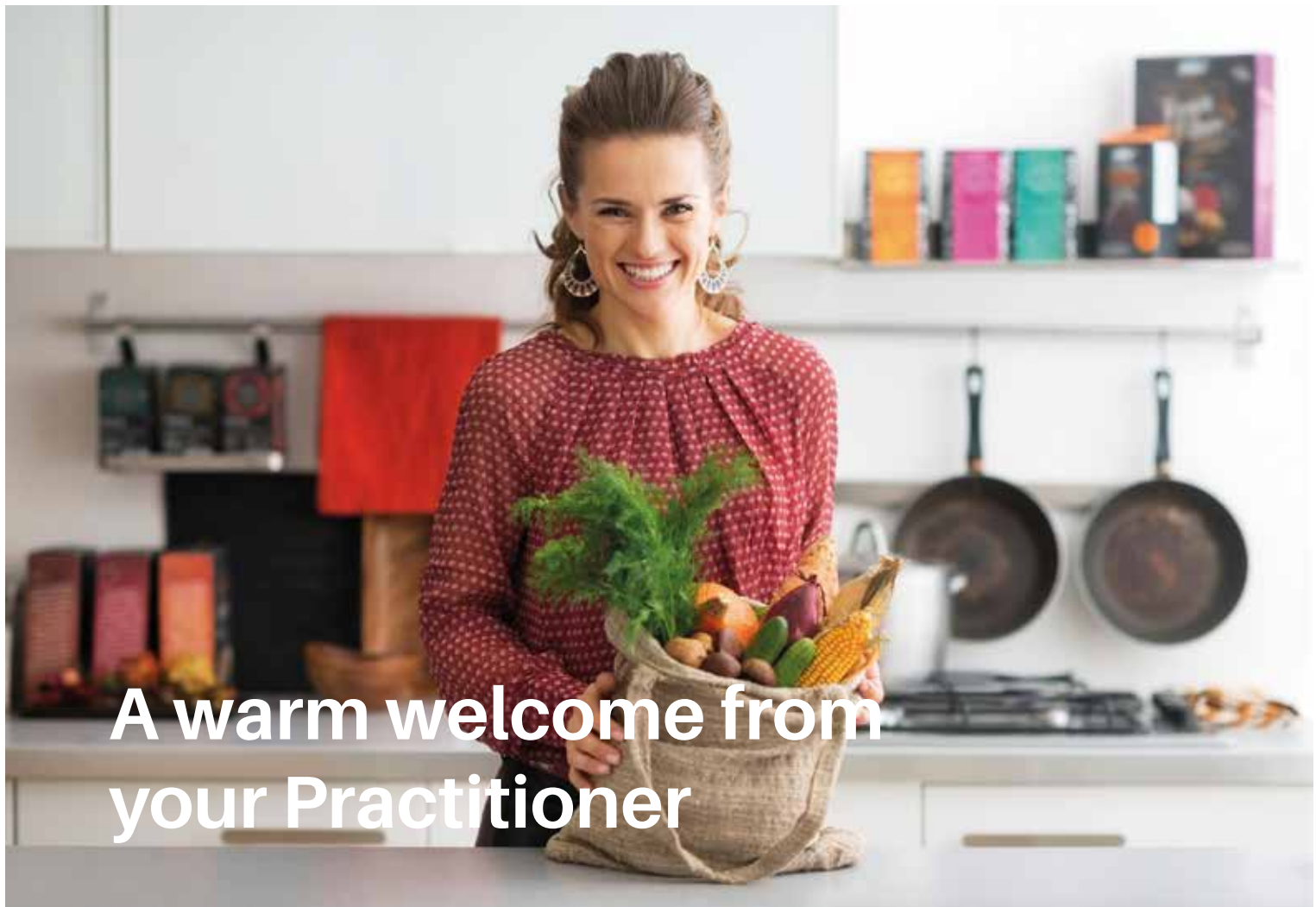




# NUTRITION **SUCCESS** FORMULA



# A warm welcome from your Practitioner

You may have spent years trying different ways of eating, embarking on new weight loss diets every January, spending a fortune on new regimes and ‘miracle’ foods. However wonderful these regimes seemed when you began them, the fact that you are reading this probably means that none of them gave you what you needed: a healthy way of eating for life.

Many of the diets around today fail to provide this and only work in the short term. The media is full of confusing and conflicting messages and it’s not surprising that many people become despondent. Most of us want to do the right thing but how does this translate into everyday food choices?

As a Practitioner, I have made it my business to understand the science and review the research on what constitutes the ‘optimum’ diet for the human species. What we now know is that low fat diets and calorie counting are certainly not the best ways to stay healthy, enjoy vibrant energy levels and lose weight. We also know those diets, which eliminate whole food groups, are difficult to sustain in the longer term. And of course, we are all individuals, so can one size really fit all?

The solution to the modern-day problems of obesity, diabetes, heart disease, dementia and other chronic diseases starts with what we eat. We now know that a way of eating that balances your blood sugar throughout the day is the solution to sustainable energy and stable weight management, without deprivation or feeling hungry. These principles will benefit everyone at every life stage and are flexible enough to be personalised to meet individual needs.

Your Nutrition Success Formula is your blueprint for how to achieve balanced blood sugar and it is very easy to follow. There are delicious recipes for everything from snacks to banquets, suitable for the whole family. The healthy eating rules apply whether your goals relate to health improvement or weight loss - simply follow the guidelines and enjoy the benefits!

# Contents

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|   |                |
|---|----------------|
| Getting Started                         | 4              |
| Why blood sugar balancing works         | 5              |
| GL - What is it?                        | 6              |
| Understanding diabetes                  | 7              |
| The ground rules                        | 8              |
| Optimum nutrition: your diet basics     | 9              |
| Breakfast                               | 12             |
| Lunch & Dinner                          | 14             |
| Snacks                                  | 17             |
| Drinks                                  | 19             |
| QUIZ : What can I eat?                  | 20             |
| Zest4life golden rules!                 | 21             |
| Simple guide to low GL menu planning    | 22             |
| GL summary of common foods              | 23             |
| Easy Breakfasts                         | 25             |
| Easy Lunches                            | 26             |
| Easy Dinners                            | 27             |
| Easy Snacks                             | 28             |
| Menu plans & shopping lists             | 29             |
| My food preferences                     | 30             |
| Eliminate your hidden food intolerances | 31             |
| The 5:2 Blood Sugar Plan                | 32             |
| Stimulants                              | 33             |
| Eating out                              | 37             |
| Healthy cooking basics                  | 42             |
| Making sense of food labels             | 43             |
| Maintenance success plan                | 44             |
| <b>8 Week menu plan</b>                 | <b>45 - 53</b> |
| <b>4 Week vegetarian menu plan</b>      | <b>54 - 57</b> |

Disclaimer: Whilst the author has made every effort to ensure the contents of this book are accurate, the recommendations given are solely intended as information and education and should not be taken as medical advice. The author disclaims all liability in connection with the use of the information presented herein. Please seek advice from your doctor before starting any weight loss programme and consult a nutritional therapist or doctor for advice on specific medical conditions.

# Getting Started

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Do you remember when you or your child learned to ride a bike? The actual moment when you 'got' balance, after endlessly falling to the left or right? That's exactly what it is like to learn the blood sugar balancing way of eating.

This new distinction called 'blood sugar balance' or Glycaemic Load (GL), is a better way of gauging the effect of foods on your blood sugar levels (and thus your energy, wellbeing and weight) than the more familiar Glycaemic Index (GI). The menu plans will show you how very easy it is to get to grips with this concept in practice. You will learn not only which foods have a low GL, but you'll also develop a new sensitivity to your own blood sugar levels. The result? You will feel better and more energetic than you have done in years.

## Jane's story is a perfect example

Jane was a typically, stressed out 42 year old working woman in Buckinghamshire, UK. She had tried everything (or so she felt), but was dragging herself through every day and was now very used to people asking her when the baby is due - which upset her greatly.

She was initially very surprised that the blood sugar balancing eating plan meant she was eating more food, although she acknowledged that the choices were different. She fully committed to the changes, loved the food and within two weeks felt she had much more energy. After 10 weeks, she was a different woman, vibrant, full of energy and 6kg (14lbs) lighter and these were her results after 6 months:

| WEIGHT        | JANUARY          | JUNE             |
|---------------|------------------|------------------|
|               | 12st 3lbs (78kg) | 10st 5lbs (65kg) |
| FAT MASS      | 4st 4.8lbs       | 2st 11.6lbs      |
| METABOLIC AGE | 54               | 33               |
| BMI           | 25.8             | 23.2             |

### Here's what she said ...

Today I am happy!!  
I feel the best I have ever felt  
I love the new me, inside and out  
I do feel happy  
I look after me - I am important  
I have loads more energy  
I exercise a least 5 times a week  
My husband says I am less moody  
I see food more as fuel rather than something to make me feel better.  
I cope with stress - finding situations amusing rather than ending in tears of frustration  
I feel young and gorgeous

---

It really is that easy. How you feel and how you look are the direct consequences of the action you take today. If you feel hopelessly embedded in eating habits that you know are hampering your full enjoyment of life, what you'll find by following this programme is a surprisingly simple plan for taking action. It doesn't involve rigid discipline, hunger pangs, expensive foods or boredom.

We've worked it out to be a completely easy and enjoyable transition to a new life and within weeks it will become a habit, a positive, life changing one that has you waking up full of energy and free of cravings.

# Why blood sugar balancing works

Patrick Holford in the UK has led the development of the Low GL Diet since 2005. The blood sugar balancing diet is the best way of helping you to lose weight and improve health, easily and enjoyably. It works with your body's natural design. It has been tested over decades and is backed by hundreds of scientific trials.

## 3 Simple rules

1. Eat regularly: 3 meals per day
2. ALWAYS eat protein at every meal/snack
3. Be selective about the amount and type of starchy carbohydrates

## 1 simple diet – blood sugar balancing

The blood sugar balancing diet has one controlling principle: If you gain blood sugar control, you lose weight, feel satisfied and full of energy; if you lose blood sugar control, you gain weight and feel hungry and tired.

Sound simple? It is!

### What are the advantages of following the blood sugar balancing diet?

It works both in the short and the long term

You never feel hungry

It's enjoyable

It's safe

It makes you feel great

There's no rebound weight gain when you follow the principles

It's easy to follow

Within 7 days you will start to lose weight as quickly as you'll gain energy

Within 20 days you'll notice your skin has dramatically improved

Within 30 days you'll be starting to feel like a new you

And within 3 months?

You will have seriously undamaged your health!

Following this programme is the most effective way to reduce body fat, lose excess weight, gain health and turn your body's metabolism from storing fat to burning fat. You will become a fat burner and feel more energetic than you have done for years.

The blood sugar balancing diet is not just a weight loss plan, it's a diet for life. It takes just 30 days to experience a dramatic difference in how you look and feel.

### Imagine this ...

You've just woken up. You feel full of energy. Your mind is clear.

You get up, have a healthy breakfast and throughout the day your energy is good, your mood is stable, you're mentally sharp and your concentration is good. You haven't had energy dips, become irritable or experienced a single craving. You feel on top of your life.

But that's just the inside story. You look good, your weight is more or less where you want it to be. You're well toned and your skin has a healthy glow. People often comment on how well you are looking. You feel young, both physically and mentally. And this is how you feel every day!

Welcome to the new you!

This is not only how you could be, this is how you should be. And all it takes is 30 days ...

# GL: What is it & why is it so good?

GL stands for Glycaemic Load. It is a measure of the quantity and quality of carbohydrate in any given food. It shows us the effect each type of food has on our blood sugar. Keeping your blood sugar stable is the secret to losing weight. Foods with a high GL rating encourage the body to store fat. Foods with a low GL rating encourage the body to burn fat.

The science behind the blood sugar balancing diet is very simple. Your body is designed to burn glucose for energy. Carbohydrates, such as grains (bread, pasta, rice) and fruits, are broken down into glucose in the body.

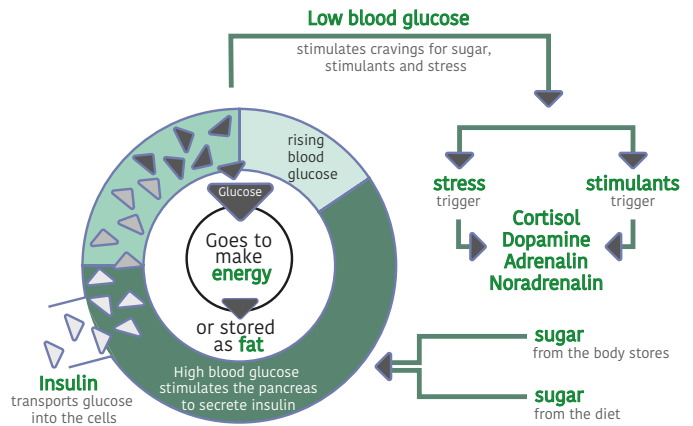
But in today's typical western diet, the wrong types of carbohydrates are consumed excessively resulting in too much blood glucose. The excess is stored as fat, leaving the body craving even more food to meet its energy requirements.

The body has lost blood sugar control and weight gain becomes inevitable. If your blood glucose levels are even, you'll have a steady supply of energy and a healthy but balanced appetite.

This is the reason you'll have no problem maintaining the right weight on this diet. But if your blood sugar levels are too high, you'll lay down fat, and if they are too low, you'll feel tired and lethargic. Balance is key.

A high proportion of people who are overweight or obese have difficulty keeping their blood sugar balanced. The result is exhaustion and further weight gain. And this is just the beginning.

Obesity is believed to account for 80-85% of the risk of developing type 2 diabetes, while recent research suggests that obese people are up to 80 times more likely to develop type 2 diabetes than those that are not overweight (Diabetes UK). This statistic alone tells you how strongly linked weight gain is to blood

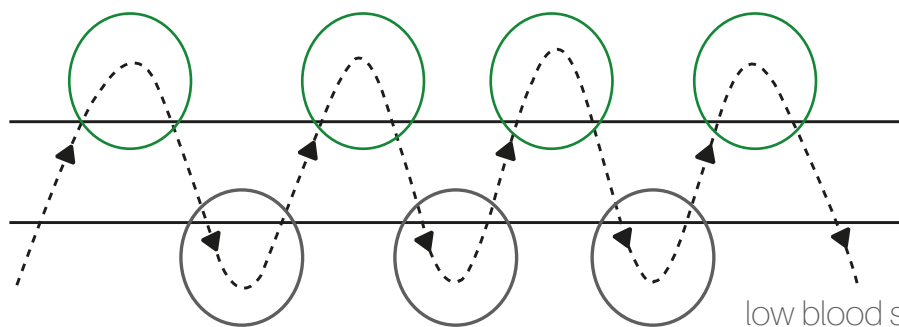


sugar control. So the best way to be healthy, have abundant energy and be the right weight is to regain blood sugar control, which heralds the return of your body's ability to burn fat.

You'll lose weight effortlessly, without having to starve, and gain health and vitality at the same time. Keeping your blood sugar balanced depends on choosing foods with a low GL; you might be amazed by some of the foods that have a high GL rating. Cornflakes have a very high GL, whilst peanuts do not!

The more your blood sugar goes up and down, the more fat you store.

high blood sugar damages arteries & insulin converts excess sugar into fat



low blood sugar: tired, low mood & concentration



# Understanding diabetes & GL

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Diabetes is a condition in which levels of sugar (glucose) in the blood are higher than normal. There are two kinds of diabetes (type 1 and 2). Both types involve insulin, a hormone responsible for controlling the level of glucose in the blood.

**Type 1 diabetic patients** do not produce sufficient insulin and therefore need to inject it (this type of diabetes is the rarer kind, and often develops at a young age).

**Type 2 diabetic patients**, produce insulin, but the cells become insensitive to it and so it fails to do its job properly. Type 2 diabetes accounts for over 90% of all diabetics and the condition usually develops later in life. This type of diabetes is far more strongly associated with diet and lifestyle factors.

When we eat sugary or carbohydrate containing foods (e.g. sugar, fizzy drinks, sweets, cakes, bread, rice, pasta, fruit) they are digested and broken down into glucose. Glucose is then absorbed into the blood.

Insulin is produced when there is an increased level of glucose in the blood. Insulin's job is to deliver glucose from the blood into our body's cells to be used as fuel for energy. After eating high GL (sugary) foods the level of blood glucose can become particularly raised.

Insulin then packs excess glucose away as fat. Sometimes too much glucose is packed away and this can lead to blood glucose levels becoming too low, resulting in tiredness, low mood, poor concentration and cravings for yet more sugary foods. Thus, a cycle of imbalanced blood glucose levels is set up.

Eating a diet of high GL (sugary) foods puts a constant demand on the body to produce insulin. Eventually, your cells can become insensitive and no longer respond to insulin, resulting in a lack of glucose in the cells to make energy and an excess of glucose in the blood.

This is termed 'insulin resistance'. Uncontrolled insulin resistance can then lead to type 2 diabetes and heart disease.

## Levels of glucose in the blood rise:

Fasting glucose above 6.1 mmol/l and glucose begins to appear in the urine.

Excess glucose can be stored as fat, particularly around the middle.

A waist measurement of more than 31.5 inches (80 cm) for women or more than 37 inches (94 cm) for men is a sign of increased risk of type 2 diabetes and heart disease.

## Symptoms:

Fatigue, frequent urination, excessive thirst or hunger, excess weight gain round the middle.

## Complications:

**Damage to arteries** - resulting in raised blood pressure, risk of heart disease and stroke.

**Nerve damage** - may affect up to 50% of patients with diabetes.

**Kidney damage** - almost 1 in 3 diabetics develop overt kidney disease.

**Eye damage** - diabetics are 10 to 20 times more likely to go blind than non-diabetics.

Type 2: Risk 80 times higher with BMI of 30+  
Heart disease & stroke: twice as likely

# The ground rules

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People following a blood sugar balancing way of eating report feeling more satisfied, energised and alert. It is a myth that you can only lose weight by eating fewer calories!

Calorie intake has not risen over the last 50 years, whereas obesity levels have. The main reason for this is the dramatic increase in the amount of sugar we consume. You'd be amazed at the amount of hidden sugar in common foods. Today's western diet is based predominantly on high GL (fast releasing) foods which play havoc with our blood sugar levels. This, as we now know, is why we gain weight. Two groups of 15 volunteers each took part in an observational review, which compared a low GL diet to a low calorie diet. Those following the low GL diet lost 40% more weight than those following the low calorie diet!

**So, what are the ground rules?**

## DRINKS - OUT

### **Avoid or reduce alcohol.**

Ideally, drink no more than 5 glasses of wine or half pints / 284ml of beer / lager or measures of spirits a week. But even if you can't always manage this, any reductions will have a positive effect.

### **Limit or avoid caffeinated drinks.**

Ideally, drink no more than 1 regular coffee or tea a day.

### **Avoid all caffeinated fizzy drinks.**

## EXERCISE

**Aim for 30 minutes each day or 150 minutes per week of moderate exercise.**

## FOOD - OUT

### **Avoid sugar and foods that contain fast releasing carbohydrates**

i.e. those with a GL rating above 10 GL per serving

### **Avoid bad fats**

such as processed vegetable oils and hydrogenated fat, e.g. in sausages, fried food and junk food.

## DRINKS - IN

**Drink the equivalent of 8 glasses of water a day,** including non caffeinated herbal teas.

## FOOD - IN

### **Eat no more than 45 GLs per day**

**Eat low GL carbohydrates with protein.** Combining carbohydrates with protein lowers their GL even further.

**Eat whole, unprocessed food high in soluble fibre** e.g. oats, beans & lentils

**Eat foods high in healthy fats** from foods, such as fish, seeds, olives, avocados and their cold pressed oils. It is another myth that low fat leads to greater weight loss.

Our bodies crave fats and need them in order to function properly. When you give your body the right fats you'll stop craving fatty foods.

## Ground rules

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Combine all of these rules and amazing things can happen!

This weight loss and nutrition programme has been designed to show you how to do this every step of the way. Follow these simple rules, experiment with new foods, recipes and cooking methods and above all, enjoy it!

## During Weeks 1 and 2

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Plan your food for the week

Eat regularly

Choose the right type and quantity of carbs

Eat a tablespoon of seeds every day

Have less wheat, more oats

Minimise refined food and sugar

Drink 8 glasses of water (including teas) every day

Have at least half your veg raw or lightly steamed

Minimise alcohol and caffeine

Keep a food diary

## Top tip

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Concentrate on getting to know the high and low GL carbs in the first weeks: fruit, bread, pasta, rice, potatoes, pastry, cakes, sweets, etc.

## Daily allowance: 35 - 45 GLs

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Breakfast - 10 GLs

Lunch - 10 GLs

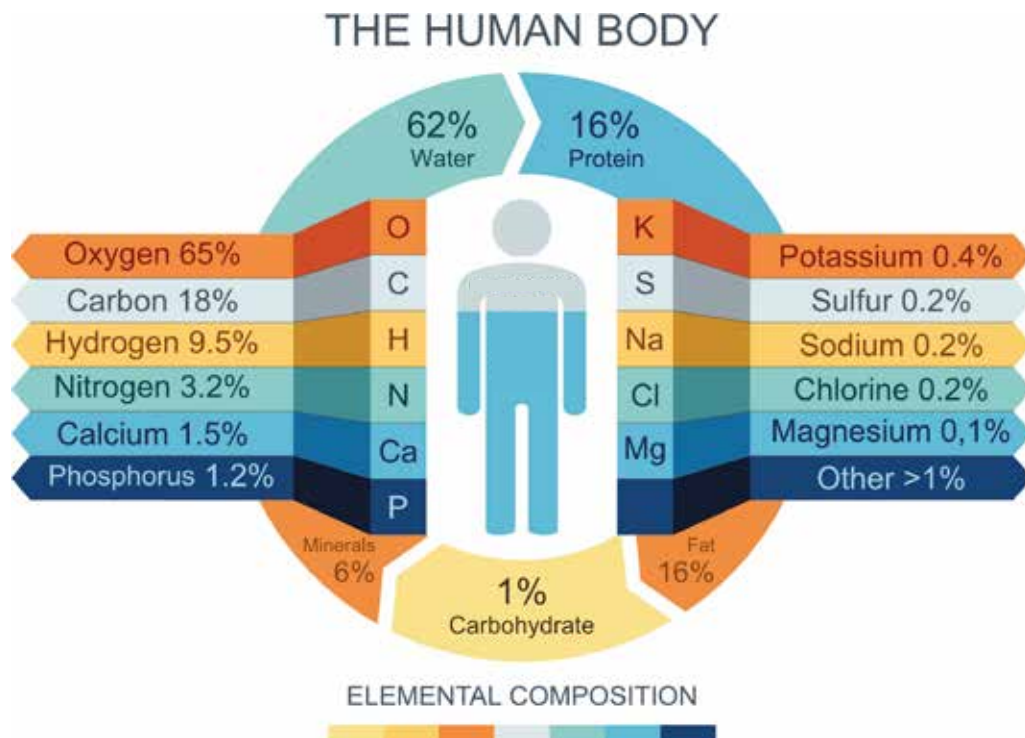
Dinner - 10 GLs

Snacks/Drinks - max of 3 x 5GLs



# Optimum nutrition: your diet basics

A human being is made up of roughly 62% water, 16% protein, 16% fat and 6% minerals and vitamins. Every single molecule comes from the food you eat and the water you drink. Eating the highest quality food in the right quantities helps you to achieve your highest potential for health, vitality and freedom from disease.



## Fat (approx. 35%-50% of diet)

**There are two basic kinds of fats:** natural ones and unnatural ones. The natural ones are good for us, the unnatural ones are not. Natural fats are required for the brain and nervous system, immune system, cardiovascular system, joints and skin. We need fats in our diet to be able to absorb the fat-soluble vitamins A, D, E and K.

There are different kinds of fats and they all have a role in health. Two kinds - omega-3 and omega-6 - are essential. The body cannot make them. Therefore, they need to come from food. The optimal diet should provide a balance of these two healthy fats but actually most of us are getting too much omega-6 and not enough omega-3.

Chia and flaxseeds are good sources of omega-3, as are walnuts and pumpkin seeds. Omega-3 fats are converted in the body into EPA and DHA, which are also found in sardines, herring, mackerel, salmon and tuna and to a lesser extent in white fish. These essential fats are easily destroyed by heat, light or exposure to oxygen, so having a fresh daily source is important. Although not essential, mono-unsaturated fats - e.g. olive and avocado oil - also have many health benefits as well. Saturated fat has long been suspected to promote heart disease, but we now know that it doesn't. The wrong kinds of fats are damaged fats, which are harmful. Those are hydrogenated (hardened) vegetable fats called trans fats - also found in anything deep-fried such as crisps and chips - as well as processed vegetable oils.

### **Eat:**

Fish, nuts, avocados, olives & coconut oil.

1 tablespoon of crushed seeds or seed oil a day.

### **Avoid:**

fried foods, burnt, browned foods and hydrogenated fats, processed vegetable oils.

# Optimum nutrition: your diet basics

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## Protein (approx 15 - 25% of diet)

The 21 amino acids (building blocks of protein) are essential for the growth and repair of body tissue. They are also used to make hormones, enzymes, antibodies and neurotransmitters and help transport substances around the body.

Both the quality and quantity of the protein you eat is important. The average breast-fed baby receives just 1% of its total calories from protein and manages to double its birth weight in 6 months. That is because the protein from breast milk is very good quality and easily absorbed. The best quality protein foods in terms of amino acid balance include eggs, quinoa, soya, meat and fish. Grains and pulses do not contain all essential amino acids but when combined they do: for example rice with beans.

Make sure to get your animal protein from the best sources you can afford, ideally organic, free range and grass-fed. Non-organic dairy can be high in hormones. Grass-fed beef has a better fat composition than conventional meat. Fat from organic animals is less likely to be contaminated with toxins, so you can eat it, whereas it is better to drain or cut off the fat from conventionally raised animals. Protein sources that have been processed to lower the fat content – such as skimmed milk, low-fat yoghurt or cheese – are higher in carbohydrates and not recommended.

### **Eat:**

3 - 5 daily servings of beans, lentils, quinoa, tofu or other vegetable protein or 2 - 3 servings of meat, fish, cheese, eggs. Choose organic animal protein where possible. If you choose vegetable protein, remember to count the carbs with your GL allowance.

### **Avoid:**

Too much animal protein from factory-farmed sources. 'Low-fat' protein sources.

## Carbohydrate (approx. 25%-40% of diet)

Carbohydrates are the main fuel source for the body. Included in this macronutrient category are bread, potatoes, rice, pasta, all vegetables and all fruits. They range from being very fast releasing or high GL: sugar, honey, white bread, refined foods, to very slow releasing or low GL: non starchy veg, e.g. green leafy veg and low sugar fresh fruits such as berries.

Fast releasing carbs give a sudden burst of energy, followed by a slump, whilst slow releasing carbs provide more sustained energy and are therefore much better. This is a key distinction that you will come to understand whilst working through this Nutrition Success Formula.

**Fruit:** max. 2 servings of low-GL fruit a day.

**Vegetables:** 5 or more servings of non-starchy veg/day (e.g. green veg, salad, mushrooms, peppers, onions, etc.).

**Starchy carbs (e.g. bread, pasta, rice, potatoes, parsnips):** choose whole grain, unrefined options and limit intake, see tables later in this guide.

### **Eat:**

Low GL fruit and veg, most of our carbs should come from this source.

### **Avoid:**

Sugars, white flour products and refined foods.

# Optimum nutrition: your diet basics

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## **Fibre** (no less than 35g a day)

Rural Africans eat about 55g of dietary fibre a day (compared with the UK average intake of 22g) and have the lowest incidence of bowel diseases.

Fibre absorbs water in the digestive tract, making the food contents bulkier and easier to pass through the gut. Fruit and vegetable fibre helps slow down the absorption of sugar into the blood, helping to maintain good energy levels.

### **Eat:**

Whole foods, whole grains, lentils, beans, nuts, seeds, fresh fruit and vegetables.

### **Avoid:**

Refined, white and overcooked foods.

## **Water** (2 litres a day)

Two thirds of the body consists of water, which is therefore our most important nutrient. We lose 1.5 litres of water a day through the skin, lungs, gut and via the kidneys as urine, ensuring that toxic substances are eliminated from the body.

We also make about a third of a litre of water a day when glucose is 'burnt' for energy. Therefore our minimum water intake from food and drink needs to be more than 1.5 litres a day to stay healthy and support your kidneys. When your mouth feels dry, you are already dehydrated.

### **Drink:**

6-8 glasses of water, herbal or fruit teas per day.

### **Minimise:**

Your intake of alcohol, coffee and tea.



# BREAKFAST

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When you are just beginning to balance your blood sugar, it is important to start the day with a slow release, blood sugar balancing, low GL breakfast. Choose from the following low GL breakfasts. They will satisfy you for longer and you'll eat less later!

## Fruits & Yoghurt 5 GL Comparisons

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As you can see you don't need to worry about portion control for berries and cherries!

|              |                |
|--------------|----------------|
| Strawberries | 1 large punnet |
| Raspberries  | 1 large punnet |
| Pear         | 1 medium       |
| Grapefruit   | 1 medium       |
| Apple        | 1 small        |
| Banana       | 1/2 small      |
| Cherries     | 1 punnet       |
| Watermelon   | 1 large slice  |
| Orange       | 1 large        |

Yoghurt and fruit (with ground almonds or seeds added) makes a delicious, filling breakfast.

## Bread: choose wisely!

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|                         |                |
|-------------------------|----------------|
| Oatcake 2GL             | Croissant 17GL |
| Rye (1 slice) 6GL       | Muffin 17GL    |
| Wholemeal (1 slice) 9GL | Ryvita 6GL     |
| White (1 slice) 10GL    | Rice cake 6GL  |

## Breakfast Cereals 7 GL Comparisons

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|                             |     |                    |
|-----------------------------|-----|--------------------|
| Porridge (whole oats)       | 90g | 1 v. large bowl    |
| Granola / Muesli (low carb) | 60g | 1 large bowl       |
| All Bran                    | 30g | 1 small bowl       |
| Granola / Muesli (regular)  | 20g | 1 v. small bowl    |
| Raisin Bran / Bran Flakes   | 15g | 1 v.v. small bowl  |
| Weetabix / Shredded Wheat   | 15g | 1 biscuit          |
| Special K                   | 15g | 1 v.v. small bowl  |
| Cheerios                    | 10g | 1 v. small handful |
| Frosties                    | 10g | 1 v. small handful |
| Grapenuts                   | 10g | 1 v. small handful |
| Cornflakes                  | 10g | 1 v. small handful |
| Rice Crispies               | 10g | 1 v. small handful |
| Puffed Rice                 | 10g | 1 v. small handful |

**serving sizes are dry, uncooked weight**

As you can see, the best 'value' in terms of satiety are oats, either cooked as porridge or eaten raw.

## Eggs

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Some egg producers give their chickens healthy feed such as flax seeds. They are rich in omega-3 fats and are much better for you than ordinary eggs. Make sure you don't fry them as this damages the essential fats.



## Breakfast Ideas

**Variety is important; here are some other tasty, healthy and filling '10 GL or under' breakfast options:**

4 oatcakes with cream cheese and slices of apple.

2 scrambled eggs with mushrooms, tomatoes and grilled peppers, served on 1 slice wholegrain / whole wheat / rye bread.

Smoked salmon and cream cheese with 1 slice wholegrain / whole wheat bread and 1 sliced tomato.

Chia Seed Pudding – soak 20g of chia seeds in almond, oat or coconut milk overnight, with a dash of cinnamon. In the morning stir, well and add handful of berries and teaspoon of chopped nuts.

Overnight Oats – soak 40g oats in almond, oat or coconut milk overnight and add your choice of topping in the morning, e.g. teaspoon goji berries, handful of fresh berries or sprinkle of mixed seeds.

Plain yoghurt blended with fresh blueberries, sprinkled with lightly toasted seeds or almonds.

1 very large bowl of porridge, sweetened with lightly cooked apples or pears.

## Top tip!

If you have a sweet tooth, use xylitol in place of cane sugar; it is a natural sweetener (found in plums), which is actually good for your teeth and has a very low GL! - NB Xylitol is highly toxic to dogs. You can also use erythritol.





## LUNCH & DINNER

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Main meals are really something to look forward to on the blood sugar balancing eating plan, as you'll see from all the different meal plans. But how do you put it all together? The easiest way to get the right nutritional balance is to imagine all the different foods on a plate:

### Healthy Protein

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Most of us are not getting enough omega-3 fats, particularly of the kind contained in oily fish. If fish is not already a regular on your menu, use this opportunity to welcome more of it into your diet. Have 3 servings of oily fish per week and as much white fish as you like.

Protein plays a vital role in the blood sugar balancing diet. Eggs, meat, fish and cheese help us lose weight because they have virtually no effect on blood sugar, yet fill us up. High protein diets have shown us this but they're problematic. High protein diets, particularly those based on a high dairy intake, are associated with increased risk of breast, prostate and colorectal cancers. In addition, there is no storage facility for protein, and excess protein can be turned into glucose, thus raising blood sugar levels. Moreover, extra protein is not used efficiently by the body and may impose a metabolic burden on the bones, kidneys, and liver.

The best way to go is to eat protein with slow release (low GL) carbohydrates. That way you stabilise blood sugar, feel less hungry, lose more weight and stay optimally healthy.

So for lunch or dinner, eat a protein rich food, e.g. chicken, fish, eggs, beans, with a slow release carbohydrate, either from the top half of the table on page 15 or choose from the 'unlimited' vegetables, which include broccoli, spinach, kale, runner beans, peas, courgettes, cabbage, Brussels sprouts, mangetout, asparagus, cauliflower, tomatoes, lettuce, watercress, alfalfa, cucumber, celery, peppers, radish, rocket, onions, garlic, mushrooms, aubergine, fennel – so much to choose from!

What you'll probably find is that you will be eating more vegetables than you are used to. It makes a nice change to eat more, not less!





# LUNCH & DINNER

## Menu Plans

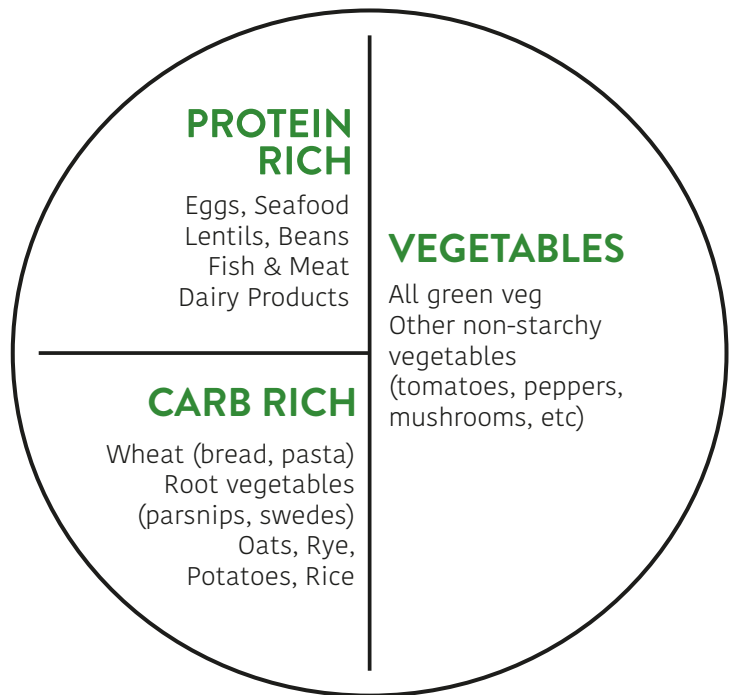
The menu plans have been carefully designed so that you can select any breakfast, lunch, dinner or snack from any of the days and make yourself a daily menu plan that suits your own preferences and tickles your taste buds.

You do not need to follow the plans in a prescriptive way, unless you really want to.

## Starchy Carbohydrates 7 GL Comparisons

|                   |      |                 |
|-------------------|------|-----------------|
| Pumpkin           | 185g | 1 serving       |
| Carrot            | 160g | 1 large carrot  |
| Quinoa            | 65g  | 2 handfuls      |
| Beetroot          | 110g | 1 large         |
| Pearl Barley      | 40g  | 1 handful       |
| Whole Wheat Pasta | 40g  | 1 handful       |
| White Pasta       | 35g  | 1 small handful |
| Brown Basmati     | 40g  | 1 handful       |
| White Rice        | 25g  | 1 small handful |
| Cous Cous         | 25g  | 1 handful       |
| Broad Beans       | 30g  | 1 small handful |
| Corn on the Cob   | 60g  | half a cob      |
| Baked Potato      | 60g  | half a potato   |
| French Fries      | 50g  | 3 fries         |

**serving sizes are dry, uncooked weight**



## To Count or Not to Count

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Understanding how different foods affect blood sugar balance is the purpose of this guide.

Those who like tracking numbers can count their daily GLs, but those who don't can estimate the Glycaemic Load of what they are eating and follow some general guidelines, e. g. fill half your plate with non-starchy vegetables, such as salad, mushrooms, green beans, broccoli etc.

## Good Fats

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The diet is not low fat! You'll be able to eat enough essential fat to keep you completely satisfied. What matters is that you eat the right fats.

**Salad dressings:** make your own with olive / omega oils and vinegar / lemon juice.

**Cooking oils:** for frying, use a small amount of butter or coconut oil. Coconut oil adds a great flavour to dishes and is not damaged at high temperatures.

**Dairy:** No need to choose low fat options, full fat fills you up and is less processed. Butter is also ok.

**Nuts & seeds:** Up to 50g per day.

**Avocado:** a good source of healthy fats, eat regularly.

## Vegetarians

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If you are a strict vegetarian, you will need to eat more tofu, beans, lentils, and soya products than usual to achieve the target for protein intake.

Many of the recipes that contain fish or chicken can be adapted by replacing them with tofu or tempeh.





# SNACKS

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The blood sugar balancing diet is all about enjoying your food whilst boosting your health and losing weight. If you do not enjoy what you are eating or feel hungry, you are not likely to stick to it. So for those who feel hungry between meals, we have included some ideas for healthy snacks in the mid-morning and mid-afternoon.

As you gain control of your blood sugar balance, you may feel able to reduce your snacks and this has additional benefits. Every time you eat, the pancreas is stimulated to produce insulin, which immediately stops any fat burning and starts the process of fat storage. In addition your digestive system welcomes a break from the work of processing and digesting more food. So once you have established blood sugar balance, you may feel comfortable with simply 3 meals/day.

## Mid morning & Mid afternoon snack

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For most of us the gap between breakfast and lunch is quite short, so you may be just fine getting through the morning without a snack. The gap between lunch and dinner can be quite long, especially if you have a long commute and then cook your dinner from scratch. You may just need a mid-afternoon snack to tide you over.

Of course, the key learning here is knowing what you should eat. A snack should provide no more than 5 GLs and include some protein. The simplest snack is fruit combined with some nuts or seeds.

## Staple snack options

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**Cottage cheese**  
**Hummus**  
**Guacamole**  
**Sugar free nut butters** (e.g. peanut, almond, cashew)

These are excellent and almost zero GLs. You could have them with oatcakes, a raw carrot or a stick of celery.





## What does 5 GL of fruit look like?

|                   |      |                     |
|-------------------|------|---------------------|
| Berries           | 600g | 1 large punnet      |
| Cherries          | 200g | 1 punnet            |
| Grapefruit        | 200g | 1 small             |
| Pear              | 150g | 1 large             |
| Melon             | 150g | 1/2 small / 1 slice |
| Peach             | 120g | 1 regular           |
| Apricot           | 120g | 4 regular           |
| Orange            | 120g | 1 large             |
| Plum              | 120g | 4 regular           |
| Apple             | 100g | 1 small             |
| Kiwi              | 100g | 1 small             |
| Pineapple / Mango | 80g  | 1 thin slice        |
| Grapes            | 75g  | 10 regular          |
| Banana            | 50g  | 1/2 small           |

As you can see, berries (whatever's in season, or frozen mixed berries), plums and cherries are your best 'value' fruit snacks. You can further slow down the GL score of these fruits by eating them with five almonds or a dessert spoon of pumpkin seeds.

Other than **chestnuts**, **almonds** are the best nuts, because they have the most protein for their calorific value.

**Pumpkin seeds** are also high in protein, beneficial omega-3 and omega-6 fats.

**Flax seeds** are the highest for omega-3s but are also too small and too hard to make good snacks, so you'll need to grind them up (a coffee grinder is ideal for this) or buy milled flax seeds, which are now available in most supermarkets. Once you have opened the package, keep it in the fridge as milled flax seeds are vulnerable to oxidation, i.e. they can go rancid.

**Nuts and seeds** eaten raw retain all of their goodness but if you prefer their flavour when cooked, you can lightly roast them in the oven on a baking tray, for a few minutes only.

## Savoury Snack Ideas

Half slice of wholegrain / whole wheat bread or 1 thin slice of rye bread or 2 oatcakes and either 1/2 a small tub of cottage cheese (150g), 1/2 a small tub of hummus (150g) or peanut butter.

Crudités (a carrot, pepper, cucumber or celery) or 2 oatcakes and either 1/2 a small tub of hummus (150g), guacamole or 1/2 a small tub of cottage cheese (150g).

1 boiled egg with 2 oatcakes.

Smoked salmon and cream cheese on 1 thin slice of wholegrain / whole wheat or rye toast.

Tamari toasted nuts and seeds: create your own mix of any nuts and seeds. Place in a baking tray and drizzle with tamari. Stir well & bake for 5 to 10 minutes. Eat a handful as a snack.

## Sweet Snack Ideas

1 piece of fruit, plus 5 to 10 nuts or a dessert spoon of seeds.

Berries and either 1 small plain yoghurt (150g) or 1/2 a small tub of cottage cheese (150g).



# DRINKS

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Of course, the very best drink for everyone is water, try it at different temperatures. Some people like drinking hot water, with a slice of lemon or lime or a piece of root ginger or sprig of mint. This could be a new healthy habit for you to adopt.

## 0 GL rating

(can be consumed throughout the day)

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Still or sparkling mineral water  
Herbal teas  
Coffee alternatives (e.g. chicory)

(best limited to 1 cup a day)

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Decaf tea  
Green tea  
Decaf coffee  
Coconut water

## Alcohol

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The effect of alcohol is similar to that of sugar and if you want to burn fat fast, it is best to limit or avoid it during the weight loss phase of the diet. Choose purer spirits (e.g. tequila, vodka) over wine or beer and steer clear of sugary mixers.

The following values show how alcohol can differ greatly in GL values:

|                                     |       |
|-------------------------------------|-------|
| 1 small glass of wine (115ml)       | 5 GL  |
| Half pint / 285ml beer              | 5 GL  |
| Half pint / 285ml cider             | 10 GL |
| Half pint / 285ml pimm's & lemonade | 10 GL |
| Vodka & tomato juice                | 2 GL  |
| Vodka, soda & fresh lime            | 1 GL  |

## Sugar

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If you use sugar to sweeten any drinks, this will raise the GL. Artificial sweeteners are not healthy and should be avoided. Substitute sugar in drinks or in foods with xylitol, a natural sugar from plums, which looks and tastes like the real thing, contains no chemicals and has a low GL rating. 9 - 10 tsp equals 5 GLs compared to 1 tsp of sugar! You can buy xylitol from supermarkets and health food shops. It is such a great product for reducing sweet cravings, is an extremely healthy alternative to sugar and is also good for your teeth!

It is ideal for baking as well - but beware: It is highly toxic to dogs.

## Fruit juices

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Fruit juices have a relatively high GL because the fibre has been removed, making the sugar in them much more readily available. The best is apple juice although this should still be diluted with water (half and half). Here's how much you can drink for 5GLs:

|   |                |
|---|----------------|
| Tomato juice                                | 1 pint / 568ml |
| Carrot juice (diluted 50/50 with water)     | Half glass     |
| Grapefruit juice (diluted 50/50 with water) | 1 Glass        |
| Apple juice (diluted 50/50 with water)      | 1 Glass        |
| Orange juice (diluted 50/50 with water)     | 1 Glass        |

Stay away from all fizzy, sweetened and caffeinated drinks and limit juice to 1 diluted glass a day for maximum weight loss.

## Tea & Coffee

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Stimulants such as those found in tea and coffee (and other caffeinated drinks) stir up adrenalin and interfere with blood sugar balance. Millions of us are caught up in the vicious cycle of blood sugar highs and lows and feel exhausted much of the time. Stimulants such as caffeine seem to promise instant energy whilst, in fact, they do the complete opposite.

If you are addicted, it is best to cut them out altogether, particularly in the weight loss phase or limit to 1 cup a day (taken at the same time as food). Change to decaf options. You'll be amazed how much better you feel just by making this change.

## Top Tip!

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**If you drink a lot of tea and coffee, reduce your intake (or stop altogether) and see what improvements you feel in your mood and energy levels.**

# QUIZ: What can I eat?

Test your knowledge of good food choices and your understanding of how different foods impact blood sugar balance.

Some of them may require discussion with your Practitioner.

See how you get on.

|                                | <b>GREAT</b><br><small>(low GL / good fats)</small> | <b>OK</b>                | <b>AVOID</b><br><small>(high GL / bad fats)</small> |
|--------------------------------|---|--------------------------|---|
| Fish                           | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| Low carb granola               | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| Spring rolls                   | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| Rice cakes                     | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| White spaghetti                | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| Quinoa                         | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| French fries                   | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| Muesli                         | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| Weetabix                       | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| Oatcakes                       | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| Couscous                       | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| Mango                          | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| Butternut Squash               | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| Beans & lentils                | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| New potatoes                   | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| White baguette                 | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| Brown basmati rice             | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| Rice noodles                   | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| Pork fillet                    | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| Olive oil                      | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| Eggs                           | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| Croissant                      | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| Olives                         | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| Wholegrain / whole wheat bread | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| Milk & cheese                  | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| Tortilla wrap                  | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| Bagel                          | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| Baked potato                   | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| Avocado                        | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| Grapes                         | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| Carrot                         | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| Banana                         | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| Crisps                         | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| Water cracker                  | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |
| Butter                         | <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/>                            |



# Golden rules!

These are the Golden Rules you need to follow to ensure you dramatically improve your health, energy levels and wellbeing and succeed in losing weight.

## Stick to no more than 45 GLs per day

Occasionally not eating starchy carbs in the evening can also help. Many people also find that cutting out bread makes a huge improvement to their weight loss. Make sure you do not overeat on calorie dense foods such as cheese, nuts, seeds and oil. Stick to 50g of nuts or seeds per day and use oils in moderation.

## Eat regularly

Most cravings for the wrong foods are because we have allowed ourselves to become over hungry.

## Drink 2 ltrs of water a day

Up to 75% of hunger pangs are actually thirst.

## Drink less than 5 units of alcohol per week

Alcohol unbalances blood sugar and inhibits weight loss.

## Avoid sugar

Sugar is the number one substance you must avoid! Replace with xylitol if you need a substitute.

## Reduce caffeine intake to once a day (tea / coffee)

Caffeine upsets blood sugar balance, slows down weight loss and reduces your energy. It also has a negative impact on your health. 3 very good reasons to avoid it.

## Avoid foods you are intolerant to

Eating foods you are intolerant to affects your health and wellbeing and can often encourage your body to retain water and increase body weight (ask your Practitioner for more information).

## Prepare yourself properly and plan meals in advance

If you don't have the right food to hand, it will make it much harder for you to succeed.

## Keep a food diary

An invaluable tool for working out what works best for you. Replicate the weeks where you have lost weight and felt great!

## Exercise for at least 30 mins a day (or 2.5 hours per week)

This will have a significant impact on weight loss and weight maintenance.

## Be clear about what motivates you

This will help give you focus.

## Ensure you get enough sleep

Lack of sleep affects blood sugar balance as the body struggles to keep going; what's more, you are much more likely to reach for that cup of coffee or chocolate bar when tired.

## Be clear what habits you need to break and which you need make

Make a few changes at a time and see what works best for you.

## Work out the cause of your slips

Write down your triggers and work out how you can respond differently next time: learning is the key to success. Be kind to yourself. Slips will occasionally happen. You are only human!

## Think positively

Success is not achieved through beating yourself up for what you haven't achieved before. Only by providing yourself with encouragement and using past experiences to learn from, will you succeed this time.

## Reward yourself regularly

This is about feeling good. Rather than relying on food to do this, get into the habit of making yourself feel good with non-food activities. Build at least one simple and rewarding activity into each day.

# Simple guide to low GL menu planning

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Here are some quick and easy meal suggestions.

## Good breakfast choices

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### Cereal

Choose jumbo porridge oats (not the instant kind), low carb granola, low carb muesli, without dried fruit. You could also try quinoa flakes or buckwheat flakes, both are gluten free and slow releasing.

### Toast

There is always a more nourishing and sustaining breakfast option than toast. But if you want to use it as a base for scrambled eggs for example, choose wholegrain/whole wheat, rye or gluten free and limit to one slice.

### Yoghurt

Flavoured fruit yoghurts are mostly high in sugar, so choose plain yoghurt, organic if you can. Add low GL fruit with nuts or seeds for added nourishment.

### Fruit

Fruit on its own will have a greater impact on your blood sugar, so choose low GL fruits and have some form of protein with them (e.g. yoghurt, nuts, seeds).

### Cooked

Choose from eggs (poached, boiled, omelette), bacon, tomatoes, mushrooms, low sugar baked beans, grilled halloumi.

### On the run

If you have to 'grab and go' the simplest choice would be an apple or pear with a handful of nuts/seeds. If you have time to whiz up a smoothie to take with you, use a cupful of almond, coconut or oat milk, add a tablespoon of either ground flax seeds, chia seeds or almonds, a generous handful of berries, half an avocado or handful of spinach leaves and a third of a banana – whiz up until smooth and take with you.

## Good lunch / dinner choices

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### Salads

Any combination of salad vegetables with a source of protein works well, no need to limit the vegetables. If you have cooked quinoa, lentils, chickpeas or beans in the fridge from the night before, a generous tablespoon sprinkled on top will help with satiety. Use a simple dressing using apple cider vinegar or fresh lemon juice and olive oil and avoid the shop bought dressings.

### Carbs

Choose courgetti (spiralised courgettes), cauliflower rice (grated or pulsed cauliflower florets), new potatoes, brown / wild rice. If you have a jacket potato, it needs to be half a small one (other carbs are a better option as you can eat more of them). Increase the amount of non starchy veg (e.g. broccoli, salad, etc.) you have with your meals. These should fill up half your plate.

### Ready meals

The majority of ready meals have been heavily processed. However, improvements made recently mean there are some good options in the chilled sections of supermarkets. Choose non-creamy dishes, meat, fish or pulses (choose those without pasta, potatoes, or white rice) and serve with salad / low GL vegetables. Avoid: pizza, burgers, battered, bread-crumbed, pies, lasagnes, pastries.

### Sauces & adding flavour

Beware of table sauces: pickles, chutneys, ketchup and salad dressings, as they are often full of sugar. Make your own salad dressing with oil, vinegar, mustard, garlic and lemon juice. Use herbs to add extra flavour. Marinate meat and fish e.g. in lemon and garlic, Teriyaki, tomato salsa, tapenade, pesto. If you can't make your own pasta sauce, choose options with little added sugar.

### Soups

Make your own (very easy and can be frozen) or choose bean, chicken, tomato varieties. Avoid ones with noodles, carrots, sweetcorn or cream. Avoid bread with them, switch to oatcakes instead to lower the GL (or better still, have a larger portion of soup).

## Good snack choices

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These will help you avoid cravings. Choose mixtures of: low GL fruit, with any variety of nuts or seeds, natural yoghurt, rough oatcakes with toppings like hummus, smoked salmon, mackerel pate, cream cheese or any nut butter.

## Good pudding choices

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Avoid sorbet, which is very high in sugar. Ice cream is preferable as it also contains protein. There are some good low GL recipes for cakes and desserts if you search online. You are looking for good protein content (often using almond flour or quinoa flour) and low sugar. Beware of recipes with large proportions of dried fruit. A decadent but low GL treat could be as simple as dipping clementine or satsuma segments into melted dark chocolate (at least 70%).

## Good drink choices

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Water is by far the best for health and weight loss (and very few of us drink enough). Reduce tea, coffee and alcohol. Choose decaff varieties and avoid sugary drinks.

# GL summary of common foods

This is a quick summary of the GL of common foods. Note that there will be variations between brands and these are only guidelines. We want you to focus on being able to recognise the HIGH (fast release) and LOW (slow release) GL foods so that you can make better choices.

It is not necessary to 'count' your GLs on a daily basis, although some people find it helpful to do so at the beginning, whilst learning this new approach. You will notice that this summary also includes less healthy foods for comparison purposes only. So just to confirm, we are not recommending that you have 10g cheerios for breakfast and 3 french fries with your evening meal, they are included for comparison purposes!



Breads

|                                    |         |
|------------------------------------|---------|
| Oatcake                            | 2 GL    |
| Small wrap                         | 5 GL    |
| Rye (1 slice)                      | 6 GL    |
| Ryvita                             | 6 GL    |
| Rice cake                          | 6 GL    |
| Wholegrain / Whole wheat (1 slice) | 7-9 GL  |
| White (1 slice)                    | 8-10 GL |
| Croissant                          | 17 GL   |
| Muffin                             | 17 GL   |



Fruit for 5 GL

- 1 Large punnet of berries
- 1 Punnet of cherries
- 1 Grapefruit
- Half small melon
- 1 x Pear / peach / orange / apple / kiwi
- 4 x Apricots / plums
- 1 Thin slice of pineapple / mango
- 10 Grapes / raisins
- Half a small banana



Cereal for 7 GL

- 1 very large bowl of porridge
- 1 large bowl of GL muesli
- 1 medium bowl of low carb granola
- 1 biscuit of weetabix / shredded wheat
- 30g All bran
- 20g muesli
- 15g raisin bran / branflakes / special K
- 10g cheerios / cornflakes / rice crispies / puffed rice



Unlimited Vegetables

- Broccoli / Spinach / Kale / Runner Beans / Peas
- / Courgettes / Cabbage / Brussel Sprouts
- / Mange Tout / Asparagus / Soya Beans (edamame)
- / Tomatoes / Lettuce / Watercress / Alfalfa / Cucumber
- / Celery / Peppers / Endive / Radish / Rocket / Garlic /
- Cauliflower / Onions / Mushrooms / Fennel
- / Aubergine / Bean Sprouts / Spring Onions

# GL summary of common foods



|                                 |          |
|---------------------------------|----------|
| Eggs / seafood / poultry / meat | 0 GL     |
| Cheese                          | 0-1 GL   |
| Cows Milk (300ml)               | 3 GL     |
| Soya Milk (250ml) unsweetened   | 3 GL     |
| Fruit Yoghurt (small)           | 10-15 GL |
| Plain Yoghurt                   | 3 GL     |
| Seeds                           | 0 GL     |
| Nuts (25g)                      | 0-2 GL   |
| Lentils (150g)                  | 5 GL     |
| Beans (150g)                    | 10 GL    |
| Soya Beans (150g)               | 1 GL     |



|                             |                       |
|-----------------------------|-----------------------|
| Pumpkin / Squash (185g)     | 1/5 of typical squash |
| Carrot (160g)               | 1 Large               |
| Beetroot (110g)             | 1 Large               |
| Quinoa (65g)                | 2 Handfuls            |
| Cous Cous (25g)             | 1 Handful             |
| Wholewheat pasta (40g)      | 1 Handful             |
| White pasta (35g)           | 1 Small handful       |
| Brown rice (40g)            | 1 Handful             |
| White rice (25g)            | 1 Small handful       |
| Corn on the cob (60g)       | Half a cob            |
| Baked / Mashed potato (60g) | Half a potato         |
| New Potatoes (75g)          | 3 Potatoes            |
| French fries                | 3 Fries               |



|                                  |          |
|----------------------------------|----------|
| Oils                             | 0 GL     |
| Avocado                          | 1 GL     |
| Nut Butters (16g)                | 1 GL     |
| Hummus (60g)                     | 3 GL     |
| Plain Chocolate (25g)            | 3 GL     |
| Milk Chocolate (49g)             | 15 GL    |
| Vanilla Ice-Cream (one scoop)    | 7 GL     |
| Cereal Bars                      | 15-20 GL |
| Chocolate Bars / sweets (50/60g) | 20-30 GL |
| Biscuits (x 1 approx)            | 5 GL     |
| Cake (1 small slice)             | 20 GL    |
| Crisps (1 small bag)             | 10-15 GL |



|   |                       |
|---|-----------------------|
| Water   | 0 GL                  |
| Herbal Tea                                    | 0 GL                  |
| 1 Small glass of wine                         | 5 GL                  |
| Vodka & tomato juice                          | 2 GL                  |
| Vodka, soda & fresh lime                      | 1 GL                  |
| Gin & tonic                                   | 10GL (from the tonic) |
| Half pint / 284ml of beer                     | 5 GL                  |
| 1 Pint / 568ml tomato juice                   | 4 GL                  |
| 1 Glass of carrot juice                       | 10 GL                 |
| 1 Glass of fruit juice (1/2 juice, 1/2 water) | 5 GL                  |
| Half pint / 284ml of cider                    | 10 GL                 |
| Half pint / 284ml of pimm's & lemonade        | 10 GL                 |

# Easy breakfasts

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Many people find breakfast a real challenge as there is usually so little time. Here are a few more suggestions that are quick and easy and add variety.

## Low GL Breakfast Platters

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**You can use any combination of low GL fresh foods to make a quick, colourful, nutritious continental style breakfast such as:**

1 slice of ham (ideally organic), 2 sliced tomatoes with 1 sliced apple or pear, with 8-10 cashew nuts or almonds and a few cherries.

1 kiwi fruit with 1 slice of cheddar or Swiss cheese, 5 pecans, 5 or 6 cherry tomatoes and 1 fresh apricot

Half a punnet of blueberries or strawberries, a handful of pumpkin seeds, 5 macadamia nuts, sliced cucumber and 1 pear.

2 slices of ham with 1 oatcake lightly spread with cream cheese, 1 sliced tomato and 2 fresh plums

A large slice of watermelon with 1 slice of Swiss cheese, 1 small apple and a few cashew nuts or almonds

## Fruit smoothie

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Make with half pint / 284ml milk (coconut, almond or oat milk) and 100g fresh or frozen raspberries, blueberries or summer berry mixture. Add 1 tbsp thick yoghurt and 1 tbsp chia seeds to thicken if required.

## Quick & Easy Omelettes

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### **Bacon & cherry tomato (2 eggs)**

Use a small amount of bacon with plenty of fresh cherry tomatoes sliced and season with freshly ground black pepper

### **Organic ham with red and yellow peppers (2 eggs)**

Antioxidant rich, tasty and filling

### **Smoked salmon & cherry tomato & chives (2 eggs)**

### **Fresh mushroom and cream cheese (2 eggs)**

Lightly fry the mushrooms in a small saucepan using a little milk and then add 1 tbsp cream cheese. Meanwhile, cook the omelette and then add the mushroom filling, sprinkle with freshly ground black pepper, fold and serve. Toss a couple of slices of red pepper or tomatoes & cucumber on to the side of the plate for decoration and fibre. This is also a good option for a quick evening meal when you are tired and don't feel like cooking.

## Cooked breakfast

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Grilled bacon, 2 grilled tomatoes, mushrooms and 1 poached egg. Add a small slice of wholegrain / whole wheat / rye toast if desired)



# Easy lunches

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## Lunch on the go

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You can use any combination of low GL snacks to make a 'meal on the go', combining low GL carbs with a good source of protein. Choose from:

Nuts  
Seed mixes  
Apples  
Pears  
Berries  
Mini oatcakes  
Plums  
Small portion cheese  
Bag of fresh carrot / celery sticks  
Fresh apricots  
Cherry tomatoes  
Small apple  
Small banana

## Quick & easy homemade lunches

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### Eggs & Omelettes

**Soups** with 2 oatcakes lightly spread with hummus

### 5 minute salads

Choose one item from the Protein list, at least three items from the Veggie list and combine with 1 tablespoon of up to 2 items from the Optional list. Add a simple dressing of olive oil with either balsamic or apple cider vinegar or lemon juice.

#### Protein

Chickpeas  
Mixed beans  
Quinoa  
Feta cheese  
Chopped ham  
Smoked salmon  
Tuna  
Trout fillet  
Chicken breast  
Prawns  
Hummus

#### Veggies

Avocado  
Cucumber  
Tomatoes  
Lettuce  
Rocket  
Spinach  
Sugar snap peas  
Celery  
Peppers  
Sliced red onions  
Mange tout

#### Optional

Pine nuts  
Pumpkin seeds  
Sunflower seeds  
Sesame seeds  
Cashew nuts (unsalted)  
Fresh mint  
Fresh parsley  
Garlic  
Olives

## Fast food options

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Most supermarkets stock a really good range of low GL products suitable for a quick meal or snack. Choose from the following 'type' of options:

Mixed bean salads  
Individual hummus dip  
Mixed salads  
Soups (choose low GL ingredients)  
Low GL fruit or fruit salads  
Salmon / tuna / mackerel based dip with crudité's, pitta bread or oatcakes

## Jacket Potato/Sweet Potato

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If choosing a jacket / sweet potato, ask for a small one, or only eat half. Always eat the skin and have with filling and half a plate of salad.

**Good fillings to ask for are:**

Hummus  
Tuna  
Avocado  
Roasted vegetables  
Chicken  
Ham  
Prawn  
Mixed bean  
Trout  
Salmon  
Cottage cheese  
Mackerel  
Sardines  
Cream cheese & smoked salmon  
Feta cheese  
Egg

**Hot lunches:** As for dinner, any kind meat / fish with salad / veg with 3 small new potatoes / small jacket potato / small handful brown rice or pasta. Pulse or bean dishes are also a good option. Avoid sweet dressings and sauces.



# Easy dinners

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Use all the guidance and recipe suggestions in the 'Easy Lunches' handout. When following a low GL eating plan, you will more than likely be changing the proportions of food groups that you are used to. If you are someone who likes to create their own recipes rather than using the menu plans, here's a reminder of the basic rules you need to apply:

**One quarter of your plate:** any protein option (meat, fish, seafood, eggs, yoghurt, cheese, tofu, tempeh, pulses / beans)

**One half of your plate:** low GL non starchy veg / salad

**One quarter of your plate:** 'lower' GL starchy vegetables or starchy carbohydrates such as: pumpkin / squash (185g), carrot (160g), swede (150g), beans & lentils (150g), new potatoes (75g), sweet / baked potato (60g), quinoa (65g), corn on the cob (60g), brown basmati rice (40g), whole wheat spaghetti / egg pasta (40g), white spaghetti (35g), parsnip (40g), white rice (25g). Note: these are all uncooked weights.

## Quick & Easy Dinner Options

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Here are some very quick and easy recipes.

### Tray Baked Chicken with Peppers. (Serves 2)

Take 4 skinless, boneless chicken thighs and add to large baking tray with 2 large tomatoes, quartered, one onion cut into wedges, 1 red pepper and 1 yellow peppers roughly chopped, 2 gloves of garlic, a couple of sprigs of thyme, ½ tsp smoked paprika, 1 tbsp balsamic vinegar and 2 tbsps olive oil. Toss everything together and bake in oven for about 60 mins on 180C. Serve with your favourite green veggies.

### One Pan Baked Salmon with Veggies. (Serves 2)

Take 2 salmon fillets (ideally wild), place them skin side down in a roasting tin. Spread generous handful of green beans, 12 cherry tomatoes, head of broccoli florets either side of salmon. Drizzle with olive oil and pepper. Add squeeze of lemon, one garlic clove crushed and sprinkle of fresh dill. Bake in oven on 200C for 20 mins or until salmon is cooked.

### Chickpea and Spinach Curry. (Serves 2)

Heat 1 tbsp coconut oil in large pan and add 1 sliced red onion, cook for 3-4 mins. Add 1 red chilli, deseeded and finely chopped and 1 tbsp mild curry powder. Add 100ml hot veg stock, 200ml coconut milk, 400g can of chickpeas, drained and rinsed and half a cauliflower cut into chunks. Simmer for 15 mins and season to taste. 3 mins before serving add 100g spinach and let it wilt. Serve with cauliflower rice and a salad of cucumber, tomatoes and red onion makes a nice accompaniment.

### Stir Fry Prawns with Peppers & Spinach. (Serves 2)

Heat up 2 tbsp coconut oil in a wok, add 2 sliced garlic gloves, stir fry for 2 minutes. Toss in thinly sliced red pepper and add 200g of tiger prawns. Stir fry for another 2 minutes. Add 2 tbsp tamari and 1 tbsp fish sauce, throw in 100g spinach leaves and stir until wilted. Serve with large plate of green veg.

## Ready meals

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**General rules for choosing ready meals:**

Choose those without starchy carbs (rice, potatoes, pasta, noodles, bread, pastry, breadcrumbs, batter)

Choose sauces that are not based on starch (e.g. Bechamel) and sugar-free

Choose meat / fish in a non sugary, non starch based sauce or marinade.

This is much better for your health and ensures you are getting more of your veggie portions each day.

**Here are a few suggestions for 'ready' dinners that can be found in most major supermarkets:**

Chicken in white wine sauce  
Chicken in tomato and herb sauce  
King prawn provencal and veg  
Parma wrapped cod with pesto  
Chicken topped with tomato, basil and parmesan  
Chicken stuffed with mozzarella / goat's cheese and sundried tomatoes  
Chicken with garlic and herbs  
Harissa spiced chicken

Coriander and lemon chicken  
Chicken and cashew nut  
Cantonese chicken and mushroom  
Thai ginger beef with spring onion and pak choi  
Green / red thai curry  
Chicken satay  
Tom yum prawn / chicken  
Sizzling prawns piri piri  
Tuna steaks with soy and ginger

Chicken tikka (dry)  
Tandoori chicken

# Deliciously satisfying snacks

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## 0 - 2 GL

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- Almonds (small handful)
- Cashew nuts (small handful)
- Brazil nuts (small handful)
- Toasted seeds (small handful)
- Celery stick filled with no added sugar peanut butter
- Crudités with 1 tbsp cream cheese or almond butter
- Slice of ham with 2 tomatoes
- Half an avocado with oil and vinegar dressing and a few toasted pine nuts
- Tuna, celery, cucumber, spring onions mixed with oil & vinegar dressing.
- 6 cubes of feta cheese with 6 olives and a handful of cherry tomatoes
- Half an avocado, chopped and mixed with toasted seeds
- Cup of instant miso soup & 1 rough oatcake
- Hard boiled egg & 2 sticks of celery

## Top tip!

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Be flexible! Spread your GLs out throughout the day, so if your lunch or snack is higher just reduce your carb intake later in the day. This makes it easy for you to stay on track regardless of where you are or what options are available to you.

## 5 GL or under

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- 1 apple / peach / pear / kiwi or orange with 1 tbsp nuts
- Hummus & crudités
- Plain yoghurt with berries
- Half / small carton of soup
- 6 cubes of cheese with 6 grapes
- 100g berries (any variety) with handful of favourite nuts/seeds
- 2 oatcakes topped with a layer of the following:**  
No sugar peanut butter / cashew nut butter / almond butter / pumpkin seed butter / hummus / smoked mackerel pate / Taramasalata / smoked salmon & cream cheese / ham / cream cheese & cucumber
- 30g nuts covered in dark chocolate
- 1 small bar dark chocolate (25g)

## 10 GL or under

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- 2 oat biscuits (berry or ginger)
- Cream cheese on thin slice wholegrain / whole wheat / rye toast with mustard or Worcestershire sauce
- Small tub of cottage cheese with 1 ryvita or chopped apple
- Half a filled wrap
- Baked apple with plain yoghurt & sunflower seeds



# My food preferences

Healthy low GL eating is easier when you can fit it to your lifestyle. We all have our favourites and generally stick to similar weekly food choices. Use this as your handy quick guide to help you get to grips with your new eating plan and stay organised. Fill in the left hand column with your typical day's food and any favourite foods.

Complete the middle column, swapping high GL food for low GL options. Remember, you can spread your GLs as you want them throughout the day, but try not to have too many in the evening as that's not when you need your energy and we don't want it being stored as fat.

|           | Typical / Favourite foods | Low GL version | Tips, Ideas & Reminders                        |
|-----------|---------------------------|----------------|--|
| breakfast |                           |                | Reduce the amount of bread.                    |
|           |                           |                | Choose oat based cereals.                      |
|           |                           |                | Have protein with your breakfast.              |
|           |                           |                | Grill rather than fry.                         |
|           |                           |                | Add fruit to natural yogurt.                   |
| lunch     |                           |                | Choose salad over sandwiches.                  |
|           |                           |                | Choose soups.                                  |
|           |                           |                | Protein has no GL value.                       |
|           |                           |                | Eat starchy carbs mostly in the day.           |
|           |                           |                | Eat oily fish 3 times a week.                  |
| dinner    |                           |                | Ready meals - without starchy carbs.           |
|           |                           |                | Avoid pastry, bread, pizza etc.                |
|           |                           |                | Eat early rather than late.                    |
|           |                           |                | Avoid fried food & rich sauces.                |
|           |                           |                |  |
| snacks    |                           |                | Eat fruit with seeds or nuts.                  |
|           |                           |                | Eat no more than 50g nuts/seeds a day.         |
|           |                           |                | Choose plain yogurt.                           |
|           |                           |                | Choose 'rough' oatcakes.                       |
|           |                           |                | Always keep a snack in your bag.               |
| drinks    |                           |                | Drink 8 glasses of water a day.                |
|           |                           |                | Reduce alcohol intake.                         |
|           |                           |                | Try hot water with slice of lemon first thing. |
|           |                           |                | Reduce caffeine.                               |
|           |                           |                | Try herbal teas.                               |
| pudding   |                           |                | Plain yoghurt and fruit.                       |
|           |                           |                | 2-4 squares of dark chocolate (70%+).          |
|           |                           |                | 2 oat biscuits.                                |
|           |                           |                |  |
|           |                           |                |  |

# Eliminate your hidden food intolerances

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One in three people have hidden food intolerances, which often causes unexplained weight gain through fluid retention. If you are one of them, you need to find out what you are intolerant to and which foods to eat instead. You can 'desensitise' yourself from foods, which cause intolerance and then re-introduce them three months later (although you cannot do this for foods which cause an IgE / anaphylactic response). You should never eat any food, which causes you to have an allergic response.

## Discovering whether you're Intolerant

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Intolerances can be responsible for many symptoms, especially digestive problems, from bloating to constipation and diarrhoea to abdominal cramps. These are sometimes accompanied by mental and physical symptoms, such as mood changes, chronic tiredness, depression, increased appetite, sleepiness after meals, inability to concentrate and a host of minor ailments from itches and rashes to asthma and sinus problems.

**If you answer 'yes' to four or more of the questions, it is very possible that you may be reacting to certain foods.**

### Your instant food intolerance check

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- Can you gain weight in hours?
- Do you get bloated after eating?
- Do you suffer from diarrhoea or constipation?
- Do you suffer from abdominal pain?
- Do you sometimes get really sleepy after eating?
- Do you suffer from hayfever?
- Do you suffer from rashes, itches, asthma or shortness of breath?
- Do you suffer from water retention?
- Do you suffer from headaches?
- Do you suffer from other aches or pains, from time to time? - possibly after certain foods?
- Do you get better on holidays abroad, when your diet is completely different?

### Food Intolerance Testing

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The best way to find out what you are intolerant to is to have a quantitative IgG test.

'Quantitative' means the test shows not only whether you are intolerant, but also how strong your reaction is.

Many of us live quite healthily with minor food intolerances, but stronger ones can create all sorts of problems, especially weight gain.

Home test kits for food intolerances are available.

**Speak to your Health Practitioner for more information.**

### Top common food intolerances

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Cow's Milk

Yeast

Eggs

Wheat

Gluten

# The 5:2 Blood Sugar Plan

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For those seeking to boost weight loss, you may want to consider combining the intermittent fasting concepts of the 5:2 approach with maintaining blood sugar. For some this provides an extra boost that may be required in advance of an important event or after hitting a plateau.

## There are only a few simple guidelines:-

- Continue to follow the blood sugar balancing principles of low GL for 5 days/week
- Identify 2 modified 'FAST' days a week, not consecutive, when you are able to be more prescriptive about your food choices.
- Select your food choices on the 2 modified FAST days from the list of options below exclusively

The meal choices for the FAST days have been carefully designed to keep total GL values under 20. This can be a strategy that you employ from time to time, if you need to accelerate weight loss, for example after a holiday.

## Breakfasts

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45g Jumbo oat porridge made with water + tsp chia seeds + tsp almond butter + 1 cup raspberries (6GL)

1 boiled egg and half a grapefruit or 1 satsuma / mandarin (4 GL)

1 medium scrambled egg – add a teaspoon of fresh herbs e.g. chives and 4 cherry tomatoes (2 GL)

1 x 150g pot plain yoghurt + a small bowl of berries + 6 almonds (5 GL)

Blueberry Smoothie – 1 cup of almond milk + 100g blueberries (frozen is fine) + 1 tablespoon ground flax seeds + 1 cup spinach leaves.

## Lunches

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2 slices of grilled halloumi cheese with a rocket, tomato and cucumber salad and olive oil and balsamic dressing (3GLs)

Half a tin of tuna in brine with 1/2 chopped apple, celery, little gem lettuce and mixed with plain yoghurt and lemon juice dressing (4GLs)

Walnut and three bean salad: half a tin mixed beans, handful of chopped walnuts, 1/4 apple cubed, parsley, olive oil with lemon juice dressing. Serve with mixed salad leaves (3GLs)

2 poached eggs on a bed of steamed spinach with 3 pan fried tomatoes on the vine (3GLs)

Cup of instant miso soup + 1 oatcake + 5 x 1 cm cubes of feta + 5 olives + satsuma / mandarin (6GLs)

High energy lentil soup: onion, garlic, leek, carrot, chopped tomatoes, herbs, 200g brown or green lentils, low salt vegetable stock. Serves 4 (1 portion 4GLs)

Half a tin of sardines + cherry tomatoes, olives, olive oil & lemon juice dressing (3GLs)

## Dinners

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Herby chicken breast with lemon, garlic and fresh herbs (e.g. parsley, rosemary) cooked in foil with green beans and broccoli (4GLs)

Grilled lemon sole (or plaice) served with green beans, courgettes & lemon + 30g quinoa (6GLs)

Fresh salmon fillet + broccoli and green beans and sprinkling of toasted almond flakes (3GLs)

Homemade Bolognese with courgette ribbons (5GLs)

Peruvian Quinoa Salad – Mix cooked quinoa, 85g, with chopped coriander, parsley, spring onions, clove of garlic, cherry tomatoes, cucumber and avocado (small) plus a sprinkle of pumpkin seeds and a drizzle of olive oil. Season and serve. Serves 2

Three Egg Omelette, add vegetables for fibre and oily fish for a blast of omega-3. Try smoked salmon and asparagus OR wilted spinach and sun-dried tomato OR stir fried shiitake mushrooms as a filling.

## Snacks

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If you struggle to go for several hours without food between lunch and dinner, you can add any 5GLs meal or snack e.g. cup of berries OR two plums OR a small apple + 1 tbsp seeds OR handful of nuts (5GLs) OR hummus (50g) with veg sticks (5GLs)

## Water

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Ensure you drink plenty of fluid, i.e. at least 2 litres of water per day. Very often, when you think you are hungry, you are actually thirsty!



# Are stimulants affecting your energy & weight loss?

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Does this sound familiar to you?

You reluctantly crawl out of bed and head for the kettle for a strong cup of tea or coffee, perhaps light up a cigarette or have some fast releasing sugar, such as jam on toast. Up go your blood sugar and adrenalin levels and you start to feel normal. Or, do you lie in bed thinking about all the things that have gone wrong, could go wrong or will go wrong? You start to worry about everything you've got to do, haven't done or should have done. About ten minutes of this gets enough adrenaline pumping through you to get you out of bed.

## Stimulants

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If either of these scenarios sound like you, you're caught in a vicious cycle of stress, sugar and stimulants, with all its negative effects on your mind and mood.

Stimulants promise instant energy, but just make the problem worse. As you know by now, balancing your blood sugar is the key to sustained energy and weight control. Stimulants also promote the brain's feel good chemicals. In times of stress, the adrenal glands release a combination of hormones, including cortisol and adrenalin, that break down stores of glucose and raise your blood sugar levels, tapping into your energy reserves to provide instant fuel to deal with the apparent danger (in case you need to run away from a sabre tooth tiger for example).

Of course, today's emergencies take place mainly inside our heads (overdrafts, relationships, etc.), but we still produce adrenalin, and that still raises blood sugar levels.

Stimulants have the same effect, stirring up adrenalin and dopamine seriously messing with your blood sugar and so encouraging your body to store fat.

## Kick the habit

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Chocolate is high in sugar and stimulants and is delicious, so it's easy to become a chocoholic. If you are like the many others who simply cannot eat one square of chocolate and then stop, it is probably better to commit to giving it up for one month. After that, you'll find that you have lost all craving for chocolate. Cola, diet and energy drinks, again, are full of caffeine and sugar and will only inhibit weight loss.

Cigarettes. In addition to all the known health risks, smoking also affects your blood sugar and depletes essential vitamins and minerals.

Changing any habit can be stressful in itself, so it's best not to quit everything in one go. A good strategy is to start with your diet and, as you feel better, you will feel more motivated to kick other bad habits along the way. Cut down on stimulants until you feel able to give some of them up for good. Work out how many you consume daily; you'll probably find it is more than you think, so make a plan to reduce your intake. You'll be surprised how much better you will feel simply by cutting back.

## Caffeine

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The reason people get hooked on drinking coffee, especially in the morning, is because it makes them feel more energised and alert but after their first cup of coffee, coffee drinkers don't feel any better than people who never drink coffee.

Coffee drinkers just feel better than they did when they woke up. In other words, drinking coffee relieves the symptoms of withdrawal from coffee.

It's highly addictive! Also, the more caffeine you consume, the more your body and brain become insensitive to their own natural stimulants, dopamine and adrenalin. You then need more stimulants just to feel normal, pushing your body to produce more dopamine and adrenalin.

The result is adrenal exhaustion, leading to apathy, lethargy and an inability to cope. Caffeine can be found in tea, cola, energy drinks, chocolate and green tea, although drinking a weak cup of tea is unlikely to be a problem.

Sugar is another stimulant, which we cover in more detail on page 36.

# Sugar is a stimulant too

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So now we have seen that caffeine, stress, cigarettes and sugar keep your blood sugar out of balance by giving you an artificial boost, closely followed by an energy slump. This sets up cravings and keeps you addicted. It also encourages you to eat more, as you try to summon up the energy you need to get through your day.

Addressing this imbalance will help you to feel calmer, more energised and alert without the ups and downs. You can begin to see how much easier it is to stick to a weight loss plan, if you are not trying to contend with this vicious cycle. Now let's take a closer look at sugar and why it is such a villain to health and weight loss.

## Sugar

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Sugar is an artificially refined substance that works more like a drug than a food. Dr Candace Pert, research professor at Georgetown University Medical Centre in Washington, DC says, "I consider sugar to be a drug, a highly purified plant product that can become addictive. Relying on an artificial form of glucose (sugar) to give us a quick pick me up is analogous to, if not as dangerous as, shooting heroin." It unbalances blood sugar and causes you to experience false cravings when you're not hungry.

Too much sugar can play havoc with your weight and hormones, it can cause fatigue, increased hyperactivity and tooth decay. Refined sugar is empty calories. We get no nutritional benefit from it. When there's too much sugar in your blood stream, the excess sticks to protein fibres between your skin cells, causing skin stressing reactions. The result is premature skin ageing, causing tough, leathery skin and wrinkles.

When sugar isn't needed, it's stored as fat. Eating sugar raises levels of the hormone insulin in your blood. This creates a risk for diabetes. Sugar can damage artery walls, making it easy for cholesterol and fat to build up and cause heart disease. Too much sugar affects the immune system by causing white blood cells to be sluggish, thus lowering resistance to disease. It can increase hyperactivity.

It encourages overgrowth of yeast (candida) and leads to fatigue because of the rise and fall of your blood sugar level, and it can cause anxiety and irritability. Sugar inhibits blood flow to the gums, leading to disease and tooth decay. Both sugar and insulin are highly inflammatory and not only aggravate any painful condition, but also fuel 'silent' low grade systemic inflammation.

## Cutting down on sugar

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One problem with sugar is knowing where it is. You may not put sugar in your tea, or eat chocolate regularly, but it is also found in many hidden places. Ketchup is 23.6% sugar for instance.

Cans of beans or tomatoes, cereals, flavoured yoghurts, so called healthy crunch bars, ready made and processed meals, are often a hidden source of sugar. Check food labels for hidden sugars. Stay away from artificial sweeteners, linked to side effects such as migraine and some cancers. Furthermore, some studies show they can even stimulate appetite!

Highly refined products such as white bread or rice have a high GL. If you eat them you get a rapid increase in blood sugar level and a surge in energy, similar to the effect of sugar. This is followed by a drop as the body scrambles to balance blood sugar levels. This is why you often get an afternoon slump, having eaten a white bread sandwich and some chocolate or similar for lunch. This effect often leads you to reach for more chocolate or coffee for a new energy boost, to be followed by the same slump soon afterwards. It's a cycle.

So, cut right back on sugar and stick to eating low GL foods to keep your blood sugar stable. Avoid refined and processed foods. Keep active and do regular exercise, as you are most likely to snack when you are bored or inactive. Exercise will also give you some of the feel-good hormones that you also get from eating sugar.

After 10 days of cutting out sugar you will have increased energy, your emotions will be on a more even keel and, you will have lost the taste for it. If you make sure you are trying at least one new food a week, you will not feel the least bit deprived.

# Top tips for cutting down on stimulants

## A vicious cycle

Remember that many of us are caught up in a vicious cycle of stress, sugar and stimulants, which leaves us feeling tired, depressed and stressed much of the time.

Use this as your motivation to change.

## Changing habits

**Changing any food habit can be stressful in itself, so it's best not to quit everything in one go. A good strategy is to avoid something for a month and then see how you feel.**

## Which Stimulants?

Find out which stimulants are most important to you, by completing the "Breaking Stimulant Addictions?" grid (p38) over one week and ask your self several questions:

### Question 1:

Which substance, if any, do you have in one form or other several times a day

### Question 2:

Which do you use as a pick me up, perhaps to get you out of bed in the morning or when your energy is flagging during the day?

### Question 3:

Which would you find the hardest to stop completely for a month?

## Pick one!

**Pick one stimulant you use frequently (other than cigarettes, which takes a different strategy). Could you realistically cut it out for a month? If not, what could you reduce your intake to?**

## Coffee drinkers

Coffee drinkers don't feel any better than people who never drink coffee. They just feel better than they did when they first woke up! All coffee does is relieve the symptoms of coffee withdrawal!

## TOP TIP!

**Get your blood sugar balance under control before becoming a non-smoker. It will make the process much easier as your moods are likely to be more stable and the cravings less severe.**

## Cigarettes

If you smoke, talk to your doctor about alternative ways to become a nonsmoker. Smoking drains your body of certain vitamins and minerals, so be sure to supplement your diet.

## Targets

**Set yourself similar targets for up to 3 stimulants. Sometimes they overlap. For example, if you can't stand coffee without sugar, then cutting out sugar means no coffee.**

## Coffee

**To find out what effect it has on you, quit for just two weeks. You may get withdrawal symptoms for up to 3 days (e.g. headaches, irritability). These reflect how addicted you've become. After this, if you begin to feel perky and your health improves, that's a good indication you're better off without coffee.**

## Tea

Tea (including green tea and Earl Grey) contains caffeine and tannin, which interferes with the absorption of essential minerals, such as iron and zinc. If you're addicted to tea, try stopping for 2 weeks and see how you feel. One cup of weak tea a day is ok.

## Soft drinks

**Cola contains as much caffeine as a cup of coffee and is high in sugar or artificial sweeteners, so its net stimulant effect can be considerable. Stay away from drinks containing caffeine, chemical additives, artificial sweeteners or colourings.**

## Sugar

Reduce sugar in hot drinks and food, eat less dried fruit, dilute fruit juice and cut out squash. Also check for hidden sugar in prepackaged foods. If you want something sweet, have fruit or try xylitol (plum sugar). It takes about a month for a preference for less sweet foods to kick in. After that, most people lose the taste for sugar.

## Reduce cravings

**Reduce cravings with an excellent low GL diet, a good breakfast, and avoid going hungry, to keep your blood sugar balanced.**

# Breaking stimulant addictions

Ideally, you want to cut out stimulants for a month to gauge the effect they are having on you.

However, start by cutting down gradually. Record your current intake in the day 1 row now and then use this grid to set your daily targets and record your progress.

Note that 1 alcohol unit = 1 small glass of wine / 1 bottle of beer / 1 shot of spirits.

Reduce stimulant use each week until your addiction is broken. If you are having more than 10 stimulant units a week, this is going to have at least some impact on your wellbeing. If you score 30 or more this could well be contributing to health and mood problems and can also impact the speed at which you lose weight. Set your target to reduce to no more than 15-17 per week and less if you can manage it! Occasional use is then okay.

|        | sweets | tea / coffee | fizzy drink | chocolate   | alcohol        | added sugar  | total |
|--------|--------|--------------|-------------|-------------|----------------|--------------|-------|
| day 1  |        |              |             |             |                |              |       |
| day 2  |        |              |             |             |                |              |       |
| day 3  |        |              |             |             |                |              |       |
| day 4  |        |              |             |             |                |              |       |
| day 5  |        |              |             |             |                |              |       |
| day 6  |        |              |             |             |                |              |       |
| day 7  |        |              |             |             |                |              |       |
| target | none   | 1 a day      | 1 a week    | 100g a week | 5 units a week | 1 tsp a week |       |

# Eating out is easy

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You don't need to stay in every night, slaving over a hot stove. But when it comes to eating out, you will need to be choosy. The best choices are Japanese, Malaysian or Thai. The reason? These countries are the leanest, healthiest people, and much of that is down to the way they eat. But this doesn't mean you can't eat French, Italian, Mexican or Indian. You just need to know what to order.

## Fill yourself up with the good stuff

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Have a starter and a main course, or just a main course but not a dessert. Avoid any breads, prawn crackers or the like. In fact, it is best to ask the waiter to take these things away, thus removing the temptation. Instead, ask them to bring some olives. Try and stick to just one glass of good quality wine and remember to drink plenty of water.

## Watch out for hidden sugar!

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When you are choosing items from the menu, watch out for the hidden sugar and high GL carbs in sauces, pickles and dips. For example, all Thai restaurants do very tasty fishcakes. These are better than things like spring rolls, because they have more protein, but other types of fishcake may have a high potato content so be careful. Also avoid sweet chilli sauce, which accompanies many Thai dishes.

## Avoid fried food

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Choose food that hasn't been deep fried, so go for non-fried egg noodles or a small portion of plain or coconut rice. Wild rice is also a good option if available. Share portions between 2 or even 3 people.

## Japanese restaurants are great

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All offer wonderful fish dishes, from Teryaki salmon to sashimi. Sushi isn't as good as it includes a lot of sweet white rice.

## Always order vegetable dishes

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Make sure you order plenty of vegetables and salad with your meal and, if you haven't had enough, order more!

## Remember you can order 'off menu'

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For instance, if you like the sound of the fish or chicken, but not the cream sauce, ask for it without, or swap it for another method of cooking. Don't be afraid of asking for exactly what you want.

## You are in charge of what goes in your mouth, not the waiter or your companions

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By the time you get to the end of the main course you should feel satisfied. Most puddings need to be avoided as they will almost certainly be high in sugar. Fresh strawberries make an ideal end to any meal, but if they are not available, a small portion of vanilla ice cream is OK once in a while. If you'd like an after dinner drink, choose peppermint tea, which is great for the digestion.

## When dining at an Oriental or Indian restaurant, choose:

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Sashimi (Japanese raw fish dish)  
Fish / chicken Teryaki  
Tom Yum soup  
Thai coconut based curries  
Indian tikkas (but not masalas)  
Fish or chicken satay  
Indian bhunas or baltis, ask for less oil  
Tofu based dishes  
Omelettes  
Vegetable dishes such as chana masala or dhal (Indian) or stir fried veg

## When dining at a French or Italian restaurant, you could try dishes like:

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Chicken breast marinated in rosemary and garlic  
King prawns in a chilli, garlic and tomato sauce  
Avocado, Antipasti, rocket, and tomato salad.  
If you really want pasta, go for a starter size of something like fettuccine with chicken, olive oil, garlic and parsley sauce plus a large salad.

## AVOID

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Fried food / sweet and sour dishes; rice, (unless brown, then share); noodles, potato dishes, bread, naans, chapattis and prawn crackers.

## TOP TIP

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Try choosing from the specials menus, which often include fresh dishes that you may not have tried before. Expand your choices rather than restrict them!

# Eating out: What are the best choices?

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Which are the better menu choices and which would you avoid? Place a tick or cross in the left hand column. Your Practitioner will then guide you through the right answers.

## Italian starters

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- Mozzarella Cheese, Avocado and Tomato
- Avocado with Prawns
- Fresh Mushroom Cups stuffed with Butter, Garlic, Wine and Parmesan
- Medallions of Crusty Bread toasted with fresh Tomato, Basil, Garlic & Mozzarella
- Deep Fried Mozzarella in Bread Crumbs with a touch of Neapolitan Sauce
- Meat Balls in Tomato Sauce served with Bread
- Pan fried Sardines in Butter, Garlic, Parsley, White Wine & Lemon
- Grilled Mediterranean Vegetables & Sun Dried Tomatoes on a Bed of Leaves
- Deep Fried Squid Rings
- Prawns, Chilli, Garlic and Butter in a Neapolitan Sauce
- Roasted Goat's Cheese, Sweet Peppers & Cherry Tomatoes on Toasted Bread
- Tuna, Parma Ham, Eggs, Olives, Artichoke, Smoked Salmon and Mozzarella
- Garlic Bread
- Mixed or Green Salad

## Italian main courses

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- Starter Pasta Portion
- Main Course Pasta Portion
- Spaghetti Alla Bolognese
- Spaghetti Alla Carbonara (with Egg, Bacon and Cream)
- Spaghetti Marinara (with Seafood Sauce in Tomato)
- Fettuccine Con Pollo (with Strips of Chicken in Olive Oil, Garlic & Parsley Sauce)
- Penne All'Arrabbiata (in Tomato, Garlic and Chilli Sauce)
- Lasagne Al Forno (Layers of Pasta with Meat & Bechamel Sauce)
- Crespoline (Crepe stuffed with Ricotta Cheese and Spinach)
- Pizza
- Large Salad with Tuna, Egg, Anchovy, Capers, Olives & Freshly Baked Dough Balls with dressing
- Caesar salad (Cos Lettuce & Crispy Croutons tossed in Parmesan & Dressing)
- Seafood Risotto in Tomato Sauce

## Italian desserts

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- Lemon sorbet
- Fruit salad
- Tiramisu
- Pavlova

# Eating out: What are the best choices?

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Which are the better menu choices and which would you avoid? Place a tick or cross in the left hand column. Your Practitioner will then guide you through the right answers.

## Thai starters

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- Chicken satay
- Spring rolls
- Prawn crackers
- Thai fish cakes with sweet chilli sauce
- Roast duck with honey sauce
- Deep fried king prawns
- Tom yum (thai soup made with galangal, lemon grass, mushrooms and herbs)
- Mixed vegetables deepfried in Tempura batter

## Thai main courses

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- Thai red chicken / beef curry with bamboo shoots, baby aubergines, red chillies in coconut milk
- Chicken panang curry: A dry, aromatic curry made with red curry paste, coconut cream and basil
- Thai muslim curry: Tender strips of lamb, cooked with potato, onion in a rich coconut curry sauce
- Sweet & Sour: Meat or seafood stirfried with tomato, pineapple, cucumber and onion sauce
- Prawns stirfried with oyster sauce, mangetouts, onion and mushrooms
- Prawns stirfried with garlic and pepper
- Prawns stirfried with vermicelli, ginger, pepper, celery and soya sauce
- Whole seabass steamed with ginger, celery, mushrooms, chillies and spring onion
- Stirfried scallops with young green peppercorn and basil leaves
- Chicken stirfried with cashew nuts and dried chillies
- Chicken stirfried in batter with mild curry paste, French beans and kaffir lime leaves
- Pad Thai: fried noodles with egg, crushed peanut and bean sprouts
- Stirfried mixed vegetables
- Stirfried bamboo shoots with egg and vegetables
- Special fried rice
- Sticky rice

## Thai desserts

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- Deep fried apple in batter
- Fresh mango
- Vanilla icecream



# Healthy eating guide: On the move

## shopping

Too busy having fun to stop for food? This is a big mistake; your blood sugar will plummet and you will suddenly feel tired, irritable or headachy, then grab a high GL coffee and snack or, even worse, buy the wrong thing!

**TIP:** Always keep a pack of oatcakes or piece of fruit & some nuts with a small bottle of water in your bag.

## sandwich bars

Quality and choice varies widely from the family run Italian to the big chains. Most will offer salad box alternatives or filled wraps. If this is not an option, buy a whole wheat sandwich with a good protein & salad filling, discard the top slice of bread and join the rest together, so you have 1/2 a sandwich with a superthick filling. Go for the dark grainy breads & choose rye if available. Some offer soups - go for vegetable and bean soups.

## pasta / pizza restaurant

Not the best place to stop but some do offer salads or have lower carb and therefore lower GL choices on their starters, such as tricolore salad, garlic mushrooms, soups etc, so you could have 2 starters.  
Avoid sugary salad dressings.

## restaurant

Menus will vary widely, according to type of establishment, location etc. Most will offer salads, omelettes, soup, etc. Stick to the low GL principles and choose a good protein (fish, meat, poultry, eggs, beans etc.) with either salad or vegetables.

## fast food

Burger type bar: Try and avoid at all costs! If that's all there is, take the burger OR grilled chicken out of the bun and swap chips for extra salad. Avoid fries, milkshakes, fizzy drinks

## fish & chip shop

Remove batter from the fish and have mushy peas instead of chips.

## pub

Again, a huge variation in what you may find from sandwiches and pizzas to cooked meals. Select the low starch option every time, e.g. chicken or tuna salad. You can choose meals such as chilli con carne but ask for a half portion of rice and some sliced tomatoes instead.  
Beware of high GL bar snacks, go for some olives or a few unsalted nuts.

## TOP TIP

Whenever you're going to be on the move, have a substantial breakfast before you leave home and carry easy snack foods (and keep emergency stash in car).

## TOP TIP

Ask for sandwich filling to be wrapped in a large lettuce leaf or two (rather than bread).

## garage / service station

**Avoid:**  
Sandwiches / crisps / cakes / pastries / muffins / sweets / chocolate / coffee

**Choose:**  
Filled wraps (protein & salad) / soup / fruit / raw nuts / chocolate covered nuts (30g) / water

Some chains have a small mini supermarket, which widens choice: ready made salads with a protein, cooked chicken fillets, vegetable batons, hummus, etc.

## coffee shop

Very often this is all you may find and these tend to provide mainly high GL foods. Don't touch the pastries / muffins etc. but, if available, choose a filled wrap or a wholegrain / whole wheat sandwich with a protein & salad filling.  
You don't have to have coffee. Many offer a wide range of herb / fruit teas instead.

## GENERALLY AVOID:

Bread, pasta, potatoes, bagels, burger buns, noodles, rice, pizza, nachos, garlic bread, bruschetta, pastry, battered foods, breaded foods, potato topped pies, sweet puddings.

## BEWARE

Coffees, smoothies, milk shakes, yoghurt drinks often contain hidden sugars and syrups.

# Healthy eating guide: Hotels & Events

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## Hotels

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### Breakfast:

Typically buffet or menu choices.

**Avoid:** high GL cereals (don't be misled, hotel 'healthy option' muesli is full of sugar), toast, 'continental breakfasts', i.e. breads and preserves, dried fruits & yoghurts with a high sugar content.

**Choose:** Make time to have a cooked breakfast, e.g. poached / boiled egg & slice of wholegrain toast, omelette, 'English Breakfast' (but avoid fried starchy carbs, such as fried bread or hash browns) or scrambled egg with smoked salmon, or poached haddock, or porridge (ask for no sugar to be added).

### Lunch:

Buffet or menu based lunches vary widely from one hotel to another.

**Avoid:** carbohydrate heavy meals (rice based, pasta, potatoes, etc.) or sandwiches/rolls, pizza etc. as well as rich sauces, sugary dressings & alcohol  
**BEWARE:** croutons in soups / salads.

**Choose:** If this is your main meal of the day choose a fish, chicken, meat or vegetarian protein based meal and request extra vegetables or a side salad with a smaller serving of the starchy carbs OR have a large salad with protein.

### Dinner:

**Avoid:** At this meal it is especially important to try and avoid starchy carbohydrates (pasta, potatoes, rice, etc.) Ignore the bread basket. Avoid dessert if possible. Avoid liqueurs and coffee.

**Choose:** Try to have just a main course based on fish, poultry, game, meat or vegetarian protein, e.g. beans/lentils, with a selection of leafy vegetables or side salad. If a starter is difficult to avoid, ask for a small green salad or soup. If dessert is difficult to avoid, ask for a simple fruit salad OR a little cheese & celery. Drink a glass of red wine if desired and a glass of still water

TIP: Have a drink of water before your meal.

## Top tip!

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**Some situations seem impossible; just try and choose as wisely as you can. It's better for your blood sugar to eat a little (of less than perfect food) rather than eat nothing.**

## Restaurants & Dinner parties

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Have your own healthy snack before you go out, e.g. an apple and a few nuts / seeds, so you don't arrive starving.

Order off menu or make substitutions, e.g. no chips or have 3 new potatoes instead or a side salad. Or leave excess potatoes or pasta on your plate.

Order 2 starters instead of a main course.

Request that sauces/dressings are served separately.

Refuse the bread basket and don't let the waiter leave it on the table. Ask for olives instead.

If you have little control over the meal, eat all of the low GL part of the meal and only a little of the high GL.

Where possible, be in control of your own portion sizes.

It's easy to drink more alcohol than you realise when eating out - an aperitif, then your wine glass is constantly refilled and finally a digestif. Remember alcohol is high GL and also lowers your resistance to temptation (of all kinds!).

## Events

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Typically buffet style.

**Avoid:** sandwiches, breadcrumb sea food, pastry foods, e.g. sausage rolls, vol-au-vents etc.), sushi (avoid the white rice), cake, gateaux & pie type desserts.  
**BEWARE:** it is easy to eat more than you would when standing and revisiting a buffet table, than if you were sitting down. This is because you normally eat more quickly and don't give the stomach a chance to signal the brain that you're full.

**Choose:** Plain protein foods including meat, chicken, fish, seafood with salads. Crudités with hummus, guacamole, salsa dips. Fruit/fruit salad or a little cheese & celery to finish.

# Healthy Cooking Basics

## - which fats/oils?

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We have seen which foods contain all the right fats for super health and to satisfy those cravings but how much of them should you be eating? We recommend that you eat oily fish such as salmon, trout, tuna and mackerel, 3 times a week and have at least one heaped tablespoon of nuts and seeds every day. This will ensure you not only meet all your dietary needs for essential fats, but you will also feel satisfied and lose weight.

### So what are the fat friendly cooking methods?

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As we have now seen, eating the right fats is important; and so is the method used to cook and prepare foods. For instance, we know that frying and burning damages both the food and the oil and makes them harmful to health.

So, it is best to stick to other methods such as steaming, baking, poaching and steam frying instead of stir frying. You can steam fry simply by adding a small amount of water to the oil, stir frying for a minute or two and then covering with a lid to cook. This method reduces the heat and therefore protects the oil from becoming damaged and subsequently bad for our health.

### Top food preparation tips

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**Buy foods as fresh and unprocessed as possible and eat them soon afterwards.**

**Eat more raw food, it has many more nutrients intact.**

**Be adventurous and try things you haven't tried before.**

**Cook foods as whole as possible, slicing, cutting or blending after cooking.**

**Use as little water as possible as the goodness in the food leaks into the water. Reuse any water used for soups or sauces.**

**Steaming, poaching and steam frying are the healthiest methods of cooking.**

**Favour slower cooking methods that retain flavour and nutrients whilst introducing less heat.**

**Don't overcook, burn or brown food.**

**Fry foods as infrequently as possible and try switching to coconut oil for steam frying.**

### Introducing coconut oil

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It is a great product and is the only oil that is heat stable even at high temperatures, meaning that it won't become damaged and harmful. Its thermogenic effect has been shown in trials to speed up metabolism.

Eating excess 'bad' fats (hydrogenated fats and cheap, processed vegetable oils) is associated with obesity, heart disease, cancer and diabetes, plus it puts a strain on the body's metabolism.

**The worst offenders are:**

**french fries  
hamburgers  
deepfried fish & chicken nuggets  
confectionery  
chocolate bars  
potato crisps  
biscuits  
doughnuts  
margarine  
mayonnaise  
many salad dressings**

So, have these as an occasional treat only and remember to check food labels for hidden hydrogenated fats. The essential fats omega 3, 6, 9 and coconut oil make better choices and provide the right balance for optimum health and successful weight loss.

### Top tip!

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**Try using your own delicious salad dressings rather than shop bought ones, they take seconds to make. Use nut or seed oils mixed with garlic, herbs and a good quality red or white wine vinegar and fresh black pepper.**

# Making sense of food labels

Labels provide us with useful information but remember they are also there to help sell the product! You need to look more closely if you really want to understand what you are eating.

## How much sugar, salt and calories should we be eating?

Here are the World Health Organisation (WHO) guidelines for average adults of normal weight:

| Each Day | Women       | Men         |
|----------|-------------|-------------|
| Calories | 2000        | 2500        |
| Sugar    | 25g (6 tsp) | 31g (8 tsp) |
| Sodium   | 2g          | 2g          |
| Salt     | 5g          | 5g          |

## Food labels

Ingredients are listed in order of weight. The first ingredient has the greatest % content and the last the smallest. Food labels illustrate the fat, carbohydrate, sugar and calorie content per 100g. Remember that this gives you the percentage: 20g sugar per 100g = 20% sugar. How do you know what is a little and what is a lot when it comes to fat, sugar and salt?

| per 100g | A Lot | A Little |
|----------|-------|----------|
| Sugars   | 10g   | 2g       |
| Salt     | 1.25g | 0.25g    |
| Sodium   | 0.5g  | 0.1g     |

## Carbohydrates

When buying starchy foods, such as bread, rice and pasta, look for wholegrain / whole wheat / wholemeal. Avoid any form of sugar, white or refined foods and look out for hidden starches in the ingredients list such as potato starch, corn starch, rice starch – all of these will be broken down into sugar by the body.

### Sugar is known by many different names:

glucose-fructose syrup\*  
(\* = high-fructose corn syrup)

|             |                  |
|-------------|------------------|
| glucose     | syrup            |
| fructose    | honey            |
| sucrose     | treacle          |
| dextrose    | agave            |
| maltose     | fruit juice      |
| lactose     | dates            |
| isoglucose* | dried fruit      |
|             | raisins/sultanas |

## Glycaemic Index (GI)

You cannot calculate the GI of a food from the carbohydrate content on the label. It must be tested physiologically on live subjects, measuring how quickly blood glucose levels rise and fall.

|           |              |
|-----------|--------------|
| High GI   | 70 and above |
| Medium GI | 56 - 69      |
| Low GI    | 55 and below |

## Glycaemic Load (GL)

If you know the GI value of a food, it is possible to calculate the GL of a particular serving size. However, it is a complex process and we would instead recommend simply identifying if the food is high, medium or low GL, based on what you have learned so far. If you really feel the need to know an accurate GL value, you could look it up on a reference website such as this one <http://nutritiondata.self.com>

## Be label-savvy

When you see a claim in large print, such as “No added sugar” or “30% less sugar”, take a closer look at the label. The manufacturer will want the low-sugar version to match the taste of the original as closely as possible. A popular trick is to add maltodextrin – a polysaccharide and therefore technically a starch, not a sugar. However, it is still broken down into sugar very quickly! When you see “50% fewer calories”, read the label. The product will be lower in fat than the original but has to be higher in carbohydrate. For example, a packet of crisps – made of fried potato slices and salt – is not a healthy food and is high in calories. A packet of ‘healthy’ crisps right next to it may be lower in calories and ‘baked’ but contains: potato starch, maize starch, rice starch and maltodextrin. Is that a healthy crisp?

## The problem with calories

It's not that calories don't matter at all but they matter much less than we have been led to believe. Metabolism is much too complex to be reduced to the simple calorie equation of “calories in < calories out = weight loss” and “calories in > calories out = weight gain”. This simplistic approach dismisses the metabolic effects foods have once we have eaten them, suggesting that the result of ingesting 150 kcal from a fizzy drink has the same effect on our weight as 150 kcal from raw almonds, but this is simply not the case.

## 'Fat' food labels

### Trans fats

**Avoid anything on a food label that says 'hydrogenated' – including 'partially hydrogenated'. These are trans fats, damaged fats, which are unhealthy.**

### Low fat

**Items with no more than 3g fat per 100g may be labelled 'low fat'. Reducing the fat content, of foods dramatically reduces their calorie content, because fat has 9kcal/g, whereas carbohydrates have only 4kcal/g. Removing fat from foods affects their flavour and texture, which is usually remedied by adding sugar. Result: a lower calorie product but with a higher GL than the original.**

### Additives

**E.g. colourings, flavourings, preservatives, thickeners, etc. Additives deemed safe by the EU are given an E number. However, they can have effects in some people. For example E155 can trigger asthma in some people. In general, reducing your additive intake is a good thing and you can do this by eating less processed food and more whole organic foods.**

### Lite

**In what? - Colour?!**

# Maintenance success plan

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## Maintaining your weight is even more important than losing it!

Continuing to look after your health is essential. In the past, after following a low fat / low calorie / high protein / unsustainable diet, you will more than likely have gone back to your old ways, resulting in rebound weight gain. So what can you do to avoid this frustrating tendency?

Remember, as long as you continue to eat regularly (to keep your blood sugar steady) you can distribute your GLs throughout the day to suit your lifestyle.

- Continue to be prepared, planning menus in advance until maintenance is second nature.
- Drink 1.5 - 2 litres of water per day. Remember this helps you avoid eating when not hungry!
- Continue to eat less processed / refined food preparing as much of your food as possible.
- Avoid foods to which you are intolerant.
- Stick to the recommended amount of calorie dense food (e.g. 50g of nuts/seeds).
- Stick to low GL fruit and veg options, whole wheat, pulses and beans.
- Continue to eat healthy fats (avoiding trans fats of course!) to keep cravings at bay.
- Continue to eat protein with carbohydrate to reduce GLs.
- Continue to restrict stimulants (e.g. sugar, caffeine, alcohol).
- Stay active and vary your routine so you don't get bored.

It is a good idea to use these maintenance principles during holidays and at Christmas, opting to maintain your weight during these times rather than set yourself difficult to achieve weight loss goals.

## Set point theory

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You need to maintain your weight loss for 9 months for your body to reset itself at the lower weight!

## Basic rules

### The 80/20 rule

Keep using all the principles you have learned and make low GL eating a habit for life. As long as you eat low GL most of the time, it will be easy to maintain your weight whilst occasionally enjoying high GL foods. You may find you no longer enjoy them as much as you did as your body has now become used to having the foods that it needs and being in balance! It is fine to stay flexible though. If you eat more GLs at one point in the day, simply reduce them later, helping you to stay in control.

Your goal now is to maintain your success.  
How will you do this?

### We recommend:

Review the Golden Rules and commit to the 80/20 rule. Attend regular reviews with your Practitioner, as you would with your dentist. This commitment is important for long term success and to avoid rebound weight gain.

Arrange to see your Practitioner at regular intervals for a health review to support you with any weight loss or health challenges you might face going forward. Plan for any changes in your usual routine a common problem area for many people such as holidays abroad, Christmas, house move, job change.

You may need extra support to help you through these times and to motivate you to get back on track. Review your achievements regularly. Look at your improved health and blood sugar scores to remind yourself of how much better you feel now. Ask yourself "why would I want to go back to feeling like that?"

How else can you ensure you maintain your success?  
What will work for you?

Write other suggestions here:

:





## Menu Plans

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These menu plans are designed to be quick and easy to prepare. Some have simple recipes and some are straightforward without.

You can also choose many of them when out and about at restaurants and shops (e.g. soups, salads, etc.). If something is not available to you locally, simply choose an option from a different day as these plans are designed for you to pick and mix from (although you can just follow them as they are if you wish).

Each breakfast, lunch and dinner has a maximum of 10GLs. Each snack is around 5GL. Remember, try to limit snacking – particularly if the gap between two main meals is short - and try to remove snacks completely once blood sugar balance is achieved. Approximate GL counts are shown. Portions are for 1 unless otherwise stated.



# 8 Week menu plan: week 1

## DAY 1

### Breakfast (8GL)

Plain yoghurt or plain soya yoghurt (200g) topped with berries (of choice), 1 tbsp. mixed seeds (pumpkin, sunflower, flax) and 1 tbsp. ground flax and 1 tbsp. mixed chopped nuts (e.g. walnuts/brazils/almonds).

### Lunch (9GL)

Wrap filled with chicken, pesto and salad.

### Dinner (10GL)

Baked salmon fillet with green beans, roasted baby tomatoes, chopped black olives and 3 new potatoes.

### Snacks

Celery sticks filled with 50g crunchy (no added sugar) peanut butter (2GL), 1 green apple and 3 Brazil nuts, walnuts or almonds (5GL).

---

## DAY 2

### Breakfast (10GL)

50g rolled oats with berries, milk and a handful of seeds.

### Lunch (5GL)

Mushroom omelette with green salad, 2 rough oatcakes.

### Dinner (10GL)

Grilled lamb steak with ratatouille and 40g brown basmati rice.

### Snacks

Hard boiled egg with 1 stick of celery + a kiwi fruit (5GL), 2 oatcakes spread with pumpkin seed butter or smoked salmon or mackerel pâté topped with cucumber slices (5GL).

---

## DAY 3

### Breakfast (9GL)

Boiled or poached egg on 1 slice wholegrain / whole wheat toast.

### Lunch (10GL)

Mixed bean soup, with chopped celery on the side, spread with hummus.

### Dinner (6GL)

Tuna steak with shop bought tapenade and watercress salad.

### Snacks

1 plain yoghurt (150g) with a few berries (5GL), 1 orange + 5 almonds (5GL).

---

## DAY 4

### Breakfast (10GL)

Berry smoothie (see page 22: "On the run").

### Lunch (9GL)

1 small tin sardines mashed with a little balsamic vinegar + black pepper, topped with sliced tomatoes on 3 oatcakes.

### Dinner (5GL)

Grilled pork medallion with chopped stewed apple, broccoli and peas.

### Snacks

2 oatcakes with 100g cottage cheese + chopped green apple (9GL), 2 apricots + 4 walnuts (3GL).

---

## DAY 5

### Breakfast (10GL)

50g whole porridge oats with chopped apple, 1 tbsp flaxseed and cinnamon.

### Lunch (3GL)

Grilled halloumi cheese with a big rocket, tomato and cucumber salad with olive oil and balsamic dressing.

### Dinner (2GL)

Courgetti served with tomato-based sauce (tin of chopped tomatoes, a few black olives, basil and pine nuts) topped with shaved Parmesan.

### Snacks

Peach and a handful of seeds (5GL), plain yoghurt (150g) with 1 tsp mixed seeds and a few berries (4GL).

---

## DAY 6

### Breakfast (3GL)

2 rashers grilled bacon, grilled tomato and mushrooms.

### Lunch (11GL)

Open sandwich: wholegrain/whole wheat bread spread with pesto, topped with sliced turkey, rocket and grated carrot.

### Dinner (10GL)

Grilled fish served with stir fried veg, seasoned with soy sauce + garlic, served with 40g brown basmati rice.

### Snacks

Crisp pear and 4 walnuts (5GL), 5 olives and a satsuma (5GL).

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## DAY 7

### Breakfast (3GL)

Scrambled eggs with smoked salmon and spinach.

### Lunch (9GL)

Roasted chicken breast, 1/2 jacket sweet potato (60g), red cabbage and peas.

### Dinner (10GL)

Roasted tomato soup with Parmesan shavings, 2 cheese flavoured oat cakes.

### Snacks

Baked apple with plain yoghurt (150g) and 1 tsp sunflower seeds (8GL), small bowl of mixed fruit salad sprinkled with 1 tsp mixed seeds (5GL).

---

# 8 Week menu plan: week 2

## DAY 1

### Breakfast (12GL)

1 slice wholegrain / whole wheat toast topped with 3tbsp low sugar baked beans and grilled tomato.

### Lunch (3GL)

Mixed salad of choice, served with fresh/tinned crab meat with olive oil and lemon juice dressing.

### Dinner (15GL)

Vegetable & kidney bean chilli with cauliflower rice (grate florets on a cheese grater or pulse in a food processor until 'rice sized').

### Snacks

Handful of olives + small orange or mandarin (5GL), 1/2 chopped avocado with 1 tsp mixed toasted seeds (1GL).

---

## DAY 2

### Breakfast (6GL)

50g whole porridge oats with blueberries and 1 tbsp mixed seeds.

### Lunch (9GL)

Tomato soup with 2 tbsp tinned chickpeas (rinsed).

### Dinner (8GL)

Grilled lemon sole (or other white fish) served with roasted peppers, courgettes, wilted spinach and 25g couscous.

### Snacks

2 squares dark chocolate + 6 almonds (2GL), 2 rough oatcakes with cream cheese + cucumber (5GL).

---

## DAY 3

### Breakfast (11GL)

50g Low GL muesli (see week 6 day 7 for recipe) with berries and milk.

### Lunch (17GL)

Cottage cheese on 2 rye crackers topped with kiwi fruit + watercress.

### Dinner (3GL)

Beef stir fry: with pack of ready prepared stir fry vegetables/ bean sprouts. Add soy sauce..

### Snacks

1 oat biscuit, 1 tbsp seeds + cup of herbal/green tea (3GL), small tin of tuna in spring water, mixed with chopped celery, cucumber and spring onion (1GL).

---

## DAY 4

### Breakfast (10GL)

1 slice of wholegrain/whole wheat or rye toast topped with some watercress, a slice of ham and roasted cherry tomatoes.

### Lunch (5GL)

Feta cheese + watermelon salad, use rocket, mint and coriander as a base and sprinkle with sunflower seeds. Lemon juice + olive oil dressing.

### Dinner (10GL)

65g quinoa served with roasted pepper/courgette/red onion/tomato, sprinkled with toasted cashew nuts and rocket.

### Snacks

Baked apple with plain yogurt and sunflower seeds (8GL), 1 green apple and 3 Brazil nuts, walnut or almonds (5GL).

## DAY 5

### Breakfast (6GL)

3 oatcakes spread with sugar free nut (almond, cashew, hazelnut or peanut) butter.

### Lunch (9GL)

Whole wheat pitta filled with lettuce, tomato slices + tuna, spread with a little Harissa paste for extra flavour.

### Dinner (10GL)

Spanish omelette served with ratatouille.

### Snacks

Roasted soya nuts + an orange or satsuma (5GL), 2 rough oatcakes with cream cheese + sliced cucumber (5GL).

---

## DAY 6

### Breakfast (3GL)

Omelette with filling of choice (e.g. mushroom, tomato, spinach, red pepper, etc).

### Lunch (7GL)

Green salad (watercress, celery, cucumber, green pepper, cress) with 2 slices of ham with vinaigrette dressing + 3 rough oatcakes.

### Dinner (10GL)

Whole trout, rub with olive oil & lemon juice and stuff cavity with lemon thyme and lemon slices. Grill each side for about 5-10 minutes and serve with green beans, leeks + 65g quinoa seasoned with low salt vegetable bouillon / stock powder.

### Snacks

1 Oat biscuit with 4 nuts (5GL), peach + 4 almonds (5GL).

---

## DAY 7

### Breakfast (9GL)

3tbsp low sugar/salt baked beans with 2 rashers bacon, grilled tomato + 1 slice toasted rye bread.

### Lunch (9GL)

Roast chicken breast served with roasted butternut squash (approx. 100g pre-prepared weight), mangetout and spinach, topped with a lemony olive oil dressing.

### Dinner (10GL)

Minestrone soup, topped with Parmesan and 2 oatcakes on the side.

### Snacks

Crudités dipped in smoked salmon dip/pâté (3GL), crisp pear and 4 walnuts (5GL).

# 8 Week menu plan: week 3

## DAY 1

### Breakfast (12GL)

Smoothie: use a cup of your preferred non-dairy milk e.g. coconut, almond, oat milk, plus 1tbsp of plain yoghurt + add 2 portions of fruit (e.g. small handful of berries + 1/2 papaya) also 1tbsp of seed mix (pumpkin, sunflower, flax), add extra milk if preferred.

### Lunch (8GL)

Grilled white fish with roasted red peppers and courgettes chopped into 25g couscous or 65g quinoa.

### Dinner (10GL)

Butter bean casserole: Add a chopped sausage, tin of tomatoes, chopped celery, green beans, a little red wine and thyme.

### Snacks

1/2 avocado pear with 1tsp mixed toasted seeds (1GL), cottage cheese with chopped apple (5GL).

---

## DAY 2

### Breakfast (12GL)

50g Low Carb Granola (see Week 6 Day 4 for recipe) with milk + 2 chopped apricots.

### Lunch (5GL)

Chicken and vegetable soup.

### Dinner (10GL)

Grilled pork chop served with 3 new potatoes, broccoli, peas and salsa verde (mix parsley, basil, garlic and capers in a food processor until finely chopped).

### Snacks

Berries + 4 walnuts (2GL), small tin of tuna mixed with chopped celery, cucumber and spring onion + 2 oatcakes (4GL).

---

## DAY 3

### Breakfast (9GL)

Boiled or poached egg on 1 slice wholegrain / whole wheat toast.

### Lunch (10GL)

Salad Niçoise: tuna, green beans, boiled egg, 3 sliced boiled new potatoes on bed of lettuce with tomato, red onion. Add olive oil + lemon juice dressing. Optional: add anchovy fillets, capers, olives, parsley.

### Dinner (9GL)

Bacon & pasta with shredded cabbage: lightly sauté bacon, add thyme and shredded cabbage and cook till softened. Cook 40g whole wheat pasta according to instructions, add to bacon and cabbage when cooked. Stir in grated Parmesan, a few toasted pine nuts and a little olive oil + black pepper.

### Snacks

1 plain yoghurt with berries (5GL), 1 orange and 1tbsp nuts / seeds (5GL).

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## DAY 4

### Breakfast (10GL)

Berry smoothie (see page 22: "On the run").

### Lunch (2GL)

Scrambled eggs, chopped spring onion and chives.

### Dinner (10GL)

Grilled fish fillet (white fish of choice) served with 1/2 sweet potato mashed (60g) with a little crème fraîche and garlic, with rocket and baby tomato salad.

### Snacks

Cup of instant miso soup + an oatcake (2GL), 5 olives and a mandarin (4GL).

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## DAY 5

### Breakfast (6GL)

3 oatcakes spread with sugar free nut (almond, cashew, hazelnut or peanut) butter.

### Lunch (9GL)

Whole wheat pitta filled with lettuce, tomato slices and tuna. Spread with a little harissa paste for extra flavour.

### Dinner (10GL)

Spanish omelette served with ratatouille.

### Snacks

Roasted soya nuts + an orange or satsuma (5GL), 2 rough oatcakes with cream cheese + sliced cucumber (5GL).

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## DAY 6

### Breakfast (9GL)

1 slice of wholegrain / whole wheat or rye toast topped with some watercress, a slice of lean ham and roasted cherry tomatoes.

### Lunch (3GL)

2 large field mushrooms stuffed with a mix made from chopped spring onion, chopped tomatoes, chopped mushroom stalks, garlic and parsley. Top with a little olive oil + Parmesan and roast for around 15 minutes, serve with salad leaves.

### Dinner (10GL)

Thai green curry (chicken / prawn) served with 65g quinoa + stir fry veg

### Snacks

1 orange and 3 Brazil nuts, walnut or almonds (5GL), Baked apple with plain yoghurt and sunflower seeds (8GL).

---

## DAY 7

### Breakfast (3GL)

Omelette with filling of choice (e.g. mushroom, tomato, spinach, red pepper, etc.).

### Lunch (10GL)

Roast lamb served with 3 roasted new potatoes (put in a bowl with a little olive oil to coat, add chopped garlic + rosemary, put onto roasting tray), steamed cabbage and minted peas.

### Dinner (6GL)

Red salad: beetroot, tomatoes, radish, red pepper with rocket served with flaked salmon.

### Snacks

A few squares of feta cheese with celery and apple (5GL) 2 oatcakes, 1tbsp seeds & cup of herb/green tea (4GL)

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# 8 Week menu plan: week 4

## DAY 1

### Breakfast (6GL)

3 oatcakes spread with sugar free nut (almond, cashew, hazelnut, peanut) butter.

### Lunch (3GL)

Small tin of tuna in spring water mixed with chopped red onion, tomatoes and green olives, served with baby spinach leaves.

### Dinner (10GL)

Roasted chicken breast, 1/2 jacket sweet potato (60g), green beans and peas.

### Snacks

Crisp pear and 4 walnuts (5GL), 2 oatcakes with cottage cheese (5GL).

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## DAY 2

### Breakfast (10GL)

3tbsp low sugar/salt baked beans with 2 rashers bacon, grilled tomato + 1 slice toasted rye bread.

### Lunch (10GL)

1/2 small jacket potato/sweet potato topped with cottage cheese, mixed with chopped red pepper, red onion and mixed salad leaves.

### Dinner (10GL)

Roasted cod fillet top the flesh side with a thin layer of polenta (or ground almonds) mixed with chopped parsley, grated lemon rind and garlic bound with a little olive oil; serve with roasted baby tomatoes, peas and sweet potato wedges (from 1/2 sweet potato).

### Snacks

Mandarin + 2 Brazil nuts (5GL), 1/2 avocado pear chopped with 1 tsp mixed toasted seeds (1GL).

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## DAY 3

### Breakfast (12GL)

Smoothie: use a cup of your preferred non-dairy milk e.g. coconut, almond, oat milk, plus 1tbsp of plain yoghurt + add 2 portions of fruit (e.g. small handful of berries + 1/2 papaya) also 1tbsp of seed mix (pumpkin, sunflower, flax), add extra milk if preferred.

### Lunch (10GL)

1 slice of wholegrain/whole wheat toast topped with sautéed mushrooms (cooked with garlic and chopped herbs), served with Parmesan shavings, chopped tomatoes and watercress.

### Dinner (10GL)

Salmon stir fry: with ginger, pak choi, peppers, baby corn + mangetout. Add lime juice and serve with 40g basmati rice.

### Snacks

Berries + 4 walnuts (5GL), hard boiled egg with 2 sticks of celery (1GL).

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## DAY 4

### Breakfast (10GL)

50g Low carb muesli (Week 6, Day 7 for recipe) with berries and milk or yoghurt.

### Lunch (9GL)

Crudités: whatever raw veg you have in the fridge e.g. peppers, broccoli, celery, cucumber with 3 oatcakes spread with hummus or blue cheese (strong flavour).

### Dinner (10GL)

Mixed fish pie made to your favourite recipe, but instead of heavy mashed potato topping, parboil a large potato (1/2 large potato if making for one person) and arrange slices over top of fish mixture (brush with milk + a little melted butter), bake for 12 hour; serve with asparagus and leeks.

### Snacks

Raisin oat biscuits, 1tbsp seeds + cup of herb/green tea (5GL), 5 olives and a mandarin (5GL).

## DAY 5

### Breakfast (6GL)

50g whole porridge oats with blueberries and 1tbsp mixed seeds.

### Lunch (3GL)

Omelette filled with smoked salmon served with large green salad.

### Dinner (10GL)

Stir fry: mixed vegetables of choice (e.g. mangetout, shredded cabbage, pak choi, broccoli spears etc) with prawns, chopped chilli, chopped tomatoes, red pepper, soy sauce, Chinese 5 spice (to flavour) and garlic; serve with 40g brown basmati rice.

### Snacks

2 squares dark chocolate + an apricot (4GL), peach + 4 almonds (5GL).

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## DAY 6

### Breakfast (3GL)

2 rashers grilled bacon, grilled tomato and mushrooms.

### Lunch (10GL)

Small tin red salmon mixed with chopped celery, cucumber, fennel and rocket with a little mayo in a wrap.

### Dinner (3GL)

Turkey escalopes (very thin steaks) sauté in wok with garlic, olive oil, lemon juice (takes around 5-7 minutes), keep warm and add chopped pepper, runner beans, and broccoli to wok, stir fry until just tender.

### Snacks

Peach + 4 almonds (5GL), baked apple with plain yoghurt (8GL).

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## DAY 7

### Breakfast (2GL)

Scrambled eggs with smoked salmon and spinach.

### Lunch (10GL)

Roast monkfish & pepper & mushroom kebabs served with 40g brown basmati rice or 65g quinoa.

### Dinner (10GL)

Lean chicken breast, cut into strips served with a couple of chopped sun dried tomatoes, 1/2 avocado pear, mixed salad leaves and olive oil dressing.

### Snacks

1 orange + 5 almonds (5GL), crisp pear and 4 walnuts (5GL).

# 8 Week menu plan: week 5

## DAY 1

### Breakfast (9GL)

Boiled or poached egg on 1 thin slice of rye toast with mushrooms, grilled tomato.

### Lunch (9GL)

Chicken & vegetable soup + 2 oatcakes.

### Dinner (3GL)

Grilled mackerel fillet (can buy frozen) with a squeeze of orange juice and large salad with tomatoes, cucumber, bell pepper, lettuce, radish, parsley, artichoke hearts, toasted pumpkin seeds; olive oil and lemon dressing.

### Snacks

Apple + 4 almonds (5GL), 1 celery stick with 60g tub hummus (4GL).

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## DAY 2

### Breakfast (10GL)

Porridge made with 50g jumbo oats, grated apple, cinnamon, coconut milk, seeds and chopped walnuts.

### Lunch (4GL)

Roast chicken salad with cherry tomatoes, watercress, cucumber, radish, grated beetroot, 1 tbsp toasted pine nuts.

### Dinner (3GL)

Bolognese sauce made with turkey mince (thigh is juiciest), packed with veg (mushrooms, peppers, celery, tomatoes, courgettes, onions) with grated Parmesan, on bed of shredded steamed cabbage.

### Snacks

6 cubes of feta with 6 olives and small handful pumpkin seeds (2GL), 2 plums + 6 almonds (5GL).

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## DAY 3

### Breakfast (3GL)

Scrambled eggs with grilled tomato and spinach.

### Lunch (9GL)

1 tin sardines mashed with half an avocado served on 1 slice toasted rye bread and topped with tomatoes, watercress; apple cider vinegar and olive oil dressing.

### Dinner (10GL)

Sliced roasted duck breast with green beans, courgettes and small sweet potato, mashed.

### Snacks

1 small kiwi with handful toasted pumpkin seeds (5GL), roasted soya nuts with 2 apricots (3GL).

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## DAY 4

### Breakfast (11GL)

Quinoa porridge. 50g quinoa made with almond or coconut milk. Rinse quinoa and place in saucepan. Add just enough milk to cover quinoa and bring to the boil. Reduce heat, cover and cook for 12 minutes until soft. Add sliced pear, cinnamon, flaxseeds and vanilla; cook for 5 minutes until creamy.

### Lunch (8GL)

Tuna and butter bean (75g) salad with tomatoes, cucumber, rocket and dressing made with apple cider vinegar, olive oil and mustard.

### Dinner (3GL)

Teriyaki salmon with tenderstem broccoli & pak choi. 1 salmon fillet marinated in Teriyaki sauce (made with 1 tbsp tamari sauce, 1 tbsp mirin and 2 tsp grated ginger (for 2 servings) and cooked in parchment/foil parcels for 20 minutes; serve with cauliflower rice.

### Snacks

Small tub of coconut yoghurt, unsweetened (2GL), 1 hard boiled egg with small handful baby spinach leaves (1GL).

## DAY 5

### Breakfast (7GL)

Green smoothie made with 1/2 avocado, large handful of spinach, 1 tbsp chia seeds, 1 scoop pea protein powder, 4 cm cucumber, 1/2 apple, cup of coconut water or water.

### Lunch (12GL)

Small wholemeal toasted pitta filled with hummus and salad: diced tomatoes and cucumber, red onion, grated red cabbage and pine nuts.

### Dinner (7GL)

Grilled lamb chop with 65g quinoa, broccoli and green beans.

### Snacks

1 ginger oat biscuit and 2 Brazil nuts (5GL), small tub of coconut yoghurt (2GL).

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## DAY 6

### Breakfast (11GL)

French toast: soak 1 slice of wholegrain/whole wheat/rye bread in egg, then gently fry in olive oil/coconut oil on each side for 1 minute until slightly golden; sprinkle with cinnamon and serve with slices of pear.

### Lunch (10GL)

Roasted butternut (185g) and feta salad with rocket, red onion, tomato and 1 tbsp toasted almonds.

### Dinner (10GL)

Fish fillets (e.g. tilapia, hake, haddock) topped with mushroom, sundried tomato, lemon and baked in foil. Serve with stirfried veg e.g. strips of asparagus, red and yellow pepper, sugar snap peas and 40g brown basmati rice (optional); top with fresh herbs, e.g. parsley or coriander.

### Snacks

2 oatcakes topped with hazelnut butter (5GL), small pot of Greek yoghurt with handful of raspberries (5GL)

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## DAY 7

### Breakfast (3GL)

Shakshuka: eggs poached on spicy tomato sauce made with half can chopped plum tomatoes, half sliced onion, 1 garlic clove, half sliced red pepper, half tsp cumin, half tsp paprika; cook sauce in frying pan; crack eggs on top and cook in oven for 7 to 10 minutes until set.

### Lunch (11GL)

Leek, cannellini bean and potato soup.

### Dinner (10GL)

Spicy baked cod. Coat cod fillets with 1 tsp garlic powder, 1 tsp chilli powder, 1/2 tsp fine sea salt, 1/2 tsp ground black pepper, 1/4 tsp cayenne pepper. Place cod on oiled baking sheet and drizzle olive oil over top. Bake for 7 - 9 mins until flesh begins to flake. Serve with lime wedges, broccoli and cauliflower florets and 3 new potatoes.

### Snacks

2 oatcakes with 1 tsp of nut butter on each (5GL), 1 ripe nectarine + small square of cheese.

# 8 Week menu plan: week 6

## DAY 1

### Breakfast (10GL)

50g Low Carb Granola (see Week 6, Day 4 for recipe), 1 tbsp ground flaxseed & blueberries.

### Lunch (10GL)

Slice of rye toast spread with mashed avocado, topped with 3 slices of turkey breast, tomato, watercress and lemony olive oil dressing.

### Dinner (10GL)

Roasted veg: 185g butternut squash, red onion, fennel, tomatoes, red pepper & herbs (e.g. rosemary) with 1 tbsp pine nuts, and 150g feta or halloumi.

### Snacks

1 oatcake with a slice of cheddar/goat's cheese and 5 strawberries (3GL), 1/2 avocado with small handful of toasted pumpkin and sunflower seeds (2GL).

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## DAY 2

### Breakfast (4GL)

Full fat live yoghurt with 300g blueberries and 4 tbsp chia seeds (left to soak for at least 30 minutes or overnight).

### Lunch (13GL)

Chicken and vegetable wrap.

### Dinner (10GL)

Grilled lamb steak with 3 new potatoes, spinach and runner beans.

### Snacks

10g dark chocolate and 5 hazelnuts (5GL), 2 oatcakes spread with soft blue cheese (5GL).

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## DAY 3

### Breakfast (3GL)

2 poached eggs on bed of spinach.

### Lunch (7GL)

Smoked trout salad with 50g quinoa, cherry tomatoes, watercress, cucumber, radish, half small beetroot grated, 1 tbsp toasted pine nuts.

### Dinner (6GL)

Pan fried sea bream fillet served with strips of stirfried courgette, small carrot, pepper and black 5 chopped black olives. Alternatively, this whole dish can be baked in oven, but parboil the carrot and courgettes first.

### Snacks

Small handful of savoury toasted seeds: coat seeds (sesame, sunflower, pumpkin and flaxseeds) with olive oil and soy or tamari sauce and bake for 7-10 minutes (1GL), small tub of coconut yoghurt (2GL).

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## DAY 4

### Breakfast (10GL)

Greek yoghurt, berries and 60g home made low GL granola. Low GL granola melt 1tbsp coconut / olive oil in a pan with 1 tbsp xylitol and 50g whole oat flakes for 3 minutes (until oat flakes go golden). Add 1tbsp flaked almonds, 1 tbsp chopped macadamia nuts and cook for 2 minutes. Remove from heat and stir in 1 tbsp pumpkin seeds and 1 tbsp ground almonds.

### Lunch (3GL)

1 avocado & prawn salad with cucumber, watercress, parsley, olive oil, lemon and balsamic dressing.

### Dinner (10GL)

Lemon & pepper chicken breasts, buttered spinach, runner beans, 3 new potatoes.

### Snacks

Ginger oat biscuit and 5 almonds (5GL), hard boiled egg sliced on 2 oatcakes (4GL).

## DAY 5

### Breakfast (1GL)

2 kipper fillets on bed of wilted spinach topped with a poached egg.

### Lunch (7GL)

Roasted pepper filled with 65g quinoa, feta and mixed vegetables.

### Dinner (10GL)

Salmon & potato fishcakes. Mix tinned red salmon with small potato mashed, bind with egg, add salt, pepper and dried dill; form into patties and bake until golden; serve with green beans.

### Snacks

2 oatcakes with 150g hummus and 1 tbsp toasted pine nuts (5GL), Peach - chopped with tablespoon of plain cottage cheese (5GL).

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## DAY 6

### Breakfast (12GL)

Smoothie: blend berries, 1/2 banana, tbsp chia seeds, almond butter with soya/almond/coconut milk and yoghurt.

### Lunch (10GL)

Chickpea, lentil & vegetable soup; serve with green salad and 1 tbsp toasted seeds.

### Dinner (3GL)

Chicken curry with veg and cauliflower rice.

### Snacks

Smoked salmon on 2 oatcakes (4GL) or wrapped around 3 pre-cooked asparagus spears (2GL).

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## DAY 7

### Breakfast (9GL)

Low carb muesli (60g) with berries and natural yoghurt. Batch recipe: 100g whole oat flakes, 50g ground almonds, 2 tbsp pumpkin seeds, 2 tbsp chopped macadamias, 2 tbsp sunflower seeds, 2 tbsp xylitol (optional); stir all the ingredients together..

### Lunch (3GL)

Smoked mackerel, tomato & avocado salad, cider vinegar + olive oil dressing.

### Dinner (7GL)

Chilli con carne with 65g quinoa and green veg.

### Snacks

2 handfuls of mixed: toasted coconut flakes, pumpkin seeds and goji berries (2GL), 1 apple and 8 macadamia nuts (5GL).



# 8 Week menu plan: week 7

## DAY 1

### Breakfast (11GL)

3 tbsp low sugar/salt baked beans with poached egg, grilled tomato & 1 slice toasted rye.

### Lunch (9GL)

Half small jacket potato with cottage cheese & chives and large leafy salad.

### Dinner (10GL)

Stuffed aubergine with minced lamb, onion, garlic, red pepper, passata (chopped tomatoes) and spices (e.g. cinnamon, cumin); top with cheese (e.g. Parmesan) and bake in oven until golden brown; serve with green salad and 40g brown rice.

### Snacks

2 oatcakes + small chunk of cheese + 1 sliced tomato (4GL),  
2 celery stick and nut butter (3GL).

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## DAY 2

### Breakfast (10GL)

Berry smoothie (see page 22, 'On the Run').

### Lunch (7GL)

Frittata (baked omelette) using 2 eggs, 1 tbsp plain yoghurt, chopped onion, courgette, peppers from a jar. Green salad + 2 oatcakes.

### Dinner (4GL)

Chicken stir fry with non starchy green veg and half pack (100g) konjac noodles.

### Snacks

Handful of roasted chickpeas (3GL), 2 oatcakes with almond butter (4GL).

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## DAY 3

### Breakfast (11GL)

Bircher muesli. Mix 60g oats, 1 tbsp almond slivers, juice and zest of small orange, 1/2 grated apple, 1 cup plain yoghurt (or soy, coconut, Greek, goat's or sheep's). Mix together + add more water if too thick. Leave in fridge overnight.

### Lunch (10GL)

Smoked trout with celeriac remoulade: mix 1 tbsp crème fraîche, 1 tsp English mustard, juice of 1/2 lemon, salt and pepper; peel and coarsely grate 150g celeriac in food processor and stir into remoulade until well coated; serve with green salad and 1 tsp sunflower seeds.

### Dinner (6GL)

Fish fillet (e.g. cod, haddock, monkfish) with tapenade; mix 1 tbsp tapenade and 2 tsp lemon juice; cut fish fillets into strips and marinate in tapenade mixture. Gently cook in pan with olive oil for 2 minutes each side; serve with sautéed cherry tomatoes and broccoli and 50g quinoa

### Snacks

1 handful toasted seeds in tamari / soy sauce e.g. sunflower, pumpkin, pine nuts (1GL), 1 celery stick & 10 raw peanuts (1GL).

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## DAY 4

### Breakfast (6GL)

Toasted oats with cinnamon & vanilla. Toast 60g oats in dry pan for 2-3 minutes, mix 1/4 tsp ground cinnamon, 1/2 tsp vanilla & 1/2 tsp water, add to pan and keep stirring until oats are lightly browned; serve with 1 tbsp chopped almonds, large handful berries + small pot plain yoghurt

### Lunch (8GL)

Iceberg tacos: replace taco shell with iceberg lettuce leaves and add typical taco fillings – mince, roasted strips of peppers, guacamole, grated cheese, 3 tbsp refried beans.

### Dinner (7GL)

Prawn, watercress & avocado (half) salad mixed with chopped red onion and capers. Dress with white wine vinegar & olive oil; serve with 3 oatcakes.

### Snacks

Apple and 8 pistachio nuts (5GL), celery stick filled with peanut butter (1GL)

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## DAY 4

### Breakfast (9GL)

2 oatcakes, 2 soft or hardboiled eggs, half a large grapefruit. Enjoy with cup of hot water with lemon & ginger.

### Lunch (10GL)

Tuscan Bean Soup.

### Dinner (4GL)

Asparagus, mint & pea frittata with bacon. Gently fry onions until golden and the bacon (if using) in separate pan. Beat eggs and add onions, bacon, cooked asparagus spears, 1/2 pack of mint, peas to egg mixture and cook for 3-4 minutes until bottom is set. Then cook the top under grill for 2-3 minutes until set. Serve with watercress salad.

### Snacks

2 oatcakes with smoked mackerel pâté: blend 250g pack of smoked mackerel fillets (skin + bones removed) with 20g natural yoghurt, 1 lemon zest + juice, 1 tbsp horseradish sauce to taste, herbs, e.g. chives, parsley, dill (6GL), 1 celery stick & 10 raw peanuts (1GL).

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## DAY 5

### Breakfast (11GL)

Apple porridge with yoghurt & seeds. Simmer 60g oats and 1 small grated apple in water, milk or dairy free milk, stirring occasionally; add cinnamon, yoghurt and 1 tsp toasted sunflower seeds.

### Lunch (7GL)

Quinoa salad. 60g cooked quinoa with chopped roasted red pepper (from a jar is fine), tomatoes, soya beans (steamed from frozen), diced cucumber, red onion, chopped fresh parsley and mint; add 5 olives and 10 cubes of feta.

### Dinner (10GL)

Butterflied chicken breast with rosemary roasted vegetables. Toss 3 new potatoes, red and yellow peppers, courgettes & red onion in olive oil, rosemary & seasoning; roast for 30 mins. Cut chicken open into butterfly and gently pan fry 6 minutes each side until golden. Drizzle balsamic vinegar and lemon juice over chicken, cook for 1 minute and season. Serve with rocket salad.

### Snacks

Apple with 4 cubes of feta (5GL), 1 slice of melon + 5 almonds (5GL).

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## DAY 6

### Breakfast (7GL)

2 slices ham, scrambled egg with pan fried tomatoes and wilted spinach. Serve on half whole wheat English muffin.

### Lunch (10GL)

Salmon Niçoise. Flaked poached salmon (shop bought is fine), 3 new potatoes, green beans, 10 olives, sundried tomatoes. Garlic, lemon & olive oil dressing.

### Dinner (4GL)

Chicken & avocado salad shredded chicken breast, sliced red pepper and avocado, spring onions, iceberg lettuce with chilli and lime dressing: red chilli, green parts of spring onions, olive oil, balsamic vinegar, juice of lime, salt + pepper.

### Snacks

5 chunks of watermelon with 5 cubes of feta cheese (5GL), satsuma with 6 pecan nuts (5GL).

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# 8 Week menu plan: week 8

## DAY 1

### Breakfast (6GL)

Green smoothie made with 1/2 avocado, handful of kale, 4 cm cucumber, 1/2 apple, 1/2 tsp chia seeds and water.

### Lunch (6GL)

Half can of tuna with canned artichoke hearts, 1/2 tin cannellini beans, mixed peppers from a jar; serve with baby spinach and lemon, olive oil dressing.

### Dinner (4GL)

Marinated sirloin steak and Asian cabbage salad. Marinate steak in garlic, tamari and lime juice, grill until cooked, turning once. Salad: 1 small carrot grated, shredded Savoy cabbage and coriander. Dress with Thai fish sauce, lime juice, garlic; top with 1/2 tsp unsalted peanuts.

### Snacks

Large handful cherry tomatoes and 5 cubes feta (2GL) 5 olives, 5 almonds (1GL).

## DAY 2

### Breakfast (7GL)

2 grilled kippers, 2/3 tin baked beans, grilled tomato, and mushrooms.

### Lunch (10GL)

Poached eggs on whole wheat toast. Watercress & grapefruit salad.

### Dinner (10GL)

Grilled miso salmon with 40g brown rice/soba noodles. Mix miso paste with balsamic vinegar, soy sauce or tamari, smoked paprika. Place salmon on plate and cover with marinade. Leave in fridge for at least 30 min then grill for 6-7 min, turning half way. Stir fry garlic, ginger, spring onions, red chillis, diced courgettes, mangetout, beansprouts, coriander; add fish sauce and cooked noodles.

### Snacks

2 squares of dark chocolate & 4 macadamia nuts (5GL), small pot natural yoghurt with chopped fresh apricot + 5 hazelnuts (5GL).

## DAY 3

### Breakfast (10GL)

50g home made low GL granola (see Week 6 Day 4 for recipe) with 2 tbsp of goat's yoghurt, 300g blueberries and 1 tsp ground flaxseed.

### Lunch (5GL)

Apple and tuna salad: 1 chopped apple and celery, sliced radish, Little Gem lettuce. Dressed with mayo, yoghurt, lemon juice, salt and pepper; sprinkle with 1/2 tsp chopped walnuts.

### Dinner (4GL)

Chicken stir fry. Use chopped ginger, garlic, chopped coriander, soy or tamari sauce and juice of half lemon to marinate chicken strips. Fry gently in olive oil until chicken is brown. Add sugar snap peas, cabbage, pepper and cook until chicken cooked; serve with half pack of konjac noodles.

### Snacks

2 clementines + 4 walnut halves (5GL), 2 oatcakes with cream cheese + cucumber (4GL).

## DAY 7

### Breakfast (10GL)

Berry smoothie (see page 22).

### Lunch (10GL)

Small wholemeal pitta with 150g hummus, 1/2 avocado, sliced turkey, tomato + watercress.

### Dinner (9GL)

Pan fried chicken livers with red onions and balsamic vinegar; served with 2 sautéed new potatoes (sliced) and green leafy salad.

### Snacks

1 kiwi with 4 cubes of cheddar (5GL), cup of miso soup with handful of roasted soy nuts (1GL).

## DAY 4

### Breakfast (6GL)

1 boiled egg, slice of ham, baby spinach leaves, baby tomatoes. 3 oatcakes.

### Lunch (10GL)

2 lightly grilled smoked mackerel fillets with mustardy new potatoes. Toss 3 new potatoes in cooked red onion, mix in wholegrain mustard, parsley, chives and wine vinegar; serve with big green salad + horseradish sauce.

### Dinner (10GL)

Spiced turkey burgers. Turkey mince (thigh is juicier than breast) mixed with 1 egg yolk, 4 sliced spring onions, 1 chopped red chilli, 2 cloves crushed garlic, 1/2 tsp cumin and 1/2 tsp coriander; serve with roasted (small) sweet potato cut into wedges and a large green salad.

### Snacks

Bowl of cherries with dollop of Greek yoghurt (4GL), 2 oatcakes topped with hazelnut butter (5GL).

## DAY 5

### Breakfast (10GL)

Small pot natural yoghurt with 60g home made low GL granola (see Week 6 Day 4 for recipe), handful raspberries, 1/2 tsp flaked almonds.

### Lunch (10GL)

Chicken satay wrap. Mix the following ingredients together for the satay sauce: 2 tbsp plain yoghurt, 2 tbsp sugar free crunchy peanut butter, 1 crushed clove garlic, 1 tsp fresh root ginger peeled and grated, 1 tsp finely chopped mild red chilli, 1 tsp lemon juice, 2 tsp chopped fresh coriander, 1 finely sliced spring onion. Add sliced chicken breast, lettuce and cucumber to the satay sauce in a wholemeal wrap.

### Dinner (10GL)

Baked hake with roasted vegetables and herbs. Roast 1 small sliced sweet potato, red onion and tomatoes for 15 minutes then add hake and chilli flakes. Bake for 10 minutes until fish flakes easily; top with pesto dressing.

### Snacks

Crabmeat dip. Mix canned or fresh crab meat with yoghurt, fromage frais or crème fraîche, lemon juice and parsley; serve with 2 oatcakes (6GL), 1 pear and 6 macadamia nuts (5GL).

## DAY 6

### Breakfast (11GL)

Gluten free muesli made with 45g gluten free oats, 30g buckwheat flakes, coconut strips, ground almonds, chopped macadamia nuts and toasted seeds; serve with milk, plain yoghurt, berries.

### Lunch (12GL)

Three bean salad (2/3 tin mixed beans) + 1/2 tsp walnuts with small chopped apple, celery, fresh parsley; olive, walnut oil + lemon juice dressing; serve with baby spinach, rocket and watercress.

### Dinner (10GL)

Pan fried sea bass with ginger, garlic, chilli + spring onions & soy sauce. Serve with 45g brown basmati rice + broccoli.

### Snacks

Scoop of vanilla ice cream (5GL), handful of homemade trail mix (your own mix of: seeds, nuts, toasted coconut strips + goji berries) (5GL).

# Vegetarian menu plan: Week 1

## DAY 1

### Breakfast (3GL)

2 poached eggs on bed of spinach.

### Lunch (11GL)

Chickpea, cherry tomato & quinoa salad. 1/3 of a tin of chickpeas, marinated artichoke hearts, cherry tomatoes (halved), spring onions, fresh parsley and basil, ground black pepper; 30g quinoa; lemon, olive oil, mustard and garlic dressing.

### Dinner (2GL)

Tofu tapenade. Mix 1 tbsp tapenade and 2 tsp lemon juice; cut tofu into cubes and marinate in tapenade mixture; gently cook in pan with olive oil for 2 minutes each side; serve with sautéed cherry tomatoes and broccoli.

### Snacks

Ginger oat biscuit with 6 macadamia nuts (5GL), 2 rough oatcakes topped with tapenade (5GL).

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## DAY 2

### Breakfast (6GL)

Scrambled tofu with mushrooms, tomatoes and spinach.

### Lunch (8GL)

Vegetarian sausage with cauliflower mash, green beans and roasted tomatoes.

### Dinner (6GL)

Shaved courgette, walnut & citrus salad with halloumi. Using a potato peeler, shave courgettes into ribbons; mix with toasted walnuts, spring onion, chopped flatleaf parsley; dress with lemon zest and juice, sea salt + black pepper; serve with 4 thin slices of grilled halloumi.

### Snacks

2 oatcakes with cream cheese and 4 chopped walnuts (5GL), 300g blueberries and small handful toasted pumpkin seeds (3GL).

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## DAY 3

### Breakfast (10GL)

60g low carb muesli (see Week 6 Day 7 for recipe) with natural yoghurt, frozen mixed berries (defrosted overnight).

### Lunch (12GL)

Small tin of low sugar baked beans on 1 slice wholegrain / whole wheat toast.

### Dinner (8GL)

Vegetable chilli served with cauliflower rice.

### Snacks

80g spicy chickpeas simply coat in mixed spices and bake in the oven (5GL), 2 cheese oatcakes (4GL).

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## DAY 7

### Breakfast (6GL)

Soya or Coconut yoghurt with blueberries and mixed seeds.

### Lunch (10GL)

Vegetarian kedgeree: Mix 45g brown basmati rice with smoked tofu, hard boiled eggs, a little curry powder, finely chopped spring onions, peas, a squeeze of lemon juice, chopped coriander and freshly chopped chilli to taste.

### Dinner (9GL)

Courgettes in chickpea sauce. Fry courgette slices until browned. Blend 100g chickpeas with garlic, 1 tbsp lemon juice, 1/4 tsp Tabasco, ground cumin and 2 tbsp yoghurt. Mix sauce with courgettes and sizzle for couple of minutes; top with tomatoes, coriander or parsley & toasted seeds.

### Snacks

Half an avocado with 2 tbsp of cottage cheese & chives (3GL), 2 plums + mixed seeds (5GL).

## DAY 4

### Breakfast (6GL)

Chia porridge with coconut, vanilla & berries. Pour 200ml unsweetened almond/hazelnut/ coconut milk over 1 tbsp chia seeds, add drop of vanilla essence, soak for at least 10 minutes. Add blueberries and desiccated coconut.

### Lunch (6GL)

Vegetable and lentil soup. Heat 2 tbsp olive oil in a large, lidded pan and sauté 1 large chopped onion, 1 crushed clove of garlic, 2 chopped sticks of celery and 1 sliced leek and 1 chopped carrot over a medium heat, turning frequently, until turning soft (about 8 minutes). Add a 200g tin chopped tomatoes, 1 tsp dried mixed herbs, 200g dried brown/green lentils, 1 litre vegetable stock and freshly ground black pepper. Bring to the boil, turn the heat down, cover and simmer for 30 to 40 minutes until tender, blend and serve.

### Dinner (11GL)

Savoy cabbage parcels: 1 medium cabbage, 100g chopped mushrooms, 2 chopped shallots, 1 crushed clove garlic, 125g ricotta (or tofu) + 50g toasted pine nuts, 350g tomato & basil sauce. Remove and steam 8 outer cabbage leaves. Chop rest of cabbage. Fry remaining ingredients and mix with tomato sauce. Fill outer leaves with mixture and bake in oven for 20 minutes. Serve with 45g brown rice.

### Snacks

2 oatcakes with hummus and toasted pine nuts (6GL), 4 cubes smoked tofu with red and yellow pepper strips (3GL).

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## DAY 5

### Breakfast (3GL)

2 scrambled eggs with panfried tomatoes, mushrooms + wilted spinach.

### Lunch (12GL)

3 bean salad with celery. 1/3 tin kidney beans, 1/3 tin chickpeas and green beans mixed with chopped celery and placed on salad leaves, feta optional. Olive oil, cider vinegar dressing.

### Dinner (9GL)

Stir fry curry with smoked tofu & lentils (Serves 2). 1 chopped onion, 1/2 tsp curry powder, 1/2 tsp turmeric, 1 can lentils, 200ml reduced salt stock, chopped broccoli, cauliflower, mangetout, red pepper, 100g smoked tofu. Add lime juice and serve with 45g brown rice or 65g quinoa.

### Snacks

1 apple and 8 roasted almonds (roast on low heat in oven for 20-30 minutes) (5GL), 1 scoop vanilla ice cream (5GL).

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## DAY 6

### Breakfast (10GL)

30g homemade low GL granola (see Week 6 Day 4 for recipe) with small pot (150g) Greek yoghurt and 3 soaked prunes.

### Lunch (12GL)

Small wholemeal pitta with hummus, avocado and salad.

### Dinner (6GL)

Tofu frittata / omelette with roasted kale.

### Snacks

4 cherry tomatoes and 4 cubes of cheddar cheese (2GL), 1 boiled egg sliced on 2 oatcakes (4GL).

# Vegetarian menu plan: Week 2

## DAY 1

### Breakfast (7GL)

Porridge – 50g oats with almond milk, 200g raspberries and 1 tbsp flaxseeds.

### Lunch (5GL)

Mushroom omelette with green leafy salad and 2 oatcakes.

### Dinner (9GL)

Spiced ratatouille (roasted aubergines, courgette, red onion, green chilli, tomatoes and herbs) with feta and 1/2 tin chickpeas.; serve with cauliflower 'couscous': place cauliflower florets (raw or roasted) in food processor and pulse to couscous-sized granules; heat olive oil in pan and cook gently for 5-8 minutes with salt, pepper, turmeric + cinnamon until al dente.

### Snacks

300g blueberries + 2 tbsp of toasted flaked almonds (3GL), large handful of sugar snap peas with small tub of hummus (5GL).

## DAY 2

### Breakfast (10GL)

60g homemade muesli (see Week 6, Day 7 for recipe) with strawberries and plain yoghurt.

### Lunch (1GL)

Mushrooms, spinach and poached egg. Season and bake 2 large mushrooms; poach two eggs; wilt the spinach and serve, placing mushroom at the bottom, filled with spinach, and the egg on top.

### Dinner (7GL)

Vegetarian Bolognese. Serve with courgetti placed under the Bolognese (no need to cook the courgetti).

### Snacks

5 mozzarella balls + 4 baby tomatoes (4GL), 1 orange + 6 smoked almonds (5GL).

## DAY 3

### Breakfast (7GL)

2 soft boiled eggs with asparagus 'soldiers' + 1 orange or 1/2 grapefruit.

### Lunch (10GL)

Low GL Tomato & Bean Soup (serves 4). 4 crushed garlic cloves, 2 diced onions, 1 x 400g can chopped tomatoes, 2 carrots cubed, 1 x 410g can kidney beans or butterbeans, 4 tsp vegetable stock powder/reduced salt stock powder, 1.7 litres/3 pints water. Fry garlic and onions; add remaining ingredients and simmer for 20 minutes.

### Dinner (10GL)

Roasted vegetables: 50g butternut squash, red onion, courgettes, tomatoes, mushrooms, broccoli, fennel; served with feta.

### Snacks

Cup of instant miso soup & bowl of edamame beans (1GL), 1 celery stick filled with low salt sugar free peanut butter (2GL).

## DAY 4

### Breakfast (11GL)

Bircher muesli. Mix 60g oats, 1 tbsp almond slivers, juice and zest of small orange, 1/2 apple grated, 1 cup plain yoghurt (or soy, coconut, goat's or sheep's). Mix together & add more water if too thick; leave in fridge overnight.

### Lunch (13GL)

Small wholemeal wrap spread with mashed avocado and filled with 1/3 tin kidney beans + salad, crème fraîche and salsa.

### Dinner (4GL)

Tofu & vegetable stir fry with konjac noodles.

### Snacks

2 plums and 8 hazelnuts (5GL), 6 cubes of feta + 6 olives (1GL).

## DAY 5

### Breakfast (3GL)

Poached egg with mushrooms, tomato, spinach.

### Lunch (11GL)

Toasted rye open sandwich (1 slice whole wheat/rye) with hummus, big salad and seeds. Olive oil + apple cider vinegar dressing.

### Dinner (6GL)

Chickpea and spinach curry (Serves 2). 1 red onion, mild red chilli, 1 tbsp curry powder, 75 ml vegetable stock, 250 ml coconut milk, 1/4 head of cauliflower, 1 can chickpeas, baby leaf spinach; serve with cauliflower rice.

### Snacks

Walnut & lentil paté. In a blender, mix: 1 chopped sautéed onion, 200g cooked brown lentils, 100g toasted walnuts with 2 tbsp tamari, 2 tbsp lemon juice + olive oil until creamy. Makes 4 servings; serve with celery + red pepper sticks (5GL), 2 satsumas and small handful of toasted pumpkin seeds (5GL).

## DAY 6

### Breakfast (8GL)

Berry smoothie (see page 22: "One the run").

### Lunch (10GL)

Veggie burger (no bun) and salad.

### Dinner (11GL)

Mediterranean bean feast (Serves 2). 1 red onion, 1 can mixed pulses, good quality tomato based pasta sauce, 4 marinated artichoke hearts from jar, pitted black olives. Serve with 70g quinoa + green salad.

### Snacks

Handful of homemade trail mix (your own mix of: seeds, nuts, toasted coconut strips & goji berries) (5GL), 2 oatcakes with feta cheese & roast pepper pesto: Blend 50g roasted red peppers (from a jar), 50g pine nuts, 50g feta cheese, 2 cloves garlic + black pepper until smooth (5GL).

## DAY 7

### Breakfast (7GL)

Porridge made with 60g oats, milk, chia seeds, 1/2 sliced pear + sprinkle of cinnamon.

### Lunch (7GL)

Kale, potato & lentil soup. Fry 2 sliced onions and 2 sliced leeks in a pan until the leeks sweat. Add 200g finely chopped curly kale and cook until soft. Add 3 pints/1.7l water and mix well. Add 2 unpeeled cubed medium potatoes and 150g lentils. Bring to the boil; reduce the heat and add 4 tsp bouillon powder/reduced salt stock powder and cook until lentils are soft.

### Dinner (6GL)

Lentil dhal with sunflower seeds (serves 2). Fry 2 chopped onions and add 3 crushed garlic cloves, 1 tsp ground cumin, 2 tsp ground coriander, 1 tsp turmeric, 350g red lentils, 1.2 litres reduced salt stock and bring to the boil. Cover and simmer for 20 minutes. Stir in 125g sunflower seeds and a handful of chopped fresh parsley; serve with cauliflower rice and spinach.

### Snacks

Small bowl of strawberries & plain yoghurt (5GL), creamy tahini dip (2 tsp tahini mixed with 1 tbsp cream cheese + parsley) on 2 rough oatcakes (5GL).

# Vegetarian menu plan: Week 3

## DAY 1

### Breakfast (6GL)

Coconut yoghurt topped with raspberries and milled flax seeds.

### Lunch (3GL)

Sundried tomato, shredded mozzarella, and fresh basil frittata.

### Dinner (10GL)

Butter bean & tomato casserole (serves 4). Sauté 2 sliced leeks + 1 clove garlic; add 1 tin chopped tomatoes, 2 tins butter beans, 150ml reduced salt stock and cook until thick; top with Parmesan or feta cheese and serve with green salad.

### Snacks

1 cup of miso soup with 4 pieces of tofu (1GL), celery stick with cream cheese + peanuts (2GL)

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## DAY 2

### Breakfast (10GL)

Oat & chia 'no cook' porridge. Soak 50g oats and 2 tsp chia seeds in milk (e.g. unsweetened almond) and the juice and zest of 1 orange over night; add plain yoghurt, blueberries and seeds.

### Lunch (13GL)

Small wholemeal wrap filled with feta and salad.

### Dinner (10GL)

Low GL noodles with veg & satay sauce. Fry small handful of chopped spring onions and chives and 1 tsp ginger and 2 tsp garlic in pan; steam handful of chopped: carrots, mushroom and broccoli for 5 minutes. In a nonstick pan, mix 1 tbsp crunchy peanut butter, dash of tamari/soy sauce, dash of lime juice, 1 tsp maple syrup and a dash of water; add 200g konjac noodles or 35g buckwheat noodles and heat through.

### Snacks

1 peach quartered with 1 tbsp mascarpone cheese (6GL), 2 oatcakes with nut butter (5GL).

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## DAY 3

### Breakfast (11GL)

50g low GL granola (see Week 6 Day 4 for recipe) with rhubarb compote and plain yoghurt.

### Lunch (5GL)

Grilled halloumi salad. With red onion, red pepper, rocket, tomatoes, fresh coriander with lime juice & olive oil dressing; serve with 2 oatcakes.

### Dinner (10GL)

Spicy paneer (or halloumi) with broccoli & sesame. Steam 200g broccoli for 5 minutes and put to one side. In a wok: add 1 tsp cumin seeds, 1 tbsp sesame seeds, 1 finely chopped large green chilli, 1/2 tsp brown mustard seeds, 6 curry leaves and cook for 1 minute; add 1 sliced onion; add 140g paneer cheese, cubed, 1 tbsp grated ginger, 2 crushed cloves of garlic and cook for 5 minutes; add broccoli and 1 tsp lemon juice; serve with 40g brown rice.

### Snacks

2 plums and 6 macadamia nuts (5GL), goat's cheese on 2 oatcakes (5GL).

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## DAY 7

### Breakfast (6GL)

Sheep / goat's milk/soya/coconut yoghurt with defrosted frozen berries and chopped almonds.

### Lunch (10GL)

Broccoli & Bean soup (serves 2). Gently fry 1 clove crushed garlic, 4 chopped spring onions and 2 tsp curry powder; add 1.5 litres vegetable stock, 1 chopped potato and 450g broccoli and simmer for 15 minutes; add 1/2 tin of flageolet beans to heat and then blend.

### Dinner (3GL)

Feta, pea, mint and tomato frittata; serve with a green salad.

### Snacks

1 nectarine + 4 walnut halves (5GL), 1 hard boiled egg with spinach leaves (2GL).

## DAY 4

### Breakfast (8GL)

Eggs & Veg Benedict. 2 poached eggs on bed of fried courgettes, tomatoes and shallots with basil & balsamic vinegar. Add sprinkle of Parmesan and serve on half whole wheat English muffin.

### Lunch (8GL)

Greek salad: Romaine lettuce, tomatoes, cucumber, red onion, black olives, fresh dill, 1/2 tin cannellini beans, feta cheese.

### Dinner (11GL)

Half a small jacket sweet potato (50g) with cottage cheese, spring onions and chives; serve with green salad + tomatoes.

### Snacks

Apple slices dipped in almond butter (5GL), 2 oatcakes with cream cheese + 3 radishes (5GL).

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## DAY 5

### Breakfast (10GL)

Cinnamon apple porridge (60g jumbo oats with milk) plus milled flaxseeds, half a grated apple and cinnamon to taste.

### Lunch (7GL)

Scrambled tofu with red pepper, red onion, kale, spices + half sweet potato.

### Dinner (11GL)

Vegetable chilli (serves 4): Fry one sliced onion and 2 cloves. Add one diced pepper, 1 tsp ground cumin, 1 tsp crushed chilli flakes, until peppers soften. Add 250g sliced mushrooms, a 400g can chopped tomatoes, 3 tbsp of tomato puree, 410g can drained kidney beans, 3 tsp low salt stock powder; cover and simmer for 7 minutes.

### Snacks

Small bowl of plain yoghurt with 12 cherries (5GL), 2 celery sticks filled with unsweetened peanut butter (3GL).

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## DAY 6

### Breakfast (8GL)

3 oatcakes with pumpkin seed butter or almond butter topped with sliced pear.

### Lunch (11GL)

Lentil & vegetable soup (Serves 2): 300g red lentils, 1 small carrot, onion, leeks, 1 small potato and green vegetables, e.g. courgette, cauliflower, broccoli.

### Dinner (6GL)

Bean & tomato bake (serves 4). Cook chopped red peppers, onions, tomatoes, courgettes and olives in a roasting tray for about 15 minutes. Stir in 340g passata, 400g can drained butter beans; cook for approximately 15 minutes; serve with tenderstem broccoli and asparagus.

### Snacks

300g mixed berries with 8 hazelnuts (2GL), 2 oatcakes with hummus + pine nuts (5GL).

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# Vegetarian menu plan: Week 4

## DAY 1

### Breakfast (10GL)

50g low carb muesli (see Week 6, Day 7 for recipe) with 2 chopped apricots and coconut milk/yoghurt.

### Lunch (4GL)

Spinach and goat's cheese frittata / omelette with salad leaves, e.g. radicchio, rocket.

### Dinner (10GL)

4 Falafel with hummus and big salad (tomato / cucumber / lettuce / sugar snaps, etc.).

### Snacks

Slice of melon, chopped up with tbsp cottage cheese (5GL), 2 plums & 5 macadamia nuts (5GL)

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## DAY 2

### Breakfast (10GL)

60g Low carb muesli (see Week 6, Day 7 for recipe) with 1 stewed apple and plain yoghurt.

### Lunch (13GL)

Wholemeal wrap spread with avocado, filled with 2 tbsp borlotti beans, grated cheddar cheese, red onion + grated red cabbage. Olive oil + balsamic dressing.

### Dinner (8GL)

Stir fried mixed veg with toasted cashew nuts and sesame seeds, soy sauce, Chinese 5 spice (to taste) and garlic; serve with cauliflower rice.

### Snacks

2 oatcakes + 2tsp nut butter (4GL), 2 squares of dark chocolate and 2 Brazil nuts (5GL).

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## DAY 3

### Breakfast (10GL)

Berry smoothie (see page 22: "On the run").

### Lunch (3GL)

Avocado, tomato and mozzarella salad with rocket and pine nuts.

### Dinner (7GL)

Stir fried tofu or tempeh with broccoli, pepper, small sliced carrot and bean sprouts; serve with courgetti.

### Snacks

Apple and 3 Brazil nuts (5GL), aubergine dip (baba ganoush) with celery sticks and 2 rough oat cakes (5GL).

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## DAY 4

### Breakfast (3GL)

2 scrambled eggs with spinach + mushrooms.

### Lunch (10GL)

Bean burger (no bun) with big salad.

### Dinner (10GL)

Tofu skewers with satay sauce. Serve with stirfried broccoli and 4 baby corns.

### Snacks

1/2 avocado filled with pumpkin seeds or pesto (3GL), celery sticks with hummus (5GL).

## DAY 5

### Breakfast (8GL)

Green smoothie: blend avocado, kale, cucumber, green apple, chia seeds, pea protein powder, mint and lime.

### Lunch (11GL)

Spiced baked beans: gently fry onions with ground cumin + coriander. Add sundried tomatoes, 1 small can baked beans (low salt and sugar), fresh coriander or parsley (optional). Serve on 1 small slice wholegrain/whole wheat or rye toast.

### Dinner (8GL)

Baked butternut squash (100g) stuffed with mushrooms, peppers, olives and feta served with green salad.

### Snacks

2 oatcakes with cashew nut butter (3GL), handful of homemade trail mix (your own mix of: seeds, nuts, toasted coconut strips + goji berries) (5GL).

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## DAY 6

### Breakfast (3GL)

Mushroom omelette with grilled tomatoes.

### Lunch (7GL)

Half tub (150g) cottage cheese with 3 oatcakes, tomato, cucumber, spinach salad.

### Dinner (3GL)

Thai green tofu curry served with cauliflower rice and green beans.

### Snacks

5 walnut halves and 4 small cubes of cheddar (5GL), blueberry smoothie with yoghurt and pea protein powder (5GL).

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## DAY 7

### Breakfast (6GL)

Chia & coconut pudding with blueberries. Soak 2 tbsp of chia seeds over night in the juice of 1 orange. Stir in one cup of (unsweetened) almond or coconut milk; add 1 tbsp of coconut yoghurt or coconut cream and add blueberries.

### Lunch (13GL)

Tomato, mozzarella, avocado and pesto in a wholemeal wrap.

### Dinner (7GL)

Tofu and vegetable stir fry with 40g brown basmati rice.

### Snacks

Silken tofu & avocado dip with crudité's (blend avocado and tofu with onion, garlic, lemon juice & parsley) (4GL), 2 small satsumas and 6 pecan nuts (5GL).



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