is very high, making them unsuitable for those with blood sugar issues. This is the reason why I decided to write a book that not only contains a great range of easy-to-follow wheat, gluten and dairy-free recipes, but also addresses the issue of maintaining stable blood sugar. Each recipe has been carefully designed to deliver on taste, as well as nutrition, and features a comprehensive nutritional analysis. This enables you to enjoy delicious food knowing that at the same time your meals are well-balanced nutritionally. Occasionally, you may come across a flavour combination that you may have not previously encountered or considered. I encourage you to keep an open mind and to explore those new flavours.

So here it is. Whether you are new to the world of wheat, gluten and dairy-free cooking, or just looking for some fresh ideas, I hope you enjoy using this book as much as I enjoyed creating it.

***Happy cooking!***



## Guide to symbols



Vegetarian



Low calorie content (250 calories or less per serving)



Contains a minimum of one serving of fruit or vegetables  
(one of your 5-A-DAY)



Low sugar content  
(less than 20% of calories coming from sugar)



Low fat content  
(less than 30% of calories coming from fat)



Low salt content (less than 1 grams per serving)



Good source of fibre (at least 5 grams per serving)



Good source of calcium (at least 105 milligrams per serving; 15% of your daily requirement)



Good source of magnesium (at least 45 milligrams per serving; 15% of your daily requirement)



Good source of iron (at least 2.2 milligrams per serving; 15% of your daily requirement)



Good source of zinc (at least 1.4 milligrams per serving; 15% of your daily requirement)



Low estimated glycaemic load (10 or less); note that this is an estimate (refer to section Understanding glycaemic index and glycaemic load)



Quick to make (30 min or less if prepared manually)



## Weights and conversions

### ***Measurements***

- Both imperial and metric measurements are provided in each recipe.
- It is recommended to be consistent with the type of measurements used.
- Nutritional analysis for each recipe is based on metric measurements.
- Conversions to imperial units are approximate (rounded up or down to the nearest 0.5 oz or fl oz). This means that if this is your preferred method of measurement, you should remember that the nutritional information will not be as accurate as it would be if metric measurements were used.
- Tablespoon (tbs) and teaspoon (tsp) measurements used in the recipes are level. Due to differences in spoon sizes, cooks in Australia are advised to use 3 level teaspoons for every tablespoon listed in a recipe.
- Those wishing to use cups are advised to use cup measurements only for liquid ingredients. It is recommended to use kitchen scales for dry ingredients.
- Egg sizes specified in the recipes refer to the UK (and European) egg sizes (small: less than 53 g; medium: 53-63 g; large: 63-73 g). Note that egg sizes in the US, Australia and Canada are different. For example, medium egg in the US weighs: 50-57 g, in Canada: 49-55 g, and in Australia: 42-50 g.

## Oven temperatures

<b>Gas mark</b>	<b>°C</b>	<b>°C Fan</b>	<b>°F</b>	<b>Temp.</b>
0.5	120	100	250	very cool
1	140	120	275	cool
2	150	130	300	cool
3	160	140	325	warm
4	180	160	350	moderate
5	190	170	375	moderately hot
6	200	180	400	fairly hot
7	220	200	425	hot
8	230	210	450	very hot
9	240	220	475	very hot

### Fruits and vegetables: average weights

<b>Item</b>	<b>Small</b>	<b>Medium</b>	<b>Large</b>
Apple (whole)	75 g (2.5 oz)	115 g (4 oz)	170 g (6 oz)
Aubergine	200 g (7 oz)	280 g (10 oz)	400 g (14 oz)
Avocado	120 g (4.5 oz)	180 g (6.5 oz)	270 g (9.5 oz)
Banana (with skin)	130 g (4.5 oz)	160 g (5.5 oz)	190 g (7 oz)
Beetroot	40 g (1.5 oz)	75 g (2.5 oz)	100 g (3.5 oz)
Cabbage	600 g (21 oz)	1000 g (36 oz)	2000 g (71 oz)
Cauliflower	500 g (18 oz)	800 g (28.5 oz)	1200 g (43 oz)
Carrot	80 g (3 oz)	100 g (3.5 oz)	160 g (5.5 oz)
Celeriac	350 g (12.5 oz)	450 g (16 oz)	550 g (20 oz)
Courgette	120 g (4.5 oz)	180 g (6.5 oz)	250 g (9 oz)
Cucumber	160 g (6 oz)	250 g (9 oz)	350 g (12.5 oz)
Dried fig	17 g (0.5 oz)	20 g (0.5 oz)	24 g (1 oz)
Flat mushroom	40 g (1.5 oz)	55 g (2 oz)	65 g (2.5 oz)
Gherkin	17 g (0.5 oz)	25 g (1 oz)	35 g (1 oz)

Kiwi	70 g (2.5 oz)	90 g (3 oz)	120 g (4.5 oz)
Leek	100 g (3.5 oz)	160 g (5.5 oz)	270 g (9.5 oz)
Lemon	130 g (4.5 oz)	150 g (5.5 oz)	180 g (6.5 oz)
Mango	250 g (9 oz)	450 g (16 oz)	650 g (23 oz)
Onion	80 g (3 oz)	160 g (5.5 oz)	220 g (8 oz)
Orange	170 g (6 oz)	220 g (8 oz)	280 g (10 oz)
Parsnip	70 g (2.5 oz)	120 g (4.5 oz)	230 g (8 oz)
Passion fruit	12 g (0.5 oz)	16 g (0.5 oz)	23 g (1 oz)
Pear	100 g (3.5 oz)	150 g (5.5 oz)	250 g (9 oz)
Pepper	120 g (4.5 oz)	150 g (5.5 oz)	200 g (7 oz)
Pineapple slice (no skin)	50 g (2 oz)	65 g (2.5 oz)	80 g (3 oz)
Pomegranate	170 g (6 oz)	280 g (10 oz)	380 g (13.5 oz)
Potato	75 g (2.5 oz)	150 g (5.5 oz)	220 g (8 oz)
Sweet potato	180 g (6.5 oz)	280 g (10 oz)	400 g (14.5 oz)
Tomato	80 g (3 oz)	100 g (3.5 oz)	150 g (5.5 oz)

*\* Please note that the nutritional information provided with each recipe is based on average UK weights of fruits and vegetables, as specified in the table entitled [Fruits and vegetables: average weights](#). Average weight of fruit and vegetables may vary between countries. If unsure, it is recommended to use kitchen scales.*

## Liquid conversions

*\*Note that these conversions are approximates*

<b>US</b>	<b>Australia</b>	<b>Metric</b>	<b>Imperial</b>
0.25 cup	0.25 cup	60 ml	2 fl oz
0.5 cup	0.5 cup	120 ml	4 fl oz
0.75 cup	0.75 cup	180 ml	6 fl oz
1 cup	1 cup	235 ml	8 fl oz
2 cups / 1 pint	2 cups	475 ml	16 fl oz
2.5 cups	1 pint	590 ml	20 fl oz
3 cups	1.25 pints	710 ml	24 fl oz
3.5 cups	1.5 pints	830 ml	28 fl oz
4 cups / 1 quart	1.75 pints	950 ml	32 fl oz

## [If you react to wheat or gluten](#)

Pure oats are actually gluten-free. However, oats found on supermarket shelves tend to be cross-contaminated with other gluten-containing grains. Therefore, if you have coeliac disease, dermatitis herpetiformis, wheat allergy, gluten or wheat sensitivity, you should use oats that are certified “gluten-free”.

Clinical evidence confirms that most people with any of these conditions can safely consume moderate amounts of pure oats. This is the general consensus in the UK and the rest of Europe, as well as in the US and Canada. However, coeliac associations in Australia and New Zealand still advise coeliac sufferers not to consume oats at all. A very small number of coeliac sufferers will react to a different protein in oats called avenin. If you are amongst those who react to avenin, you can replace oats in the recipes with other gluten-free alternatives. Many gluten-free grains (e.g. quinoa, brown rice, buckwheat) can be purchased as flakes, and therefore provide a perfect alternative for those who are not able to tolerate even pure oats (more details on alternative ingredients in section [Wheat-free and gluten-free ingredients](#)).

If you wish to use regular dairy products, rather than the offered dairy-free alternatives, feel free to do so but be aware that the nutritional information (including: sugar, fat, calorie content, estimated glycaemic load information) may change, depending on the alternative used. If you decide to use regular dairy products, I recommend going for the reduced-fat options. I also recommend reducing the overall amount of dairy you consume for the reasons outlined in section [Good reasons to avoid dairy products](#). The best approach is to have as much variety in your diet as possible, as most food intolerances develop over a period of time due to the body being overloaded with the same food components.

## [If you react to dairy or lactose](#)

If you react to dairy or lactose and do not seem to react to wheat or gluten, I would still encourage you to consider trying the grain alternatives offered in this book. The reasons for cutting down on gluten-containing grains, particularly wheat, are outlined in section [Good reasons to avoid wheat and gluten](#). If you are lactose-intolerant, you can use lactose-free products in place of the dairy-free alternatives offered. Be aware however, that this may affect the nutritional information provided.

## [If you are a vegetarian](#)

If you are a vegetarian, you can still enjoy this book. Most of the recipes are vegetarian, and most of those that are not can be easily adapted to suit your needs.

## [If you react to eggs or do not wish to eat them](#)

If for whatever reason you do not wish to eat eggs, you can still use most of these recipes in this book. Where egg replacers can be used, the option has been included in the recipe. For more information on which egg replacers to use and how they affect the nutritional information, refer to section [Egg replacers](#). In a small number of recipes, eggs can be omitted if necessary.

## [If you have blood sugar imbalance issues](#)

The nutritional information provided with each recipe enables you to track how much carbohydrate you eat, and therefore helps you keep your blood glucose levels within your target range. In order to help



you achieve that, the nutritional information provided with each recipe includes: 1) the amount of carbohydrates in grams; 2) the number of carbohydrate portions (CPs), or carbohydrate exchanges; and 3) the estimated glycaemic load (GL) value (refer to section [Understanding glycaemic index and glycaemic load](#) for more information).

Please note that in this book, as accepted in the UK, one CP is equal to 10 g of carbohydrate. This is different to the equivalents in the US and Australia, where one CP is equal to 15 g of carbohydrate. The CPs in this book are adjusted for fibre content. This means that where the fibre content per serving exceeded 5 g, the number of CPs per serving was calculated by subtracting half of the fibre content from the total carbohydrate content and divided by 10.

As for the GL, it is typically recommended to aim for 100 or less per day. However, some experts agree that people with diabetes should aim even lower. All the recipes in this book have low to moderate GL values (ranging from 5 to 19 per serving). Please note, that the GL values are estimates and should be used for guideline purposes only. If you have diabetes (particularly, if it is insulin-dependent), you should not rely solely on the GL information. It is best to have a range of tools that help you monitor your carbohydrate intake. The amount of carbohydrate that is right for you depends on many things including how active you are and what, if any, medicines you take. Seek advice of a qualified practitioner if you are unsure how much carbohydrate you should consume and what method of carbohydrate monitoring may be right for you. The important thing is to follow a meal plan that is tailored to your lifestyle and helps you achieve your goals for: blood glucose, blood lipids (fats), blood pressure, and weight management. It is also important that you read information in section [Stevia and other sugar substitutes](#) before you start using the recipes in this book.

### **If you do not wish to use stevia**

Stevia is a natural sugar substitute (plant extract) that I have chosen to use in the sweet recipes (more information about stevia in section [Stevia and other sugar substitutes](#)). The recipes specify the number of stevia servings. As stevia is much sweeter than sugar, one serving is a very small amount (usually 1/8 of a teaspoon if it is powdered, or 4-5 drops if is in a liquid form). I have found that with most pure stevia extracts, one serving is an equivalent of 1 level teaspoon of sugar (5 grams). I cannot guarantee that this is the case for every single stevia brand out there but does apply to brands, such as: SweetLeaf, NOW and Natures Way. If you do not wish to use stevia, you can just supplement the stevia in the sweet recipes with sugar. Just multiply the number of stevia servings specified by five to know how much sugar to add.

### **So what is the problem with wheat, gluten and dairy?**

First, I would like to ask you a question. Are you familiar with any of these symptoms?

- chronic fatigue
- headaches or migraines
- gastrointestinal disturbances (bloating, abdominal cramps, gas, constipation, diarrhoea, nausea)
- Irritable Bowel Syndrome
- fibromyalgia
- cravings
- dizziness
- irrational fears or anxiety
- mood swings
- brain fog or inability to concentrate
- insomnia
- unexplained weight loss or weight gain
- aching joints or arthritis
- nutrient deficiency resulting in anaemia, dehydration, or bone density loss

- depression
- asthma
- eczema
- infertility
- irregular menstrual cycle
- muscular cramps, tingling or numbness

These are common symptoms of food intolerance. Maybe some of these problems are the reason why you picked up this book. And since you are reading this, you are probably tired of not feeling quite right, or simply feeling ill all the time. Interestingly, some people who have these symptoms choose to “learn to live with them”. I know quite a few people who just put up with some of these complaints, saying: “they are not really that bad”, or: “this is just the way I am”. Let me tell you; these complaints are not normal. They are a sign that your body is compromised and struggling in some way. And the chances are that, if those early signals are ignored, they will probably get worse over time. On the other hand, the good news is that the body can restore itself to the state of healthy balance given the appropriate support. Of course, some of these symptoms could be due to other health problems. If they persist after you have excluded the common food irritants for a few weeks, you need to see a qualified health practitioner in order to investigate further.

## Allergy vs. intolerance

It should be noted that relatively few people suffer from true allergies. Most people’s symptoms are due to some level of intolerance to wheat, gluten, lactose, or other food components. A person who is allergic can react to even a very small amount of a given ingredient. In the case of a true allergy, symptoms usually come on quickly and are quite evident, e.g. swelling, rash, breathing difficulties and in extreme circumstances, an anaphylactic shock. On the other hand, symptoms of food sensitivity are more subtle and tend to take longer to occur. The symptoms are usually exacerbated by the volume and frequency of the food ingested. Some people find that they can “get away” with eating small amounts of certain foods occasionally but the moment the volume and (or) frequency is increased, the body starts producing the symptoms.

Some people suffer from coeliac disease, an autoimmune disorder in which the immune system attacks its own intestinal tissue in response to gluten more components of wheat than just the gluten protein. So far researchers have identified 27 different potential wheat allergens. People with a true wheat allergy tend to display symptoms almost immediately following a meal containing wheat products, or within a few hours. Symptoms are often respiratory in nature (stuffy nose, wheezing, watery eyes), but can be much more serious, i.e. difficulty breathing and anaphylactic shock. Wheat allergy is more common in children than adults. Diagnosis is made through skin prick tests, wheat-specific immunoglobulin blood testing, and a food challenge. Individuals who have gluten-related symptoms but test negative for a wheat allergy may in fact have non-coeliac gluten sensitivity. People who have been diagnosed with a true wheat allergy need to avoid foods that contain wheat ingredients. It should be pointed out that not all gluten-free foods are wheat-free. Some gluten-free products contain ingredients that are originally derived from wheat from which gluten has been removed.

When it comes to dairy allergy and lactose intolerance, again, they are not the same. A dairy allergy (milk allergy) occurs due to an adverse immune reaction to the protein in milk, casein and whey, which are normally harmless to a non-allergic individual. This affects only a small number of people. Some people are allergic only to casein or whey but most people with a dairy allergy are allergic to both. This type of reaction can occur a few minutes to a few hours following ingestion of dairy, and tends to produce symptoms such as: hives, vomiting, breathing difficulties, or, in extreme cases, anaphylactic shock.

You will sometimes hear the term “dairy intolerance”. This can be quite confusing. Even though, dairy intolerance or sensitivity is also caused by an adverse immune system response, it is caused by different antibodies. However, the symptoms of dairy intolerance are not as serious as those

experienced by true dairy allergy sufferers, and tend to take longer to develop. Dairy intolerance is easy to confuse with lactose intolerance, as they both tend to cause intestinal problems (stomach cramps, bloating, diarrhoea, constipation, bleeding), and in some cases nausea, headaches and fatigue. However, in addition to those symptoms, dairy intolerance can also cause an itchy skin rash, persistent cough, watery eyes, and stuffy nose. Just like with grain allergies and sensitivities, the symptoms do overlap, which can make the diagnosis tricky.

Lactose intolerance is physiologically very different from dairy intolerance or dairy allergy, as it is due to the body's inability to digest lactose (a form of sugar present in milk). This comes from insufficient production of the enzyme lactase, required to digest lactose. Unlike people with dairy intolerance, people with lactose intolerance can tolerate small amounts of dairy products. They can also have moderate amounts of dairy products to which the enzyme lactase has been added. Undigested lactose is bad news because it undergoes fermentation by the bacteria in the colon, which produces gas. Symptoms of the lower intestines, such as gas, diarrhoea, flatulence, bloating and cramps often point to some degree of lactose intolerance. However, adults who experience vomiting, burping, heartburn, or similar stomach symptoms need to look for a different root cause. Dairy allergy and dairy intolerance tend to be more common in children, whereas lactose intolerance is thought to be part of the aging process and progressive loss of ability to digest lactose. However, it should be noted that lactose intolerance can be also caused by anything that damages the intestines, such as disease, drugs, or surgery. This is known as secondary lactose intolerance.

## [Good reasons to avoid wheat and gluten](#)

Since you are reading this, the chances are you already have a good reason to want to exclude wheat and gluten from your diet. Nonetheless, here is some information to further reassure you that staying away from wheat and other grains containing gluten is a good idea. First of all, it is worth noting that gluten-containing grains (wheat, rye, barley, and triticale, which is a wheat-rye cross) are a relatively new addition to the human diet. For thousands of years, as hunters-gatherers, humans consumed a grain-free diet. Unlike ruminants (mammals that are able to digest plant-based foods), humans are not actually equipped with a digestive system that can process grains properly, and it appears that our genetic adaptation to them is not yet complete.

Wheat is the most gluten-rich grain and it is a commonly used ingredient. In fact, it is found in just about anything, from breads, breakfast cereals, pastries, and pastas to less obvious items, such as salad dressings, sauces, soups, marinades, certain brands of chocolate, yoghurts, and ice-creams. It is even used as a cheap bulking ingredient in some supplements, such as vitamin pills. Interestingly, wheat (especially whole wheat) has always been portrayed as healthy and nutritious. It must be noted that unprocessed wheat does contain certain vitamins, minerals and fibre, which give it some nutritional merit. However, it also contains gluten and gliadin proteins, which make processed wheat hard to digest, sticky and toxic (as explained below).

On balance most people could benefit from cutting down on wheat, and many people should exclude it completely from their diet. People sensitive to wheat are sometimes able to tolerate small amounts of spelt (a type of wheat also known as dinkel, or hulled wheat). However, as a general rule, most people with wheat intolerance are also sensitive to other forms of wheat, i.e. semolina, couscous (dried granules of semolina), farro, einkorn, emmet, kamut, bulgur, and durum wheat. Other wheat and gluten-containing ingredients and products to be aware of when shopping include: brewer's yeast, bread crumbs, bread stuffing, hydrolysed wheat protein, modified wheat starch, malt, malt extract, malt syrup, malt flavouring, malt vinegar, malted milk, soya sauce, oyster sauce, matzah (traditional Jewish bread), atta (chappati flour), and fu or seitan (Asian food made from wheat gluten). Contrary to popular belief, pure oats do not contain gluten. However, the issue with most oat-based products on the market is that they are cross-contaminated with small amounts of wheat, rye or barley. For this reason, people with gluten sensitivities are advised to source oat-based products that are labelled "gluten-free". Research has shown that even people with coeliac disease are able to tolerate moderate amounts of oats. However, a very small number of coeliac sufferers have been found to react to a different protein found

in oats called avenin. In those people even the purest oats could trigger an immune response.

Just to clarify, if you are sensitive to gluten, you are also sensitive to wheat. As mentioned previously, wheat sensitivity (or wheat intolerance) is a delayed reaction caused by gluten, just like non-coeliac gluten sensitivity. In this case, you might be occasionally able to tolerate small amounts of gluten without producing any symptoms. However, if you have a true wheat allergy, you will react to other components of wheat, not just gluten. Therefore, you should make sure that products you buy are labelled “wheat-free”, as well as “gluten-free”, as even small amounts of wheat are likely to make you feel ill.

So why is wheat and gluten so bad for you? Firstly, wheat contains a toxic substance called wheat germ agglutinin lectin (WGA lectin). Lectins are carbohydrate-binding proteins in plants that play a role in the plant’s survival (nature’s pesticides). Many lectins are toxic to humans. Certain lectins, such as those found in broad beans, jackfruit and mushrooms, have positive properties and have been shown to slow down the progression of colon cancer. However, it seems that most lectins present in our diet are the damaging type. When ingested, those lectins tend to accumulate in human tissues, interfering with normal biological processes. In large amounts they can damage the heart, kidneys and liver, lower blood clotting ability, destroy the lining of the intestines, and inhibit cell division. Most lectins are highly inflammatory, which means that they tend to promote inflammation in the body, as well as aggravate any existing inflammatory condition, e.g. arthritis or eczema. It should be noted that many foods, including: all grains, seeds, nuts, legumes, nightshade vegetables, and dairy, contain lectins, but in smaller quantities compared to wheat.

WGA lectin is found in all seeds of the grass family (including rye, barley and rice) but it is most concentrated in a seed of the wheat plant. Interestingly, the amount of WGA lectin found in one slice of wheat bread could theoretically create an obstructive clot (as observed in people suffering from heart attacks and strokes), if it were injected directly into the bloodstream. Of course, this is not a likely route of exposure, but the point is that given suitable conditions even small quantities of WGA lectin could cause serious health problems. Humans have learnt to deal with the various anti-nutrients found in plants using processes such as cooking, soaking, sprouting and fermentation. Unfortunately, similarly to man-made pesticides, certain lectins are quite resistant to high temperatures, or changes in acidity levels. WGA lectin contains the same chemical bonds (disulfide bonds) as vulcanised rubber and human hair, which makes it very resistant to degradation. Lectins can be deactivated by specific carbohydrates (known as mono and oligosaccharides). Glucosamine is specific for wheat lectin, which is probably why people with arthritis aggravated by wheat (or gluten) respond to glucosamine supplementation. However, it seems more sensible to prevent inflammation and cell damage in the first place by avoiding excessive gluten consumption, than to consume gluten-containing foods and treat the resulting damage with supplements.

There are many other issues related to ingestion of WGA lectin. WGA lectin disrupts the body’s hormonal function and interferes with appetite control mechanisms, which may contribute to weight gain. WGA lectin has been found to promote leptin resistance. Made by fat tissue, leptin is a hormone that regulates food intake and body weight. Leptin resistance is considered an important contributing factor to the development of overweight and obesity. WGA lectin has been also found to have a disruptive effect on another hormone involved in appetite control, cholecystikinin (CCK), resulting in increased appetite and impaired release of digestive enzymes. Research has shown that those who eat gluten-containing products consume on average 400 more calories per day, compared to those who avoid gluten. This higher energy intake may be also related to the fact that gluten contains opiate-like proteins (gluten exorphins and gliadorphins), which bind to opiate receptors in the brain making gluten foods addictive. Each “high” is followed by a “crash”, which leads to cravings for more gluten-rich foods. This addictive nature of gluten may also be a reason why gluten tends to have a negative impact on mood and behaviour. Conditions such as: Attention Deficit Hyperactivity Disorder (ADHD), depression, anxiety, mood swings, mental fog, irritability, and schizophrenia have all been in some way connected to gluten sensitivity.

There is another reason why consuming gluten may contribute to weight problems. Gluten contains goitrogenic compounds. Goitrogens are wide-spread in nature and excessive consumption of those compounds can disrupt thyroid function. This can occur through either inducing antibodies that cross-react with the thyroid gland, or disrupting the enzyme important for thyroid hormones production (thyroid peroxidase). The disruption of thyroid function results in a sluggish metabolism, which tends to lead to weight gain, or difficulties losing weight. Goitrogens are most potent when eaten raw, and they are believed to be destroyed by heat processing. Eating small amounts of goitrogenic foods is unlikely to cause weight problems. It is the excessive consumption of gluten-containing foods that may be an issue.

Another problem is that gluten is sticky and difficult to digest. Consuming high quantities of gluten-containing foods can result in accumulation of undigested material in the intestines. This in turn tends to lead to fermentation and proliferation of the bad bacteria responsible for producing gas and toxins in the gut. The balance between good and bad bacteria is essential to intestinal health, as well as health overall. On the other hand, disrupted bacterial flora in the gut can promote yeast overgrowth (Candidiasis), which tends to have negative effects on every system and every organ in the body. Yeast overgrowth is a cause of ill health in many people. Some symptoms include: chronic fatigue, digestive disturbances, sugar cravings, food intolerances, brain fog, migraines, mood swings, poor immune function, chronic sore throat, skin problems, recurrent urinary infections, vaginal and anal itching, vaginal discharge, asthma, chronic sinusitis, weight gain, and many more.

Candidiasis is believed to be one of the main causes of gut hyperpermeability (leaky gut syndrome). Leaky gut syndrome means that larger food particles, toxins, microbes and undigested food are able to cross into the bloodstream. This can alarm the immune system and contribute to autoimmune diseases (e.g. rheumatoid arthritis, inflammatory bowel disease, type 1 diabetes, thyroid disease, lupus, psoriasis, multiple sclerosis), as well as food allergies and sensitivities. Leaky gut syndrome has been also linked to migraines, osteoporosis, asthma, autism and fibromyalgia. Leaky gut syndrome is thought to be made worse by gluten ingestion because gluten tends to poke holes in the digestive tract. Damaged intestinal lining often leads to nutrient malabsorption, which can result in vitamin and mineral deficiencies, and further health deterioration. Gluten is known to cause damage to the intestinal lining in those with coeliac disease. This is also thought to be the case in individuals with non-coeliac gluten sensitivity, although to a lesser degree.

I believe that all of the above reasons present a really good case why dietary intake of wheat and gluten should be avoided, or at the very least drastically reduced. However, there is no need to become gluten-phobic. As always, knowledge is power. Having the awareness of potential problems with gluten-containing foods enables you to make more informed dietary choices. Gluten sensitivity is a spectrum, and due to our biochemical individuality we all have different levels of tolerance to it. In my experience, many people suffering from medically unexplained complaints find that their symptoms are usually relieved by cutting gluten out of their diet. Others may find that, even though they consider themselves generally healthy, reducing gluten in their diet makes them feel more energetic and improves their physical and mental performance. As mentioned previously, gluten sensitivity is strongly connected to the frequency and volume of consumption. This is why most people who are gluten-sensitive will tolerate an occasional biscuit, or a slice of bread, but will produce symptoms if gluten is ingested regularly. Unfortunately, due to the "omnipresence" of gluten, it is not uncommon for people to have gluten-based products at most meals, or even every meal, e.g. cereal for breakfast, sandwiches or pasties for lunch, pasta or pizza for dinner, and biscuits, or other gluten-based snacks, in-between meals. Considering this, it is really not surprising that so many people these days are suffering the consequences of the toxic overload caused by wheat and gluten.



## Good reasons to avoid dairy products

Whilst a true dairy allergy is quite rare, approximately 75% of the world's population is lactose intolerant. This is due to insufficient production of lactase, the enzyme essential to properly digest milk and other dairy products. Although it should be noted, that there is a significant amount of variation between races and countries. Statistics show that lactose intolerance affects approximately 95% of Asian Americans, 80-100% of Native Americans, 60-80% of African Americans, 50-80% of Hispanics, and 15% of Caucasians. From an evolutionary point of view, milk is a relatively new food for humans. Until about 10,000 years ago we were not able to drink milk as we had no animals on hand to obtain it from.

Over time, some populations have developed an adaptation to the consumption of non-human milk and dairy products later in life. That adaptation is known as lactase persistence and is a result of some of our genes evolving in response to dairy consumption (mutation of the lactase gene). This mutation developed mostly in populations that had domesticated cattle and is the generally accepted explanation for the large proportion of the population in Northern Europe being lactose persistent. The process of gene mutation however, is very slow and complicated. Considering the fact that the majority of people around the world remain lactose intolerant, we still have a long way to go before we can talk about complete adaptation.

When you think about it, this is in fact quite natural and logical. Since the only function of lactase is the digestion of lactose in milk, most mammals experience a dramatic drop in lactase levels after weaning. As a species, we are no exception. The majority of humans naturally stop producing significant amounts of lactase between the ages of about two and seven. It is as though, from the nature's point of view, we no longer have a need for it. Yet somehow, we adopted the habit of drinking cow's milk. Although there is no argument that cow's milk is an excellent nutrient source for calves, unlike humans, once calves are weaned, they do not drink milk again. If we believe that other animals' milk is so good for us, why do we not milk our cats and dogs too? That sounds somewhat disturbing, does it not? So why do we feel quite so differently about drinking cow's milk? It is because we have been brainwashed into believing that drinking cow's milk can benefit us. However, a growing body of research appears to be pointing us in a different direction.

Drinking milk has always been portrayed as essential for sufficient calcium intake in order to build strong bones in children and prevent osteoporosis in older people. However, there is substantial scientific evidence suggesting that milk consumption does not improve bone density in children and it has no protective effect on fracture risk in adults. Some clinical research shows that not only do dairy products provide little or no benefit to bone health, but excessive dairy consumption can actually contribute to developing osteoporosis and more than double the risk of stress fractures. It has been observed that countries where large amounts of dairy products are consumed suffer from the highest risk of fractures and worst bone health. Conversely, people with the healthiest bones are those who come from countries and tribes with very low or no dairy intake. One of the reasons for this phenomenon is the fact that cow's milk contains on average three to four times more protein than human milk, which makes it more acidic.

The acid-alkaline balance in the body is tightly regulated. When the body's environment becomes too acidic, due to dietary or other reasons, one of the ways in which that balance can be restored is by using calcium to neutralise the excess acid. When the blood levels of calcium are insufficient, calcium is released from the bones. This is a very important mechanism because excess acid in the body can lead to metabolic acidosis, which can have very serious consequences, including coma and death. When the body becomes too acidic, the priority for the body is to recover the acid-alkaline balance to protect the brain and other organs. The risk of fractures due to compromised bone density is a secondary issue at that point. It should be noted that excessive consumption of carbonated drinks, meat and other protein-rich foods will have the same negative effect on bone health.

Numerous studies have shown that, even though bone health is partially determined genetically, we can dramatically decrease the risk of osteoporosis and fractures by: taking regular exercise, increasing our intake of vegetables and fruits, reducing the amount of toxic exposure (including: smoking, drug



taking, pesticides in food and drink, and perfumed body care products), reducing the amount of dietary sodium, as well as ensuring adequate intake of vitamin D, vitamin K and calcium from sources other than dairy.

There is another potential problem with excessive dairy consumption. Cow's milk proteins contain high amounts of branched-chain amino acids (BCAAs), which when ingested cause exaggerated increase in insulin levels. This in turn stimulates production of insulin-like growth factor (IGF-1), a hormone that plays an important role in childhood growth. Although IGF-1 is vital to human health, there is a growing body of evidence that it may be linked to breast and prostate cancer. Another group of hormones under scrutiny are oestrogens. Oestrogens are primary female reproductive hormones. Normally, men have considerably lower levels of oestrogens in their bodies than women. However, certain factors can contribute to excess oestrogen levels in both men and women. This can have serious health consequences due to the ability of oestrogens to influence cell proliferation. High concentrations of oestrogens (and their metabolites) are considered a risk factor for prostate, breast and ovarian cancers. Milk that comes from pregnant cows has a particularly high concentration of oestrogens. Some researchers believe that the chronic elevated levels of IGF-1, coupled with constant exposure to oestrogens found in cow's milk, are responsible for the observed association between high dairy consumption and increased risk of cancers in Western societies. However, some others do not support this view. Higher incidence of ovarian cancer in women consuming large amounts of dairy products may also be associated with the dairy sugar galactose, that might be toxic to ovarian cells.

Apart from increased risk of cancers, excess oestrogen (oestrogen dominance) tends to lead to weight gain, or difficulties losing weight. Unfortunately, overloading our bodies with oestrogens is not hard. We are constantly exposed to oestrogenic compounds through: foods and drink (containing toxic pesticides, herbicides, and growth hormones), drugs and hormone pills (birth control and hormone replacement), cleaning products, body lotions, etc. Often people find themselves in a vicious cycle because excess oestrogen leads to weight gain and our body's fat cells also produce oestrogen. More fat tissue leads to higher circulating levels of oestrogens, and therefore further weight gain. More weight gain can also lead to insulin resistance, which leads to more weight gain and yet more oestrogen. Other potential symptoms and consequences of oestrogen dominance include: premenstrual syndrome (PMS), fatigue, headaches, acne, gall bladder disease, infertility, endometriosis, breast and ovarian cysts.

Apart from IGF-1 and oestrogens, there are other hormones naturally present in milk, produced by a cow's body. This includes growth hormone and other growth factors, which promote cell proliferation and are responsible for making calves grow fast. According to certain sources, the amount of growth hormone in cow's milk is "relatively small". However, when you think about how long it takes a calf to reach adult size, compared to how long it takes a human, you have to wonder just how concentrated the hormones in cow's milk have to be? At twelve months of age, the weight of a calf can be seven to eight times that of its birth weight (depending on the breed), whereas the weight of a human tends to be only about three times higher. Intensive farming had led to the development of the synthetic version of bovine growth hormone (recombinant bovine growth hormone; rBGH), which was then banned in Europe, Canada, Australia, New Zealand, Japan and Israel by the year 2000. In the US, public opinion has led some manufacturers and retailers to market only milk that is rBGH-free, but this is not a legal requirement. This means that products of the US origin containing dairy cannot be guaranteed to be rBGH-free. Certain sources insist that bovine growth hormone, natural or synthetic, is not active in humans and therefore unlikely to cause any adverse health effects. However, as no longitudinal studies have been conducted with regard to safety of ingesting bovine hormones, nobody can really say with certainty that these hormonal residues have no negative effects on human health.

In addition to that, intensive farming means that cows are required to produce unnaturally large quantities of milk, which is one of the reasons for high incidence of mastitis in dairy cows (inflammation of cows' mammary glands). Treatment of mastitis requires the use of antibiotics, traces of which have been known to end up in milk marketed as fit for human consumption. If this were not bad enough, pesticides, polychlorinated biphenyls (PCBs), dioxins, and pus have also been previously found in milk. When these toxins accumulate in our bodies, they compromise the function of every organ and system,

particularly the immune, reproductive, and central nervous system. This is one of the reasons why PCBs and dioxins have been linked to cancer. Finally, let us not forget about lectins, which tend to be present in milk when cows are fed grains rather than grass. Dairy-based lectins have been linked to increased susceptibility to type 1 diabetes (insulin-dependent) in children.

Another problem with hormones and antibiotics present in milk is that they encourage overgrowth of yeast bacteria in the gut, which can result in candidiasis and leaky gut syndrome. As explained previously, leaky gut syndrome occurs when the intestinal lining becomes damaged, allowing larger food particles, toxins, microbes and undigested food to cross into the bloodstream. As many people are unable to digest dairy properly, they are likely to end up with undigested material in their gut. This can trigger an inflammatory immune system response, resulting in mucus formation. This is why people suffering from rheumatoid arthritis, migraines, asthma, IBS, eczema, sinusitis, ear infections and many other conditions can often alleviate their symptoms by eliminating dairy products (and other irritants) from their diets. As well as being a source of contaminants, dairy products are also a major source of saturated fat in the Western diet. People consuming high amounts of saturated fat have a higher risk of developing heart disease, obesity and other serious health problems. Even reduced-fat dairy foods are becoming an issue. Because they are considered “healthier”, many people seem to think it is acceptable to have greater quantities of those foods. However, the fat and the energy content soon add up. Reduced-fat milk is currently the seventh leading source of calories among Americans of ages 2 to 18. Across the Western world, high levels of consumption of milk proteins, sugar and fat pose health risks to children, encouraging the development of obesity, diabetes, and heart disease. This is not helped by the fact that casein, the most abundant protein in cow’s milk, breaks down in the stomach to produce casomorphins, which have an opioid effect on our bodies. This makes dairy products addictive. Casomorphins are found in particularly high concentrations in semi-hard and mould cheeses.

If your symptoms are caused by a dairy allergy or lactose sensitivity, apart from avoiding milk (whole, semi-skimmed and skimmed), cheese, yoghurt, cream, dairy ice-cream and butter, you should pay attention to labels. Some of the less obvious foods containing dairy ingredients include: sauces, soups, salad dressings, dried mixes (cakes, pancakes, cookies, etc.), processed meats, sweets, breads and baked goods, processed breakfast cereals, instant potatoes, breakfast drinks, health supplements, many prescription and over-the-counter drugs. Check labels for the following ingredients: curd, whey, casein, caseinates (in the form of: calcium, potassium, sodium, magnesium, and ammonium), rennet casein, ghee, hydrolysates, lactose, lactulose, lactalbumin, lactoglobulin.

Similarly to wheat and gluten, there is no need to be dairy-phobic. If you are lactose intolerant you may be able to tolerate small amounts of dairy products. Again, you need to experiment with different amounts to establish where you are on the dairy sensitivity spectrum. Many people who are lactose intolerant are able to consume goat’s milk (and cheese), probably due to its greater degree of digestibility. Some people choose to buy dairy products to which the enzyme lactase has been added, or take digestive enzymes when they eat dairy. Whichever option you choose, it is worth keeping in mind that in order to avoid the contaminants present in cow’s milk, as discussed earlier, you need to buy organic dairy products. It should be noted that despite all the evidence, there is some fierce opposition from “dairy fans” who claim that there is nothing wrong with humans consuming dairy and that most of the research pointing towards potential problems caused by excessive dairy consumption is flawed. As usual, I encourage you to have your own opinion based on your own research and your personal experiences and symptoms.

## **Why is maintaining stable blood sugar so important for good health?**

As mentioned in the previous section, when we eat, digestible carbohydrates in our food get converted into blood sugar (glucose). Blood sugar is the body’s preferential source of energy. Our blood sugar levels affect how hungry and how energetic we feel. They also determine whether we burn fat or store it. The hormone responsible for transporting excess blood sugar after a meal into our cells is insulin (produced by the pancreas). Another pancreatic hormone called glucagon works in an opposite way. Glucagon activates the release of glucose into the bloodstream when the blood sugar level is low.

When our diet is balanced, these two hormones work well together, successfully maintaining our blood sugar levels within a fairly narrow range. However, when we regularly consume sugary or refined carbohydrate-rich foods, the delicate hormonal balance becomes disrupted. This is because sugary and refined carbohydrate foods are processed and released into the bloodstream quickly. This tends to cause a substantial increase in blood sugar, which in turn stimulates the pancreas to release a substantial amount of insulin. The release of insulin assists with the removal of excess glucose from the bloodstream. This is an important mechanism, as chronic high blood glucose levels are dangerous and lead to organ damage. Unfortunately for those wanting to lose weight, insulin is a storage hormone. It signals that plenty of energy is readily available in the form of glucose and that the body should stop burning fat and start storing it. As mentioned earlier, glucose is the body's preferential fuel, which means that when glucose is available, the body prefers using it over fat.

To make things even worse, these exaggerated insulin surges can cause too much blood sugar to be transported from the bloodstream into the body's cells. This can result in blood sugar dropping below normal levels, leading to hypoglycaemia (low blood sugar). When this happens, we feel sluggish, irritable and hungry. This is an undesirable state to be in, and because the brain relies on glucose as its only source of fuel, the body responds to protect us. As a result, at this point we tend to crave foods high in sugar. When we eat foods that cause a quick, substantial increase in our blood sugar rises. This is however quickly followed by a slump in energy levels, and can easily turn into a vicious cycle of temporary "highs", followed by lethargy, sugar cravings, and of course resulting fat storage.

Furthermore, overproduction of insulin, occurring repeatedly over a period of time, may lead to the body's cells starting to ignore insulin (insulin resistance), or the pancreas stopping to produce enough insulin. This can in turn cause excessive build-up of glucose in the bloodstream, leading to the development of type 2 diabetes. Moreover, when the body is unable to effectively use the insulin that is being produced, chronic high insulin levels (hyperinsulinaemia) may result. Hyperinsulinaemia is strongly linked to overweight and obesity, as well as increased risk of heart disease and cancer (in particular colon and breast cancer).

This means that eating foods that "spike" blood sugar quickly and cause repeated exposure to large amounts of insulin is best avoided. This type of eating pattern can result in weight gain (or difficulties losing weight), and other serious health problems (e.g. diabetes, cardiovascular disease, kidney problems). Conclusion: to maintain desirable weight and good health, we need to keep our blood sugar and insulin levels stable. In order to achieve this, we need to be aware of the carbohydrate content of our food, as well as the concept of glycaemic index and glycaemic load.

## [Understanding glycaemic index and glycaemic load](#)

The glycaemic index, (GI) provides a measure of how quickly blood sugar levels increase after eating a particular type of food. This is important because the effects of different foods on blood sugar levels (glycaemic response) are highly variable. The GI is a ranking of carbohydrate foods on a scale from 0 to 100, according to the extent to which they raise blood sugar levels after eating. This is estimated using pure glucose as a reference, the GI of which has been set at 100. GI values of 55 or less are considered "low," between 56 and 69 are considered "moderate", and above 70 are considered "high." GI values are determined experimentally by feeding human participants a fixed portion of a given food (after an overnight fast), and subsequently measuring their blood glucose response to this food at specific intervals. This process is expensive and time-consuming, and there are only a limited number of laboratories across the world performing these tests. For this reason, GI data is only available for selected foods we consume.

The theory behind the GI is to minimise insulin-related health problems by identifying and avoiding foods that have the greatest impact on blood sugar levels. Before this concept was developed, simple sugars (e.g. table sugar, sweets) had been believed to be digested quickly and cause a rapid increase in blood sugar. On the other hand, "complex carbohydrates" (e.g. bread) had been thought to be processed and released into the bloodstream more slowly. We now know that this is not always the

case. While many sweet and sugary foods do have high GI values, some starchy foods (e.g. white bread) have higher GI values than honey or table sugar.

One limitation of the GI is that it does not take into account the amount of carbohydrate actually consumed. This is a problem because the body's glycaemic response is dependent on both the type AND the amount of carbohydrate consumed. This means that you could have a small amount of food with a high GI value (e.g. a couple of jelly beans) and your glycaemic response will be relatively small. Conversely, you could have a large amount of food that has a much lower GI value (e.g. potato chips) and produce a much higher glycaemic response. To correct for that, the concept of glycaemic load (GL) was developed. GL is calculated in a following way:

$$\text{GL} = \text{GI} / 100 \times \text{net carbohydrate content}$$

(net carbohydrate content is equal to the total carbohydrate content minus dietary fibre)

GL estimates the impact of carbohydrate consumption using GI values while taking into account the amount of carbohydrate consumed. Generally, GL values below 10 are considered "low," between 10 and 19 are considered "moderate", and above 20 are considered "high." For weight loss and general health, it is recommended to choose low to medium-GI and GL foods in order to keep blood sugar and insulin stable. Most experts recommend that the total GL should be 100 or less per day. People with diabetes or metabolic syndrome might want to aim even lower than this. A number of studies have shown that people on high-GI (high-GL) diets are much more likely to develop type 2 diabetes, age-related macular degeneration, cardiovascular and kidney disease, compared to those on low-GI (low-GL) diets. It should be noted that there are times when a quick increase in blood sugar may be desirable. For example, following strenuous physical activity athletes should ingest high-GI foods to optimise their post-exercise recovery. Of course, this is a very different metabolic scenario compared to people wanting to lose weight, or having to control their blood sugar for health reasons. Generally, for people who are physically active and not overweight, daily GL slightly higher than 100 is acceptable.

It is important to remember that glycaemic response varies between individuals and can even vary in the same person from day to day, or from one time of day to another. In addition to that, people can have different insulin responses (i.e. produce different levels of insulin), even with an identical glycaemic response. This means that people who have diabetes cannot rely solely on the GI of foods (or any other food index) without monitoring their own blood sugar response. Moreover, most of the available GI values show the effect of a particular food on glucose levels in the first two hours following ingestion. Some people with diabetes may have elevated blood sugar levels for longer than that.

When using the GI and GL, there are also additional limitations to be aware of. Most of the time GI charts give only one value per food, yet variations are likely to occur depending on variety, ripeness (e.g. unripe vs. ripe banana), cooking methods, processing, and the length of storage. Therefore, you should avoid overcooking pasta, rice, etc. The longer the cooking time, the higher the GI. Moreover, fat, protein and fibre lowers the GI of food. For example, despite being high in sugar, chocolate has a medium GI value due to its high fat content. Similarly, crisps will have a lower GI value than potatoes cooked without fat, e.g. baked potato. This is a reminder that the GI and GL only inform us about the carbohydrate content of foods. The danger of the GI and GL being the only focus in terms of regulating your diet could lead to overconsumption of fat and total calories. This is why each recipe in this book, in addition to the carbohydrate content, provides the fat content information and has a limit of 450 calories (42 recipes are actually no more than 250 calories). It should be emphasised that apart from carbohydrate, fat and calories there are many other factors that should be considered when devising a plan for general health or weight loss. A more balanced approach that takes all those additional factors into account is therefore encouraged.

The nutritional information provided in this book comes from The Composition of Foods (compiled by the UK Foods Standards Agency and Institute of Food Research), additionally supplemented by the information obtained from the Nutrition Data database (based on USDA's National Nutrient Database for Standard Reference). The GL calculations for each recipe in this book are based on the Estimated Glycaemic Load™ (eGL) obtained from the Nutrition Data database. Nutrition Data used a

mathematical formula that allowed a comparison between actual and estimated Glycemic Loads for 221 common carbohydrate-containing foods (<http://nutritiondata.self.com/help/estimated-glycemic-load>). Data from *International table of glycaemic index and glycaemic load values: 2002* (Am J Clin Nutr, 76(1):5-56) was utilised in this analysis. The purpose of this was to produce a reasonable estimate for foods for which GI was previously unknown. Even though those eGL values are only estimates, they enable taking into account foods, which would otherwise have to be ignored due to lack of data.

The GL value for each recipe in this book is a weighted average of the eGL of the individual foods in each recipe. Because cooking affects the GI (and therefore GL) of foods, wherever possible, eGL values of cooked rather than raw ingredients were used for improved accuracy (e.g. in the case of grains or pasta). These values were adjusted for weight changes. Please note that the GL values provided in this book are for guideline purposes only. In order to obtain very accurate GL values, each recipe would have to be submitted for the previously described laboratory tests, which would be both extremely expensive and highly impractical.

In summary, with all their limitations, the concept of the GI and GL is far from being an exact science. Nonetheless, it is still one of the best tools available in terms of providing information about the impact of carbohydrates on blood sugar levels. This makes it useful when considered alongside other healthy eating tools.

## **Some other things you should know before you start using this book**

This book is divided into seven sections: breakfasts, snacks, soups, salads, light meals, main meals, and desserts. Please treat this as a guideline only. Which recipe you use at which meal is a matter of personal taste. You may find some breakfast ideas work better as snacks, etc. Because all the recipes in this book have low to moderate-GL values, having a mixture of five recipes and (or) snacks in one day, enables you to keep your estimated GL below 95.

Please note that the soup serving size is approximately 400 ml so all the soups can be served as meals on their own. If serving as part of a bigger meal, half a portion may be sufficient. Similarly, most of the salads are designed as meals. The salads intended to complement a bigger meal have been labelled as “side salads”.

### **Ingredients**

The majority of ingredients used in the recipes in this book can be bought in most supermarkets. This includes many wheat, gluten, and dairy-free ingredients, such as: gluten-free oats, quinoa, buckwheat, gluten-free pasta, gluten-free flour, coconut oil, almond, rice and coconut milk, as well as “speciality” ingredients, such as sauerkraut.

### **Wheat and gluten substitutes**

As mentioned previously, there are many substitutes for gluten-containing grains (i.e. wheat, rye and barley). Commonly available gluten-free flour blends are usually a mixture of rice, tapioca, potato, buckwheat, and corn flour. You can also buy those flours on their own, but some gluten-free flours take some getting used to in terms of their taste and texture. For example, many people find that white rice flour has a gummy taste to it, which is the reason why I do not use it on its own. I find that flour blends taste more neutral. They work well in most recipes and are better than single flours when used for baking, due to combining different relative flour weights.

Apart from the ones already mentioned, there are many other types of gluten-free flour, including: quinoa, amaranth, almond, hazelnut, coconut, teff, carob, millet, chickpea, soya, sorghum (also known as jowar flour), and gluten-free oat flour. If flour blends available in shops are not to your taste, you can always try mixing your own blend. However, be aware that gluten-free flours have different tastes, and their texture dictates how they behave in a recipe. For example, coconut flour is rich in fibre and may require adding extra liquid to a recipe. Sorghum flour adds sweetness to recipes. Some flours should



be approached with caution. This includes legume-based flours, such as soya and chickpea flour. Some people with coeliac disease may not tolerate them well. In addition to that, excessive consumption of soya should be avoided due to high levels of lectins, phyto-oestrogens, and other undesirable compounds it contains. It is also worth noting that there have been reports of high levels of arsenic in brown rice flour.

Commonly available self-raising flour mixes tend to contain binding components (e.g. xanthan gum and guar gum) and leavening agents (e.g. sodium bicarbonate, monocalcium phosphate). Adding these helps improve texture of gluten-free baked goods. It is gluten that makes regular baked goods fluffy by making dough “stretchy” and helping goods rise. Gluten-free flours do not have the same “stretchy” capacity but adding binding and leavening agents can help improve the quality of gluten-free baking. However, I do not believe that adding gums is essential to every gluten-free recipe. In fact, adding too much of these ingredients can promote heavy, “gummy” texture. It is also worth noting that xanthan gum tends to be derived from corn so may not be suitable for those with corn sensitivity. Guar gum is legume-derived, so those sensitive to legumes (including soya) may react to it. If you need to avoid using gums, try using one tablespoon of arrowroot, potato or tapioca starch mixed with a few tablespoons of warm water. Ground flax seed also works well.

When it comes to baking powder, not all baking powders are gluten-free so ensure that it states “gluten-free” on the label. Baking powder is not the same as baking soda (sodium bicarbonate), even though it contains baking soda. Baking soda needs an acidic ingredient (e.g. vinegar, molasses, honey, maple syrup or lemon juice) to start the gas-releasing process that gives baked goods their rise. If a recipe does not contain an acidic ingredient, baking soda will not work. On the other hand, baking powder will, as it contains both the alkaline and acidic ingredients.

There two types of baking powder: single-acting and double-acting. In order for single-acting baking powder to be effective, the mixture has to go into the oven before the chemical reaction between the acid, baking soda, and liquid ingredient(s) in the recipe stops. This means as soon as the ingredients are combined. In contrast, double-acting baking powders contain a second acid that works more slowly and is activated by heat. This extra leavening power makes double-acting baking powder more effective for gluten-free baking. The amount needed may vary, depending on the recipe. So when buying baking powder, you should ensure that it contains: 1) two acids (e.g. monocalcium phosphate also known as calcium acid phosphate, potassium bitartrate also known as cream of tartar, or disodium phosphate); 2) an alkaline component (sodium bicarbonate or sodium hydrogen carbonate); 3) starch (e.g. corn or potato). You should also make sure that the baking powder you buy is free of aluminium (check the label for sodium aluminium sulphate, or SAS). Two brands worth considering are: Bob’s Red Mill and Bakewell. If you find it difficult to source double-acting, gluten-free and aluminium-free baking powder, you can mix gluten and aluminium-free single-acting baking powder with cream of tartar (a third of a teaspoon of cream of tartar for every teaspoon of baking powder). It is worth noting that baking powders start to degrade once the container has been opened due to air moisture triggering a reaction between components.

An example of a flour blend that works well in baked goods is a mixture of equal parts (100 g / 4 oz) of sorghum, oat (or almond) and quinoa flour, combined with 200 g (7 oz) of potato starch (not potato flour), 1 teaspoon of gluten and aluminium-free baking powder, and 1 teaspoon of guar gum (or preferred alternative).

Please note that the nutritional analysis of the recipes is based on a standard flour mix readily available in supermarkets. Using flours with a higher fat content, e.g. coconut or almond flour will alter the nutritional information.

### [Dairy substitutes](#)

I find that replacing dairy in recipes is a bit more challenging than replacing wheat or gluten. This is particularly true if you want to minimise the use of soya. Soya contains phyto-oestrogens (mimic human oestrogens), phytates, lectins, saponins, goitrogens, as well as many contaminants (unless



bought organic). Plus there is the genetic engineering issue. The bottom line is that soya is not as good for your health as it was once believed, and therefore I recommend using it sparingly. Consuming excessive amounts of soya may result in malabsorption of vital nutrients, weight gain, digestive, immune and fertility problems. Fermented soya products (e.g. yoghurt, miso, tempeh) are more acceptable as fermentation deactivates many undesirable compounds, but should be still consumed in moderation.

When it comes to substituting milk, there are many alternatives other than soya, including: rice, almond, hazelnut, and coconut milk. I recommend buying the unsweetened versions. All of those milk substitutes can be bought in most supermarkets. Coconut milk is available as “regular” or “light” (lower fat content), and you can also buy it organic. Coconut milk works very well in both sweet and savoury dishes, and is excellent for baking. Some milk substitutes may take some getting used to, but try them a few times, and in different dishes, to give your taste buds an opportunity to adjust to these new flavours. If you are lactose intolerant you may be fine using milk and milk products to which lactase has been added. You may also be able to tolerate small amounts of goat’s or sheep’s milk.

Substituting cream in recipes is also relatively simple. Non-soya, dairy-free alternatives include rice and coconut cream. Note that soya cream is not always gluten-free so check the label. On the other hand, cheeses are much harder to substitute. Gluten and dairy-free cheese substitutes are usually soya, nut, pea or rice-based. Unfortunately, most of those products do not taste anything like cheese. In fact, many of them taste quite awful and have an unpleasant rubbery texture. Again, if you are lactose intolerant you can probably tolerate small amounts of goat’s cheese and lactose-free products to which the enzyme lactase has been added.

### [Egg replacers](#)

I would encourage you to source a neutral “free-from” egg replacer that you can use in both sweet and savoury dishes. Orgran and Ener-G egg replacers are starch-based (potato and tapioca) and free from wheat, dairy, gluten, egg, yeast and soya. To make your own egg replacer, use 1 tablespoon of tapioca or potato starch mixed with 3 tablespoons of water for each egg in a recipe. The difference in taste when using egg replacers is detectable, but not overwhelming or unpleasant in any way. Using these egg replacers in baked goods tends to make them slightly denser, so you may want to increase leavening to compensate for that, e.g. add additional quarter of a teaspoon of baking powder. If you choose to use egg replacers, it is best to go for flour blends that do not contain tapioca, as too much tapioca will give your baked goods hardness that may not be desirable.

The energy content of egg replacers is much lower than eggs (on average 10 to 20 calories per serving). Egg replacers contain no fat, cholesterol or protein. However, because most egg replacers are starch-based, unlike eggs, they contain carbohydrates. This means that the estimated GL of the recipe will increase (on average by 1.5 per every egg replacer). If you wish to calculate the GL increase per serving in a given recipe, you need to multiply the number of egg replacers by 1.5 and divide by the number of servings.

### [Stevia and other sugar substitutes](#)

Stevia is a plant that is native to South America, where it has been used for hundreds of years. Stevia works well for both, non-baked and baked recipes. The two sweetening components identified in stevia are stevioside and rebaudioside A. They are considered safe when used as sweetening agents in foods and are a better option than artificial sweeteners (e.g. aspartame, acesulfame K, or saccharin).

Recipes in this book do not contain any table sugar. In some recipes honey (which arguably is not much different) is used in combination with stevia. This is because I find that using stevia on its own gives food sweetness that tastes artificial. As usual, I encourage you to exercise moderation. This applies to both, honey and stevia. As long as you have a variety of dishes, and not just the sweet ones, I do not see a problem with using either. Moreover, even though some of the recipes do contain honey, they are designed so that the estimated GL value is kept low or moderate. This means that the total

sugar content is still relatively low. It may be worth noting that foods made with stevia do not keep as long, compared to when sugar is used. Therefore, making larger batches may not be recommended.

I would encourage you to source a pure stevia extract, which you can get in the form of drops or powder. There are many products on the market and they tend to vary in potency and taste. The serving size will also vary depending on the brand, and whether it is in liquid or powder form. The recipes in this book specify a number of stevia servings but you may need to adjust that according to personal taste. Please note that stevia-derived products available from supermarkets (e.g. Truvia) are highly processed. Therefore, I do not recommend using them. You may need to experiment with a few before you find the one you like. Brands worth considering include: SweetLeaf, NOW, Natures Way, and Planetary Herbals.

It should be noted that ingestion of excessive amounts of stevioside and rebaudioside A found in stevia have been reported to cause bloating and nausea in some people. Furthermore, stevia may have a lowering effect on blood sugar, although the research supporting this is inconclusive. If you have diabetes and wish to use stevia, monitor your blood sugar closely and report your findings to your healthcare provider, as the dose of your diabetes medication might need to be changed. There is also some evidence, though also inconclusive, that stevia may lower blood pressure. This may be a concern in people who have low blood pressure, or are on medication for high blood pressure. Additional considerations when using stevia include: allergy to sunflower and aster plant family (Asteraceae), pregnancy and breast-feeding, and medications containing lithium. Again, check with your healthcare provider if you are unsure if stevia is the right sugar substitute for you. If for whatever reason you do not wish to use stevia, you can replace it with other sweetening agents, but you should bear in mind that some of them (e.g. agave syrup, date sugar, honey, maple syrup, fruit juice concentrate, molasses) do increase blood sugar levels.

If for whatever reason you do not wish to use stevia, multiplying the number of stevia servings specified in a given recipe by five will give you the number of grams of sugar required for that recipe.

## Salt

Because adding salt to food is a very individual thing, most of the recipes do not specify the amount of salt that should be added. Instead, I suggest you should taste the food and add the amount that works for you. The exceptions are the recipes containing ingredients which are not recommended to be tasted raw (e.g. eggs). In these recipes the amount of salt has been specified and included in the nutritional analysis. The calculated sodium content is based on using sea salt, which can be changed to a reduced-sodium salt substitute if required. In addition to that, the amount of salt can be changed as desired.

You should also be aware that where tinned products (e.g. beans, sweetcorn) have been used in the recipes, “no added salt or sugar” versions have been selected. Additionally, low-salt stock cubes have been used rather than regular stock cubes. This is reflected in the sodium content of those recipes. Using more herbs and spices enhances flavour of food and compensates for the low-salt options.

## Preparation time

Preparation time specified for each recipe is calculated based on preparing fresh produce manually (unless specified otherwise). If you want to further reduce the preparation time, you can use pre-prepared produce (i.e. peeled, cleaned, chopped, or sliced). Or you can prepare larger amounts of items (e.g. vegetables, fruit, fresh herbs, meat) than a recipe requires and freeze the excess for future use.

You can also reduce preparation time by investing in a few simple kitchen gadgets (refer to the next section). And of course, the most obvious time-saving tip: make larger amounts of your favourite dishes and freeze them for those times when you want an extra-quick meal.

## [Helpful gadgets](#)

If you are a cooking enthusiast, you probably already have some, if not all, of these items. However, if you are only just starting to discover how much fun cooking can be, I would really encourage you to invest in these utensils, as they are both inexpensive and great timesavers. They include: kitchen scales, measuring jug, garlic crusher, electric hand whisk, immersion blender, smoothie maker (or all-in-one blender, grinder and juicer), and electric grinder (ideal for grinding nuts and spices).

# BREAKFASTS



## ITALIAN MUFFINS

Total Time: 30-35 min  
6 servings (1 serving = 2 muffins)



**One serving contains:** *Calories: 250*  
*Total Carbohydrate (g): 29 Sugar (g): 2*  
*Carbohydrate Portions: 3 Protein (g): 7*  
*Total Fat (g): 12 Saturated Fat (g): 2*  
*Unsaturated Fat (g): 9 Cholesterol (mg): 76*  
*Fibre (g): 4 Sodium (mg): 534 Salt (g): 1.3*  
*Calcium (mg): 120 Magnesium (mg): 51*  
*Iron (mg): 3 Zinc (mg): 1 Glycaemic Load: 18*



**115 g (4 oz) self-raising gluten-free flour**  
**100 g (3.5 oz) gluten-free oats**  
**2 med eggs (or egg replacers)**  
**300 ml (10 fl oz) unsweetened almond milk**  
**3 tbs olive or almond oil**  
**40 g (1.5 oz) sun-dried tomatoes**  
**100 g (3.5 oz) black pitted olives**  
**2 tbs mixed Italian herbs**  
**0.25 tsp sea salt**  
**pinch of pepper**  
**sunflower oil spray**

1. Soak sun-dried tomatoes in hot water for 5-10 min (unless bought in oil).
2. Combine flour, oats, egg yolks, almond milk, oil, herbs, salt and pepper (stir or whisk).
3. Beat egg whites (soft peaks).
4. Fold egg whites, chopped olives and sun-dried tomatoes into the mix.
5. Coat a non-stick muffin tray with sunflower oil spray (20-24 sprays).
6. Divide mixture evenly (sufficient for 12 muffins).
7. Bake in a pre-heated oven for 20 min (gas mark 6).



## BANANA & COCONUT AMARANTH

Total Time: 30 min  
4 servings



**One serving contains: Calories: 398**  
*Total Carbohydrate (g): 34 Sugar (g): 17*  
*Carbohydrate Portions: 4 Protein (g): 6*  
*Total Fat (g): 25 Saturated Fat (g): 20*  
*Unsaturated Fat (g): 2 Cholesterol (mg): 0*  
*Fibre (g): 8 Sodium (mg): 21 Salt (g): 0.05*  
*Calcium (mg): 110 Magnesium (mg): 106*  
*Iron (mg): 3.5 Zinc (mg): 1.5 Glycaemic Load: 16*



**80 g (3 oz) amaranth (can use quinoa or teff)**  
**3 ripe med bananas**  
**30 g (1 oz) dried cranberries**  
**100 g (3.5 oz) unsweetened desiccated coconut**  
**150 ml (5 fl oz) coconut milk**  
**200 ml (6.5 fl oz) unsweetened almond milk**

1. Cook amaranth as per instructions on the packaging.
2. Drain the cooked amaranth and add mashed banana, desiccated coconut, cranberries, almond, and coconut milk.
3. Cook on medium heat for 4-5 min, stirring frequently.
4. Divide into 4 servings.
5. Serve warm.



## APPLE PANCAKES

Total Time: 30-35 min  
4 servings (1 serving = 2 pancakes)



**One serving contains:** *Calories: 236*  
*Total Carbohydrate (g): 28 Sugar (g): 30*  
*Carbohydrate Portions: 3.5 Protein (g): 8*  
*Total Fat (g): 6 Saturated Fat (g): 2*  
*Unsaturated Fat (g): 3 Cholesterol (mg): 113*  
*Fibre (g): 5 Sodium (mg): 94 Salt (g): 0.2*  
*Calcium (mg): 95 Magnesium (mg): 36*  
*Iron (mg): 2 Zinc (mg): 1 Glycaemic Load: 18*



**70 g (2.5 oz) quinoa flakes (can use rice flakes, buckwheat flakes, or mixture)**  
**6 med apples**  
**200 g (7 oz) plain soya yoghurt (can use rice cream or coconut milk)**  
**2 med eggs (or egg replacers)**  
**1 tbs runny honey**  
**1 tsp guar gum (or preferred alternative)**  
**8 servings stevia**  
**sunflower oil spray**

1. Combine grated apples with flakes, eggs, yoghurt, honey, gum and stevia, and stir until the mixture thickens.
2. Coat frying pan with sunflower oil spray (6-8 sprays each time).
3. Using a ladle, or a tablespoon, apply mixture onto the frying pan. If you use a 20-cm frying pan or greater, you will be able to fit in 4 pancakes at a time (the mixture is sufficient for 8 pancakes in total).
4. Pan-fry for 3-4 min on each side on very low heat (or until golden brown).
5. Serve warm.

# SUPERFOOD SMOOTHIE

Total Time: 15 min

4 servings



**One serving contains:** *Calories: 206*  
*Total Carbohydrate (g): 41 Sugar (g): 25*  
*Carbohydrate Portions: 3.5 Protein (g): 4*  
*Total Fat (g): 4 Saturated Fat (g): 0*  
*Unsaturated Fat (g): 3 Cholesterol (mg): 0*  
*Fibre (g): 11 Sodium (mg): 9 Salt (g): 0.02*  
*Calcium (mg): 114 Magnesium (mg): 60*  
*Iron (mg): 2 Zinc (mg): 1 Glycaemic Load: 16*



**400 g (14 oz) black forest fruit (frozen)**  
**2 med apples**  
**0.5 large pomegranate**  
**4 med kiwi fruits**  
**1 med lemon (juiced)**  
**50 g (2 oz) gluten-free oats**  
**50 g (2 oz) ready-to-eat prunes (approx. 10 small or 5 big prunes)**  
**25 g (1 oz) chia seeds**  
**50 ml (1.5 fl oz) orange juice**

1. You may want to soak the oats and chia seeds (for a few hours or overnight), and also allow the frozen fruit to thaw first, but this is not absolutely necessary.
2. Cut apples and kiwi fruits into chunks, and blend with forest fruit, seeds, prunes, oats, lemon, and orange juice until smooth.
3. Divide into 4 servings.

## MUSHROOM & PECAN SLICE

Total Time: 50-55 min  
4 servings (1 serving = 1 piece)



**One serving contains:** *Calories: 399*  
*Total Carbohydrate (g): 27 Sugar (g): 6*  
*Carbohydrate Portions: 2.5 Protein (g): 11*  
*Total Fat (g): 28 Saturated Fat (g): 8*  
*Unsaturated Fat (g): 18 Cholesterol (mg): 113*  
*Fibre (g): 6 Sodium (mg): 349 Salt (g): 0.9*  
*Calcium (mg): 90 Magnesium (mg): 82*  
*Iron (mg): 5 Zinc (mg): 3 Glycaemic Load: 13*



**80 g (3 oz) cornmeal**  
**80 g (3 oz) chopped pecan nuts**  
**300 g (11 oz) fresh mushrooms**  
**150 ml (5 fl oz) coconut milk (or rice cream)**  
**2 med eggs (or egg replacers)**  
**1 large onion**  
**4 cloves garlic (peeled)**  
**2 tbs mixed dried herbs**  
**1 tsp sea salt**  
**1 tbs coconut oil**  
**pinch of pepper**  
**sunflower oil spray**  
**flour for coating**

1. Sauté chopped onion and mushrooms, with crushed (or finely chopped) garlic, oil, herbs, salt and pepper, on medium heat for 5-6 min.
2. Cover and cook for further 5 min.
3. Combine the mixture with cornmeal, nuts, eggs, and coconut milk.
4. Transfer into a non-stick baking tin, coated with oil spray (4-6 sprays) and a dusting of flour.
5. Bake in a pre-heated oven for 30 min (gas mark 6), or until golden brown.
6. Cut into 4 pieces and serve.

## YOGHURT PANCAKES WITH MANGO SALAD

Total Time: 30-35 min

4 servings (1 serving = 3 pancakes)



**One serving contains:** *Calories: 262*  
*Total Carbohydrate (g): 36 Sugar (g): 23*  
*Carbohydrate Portions: 3.5 Protein (g): 12*  
*Total Fat (g): 8 Saturated Fat (g): 3*  
*Unsaturated Fat (g): 4 Cholesterol (mg): 170*  
*Fibre (g): 6 Sodium (mg): 169 Salt (g): 0.4*  
*Calcium (mg): 180 Magnesium (mg): 30*  
*Iron (mg): 2 Zinc (mg): 1 Glycaemic Load: 18*



### ***Pancakes:***

**400 g (14 oz) plain coconut yoghurt (can use soya yoghurt)**

**3 med eggs (or egg replacers)**

**5 tbs gluten-free flour**

**60 ml (2 fl oz) unsweetened almond milk**

**1 tbs honey**

**1.5 tsp guar gum (or preferred alternative)**

**4 servings stevia**

**sunflower oil spray**

### ***Salad:***

**2 med mangos**

**3 med passion fruit**

**3 tbs fresh finely chopped mint**

1. Combine yoghurt, eggs, flour, almond milk, honey, gum and stevia, and stir until the mixture thickens.
2. Coat frying pan with sunflower oil spray (6-8 sprays each time).
3. Using a ladle, or a tablespoon, apply mixture onto the frying pan. If you use a 20-cm frying pan or greater, you will be able to fit in 4 pancakes at a time (the mixture is sufficient for 12 pancakes in total).
4. Pan-fry for 2-3 min on each side on very low heat, or until golden brown (wait until well-set before turning).
5. Serve with mango salad (mix diced mango with passion fruit and mint).

## NUTTY QUINOA

Total Time: 25-30 min

4 servings



**One serving contains:** *Calories: 341*  
*Total Carbohydrate (g): 29 Sugar (g): 2*  
*Carbohydrate Portions: 2.5 Protein (g): 10*  
*Total Fat (g): 21 Saturated Fat (g): 3*  
*Unsaturated Fat (g): 17 Cholesterol (mg): 0*  
*Fibre (g): 8 Sodium (mg): 48 Salt (g): 0.1*  
*Calcium (mg): 248 Magnesium (mg): 132*  
*Iron (mg): 3 Zinc (mg): 2 Glycaemic Load: 12*



**150 g (5.5 oz) quinoa (can use millet, amaranth, teff)**  
**120 g (4.5 oz) coconut milk**  
**25 g (1 oz) ground flax seed**  
**40 g (1.5 oz) ground walnuts**  
**40 g (1.5 oz) ground macadamia nuts (or Brazil nuts)**  
**500 ml (17 fl oz) unsweetened almond milk**  
**4 servings stevia (or to taste)**

1. Cook quinoa as per instructions on the packaging.
2. Drain the cooked quinoa and add almond milk and yoghurt.
3. Warm up the mixture on low heat for 1-2 min, stirring frequently.
4. Mix in flax seed, nuts and stevia.
5. Divide into 4 servings and serve.



# SNACKS





## MULTISEED BOMBS

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Total Time: 30 min  
12 servings (1 serving = 1 bomb)



**One serving contains:** *Calories: 152*  
*Total Carbohydrate (g): 14 Sugar (g): 9*  
*Carbohydrate Portions: 1.5 Protein (g): 5*  
*Total Fat (g): 10 Saturated Fat (g): 1*  
*Unsaturated Fat (g): 8 Cholesterol (mg): 19*  
*Fibre (g): 3 Sodium (mg): 11 Salt (g): 0.03*  
*Calcium (mg): 82 Magnesium (mg): 69*  
*Iron (mg): 2 Zinc (mg): 1 Glycaemic Load: 7*



**70 g (2.5 oz) chopped dried apricots (approx. 10 apricots)**  
**70 g (2.5 oz) chopped dried dates (approx. 10 dates)**  
**50 g (2 oz) ground almonds (or macadamia nuts)**  
**40 g (1.5 oz) pumpkin seeds**  
**40 g (1.5 oz) sunflower seeds**  
**40 g (1.5 oz) sesame seeds**  
**30 g (1 oz) ground flax seed**  
**15 g (0.5 oz) poppy seeds**  
**2 tbs honey**  
**1 med egg (or egg replacer)**  
**2 tbs gluten-free flour**  
**8 servings stevia**

1. It is recommended to soak seeds and nuts for a few hours, or overnight, but this is not essential to the recipe (do not soak if bought ground).
2. Combine all the ingredients thoroughly.
3. Divide the mixture into 12 equal parts and form into bombs.
4. Place on a non-stick tray and bake in a pre-heated oven for 15-20 min (gas mark 6).
5. Alternatively, spread the mixture onto a baking tray and cut into 12 slices once baked.

## SPICED FRUIT KEBABS

Total Time: 35-40 min  
4 servings (1 serving = 2 skewers)



**One serving contains:** *Calories: 152*  
*Total Carbohydrate (g): 38 Sugar (g): 33*  
*Carbohydrate Portions: 3.5 Protein (g): 3*  
*Total Fat (g): 0 Saturated Fat (g): 0*  
*Unsaturated Fat (g): 0 Cholesterol (mg): 0*  
*Fibre (g): 6 Sodium (mg): 17 Salt (g): 0.04*  
*Calcium (mg): 102 Magnesium (mg): 35*  
*Iron (mg): 2 Zinc (mg): 0 Glycaemic Load: 19*



**1 med apple**  
**1 small orange**  
**2 large pineapple slices**  
**16 prunes**  
**4 small dried figs**  
**8 dried apricots**  
**1 tbs honey**  
**2 tsp cinnamon**  
**2 tsp allspice**  
**3 tbs water**  
**8 skewers**

1. Cut pineapple, orange and apple into chunks (approx. 16 chunks of each fruit), and halve the figs.
2. Put fruit on 8 skewers aiming to have 4 pieces of dried fruit and 6 pieces of fresh fruit on each one.
3. Mix honey with spices and water (if too thick, add more water).
4. Brush the kebabs with the honey and spice glaze.
5. Place on a non-stick baking tray and bake in a pre-heated oven for 20 min, (covered with foil), then uncover and bake for further 5 min (gas mark 6).

## ALMOND & POPPY BISCUITS

Total Time: 30-35 min  
10 servings (1 serving = 2 biscuits)



**One serving contains:** *Calories: 223*  
*Total Carbohydrate (g): 15 Sugar (g): 4*  
*Carbohydrate Portions: 1.5 Protein (g): 6*  
*Total Fat (g): 17 Saturated Fat (g): 1*  
*Unsaturated Fat (g): 14 Cholesterol (mg): 23*  
*Fibre (g): 4 Sodium (mg): 10 Salt (g): 0.02*  
*Calcium (mg): 82 Magnesium (mg): 71*  
*Iron (mg): 1 Zinc (mg): 1 Glycaemic Load: 6*



**200 g (7 oz) ground almonds**  
**70 g (2.5 oz) gluten-free flour**  
**30 g (1 oz) sorghum flour (or other gluten-free flour)**  
**1.5 tbs poppy seeds**  
**5 tbs coconut oil**  
**1 tbs honey**  
**20 servings stevia**

1. Combine all the ingredients and knead the dough for a few minutes.
2. Roll out on a non-stick surface to a thickness of approx. 0.5 cm (use a dusting of flour as the dough tends to be sticky).
3. Use a knife to help separate the biscuits from the surface after they have been cut out (dough is sufficient for 20 biscuits; approx. 6-cm squares).
4. Place on a non-stick tray and bake in a pre-heated oven for 15 min (gas mark 6).

## APRICOT FLAPJACK

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Total Time: 30-35 min  
12 servings (1 serving = 1 flapjack)



**One serving contains:** *Calories: 226*  
*Total Carbohydrate (g): 22 Sugar (g): 9*  
*Carbohydrate Portions: 2 Protein (g): 5*  
*Total Fat (g): 14 Saturated Fat (g): 4*  
*Unsaturated Fat (g): 8 Cholesterol (mg): 38*  
*Fibre (g): 4 Sodium (mg): 21 Salt (g): 0.05*  
*Calcium (mg): 40 Magnesium (mg): 56*  
*Iron (mg): 2.5 Zinc (mg): 0 Glycaemic Load: 14*



**200 g (7 oz) gluten-free oats**  
**200 g (7 oz) dried apricots**  
**2 med eggs (or egg replacers)**  
**50 g (2 oz) ground flax seed**  
**6 tbs coconut oil**  
**250 ml (8.5 fl oz) coconut milk**  
**1 tbs honey**  
**16 servings stevia**

1. Chop apricots and combine with the other ingredients.
2. Coat a non-stick baking tray with sunflower oil spray and a dusting of flour.
3. Transfer the mixture onto the baking tray (press down and smooth out with a spoon).
4. Bake in a pre-heated oven for 20-25 min (gas mark 6).
5. Cut into 12 flapjacks.

## MULTISEED FLATBREADS WITH AVOCADO DIP

Total Time: 30-35 min  
4 servings (1 serving = 2 flatbreads)



**One serving contains:** *Calories: 355*  
*Total Carbohydrate (g): 32 Sugar (g): 1*  
*Carbohydrate Portions: 3 Protein (g): 7*  
*Total Fat (g): 24 Saturated Fat (g): 9*  
*Unsaturated Fat (g): 13 Cholesterol (mg): 57*  
*Fibre (g): 8 Sodium (mg): 329 Salt (g): 0.8*  
*Calcium (mg): 118 Magnesium (mg): 86*  
*Iron (mg): 5 Zinc (mg): 1.5 Glycaemic Load: 17*



### **Flatbreads:**

**90 g (3 oz) gluten-free self-raising flour**  
**30 g (1 oz) gluten-free**  
**1 med egg (or egg replacer)**  
**3 tbs coconut oil**  
**1 tbs poppy seeds**  
**1 tbs cumin seeds**  
**1 tbs flax seed**  
**0.5 tsp sea salt**  
**2 tbs water**

### **Dip:**

**2 small avocados**  
**0.25 lemon (juiced)**  
**3 tbs coconut milk**  
**2 tsp dried coriander**  
**2 tsp cumin**  
**1 tsp turmeric seasoning**

1. Combine all the ingredients for the flatbreads and knead for a few minutes.
2. Divide into 8 equal parts, form into balls and then flatten in your hands.
3. Place on a non-stick baking tray and bake in a pre-heated oven for 20 min (gas mark 6).
4. Blend the ingredients for the dip into a smooth paste and season to taste.

*\*two flatbreads without the dip contain: 242 calories, 25 g of carbohydrate (estimated glycaemic load: 15), 14 g of fat and 3 g of fibre .*



## OATIE PEANUT BUTTER BALLS

Total Time: 30 min  
14 servings (1 serving = 1 ball)



**One serving contains:** *Calories: 157*  
*Total Carbohydrate (g): 15 Sugar (g): 7*  
*Carbohydrate Portions: 1.5 Protein (g): 5*  
*Total Fat (g): 10 Saturated Fat (g): 6*  
*Unsaturated Fat (g): 3 Cholesterol (mg): 16*  
*Fibre (g): 3 Sodium (mg): 75 Salt (g): 0.2*  
*Calcium (mg): 22 Magnesium (mg): 41*  
*Iron (mg): 1 Zinc (mg): 1 Glycaemic Load: 6*



**80 g (3 oz) gluten-free oats**  
**180 g (6.5 oz) set peanut butter (no added sugar; can use almond or cashew butter)**  
**40 g (1.5 oz) ground flax seed**  
**100 ml (3.5 fl oz) coconut milk (80 ml / 3 fl oz if peanut butter has soft consistency)**  
**80 g (3 oz) sultanas**  
**1 tbs honey**  
**1 med egg (or egg replacer)**  
**16 servings stevia**

1. Combine all the ingredients thoroughly.
2. Divide the mixture into 14 equal parts and form into balls.
3. Place on a non-stick tray and bake in a pre-heated oven for 15-20 min (gas mark 6).
4. Alternatively, spread the mixture onto a baking tray and cut into 14 slices once baked.



## GINGER FLAPJACK

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Total Time: 30-35 min  
12 servings (1 serving = 1 flapjack)



**One serving contains:** *Calories: 230*  
*Total Carbohydrate (g): 31 Sugar (g): 11*  
*Carbohydrate Portions: 3 Protein (g): 5*  
*Total Fat (g): 11 Saturated Fat (g): 1*  
*Unsaturated Fat (g): 8 Cholesterol (mg): 38*  
*Fibre (g): 4 Sodium (mg): 19 Salt (g): 0.05*  
*Calcium (mg): 71 Magnesium (mg): 49*  
*Iron (mg): 2 Zinc (mg): 1 Glycaemic Load: 17*



**300 g (11 oz) gluten-free oats**  
**300 g (11 oz) ready-to-eat prunes**  
**250 ml (8.5 fl oz) unsweetened almond milk (or rice milk)**  
**2 med eggs (or egg replacers)**  
**7 tbs coconut oil**  
**2 tbs honey**  
**1 tbs molasses**  
**6 tsp ground ginger**  
**4 tsp ground cinnamon**  
**4 tsp allspice**  
**36 servings stevia**

1. Melt coconut oil in a pan on low heat.
2. Combine chopped prunes with melted oil and the remaining ingredients in a mixing bowl.
3. Coat a non-stick baking tray with sunflower oil spray and a dusting of flour.
4. Transfer the mixture onto the baking tray (press down and smooth out with a spoon).
5. Bake in a pre-heated oven for 20-25 min (gas mark 6).
6. Cut into 12 flapjacks.

# SOUPS



## WILD MUSHROOM & PARSLEY SOUP

Total Time: 30-35 min

4 servings



**One serving contains:** *Calories: 223*  
*Total Carbohydrate (g): 36 Sugar (g): 5*  
*Carbohydrate Portions: 3.5 Protein (g): 6*  
*Total Fat (g): 8 Saturated Fat (g): 3*  
*Unsaturated Fat (g): 4 Cholesterol (mg): 0*  
*Fibre (g): 6 Sodium (mg): 33 Salt (g): 0.1*  
*Calcium (mg): 58 Magnesium (mg): 67*  
*Iron (mg): 2.5 Zinc (mg): 2 Glycaemic Load: 17*



**200 g (7 oz) chestnut mushrooms**  
**40 g (1.5 oz) dried wild mushrooms**  
**1 small onion**  
**1 small leek**  
**1 med carrot**  
**1 small parsnip**  
**3 cloves garlic (peeled)**  
**70 ml (2.5 fl oz) coconut milk**  
**1 tbs olive oil**  
**1 tbs dried parsley**  
**25 g (1 oz) fresh parsley**  
**70 g (2.5 oz) gluten-free pasta**  
**1 low-salt vegetable stock cube**  
**950 ml (32 fl oz) water**  
**salt and pepper (to taste)**

1. Soak dried mushrooms in hot water for 10 min.
2. Sauté chopped onion and leek in olive oil for 3-4 min on medium heat.
3. Add stock cube, chopped vegetables and water (boiled), and cook for 15 min on medium heat.
4. Add parsley and coconut milk, and blend until smooth.
5. Divide into 4 servings and serve with pasta (cooked as per instructions on the packaging), and salt and pepper (to taste).

*\*to make a delicious mushroom sauce reduce water to 600ml*

## ROSEMARY LAMB & ONION SOUP

Total Time: 30 min

4 servings



**One serving contains:** *Calories: 286*  
*Total Carbohydrate (g): 29 Sugar (g): 8*  
*Carbohydrate Portions: 2.5 Protein (g): 17*  
*Total Fat (g): 12 Saturated Fat (g): 3*  
*Unsaturated Fat (g): 8 Cholesterol (mg): 46*  
*Fibre (g): 6 Sodium (mg): 116 Salt (g): 0.3*  
*Calcium (mg): 114 Magnesium (mg): 54*  
*Iron (mg): 2.5 Zinc (mg): 3 Glycaemic Load: 11*



**1 large onion**  
**1 med sweet potato**  
**2 small parsnips**  
**250 g (9 oz) lean lamb**  
**3 cloves garlic (peeled)**  
**100 g (3.5 oz) plain soya yoghurt**  
**2 tbs dried rosemary**  
**1 tbs apple cider vinegar**  
**1 tbs onion granules**  
**1.5 tbs olive oil**  
**1 low-salt vegetable stock cube**  
**950 ml (32 fl oz) water**  
**salt and pepper (to taste)**

1. Sauté chopped onion in 1 tbs of olive oil for 3-4 min on medium heat.
2. Add stock cube, water (boiled), diced potato, grated parsnip, crushed garlic, vinegar, rosemary and onion granules, and cook for 15 min on medium heat.
3. Add soya yoghurt once cooked.
4. Heat up the rest of coconut oil in a frying pan, place diced lamb in the pan and cook for 2-3 min on medium heat, turning regularly to prevent burning.
5. Divide soup into 4 servings and serve with lamb.
6. Add salt and pepper (to taste).



## CAULIFLOWER & BASIL SOUP

Total Time: 30 min

4 servings



**One serving contains:** *Calories: 129*  
*Total Carbohydrate (g): 20 Sugar (g): 7*  
*Carbohydrate Portions: 1.5 Protein (g): 6*  
*Total Fat (g): 4 Saturated Fat (g): 0*  
*Unsaturated Fat (g): 3 Cholesterol (mg): 0*  
*Fibre (g): 8 Sodium (mg): 81 Salt (g): 0.2*  
*Calcium (mg): 127 Magnesium (mg): 55*  
*Iron (mg): 2.5 Zinc (mg): 1 Glycaemic Load: 7*



**1 med cauliflower**  
**1 small leek**  
**1 small onion**  
**1 med carrot**  
**3 cloves garlic (peeled)**  
**1 tbs olive oil**  
**1 low-salt vegetable stock cube**  
**2 tbs dried basil**  
**25 (1 oz) g fresh basil**  
**900 ml (30 fl oz) water**  
**salt and pepper (to taste)**

1. Sauté chopped leek and onion in olive oil for 3-4 min on medium heat.
2. Add stock cube, chopped vegetables and water (boiled), and cook for 15 min on medium heat.
3. Add basil and blend until smooth.
4. Divide into 4 servings.
5. Add salt and pepper (to taste).

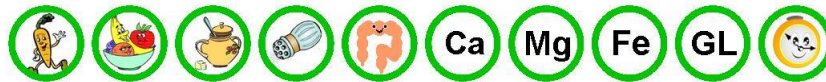
## MINTY BROCCOLI SOUP

Total Time: 25-30 min

4 servings



**One serving contains:** *Calories: 165*  
*Total Carbohydrate (g): 20 Sugar (g): 4*  
*Carbohydrate Portions: 1.5 Protein (g): 9*  
*Total Fat (g): 6 Saturated Fat (g): 1*  
*Unsaturated Fat (g): 4 Cholesterol (mg): 0*  
*Fibre (g): 7 Sodium (mg): 25 Salt (g): 0.06*  
*Calcium (mg): 129 Magnesium (mg): 63*  
*Iron (mg): 5 Zinc (mg): 1.4 Glycaemic Load: 10*



**400 g (14 oz) broccoli**  
**170 g (6 oz) chickpeas tinned in water (drained)**  
**1 med leek**  
**1 small parsnip**  
**3 cloves garlic (peeled)**  
**1 tbs olive oil**  
**1 low-salt vegetable stock cube**  
**1 tbs dried mint**  
**15 g (0.5 oz) fresh mint**  
**1000 ml (34 fl oz) water**  
**salt and pepper (to taste)**

1. Sauté chopped leek in olive oil for 3-4 min on medium heat.
2. Add stock cube, chopped vegetables and water (boiled), and cook for 10-15 min on medium heat.
3. Add chickpeas and mint, and blend until smooth.
4. Divide into 4 servings.
5. Add salt and pepper (to taste).



## CREAMY SPINACH & SEA VEGETABLE SOUP

Total Time: 30-35 min

4 servings



**One serving contains:** *Calories: 216*  
*Total Carbohydrate (g): 21 Sugar (g): 2*  
*Carbohydrate Portions: 2 Protein (g): 4*  
*Total Fat (g): 13 Saturated Fat (g): 7*  
*Unsaturated Fat (g): 4 Cholesterol (mg): 0*  
*Fibre (g): 5 Sodium (mg): 35 Salt (g): 0.1*  
*Calcium (mg): 117 Magnesium (mg): 100*  
*Iron (mg): 3 Zinc (mg): 1 Glycaemic Load: 12*



**100 g (3.5 oz) spinach**  
**1 small leek**  
**70 g (2.5 oz) brown rice**  
**3 cloves garlic (peeled)**  
**25 g (1 oz) dried sea vegetables (arame, nori, wakame or other)**  
**200 ml (7 fl oz) coconut milk (or rice cream)**  
**1 tbs coconut oil**  
**1 low-salt vegetable stock cube**  
**1100 ml (37 fl oz) water**  
**salt and pepper (to taste)**

1. Cook rice as per instructions on the packaging.
2. Soak sea vegetables in cool water for 10-15 min.
3. Sauté chopped leek in coconut oil for 3-4 min on medium heat.
4. Add stock cube, water (boiled), chopped spinach, crushed garlic and sea vegetables, and cook for 10 min on medium heat.
5. Add coconut milk just before the end of cooking, and mix in cooked rice.
6. Divide into 4 servings.
7. Add salt and pepper (to taste).

## CUCUMBER & DILL CHICKEN SOUP

Total Time: 35-40 min

4 servings



**One serving contains:** *Calories: 246*  
*Total Carbohydrate (g): 24 Sugar (g): 5*  
*Carbohydrate Portions: 2 Protein (g): 16*  
*Total Fat (g): 11 Saturated Fat (g): 4*  
*Unsaturated Fat (g): 5 Cholesterol (mg): 35*  
*Fibre (g): 5 Sodium (mg): 815 Salt (g): 2*  
*Calcium (mg): 80 Magnesium (mg): 67*  
*Iron (mg): 3 Zinc (mg): 1 Glycaemic Load: 9*



**300 g (11 oz) pickled sour cucumber**  
**0.5 large fresh cucumber**  
**1 med onion**  
**1 med carrot**  
**1 small parsnip**  
**3 cloves garlic (peeled)**  
**3 small potatoes**  
**2 small chicken breasts**  
**100 ml (3.5 fl oz) coconut milk (or rice cream)**  
**2 tbs dried dill**  
**15 g (0.5 oz) fresh dill**  
**1.5 tbs olive oil**  
**1 low-salt vegetable stock cube**  
**700 ml (24 fl oz) water**  
**salt and pepper (to taste)**

1. Sauté chopped onion in 1 tbs of olive oil for 3-4 min on medium heat.
2. Add stock cube, water (boiled), crushed garlic, dried dill, and grated cucumber, carrot and parsnip, and cook for 10-15 min on medium heat.
3. Add chopped fresh dill and coconut milk just before the end of cooking.
4. Cook diced potatoes separately (10-15 min on medium heat, or until cooked).
5. Pan-fry diced chicken in 0.5 tbs of coconut oil for 8-10 min on medium heat (check it is cooked through).
6. Add potatoes and chicken to the soup.
7. Divide into 4 servings, and add salt and pepper to taste.

## SAUERKRAUT SOUP

Total Time: 35 min

4 servings



**One serving contains:** *Calories: 185*  
*Total Carbohydrate (g): 26 Sugar (g): 7*  
*Carbohydrate Portions: 2.5 Protein (g): 9*  
*Total Fat (g): 6 Saturated Fat (g): 1*  
*Unsaturated Fat (g): 4 Cholesterol (mg): 9*  
*Fibre (g): 6 Sodium (mg): 791 Salt (g): 2*  
*Calcium (mg): 69 Magnesium (mg): 45*  
*Iron (mg): 2 Zinc (mg): 1 Glycaemic Load: 9*



**220 g (8 oz) sauerkraut**  
**2 med onions**  
**1 med carrot**  
**2 small parsnips**  
**3 cloves garlic (peeled)**  
**2 small potatoes**  
**150 g (5.5 oz) lean unsmoked bacon**  
**5 bay leaves**  
**1 tbs olive oil**  
**1 low-salt vegetable stock cube**  
**750 ml (25 fl oz) water**  
**salt and pepper (to taste)**

1. Sauté chopped onions in olive oil for 3-4 min on medium heat.
2. Add stock cube, water (boiled), bay leaves, crushed garlic, sauerkraut (rinsed and chopped), grated carrot and parsnip, and cook for 15-20 min on medium heat.
3. Pan-fry chopped bacon on its own (2-3 min on medium heat).
4. Cook diced potatoes separately (10-15 min on medium heat, or until cooked).
5. Add potatoes and bacon to the soup.
6. Divide into 4 servings.
7. Add salt and pepper (to taste).

# SALADS





## FRUITY TURKEY SALAD

Total Time: 20-25 min

4 servings



**One serving contains:** *Calories: 445*  
*Total Carbohydrate (g): 41 Sugar (g): 26*  
*Carbohydrate Portions: 3.5 Protein (g): 26*  
*Total Fat (g): 22 Saturated Fat (g): 3*  
*Unsaturated Fat (g): 18 Cholesterol (mg): 43*  
*Fibre (g): 9 Sodium (mg): 117 Salt (g): 0.3*  
*Calcium (mg): 117 Magnesium (mg): 82*  
*Iron (mg): 2.4 Zinc (mg): 2 Glycaemic Load: 12*



**300 g (11 oz) turkey breast**  
**3 med apples**  
**300 g (11 oz) red seedless grapes**  
**250 g (9 oz) celery**  
**100 g (3.5 oz) pecan nuts**  
**150 g (5.5 oz) kidney beans in water (rinsed and drained)**  
**5 tbs plain soya yoghurt**  
**2 tbs coconut milk**  
**0.5 tbs olive oil**  
**0.5 lemon (juiced)**  
**salt and pepper (to taste)**

1. Pan-fry diced turkey breast in olive oil and lemon juice, with a pinch of salt and pepper, for 6-7 min on medium heat (check it is cooked through).
2. Combine cooked turkey with diced apples, halved grapes, chopped celery and pecan nuts, kidney beans, yoghurt, and coconut milk.
3. Divide into 4 servings
4. Add salt and pepper (to taste).



## SAUERKRAUT & CHICKEN SALAD

Total Time: 30-35 min

4 servings



**One serving contains:** *Calories: 328*  
*Total Carbohydrate (g): 39 Sugar (g): 11*  
*Carbohydrate Portions: 3.5 Protein (g): 25*  
*Total Fat (g): 9 Saturated Fat (g): 1*  
*Unsaturated Fat (g): 7 Cholesterol (mg): 53*  
*Fibre (g): 10 Sodium (mg): 641 Salt (g): 1.6*  
*Calcium (mg): 137 Magnesium (mg): 88*  
*Iron (mg): 4 Zinc (mg): 1.5 Glycaemic Load: 12*



- 2 chicken breasts (approx. 300 g; 11 oz)**
- 300 g (11 oz) sauerkraut**
- 2 small sweet potatoes**
- 80 g (3 oz) garden peas (frozen)**
- 80 g (3 oz) kidney beans tinned in water (rinsed and drained)**
- 1 large onion**
- 1 large carrot**
- 1 med green pepper**
- 3 tbs dried dill**
- 2 tbs apple cider vinegar**
- 2.5 tbs olive oil**
- 1 low-salt vegetable stock cube**
- salt and pepper (to taste)**

1. Cook diced potatoes for 8-10 min on medium heat, or until cooked.
2. Pan-fry diced chicken breast with a crushed stock cube in a bit of olive oil for 8-10 min on medium heat (check it is cooked through).
3. Cook peas as per instructions on the packaging.
4. Combine cooked chicken, potatoes and peas with chopped sauerkraut (rinse first), onion, pepper and dill, beans, grated carrot, the rest of olive oil, and vinegar.
5. Divide into 4 servings
6. Add salt and pepper (to taste).

## FRAGRANT TUNA SALAD

Total Time: 30-35 min

4 servings



**One serving contains:** *Calories: 359*  
*Total Carbohydrate (g): 40 Sugar (g): 16*  
*Carbohydrate Portions: 3.5 Protein (g): 27*  
*Total Fat (g): 11 Saturated Fat (g): 2*  
*Unsaturated Fat (g): 9 Cholesterol (mg): 23*  
*Fibre (g): 8 Sodium (mg): 79 Salt (g): 0.2*  
*Calcium (mg): 115 Magnesium (mg): 85*  
*Iron (mg): 4 Zinc (mg): 2 Glycaemic Load: 18*



**300 g (11 oz) tuna steak (can use tinned tuna)**  
**1 small sweet potato**  
**250 g (9 oz) green beans**  
**180 g (6.5 oz) chickpeas tinned in water (rinsed and drained)**  
**70 g (2.5 oz) rocket lettuce**  
**60 g (2 oz) sultanas**  
**1 large onion**  
**12 cherry tomatoes**  
**25 g (1 oz) fresh coriander**  
**0.25 med lemon (juiced)**  
**3 tsp ground mixed spice**  
**3 tbs olive oil**  
**2 tbs balsamic vinegar**  
**salt and pepper (to taste)**

1. Cook diced potatoes for 8-10 min on medium heat, or until cooked.
2. Chop green beans and steam for 8-10 min.
3. Mix potatoes, beans, lettuce, chickpeas, chopped onion and coriander, halved tomatoes and sultanas.
4. For the dressing, mix oil, vinegar, mixed spice, lemon juice, and salt and pepper to taste.
5. Use some of the dressing to coat tuna steaks and place them in a hot frying pan for 1-2 min on each side (combine the rest of the dressing with the salad).
6. Divide the salad into 4 servings and top with cooked tuna steak.
7. Add salt and pepper (to taste).

# WATERMELON & TOFU SALAD

Total Time: 20 min

4 servings



**One serving contains:** *Calories: 424*  
*Total Carbohydrate (g): 29 Sugar (g): 14*  
*Carbohydrate Portions: 2.5 Protein (g): 14*  
*Total Fat (g): 30 Saturated Fat (g): 3*  
*Unsaturated Fat (g): 24 Cholesterol (mg): 0*  
*Fibre (g): 5 Sodium (mg): 398 Salt (g): 1*  
*Calcium (mg): 122 Magnesium (mg): 102*  
*Iron (mg): 5 Zinc (mg): 2 Glycaemic Load: 12*



**350 g (12.5 oz) firm tofu**  
**400 g (14 oz) watermelon (or other type of melon)**  
**160 g (5.5 oz) rocket lettuce**  
**200 g (7 oz) cucumber**  
**160 g (5.5 oz) black pitted olives**  
**160 g (5.5 oz) chickpeas tinned in water (rinsed and drained)**  
**60 g (2 oz) pine nuts**  
**4 tbs olive oil**  
**2 tbs balsamic glaze**  
**6 spring onions**  
**salt and pepper (to taste)**

1. Arrange diced watermelon, cucumber and tofu, olives and chickpeas on a bed of lettuce.
2. Sprinkle with chopped spring onions and pine nuts.
3. Dress with olive oil and balsamic glaze.
4. Divide into 4 servings
5. Add salt and pepper (to taste).

# CURRIED LAMB SALAD

Total Time: 25 min

4 servings



**One serving contains: Calories: 445**  
Total Carbohydrate (g): **42** Sugar (g): **13**  
Carbohydrate Portions: **3.5** Protein (g): **26**  
Total Fat (g): **21** Saturated Fat (g): **11**  
Unsaturated Fat (g): **8** Cholesterol (mg): **59**  
Fibre (g): **10** Sodium (mg): **142** Salt (g): **0.4**  
Calcium (mg): **145** Magnesium (mg): **143**  
Iron (mg): **8** Zinc (mg): **5** Glycaemic Load: **16**



**320 g (11.5 oz) lean lamb**  
**200 g (7 oz) garden peas (frozen)**  
**80 g (3 oz) amaranth (can use quinoa or teff)**  
**150 g (5.5 oz) cucumber**  
**1 large pomegranate**  
**1 med red pepper**  
**1 med yellow pepper**  
**200 ml (7 oz) coconut milk**  
**70 g (2.5 oz) baby spinach**  
**3 tsp ground cinnamon**  
**2 tsp dried coriander**  
**2 tsp ground cumin**  
**2 tsp garlic powder**  
**1 tsp turmeric**  
**1 tbs coconut oil**  
**salt and pepper (to taste)**

1. Cook amaranth and peas as per instructions on the packaging.
2. Heat up coconut oil with spices in a frying pan, add diced lamb and coconut milk, and cook for 3-4 min on medium heat stirring frequently.
3. Add cooked amaranth.
4. Combine diced cucumber and peppers, chopped spinach, pomegranate seeds, cooked peas, and cooked lamb with amaranth.
5. Divide into 4 servings, and add salt and pepper to taste (serve warm).

*\*you can use Rogan Josh Masala powder in place of the spices*

## MINTY CELERIAC SALAD (SIDE SALAD)

Total Time: 15 min

4 servings



**One serving contains:** *Calories: 261*  
*Total Carbohydrate (g): 26 Sugar (g): 14*  
*Carbohydrate Portions: 2.5 Protein (g): 5*  
*Total Fat (g): 17 Saturated Fat (g): 4*  
*Unsaturated Fat (g): 12 Cholesterol (mg): 0*  
*Fibre (g): 4 Sodium (mg): 91 Salt (g): 0.2*  
*Calcium (mg): 71 Magnesium (mg): 65*  
*Iron (mg): 2 Zinc (mg): 1 Glycaemic Load: 12*



**0.75 med celeriac**  
**15 g (0.5 oz) fresh mint**  
**80 g (3 oz) walnuts**  
**60 g (2 oz) sultanas or raisins**  
**25 g (1 oz) alfalfa sprouted seeds**  
**6 tbs coconut milk**  
**0.5 med lemon (juiced)**  
**0.5 tbs runny honey**

1. Combine grated celeriac with lemon juice, coconut milk, honey and finely chopped mint.
2. Add sultanas, cracked walnuts, alfalfa seeds and mix together.
3. Divide into 4 servings.

*\*excellent addition to barbequed and grilled dishes*



## CARROT & APPLE SALAD (SIDE SALAD)

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Total Time: 15 min

4 servings



**One serving contains:** *Calories: 146*  
*Total Carbohydrate (g): 24 Sugar (g): 14*  
*Carbohydrate Portions: 2.5 Protein (g): 3*  
*Total Fat (g): 6 Saturated Fat (g): 0.5*  
*Unsaturated Fat (g): 5 Cholesterol (mg): 0*  
*Fibre (g): 4 Sodium (mg): 39 Salt (g): 0.1*  
*Calcium (mg): 66 Magnesium (mg): 35*  
*Iron (mg): 1 Zinc (mg): 1 Glycaemic Load: 7*



**1 med carrots**  
**3 med apples**  
**0.5 med lemon (juiced)**  
**3 tbs mustard seeds**  
**1 tbs runny honey**  
**1 tbs coconut oil**

1. Heat up coconut oil in a frying pan, add mustard seeds and cover.
2. When seeds start popping, wait for a few seconds and remove from heat (keep the lid on).
3. Combine grated carrot and apple with lemon juice, honey and mustard seeds.
4. Divide into 4 servings.

*\*excellent addition to barbequed and grilled dishes*

# LIGHT MEALS



## SALMON MUSHROOMS

Total Time: 40 min

4 servings (1 serving = 2 mushrooms)



**One serving contains:** *Calories: 311*  
*Total Carbohydrate (g): 20 Sugar (g): 7*  
*Carbohydrate Portions: 2 Protein (g): 24*  
*Total Fat (g): 16 Saturated Fat (g): 4*  
*Unsaturated Fat (g): 10 Cholesterol (mg): 40*  
*Fibre (g): 3 Sodium (mg): 125 Salt (g): 0.3*  
*Calcium (mg): 108 Magnesium (mg): 65*  
*Iron (mg): 3 Zinc (mg): 2 Glycaemic Load: 10*



**8 large flat mushrooms**  
**320 g (11.5 oz) salmon**  
**3 spring onions**  
**1 large onion**  
**3 cloves garlic (peeled)**  
**40 g (1.5 oz) gluten-free breadcrumbs**  
**50 ml (2 fl oz) coconut milk**  
**1 tbs onion granules**  
**3 tbs dried dill**  
**1 low-salt vegetable stock cube**  
**2 tbs balsamic vinegar**  
**0.5 lemon (juiced)**  
**1 tbs coconut oil**  
**salt and pepper (to taste)**

1. Bake mushrooms in a pre-heated oven for 25 min (gas mark 7), covered with foil (add sprinkle of salt and pepper).
2. Sauté chopped onions and crushed garlic in coconut oil for 4-5 min on medium heat.
3. Add stock cube (dilute in small amount of hot water first), dill, onion granules, lemon juice, vinegar, coconut milk, and diced salmon, cook for further 2-3 min on medium heat, and mix in breadcrumbs once cooked.
4. Stuff mushrooms (remove any juice first) and bake for 5 min (gas mark 6).
5. Serve with a salad, and add salt and pepper to taste.



## CASHEW NUTLOAF

Total Time: 45-50 min

4 servings



**One serving contains:** *Calories: 440*  
*Total Carbohydrate (g): 39 Sugar (g): 11*  
*Carbohydrate Portions: 3.5 Protein (g): 16*  
*Total Fat (g): 27 Saturated Fat (g): 5*  
*Unsaturated Fat (g): 19 Cholesterol (mg): 113*  
*Fibre (g): 7 Sodium (mg): 639 Salt (g): 1.6*  
*Calcium (mg): 107 Magnesium (mg): 166*  
*Iron (mg): 5 Zinc (mg): 4 Glycaemic Load: 15*



**180 g (6.5 oz) cashew nuts**  
**4 med carrots**  
**1 large onion**  
**2 med eggs (or egg replacers)**  
**150 g (5.5 oz) garden peas (frozen)**  
**4 cloves garlic (peeled)**  
**100 ml (3.5 fl oz) unsweetened almond milk**  
**2 tbs gluten-free breadcrumbs**  
**15 g (0.5 oz) fresh parsley**  
**1 tbs onion granules**  
**0.5 med lemon (juiced)**  
**2 tbs apple cider vinegar**  
**1 tbs olive oil**  
**1 tsp guar gum (or preferred alternative)**  
**0.75 tsp sea salt**  
**pinch of pepper (optional)**  
**sunflower oil spray**

1. Sauté chopped onion in olive oil for 4-5 min on medium heat.
2. Cook diced carrots for 10-15 min on medium heat, drain and mash.
3. Combine ground nuts, mashed carrots, sautéed onion, cooked peas (as per packaging instructions), crushed garlic, almond milk, breadcrumbs, eggs, chopped parsley, onion granules, lemon juice, vinegar, gum, salt and pepper.
4. Bake in a non-stick tin (coated with oil spray and a dusting flour) in a pre-heated oven for 30 min (gas mark 6), or until golden brown.
5. Divide into 4 servings, and serve with a salad.

## BEEF & ONION CAKE

Total Time: 40-45 min

4 servings



**One serving contains:** *Calories: 438*  
*Total Carbohydrate (g): 27 Sugar (g): 6*  
*Carbohydrate Portions: 2.5 Protein (g): 27*  
*Total Fat (g): 25 Saturated Fat (g): 6*  
*Unsaturated Fat (g): 17 Cholesterol (mg): 160*  
*Fibre (g): 4 Sodium (mg): 431 Salt (g): 1*  
*Calcium (mg): 93 Magnesium (mg): 54*  
*Iron (mg): 4 Zinc (mg): 4 Glycaemic Load: 13*



**320 g (11.5 oz) extra-lean beef mince**  
**2 med onions**  
**1 med carrot**  
**100 g (3.5 oz) garden peas (frozen)**  
**50 ml (2 fl oz) unsweetened almond milk**  
**4 cloves garlic (peeled)**  
**60 g (2 oz) dairy-free mozzarella (optional)**  
**2 med eggs (or egg replacers)**  
**5 tbs gluten-free self-raising flour**  
**2 tbs onion granules**  
**4 tbs olive oil**  
**0.5 tsp sea salt**  
**pinch of pepper**

1. Sauté chopped onions, crushed garlic, salt and pepper in 1 tbs of olive oil for 3-4 min on medium heat, add mince and cook for further 5 min.
2. Cook peas as per instructions on the packaging.
3. Combine the sautéed mix with cooked peas, grated carrot, almond milk, eggs, flour, and olive oil.
4. Transfer into a baking tin, sprayed with oil and coated with a dusting of flour.
5. Sprinkle mozzarella on top and bake 20-25 min (gas mark 6).
6. Divide into 4 servings.



# MAIN MEALS



## LEMON & TARRAGON SALMON

Total Time: 25 min

4 servings



**One serving contains:** *Calories: 361*  
*Total Carbohydrate (g): 38 Sugar (g): 8*  
*Carbohydrate Portions: 3.5 Protein (g): 21*  
*Total Fat (g): 15 Saturated Fat (g): 4*  
*Unsaturated Fat (g): 9 Cholesterol (mg): 33*  
*Fibre (g): 7 Sodium (mg): 81 Salt (g): 0.2*  
*Calcium (mg): 83 Magnesium (mg): 94*  
*Iron (mg): 3 Zinc (mg): 2 Glycaemic Load: 19*



**400 g (14 oz) salmon**  
**250 g (9 oz) mangetout**  
**220 g (8 oz) garden peas**  
**150 g (5.5 oz) gluten-free pasta**  
**100 ml (3.5 fl oz) coconut milk (can use rice cream)**  
**2 large onions**  
**1 med courgette**  
**15 g (0.5 oz) fresh tarragon (or 2 tbs dried)**  
**6 cloves garlic (peeled)**  
**1 med lemon (juiced)**  
**1 large orange (juiced)**  
**1.5 tbs coconut oil**  
**1 low-salt vegetable stock cube**  
**salt and pepper (to taste)**

1. Sauté chopped onions with crushed garlic in 1 tbs of coconut oil for 3-4 min on medium heat.
2. Add stock cube, chopped mangetout, grated courgette, peas, lemon and orange juice, and cook for 10 min on low heat (covered).
3. Cook pasta separately, as per instructions on the packaging.
4. Pan-fry salmon in 0.5 tbs of coconut oil for 6-8 min on low heat (covered).
5. Combine vegetable mix with the pasta and add finely chopped tarragon.
6. Divide into 4 servings, top with pieces of cooked salmon, and add salt and pepper to taste.
7. Serve with salmon and season to taste.

## VEGETABLE & LENTIL STEW

Total Time: 40-45 min

4 servings



**One serving contains:** *Calories: 259*  
*Total Carbohydrate (g): 47 Sugar (g): 15*  
*Carbohydrate Portions: 4 Protein (g): 10*  
*Total Fat (g): 5 Saturated Fat (g): 0*  
*Unsaturated Fat (g): 4 Cholesterol (mg): 0*  
*Fibre (g): 11 Sodium (mg): 149 Salt (g): 0.4*  
*Calcium (mg): 146 Magnesium (mg): 77*  
*Iron (mg): 5 Zinc (mg): 2 Glycaemic Load: 19*



**0.5 med cabbage**  
**1 med sweet potato**  
**1 large onion**  
**1 med carrot**  
**1 small leek**  
**1 med courgette**  
**70 g (2.5 oz) red lentils**  
**4 cloves garlic (peeled)**  
**100 g (3.5 oz) tomato concentrate**  
**1 tbs coconut oil**  
**25 g (1 oz) fresh parsley**  
**4 bay leaves**  
**1 low-salt vegetable stock cube**  
**1 tbs dried parsley**  
**1 tbs onion granules**  
**1 tbs garlic powder**  
**600 ml (20 fl oz) water**  
**salt and pepper (to taste)**

1. Sauté chopped onion, leek, crushed garlic in coconut oil for 3-4 min on medium heat.
2. Add stock cube, chopped vegetables, lentils (rinse thoroughly first), bay leaves, dried parsley, onion granules, garlic powder, tomato concentrate and water (boiled), and cook for 25 min on low heat (covered). Stir occasionally.
3. Add chopped parsley.
4. Divide into 4 servings, and add salt and pepper to taste.



## VEGETABLE BAKE

Total Time: 45-50 min

4 servings



**One serving contains:** *Calories: 303*  
*Total Carbohydrate (g): 37 Sugar (g): 7*  
*Carbohydrate Portions: 3.5 Protein (g): 13*  
*Total Fat (g): 12 Saturated Fat (g): 2*  
*Unsaturated Fat (g): 7 Cholesterol (mg): 227*  
*Fibre (g): 5 Sodium (mg): 433 Salt (g): 1*  
*Calcium (mg): 144 Magnesium (mg): 61*  
*Iron (mg): 4 Zinc (mg): 2 Glycaemic Load: 19*



**1 large onion**  
**100 g (3.5 oz) broccoli**  
**100 g (3.5 oz) mangetout**  
**1 large carrot**  
**1 med courgette**  
**3 cloves garlic (peeled)**  
**60 g (2 oz) gluten-free flour**  
**250 ml (8.5 oz) rice milk**  
**4 med eggs**  
**3 tbs mixed Italian herbs**  
**1 tbs onion granules**  
**1 tbs garlic powder**  
**1 tbs olive oil**  
**1 low-salt vegetable stock cube**  
**0.5 tsp sea salt**

1. Chop carrot and steam for 5 min (or blanch), then add chopped courgette, mangetout and broccoli, and steam for further 5 min.
2. Sauté chopped onion and crushed garlic in olive oil for 3-4 min on medium heat, add salt, onion granules, garlic powder, mixed herbs, and stock cube (dilute in 2 tbs of hot water first).
3. Whisk flour with eggs and rice milk.
4. Place sautéed mix, steamed vegetables in baking tray, pour in egg mixture, and bake for 25-30 min (gas mark 6).
5. Divide into 4 servings.

*\*this dish is great for using up any leftover vegetables*

## CAULIFLOWER & SPINACH CURRY

Total Time: 40-45 min

4 servings



**One serving contains:** *Calories: 313*  
*Total Carbohydrate (g): 38 Sugar (g): 7*  
*Carbohydrate Portions: 3 Protein (g): 13*  
*Total Fat (g): 14 Saturated Fat (g): 8*  
*Unsaturated Fat (g): 5 Cholesterol (mg): 0*  
*Fibre (g): 11 Sodium (mg): 113 Salt (g): 0.3*  
*Calcium (mg): 165 Magnesium (mg): 123*  
*Iron (mg): 8 Zinc (mg): 2 Glycaemic Load: 15*



**0.5 med cauliflower**  
**200 g (7 oz) spinach**  
**1 large onion**  
**2 med carrots**  
**100 g (3.5 oz) red lentils**  
**3 cloves garlic (peeled)**  
**200 ml (7 fl oz) coconut milk**  
**25 g (1 oz) fresh coriander**  
**1 tbs coconut oil**  
**1 low-salt vegetable stock cube**  
**3 tsp allspice**  
**2 tsp dried coriander**  
**2 tsp turmeric**  
**2 tsp ginger powder**  
**2 tsp cumin**  
**cayenne pepper (optional)**  
**600 ml (20 fl oz) water**  
**salt and cayenne pepper (to taste)**

1. Sauté chopped onion, crushed garlic and spices in coconut oil for 3-4 min on medium heat.
2. Add stock cube, chopped vegetables, lentils (rinse thoroughly first) and water (boiled), and cook for 25 min on low heat (covered). Stir occasionally.
3. Add coconut milk and chopped coriander.
4. Divide into 4 servings, and add salt and cayenne pepper to taste.



## MINTED LAMB POTATO ROSTIES

Total Time: 45-50 min  
4 servings (4 large rosties)



**One serving contains:** *Calories: 429*  
*Total Carbohydrate (g): 39 Sugar (g): 8*  
*Carbohydrate Portions: 3.5 Protein (g): 29*  
*Total Fat (g): 17 Saturated Fat (g): 5*  
*Unsaturated Fat (g): 10 Cholesterol (mg): 229*  
*Fibre (g): 7 Sodium (mg): 510 Salt (g): 1.3*  
*Calcium (mg): 152 Magnesium (mg): 87*  
*Iron (mg): 5 Zinc (mg): 4 Glycaemic Load: 17*



### ***Rosties:***

**8 small potatoes**  
**3 med eggs (or egg replacers)**  
**2 tbs gluten-free flour**  
**1 tsp guar gum (or preferred alternative)**  
**0.5 tsp sea salt**  
**olive oil spray**

### ***Filling:***

**320 g (11.5 oz) lean lamb**  
**160 g (5.5 oz) peas (frozen)**  
**2 med onions**  
**2 med carrots**  
**120 g (4.5 oz) plain soya yoghurt (or rice cream)**  
**3 cloves garlic (peeled)**  
**2 tbs dried mint**  
**1 low-salt vegetable stock cube**  
**1 tbs coconut oil**  
**1 tbs ground flax seed**  
**350 ml (12 fl oz) water**  
**salt and pepper (to taste)**

1. Sauté chopped onion and crushed garlic in coconut oil for 3-4 min, add diced lamb and cook for further 1-2 min on medium heat to seal.
2. Add grated carrots, mint, stock cube, water (boiled), salt and pepper (to taste), and continue to cook for 2-3 min, stirring occasionally.
3. Mix in yoghurt, cooked peas (as per packaging instructions) and flax seed.

4. To make rosties, mix grated potatoes with eggs, flour, gum and salt.
5. Pan-fry for 3-4 min on each side on low heat using 4-5 oil sprays each time (use two frying pans at the same time), and fill with lamb stew.

## GRILLED VEGETABLES & VENISON SPAGHETTI

Total Time: 60 min

4 servings



**One serving contains:** *Calories: 356*  
*Total Carbohydrate (g): 33 Sugar (g): 12*  
*Carbohydrate Portions: 3 Protein (g): 25*  
*Total Fat (g): 15 Saturated Fat (g): 5*  
*Unsaturated Fat (g): 7 Cholesterol (mg): 14*  
*Fibre (g): 9 Sodium (mg): 53 Salt (g): 0.1*  
*Calcium (mg): 108 Magnesium (mg): 83*  
*Iron (mg): 6 Zinc (mg): 1.5 Glycaemic Load: 18*



**320 g (11.5 oz) venison (can use lean beef or lamb)**

**1 large aubergine**

**75 g (2.5 oz) gluten-free spaghetti**

**1 large red onion; 2 med red peppers**

**250 g (9 oz) asparagus**

**400 g (14.5 oz) chopped tomatoes (in jar)**

**100 ml (3.5 fl oz) coconut milk**

**4 cloves garlic (peeled)**

**3 tbs mixed dried herbs**

**2 tbs coconut oil**

**salt and pepper (to taste)**

1. Mix diced vegetables with crushed garlic, herbs, seasoning and 1.5 tbs of melted coconut oil (melt in a separate pan), place in a baking tray and bake covered with foil for 30 min, uncover, stir, and bake for further 15-20 min.
2. Cook spaghetti as per instructions on the packaging.
3. Pan-fry diced venison in 0.5 tbs of coconut oil for 2-3 min on medium heat.
4. Heat up chopped tomatoes in a saucepan.
5. Add coconut milk, venison and cooked spaghetti, and mix together.
6. Divide into 4 servings, top with grilled vegetables, and add salt and pepper to taste.
7. Season to taste.

## WINTER VEGETABLE HADDOCK

Total Time: 30-35 min

4 servings



**One serving contains:** *Calories: 326*  
*Total Carbohydrate (g): 43 Sugar (g): 10*  
*Carbohydrate Portions: 4 Protein (g): 22*  
*Total Fat (g): 9 Saturated Fat (g): 1*  
*Unsaturated Fat (g): 7 Cholesterol (mg): 31*  
*Fibre (g): 8 Sodium (mg): 174 Salt (g): 0.4*  
*Calcium (mg): 140 Magnesium (mg): 81*  
*Iron (mg): 3 Zinc (mg): 1.5 Glycaemic Load: 16*



**320 g (11.5 oz) haddock (can use cod)**  
**2 med onions**  
**3 med carrots**  
**2 small parsnips**  
**0.25 med celeriac**  
**5 small potatoes**  
**3 cloves garlic (peeled)**  
**50 g (2 oz) tomato concentrate**  
**50 ml (2 fl oz) unsweetened rice milk**  
**25 g (1 oz) fresh coriander**  
**3 tsp dried coriander**  
**2 tbs olive oil**  
**1 low-salt vegetable stock cube**  
**salt and pepper (to taste)**

1. Sauté chopped onion and crushed garlic in 1 tbs of olive oil for 3-4 min on medium heat.
2. Add tomato concentrate, stock cube (dilute in a bit of water first), 2 tsp of dried coriander, grated carrots, parsnips and celeriac, and cook for 10 min on medium heat (stirring occasionally), then add chopped coriander.
3. Cook diced potatoes for 15 min, drain and mash with rice milk.
4. Pan-fry haddock in 1 tbs of olive oil on medium heat for 2-3 min on each side, with 1 tsp of dried coriander, and a pinch of salt and pepper.
5. Divide into 4 servings, and add salt and pepper to taste if required.

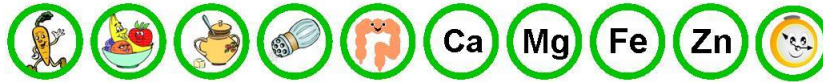
## SPINACH & ASPARAGUS QUINOA

Total Time: 30 min

4 servings



**One serving contains:** *Calories: 436*  
*Total Carbohydrate (g): 42 Sugar (g): 11*  
*Carbohydrate Portions: 3.5 Protein (g): 17*  
*Total Fat (g): 24 Saturated Fat (g): 11*  
*Unsaturated Fat (g): 10 Cholesterol (mg): 0*  
*Fibre (g): 11 Sodium (mg): 208 Salt (g): 0.5*  
*Calcium (mg): 203 Magnesium (mg): 235*  
*Iron (mg): 10 Zinc (mg): 4 Glycaemic Load: 19*



**300 g (11 oz) spinach**  
**300 g (11 oz) asparagus**  
**200 g (7 oz) garden peas (frozen)**  
**2 med courgettes**  
**150 g (5.5 oz) chestnut mushrooms**  
**250 ml (8.5 fl oz) coconut milk**  
**80 g (3 oz) quinoa (can use teff or amaranth)**  
**80 g (3 oz) cashew nuts**  
**1 med red onion**  
**3 cloves garlic (peeled)**  
**15 g (0.5 oz) dried sea vegetables (arame, wakame or nori)**  
**4 tbs apple cider vinegar**  
**3 tbs mixed dried herbs**  
**25 g (1 oz) fresh coriander**  
**0.5 tbs olive oil**  
**salt and pepper (to taste)**

1. Cook quinoa and peas as per instructions on the packaging.
2. Soak sea vegetables in cool water for 10-15 min.
3. Sauté chopped onion and crushed garlic in olive oil for 3-4 min on medium heat, add herbs, grated courgettes, chopped mushrooms, spinach, seaweed, and asparagus (trim the wide ends first), and cook for 10-15 min on medium heat stirring occasionally.
4. Add cooked peas and quinoa, coconut milk, vinegar, cashew nuts, chopped coriander, salt and pepper (to taste), and cook for further 1-2 min.



# DESSERTS



## FOREST FRUIT CRUMBLE

Total Time: 30-35 min

6 servings



**One serving contains:** *Calories: 270*  
*Total Carbohydrate (g): 33 Sugar (g): 10*  
*Carbohydrate Portions: 2.5 Protein (g): 8*  
*Total Fat (g): 14 Saturated Fat (g): 3*  
*Unsaturated Fat (g): 10 Cholesterol (mg): 0*  
*Fibre (g): 10 Sodium (mg): 4 Salt (g): 0.01*  
*Calcium (mg): 99 Magnesium (mg): 108*  
*Iron (mg): 3 Zinc (mg): 2 Glycaemic Load: 13*



**700 g (25 oz) black forest fruit (frozen)**

**120 g (4.5 oz) gluten-free oats**

**120 g (4.5 oz) almonds**

**4 tbs coconut cream (or rice cream)**

**1 tbs honey**

**20 servings stevia**

1. It is recommended to soak the almonds overnight but this is not essential to the recipe.
2. Defrost black forest fruit overnight.
3. For the crumble topping, mix oats, chopped almonds, cream, honey, and 12 servings of stevia.
4. Mix forest fruit with 8 servings of stevia.
5. Place the fruit in an oven-proof dish and cover with the crumble topping.
6. Bake in a pre-heated oven for 20-25 min, or until golden brown (gas mark 6).
7. Divide into 6 servings.

# CHOCOLATE ALMOND CAKE

Total Time: 60 min

12 servings (1 serving = 1 slice)



**One serving contains:** *Calories: 359*  
*Total Carbohydrate (g): 30 Sugar (g): 8*  
*Carbohydrate Portions: 3 Protein (g): 10*  
*Total Fat (g): 23 Saturated Fat (g): 4*  
*Unsaturated Fat (g): 17 Cholesterol (mg): 76*  
*Fibre (g): 4 Sodium (mg): 82 Salt (g): 0.2*  
*Calcium (mg): 105 Magnesium (mg): 98*  
*Iron (mg): 2.4 Zinc (mg): 2 Glycaemic Load: 16*



## **Cake:**

275 g (9 oz) almonds  
180 g (6.5 oz) gluten-free self-raising flour  
70 g (2.5 oz) sorghum flour (or gluten-free self-raising flour)  
4 med eggs (or egg replacers)  
200 ml (7 fl oz) unsweetened almond milk  
3 tbs runny honey  
1 tsp gluten-free baking powder  
1 tsp guar gum (or preferred alternative)  
28 servings stevia

## **Filling:**

120 g (4.5 oz) creamed coconut  
170 g (6 oz) coconut milk  
4 tbs reduced-fat cocoa powder  
1 tbs honey  
16 servings stevia

1. Grind 250 g of almonds and combine with flour, egg yolks, almond milk, honey, baking powder, gum, stevia, and stir (or whisk) until mixture thickens.
2. Beat egg whites (soft peaks) and fold into the mixture.
3. Transfer mixture into a baking tin, lined with greaseproof paper, and bake in a pre-heated oven for 30 min (gas mark 6).
4. Allow cake to cool, cut in half horizontally, apply filling (melt creamed coconut on low heat and blend with the rest of the ingredients; refrigerate for 10-15 min before filling the cake), top with almonds, and cut into 12 slices.

## HAZELNUT PUDDING

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Total Time: 10-15 min

4 servings



**One serving contains:** *Calories: 350*  
*Total Carbohydrate (g): 24 Sugar (g): 15*  
*Carbohydrate Portions: 2 Protein (g): 8*  
*Total Fat (g): 28 Saturated Fat (g): 2*  
*Unsaturated Fat (g): 24 Cholesterol (mg): 0*  
*Fibre (g): 6 Sodium (mg): 3 Salt (g): 0.01*  
*Calcium (mg): 243 Magnesium (mg): 92*  
*Iron (mg): 2.4 Zinc (mg): 1 Glycaemic Load: 9*



**140 g (5 oz) ground hazelnuts**  
**25 g (1 oz) chopped hazelnuts**  
**60 g (2 oz) sultanas**  
**600 ml (20 oz) unsweetened almond milk (or hazelnut milk)**  
**2 tbs ground flax seed**  
**1 tbs honey**  
**12 servings stevia**

1. Combine almond milk with sultanas, honey and stevia.
2. Cook on low to medium heat until the mixtures starts to bubble, stirring continuously.
3. Take off the heat, add ground hazelnuts and flax seed.
4. Allow to cool down and thicken.
5. Divide into 4 servings and decorate with chopped hazelnuts.



## COCONUT & RASPBERRY CAKE

Total Time: 40-45 min  
12 servings (1 serving = 1 piece)



**One serving contains:** *Calories: 276*  
*Total Carbohydrate (g): 20 Sugar (g): 8*  
*Carbohydrate Portions: 2 Protein (g): 5*  
*Total Fat (g): 21 Saturated Fat (g): 17*  
*Unsaturated Fat (g): 2 Cholesterol (mg): 76*  
*Fibre (g): 5 Sodium (mg): 91 Salt (g): 0.2*  
*Calcium (mg): 45 Magnesium (mg): 40*  
*Iron (mg): 2 Zinc (mg): 1 Glycaemic Load: 9*



**300 g (11 oz) unsweetened desiccated coconut**  
**50 g (2 oz) gluten-free self-raising flour**  
**50 g (2 oz) sorghum flour (or gluten-free self-raising flour)**  
**170 g (6 oz) raspberries (fresh or frozen)**  
**4 med eggs (or egg replacers)**  
**150 ml (5 fl oz) unsweetened almond milk**  
**150 ml (5 fl oz) coconut milk**  
**4 tbs runny honey**  
**1 tsp gluten-free baking powder**  
**24 servings stevia**

1. Combine coconut, flour, egg yolks, almond milk, coconut milk, honey, baking powder and stevia (stir or whisk).
2. Beat egg whites (soft peaks) and gently fold into the mixture.
3. Coat a non-stick baking tin lined with greaseproof paper.
4. Transfer the mixture into the baking tray and decorate with raspberries (gently push them in).
5. Bake in a pre-heated oven for 30 min (gas mark 6).
6. Cut into 12 pieces.



## CASHEW & APRICOT CAKE

Total Time: 45 min  
12 servings (1 serving = 1 piece)



**One serving contains:** *Calories: 249*  
*Total Carbohydrate (g): 29 Sugar (g): 13*  
*Carbohydrate Portions: 3 Protein (g): 8*  
*Total Fat (g): 12 Saturated Fat (g): 2*  
*Unsaturated Fat (g): 8 Cholesterol (mg): 76*  
*Fibre (g): 3 Sodium (mg): 83 Salt (g): 0.2*  
*Calcium (mg): 63 Magnesium (mg): 87*  
*Iron (mg): 3 Zinc (mg): 2 Glycaemic Load: 18*



**250 g (9 oz) cashew nuts**  
**250 g (9 oz) dried apricots**  
**100 g (3.5 oz) gluten-free self-raising flour**  
**70 g (2.5 oz) gluten-free oats**  
**4 med eggs (or egg replacers)**  
**2 tbs runny honey**  
**200 ml (7 fl oz) unsweetened almond milk**  
**1 tsp gluten-free baking powder**  
**28 servings stevia**

1. Cashew nuts should be preferably soaked overnight but this is not essential to the recipe (do not soak if bought ground).
2. Grind nuts and combine with flour, oats, egg yolks, almond milk, honey, baking powder, and stevia (stir or whisk).
3. Beat egg whites (soft peaks).
4. Gently fold egg whites and chopped apricots into the mixture.
5. Transfer the mixture into a non-stick baking tin, lined with greaseproof paper.
6. Bake in a pre-heated oven for 30 min (gas mark 6).
7. Cut into 12 pieces.

# NUTTY CHOCOLATE MOUSSE

Total Time: 10-15 min

4 servings



**One serving contains:** *Calories: 321*  
*Total Carbohydrate (g): 31 Sugar (g): 13*  
*Carbohydrate Portions: 2.5 Protein (g): 7*  
*Total Fat (g): 23 Saturated Fat (g): 4*  
*Unsaturated Fat (g): 17 Cholesterol (mg): 0*  
*Fibre (g): 9 Sodium (mg): 4 Salt (g): 0.01*  
*Calcium (mg): 149 Magnesium (mg): 154*  
*Iron (mg): 2 Zinc (mg): 2 Glycaemic Load: 8*



**4 ripe med bananas**  
**300 ml (10 fl oz) unsweetened almond milk (or rice milk)**  
**70 g (2.5 oz) ground Brazil nuts**  
**40 g (1.5 oz) chopped pecan nuts**  
**2 tbs ground flax seed**  
**4 tbs reduced-fat cocoa powder**  
**5-6 servings stevia**

1. Blend mashed bananas (you may want to leave some for decoration) with almond milk, ground Brazil nuts, flax seed, cocoa powder, and stevia.
2. Divide into 4 servings and decorate with chopped pecan nuts and small pieces of banana.

## SPICED APPLE CAKE

Total Time: 45 min  
12 servings (1 serving = 1 slice)



**One serving contains:** *Calories: 162*  
*Total Carbohydrate (g): 32 Sugar (g): 11*  
*Carbohydrate Portions: 3 Protein (g): 4*  
*Total Fat (g): 3 Saturated Fat (g): 1*  
*Unsaturated Fat (g): 2 Cholesterol (mg): 76*  
*Fibre (g): 3 Sodium (mg): 80 Salt (g): 0.2*  
*Calcium (mg): 62 Magnesium (mg): 26*  
*Iron (mg): 1 Zinc (mg): 1 Glycaemic Load: 16*



**10 med apples**  
**2 ripe med bananas**  
**170 g (6 oz) gluten-free self-raising flour**  
**50 g (2 oz) sorghum flour (or gluten-free self-raising flour)**  
**4 med eggs (or egg replacers)**  
**3 tbs runny honey**  
**6 tsp ground cinnamon**  
**3 tsp of ground cloves**  
**1 tsp gluten-free baking powder**  
**30 servings stevia**

1. Combine flour, grated apples (drain most of the juice), mashed bananas, egg yolks, honey, spices, baking powder, and stevia (stir or whisk).
2. Beat egg whites (soft peaks) and gently fold into the mixture.
3. Transfer the mixture into a non-stick baking tin, lined with greaseproof paper.
4. Bake in a pre-heated oven for 30 min (gas mark 6).
5. Cut into 12 slices.

## About the author

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Dr Eva Detko is a natural healthcare practitioner, author, and speaker. She has studied natural medicine and the human mind for 23 years. Dr Eva successfully recovered from chronic fatigue and fibromyalgia, and reversed Hashimoto's thyroiditis. She now helps others recover their health. Dr Eva has an extensive knowledge and experience in the field of human physiology, biochemistry, nutritional sciences, and bioenergetics. She also uses a wide range of mind-transforming modalities, including: Havening Techniques®, BrainWorking Recursive Therapy®, psychoanalysis, hypnotherapy, mindfulness, NLP, and applied psychoneuroimmunology.

To find out more, visit [www.dr-eva.com](http://www.dr-eva.com)