

THE GO-TO-GUIDE FOR

Healthy Meals & Snacks





*The Health Promotion and Disease Prevention Directorate has produced this **Go-To-Guide for Healthy Meals and Snacks** based on the Mediterranean diet.*

Food and eating are part of life's great pleasures.

The aim of this recipe book is to show how easy and enjoyable healthy eating can be and provides a wide range of recipes to put healthy eating into practice.

The Mediterranean diet is known to have a protective effect and plays an important role in the prevention of chronic diseases including cancer. A healthy balanced diet, maintaining a healthy weight and regular physical activity are key factors which promote health and well being.

We hope that you enjoy these tasty and healthy recipes.



Dr. Paula Vassallo
Director, Health Promotion & Disease Prevention

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Prepared by the
Health Promotion and Disease Prevention Directorate,
this collection of recipes is designed to inspire a healthy lifestyle
by introducing nutritious food based on the Mediterranean Diet.



Healthy Meals.
Healthy Snacks.

Acknowledgements

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Ms. Antoinette Pickard, Ms. Doriette Agius and
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and all the staff working at the Health Promotion and
Disease Prevention Directorate.

Definitions

1 tsp	a teaspoon
1 tbsp	a tablespoon
g	weight in grams
ml	fluid volume in millilitres
1 cup	1 metric cup

N.B. The Health Promotion & Disease Prevention Directorate has informative leaflets such as 'Your Guide to Healthy Portion Sizes' and dietary guidelines for infants, children and adults.

For a free copy contact us on **2326 6000**.



BREAKFAST AND SNACKS



Breakfast and Snacks

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Breakfast ideas

1. Beans (60g) on wholegrain toast (2 slices) with a finely chopped shallot, (1 medium) sliced tomato and 1-2 tsp grated cheeselet. Garnish with some dried oregano.
2. A poached/boiled egg on wholemeal bread (2 slices) toasted served with a portion of a raw garden salad (80g) and an apple or any other fresh fruit.
3. Oatmeal (30g - 40g) porridge and low-fat milk (150ml) and a sprinkle of cinnamon.
4. Mushroom and parsley omelette (1 egg) on wholemeal bread (2 slices) served with tomato (1 medium) and lettuce.
5. Muesli (30g - 40g) with low-fat milk (150ml) or plain low-fat yoghurt (150ml) served with fresh strawberries (60g - 80g).
6. 1 slice of wholemeal bread with hummus dip (1 tbsp) and a small sliced tomato; followed by a small tub of plain yoghurt (150ml) with a sliced kiwi.
7. 1 medium wholemeal pancake with berries or other fruit (80g).
8. Wholegrain breakfast cereal (30g - 40g) low in sugar and salt, served with low-fat milk (150ml) and a sprinkle of cinnamon.
9. 1 scrambled egg on wholegrain toast (2 slices) with a shallot, tomato slices and grated cheeselet (1-2 tsp).

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Snack ideas

1. 1 small tub of low-fat natural yoghurt (150ml) with some fruit or berries (60g - 80g).
2. A handful of nuts (20g) e.g. almonds, walnuts, pecans.
3. A glass (250ml) of low-fat milk.
4. A wholemeal sandwich (1 - 2 slices) with a spread (*bigilla*/aubergine/hummus/olive/ricotta); with a portion of raw vegetables (80g).
5. A portion (80g) of fresh fruit or fresh fruit salad.
6. 1 baked apple (sliced) sprinkled with ground cinnamon and/or ground cloves. Drizzle with natural yoghurt and add some crushed nuts.
7. A portion (2 tbsp raw kernels) of air-popped, unsalted popcorn.
8. 2 tbsp of hummus or another dip/spread and some vegetable sticks (80g) e.g. carrots, celery, coloured bell peppers.
9. Low-fat cheese/*irkotta* (30g) with grapes (80g) and wholemeal *galletti* (about 6 small *galletti*).
10. Banana split-made of a wholegrain wrap (medium size) with a thin layer of peanut butter* and a whole banana sprinkled with crushed nuts. This can be rolled and sliced.

* without partially hydrogenated vegetable fats.

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SOUPS



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Barley soup

Ingredients

- 300g barley
- 1 large onion, chopped
- 1 tbsp olive oil
- 200g carrots, cubed
- 200g marrow, cubed
- 1 large potato, cubed
- 1 celery stalk, chopped
- 1/2 a small cabbage, shredded
- 1.5 - 2 litres water
- 1 litre low-fat milk
- 1/2 tsp cumin

serves 4



Method

In a pan, stir fry the onion, cumin and cabbage in olive oil for a few minutes. Place the onion and cabbage mixture in a pot. Add the water, carrots, marrow, celery and potato until it starts to boil.

Add the barley and milk. Over a gentle heat, cook the mixture and simmer until both vegetables and barley are cooked.

Serve warm.

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Vegetable soup

Minestra

Ingredients

- 200g cauliflower, chopped
- 200g broccoli, chopped
- 200g pumpkin, chopped
- 100g marrow, chopped
- 1/4 fennel bulb, chopped
- 280g white beans
- 100g barley
- 3 large tomatoes, chopped
- 1 large onion, chopped
- 1/2 turnip, chopped
- 2 - 3 medium potatoes, chopped
- 2 fresh cheeselets, cut in half
- 1 tsp mild curry powder

serves 4



Method

Drain the beans after an overnight soak. Place all the ingredients in a pot, except for the tomatoes, barley and cheeselets, and fill with water until the pot is 2/3 full. Cover and cook on a low heat until all the vegetables have started to soften. Stir occasionally.

Add the tomatoes and barley. Continue cooking until the barley has softened and towards the end add the cheeselet halves.

Serve warm.

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Widow's soup

Ingredients

- 1 tbsp olive oil
- 2 medium potatoes, peeled and chopped
- 3 carrots, peeled and chopped
- 1 turnip, peeled and chopped
- 200g broad beans
- 2 celery sticks, finely chopped
- 200g peas
- 1/2 cauliflower (bite-sized pieces)
- 1 onion, diced
- 3 cloves garlic, crushed
- 1-2 sprigs of fresh parsley, chopped
- 2 fresh cheeselets, cut in half
- 2 cups of water
- 1/2 tbsp tomato paste, no added salt
- 1/2 tsp ground coriander
- Freshly ground pepper to taste

serves 4



Method

In a pot, stir fry the onion, garlic and coriander in olive oil until soft. Add the potatoes, carrots, turnip, broad beans, celery, peas, cauliflower and parsley. Pour in the water and add the tomato paste.

Stir well and season to taste with pepper. Bring to the boil and simmer until the vegetables are cooked. Add the cheeselets and gently stir on low heat for a minute. Garnish with parsley.

Serving suggestion:

Add a piece of cheeselet to each plate.

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Fish soup

Ingredients

- Fresh Dorado fish or any other fresh fish
- 2 medium potatoes with skin, diced
- 3 tomatoes, chopped
- 1 medium onion, finely chopped
- 1 tbsp fresh lemon balm
- 1 tbsp fresh oregano
- 1/2 tsp curry powder or cayenne pepper (optional)

serves 4



Method

In a pot with some water, place the fish, fresh oregano, lemon balm, chopped onions and chopped tomatoes. Cook until the fish flakes.

Strain the stock into another pot. From the strainer, remove any bones from the fish and flake into pieces. Add the potatoes to the fish stock. Cover and simmer, stirring occasionally. Finally, add the fish flakes to the soup. Simmer for a few more minutes.

Serve warm.

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Pumpkin and carrot soup

Ingredients

- 600g pumpkin, peeled and chopped
- 6 carrots, peeled and chopped
- 1 onion, chopped
- 2 garlic cloves, crushed
- 1 tsp fresh ginger, crushed
- 2 tbsp olive oil
- 1 tsp ground cumin
- 1/2 tsp paprika
- 2 cups water
- Freshly ground black pepper, to season
- Pumpkin seeds, (optional) to garnish
- Diced parsley

serves 4



Method

Place the pumpkin and carrots in a large pot and cover with water. Cook on a medium heat until the vegetables are tender. Once cool, drain the pumpkin and carrots.

In a separate saucepan, stir fry the onion, garlic and ginger in olive oil until the onion is tender. Add the paprika, ground cumin and 2 cups of water to the saucepan. Stir until all the flavours have combined. Add the pumpkin and carrots and blend the mixture into a smooth soup. Simmer for a few more minutes and serve warm.

Serving suggestion:

Place some pumpkin seeds to garnish each plate. You may also wish to garnish the plate with some finely diced parsley and with fresh black pepper.

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Broccoli soup



Ingredients

- 2 cloves of garlic, crushed
- 1 onion, finely chopped
- 2-3 sticks of celery
- 500g broccoli
- 4 medium potatoes with skin, diced
- 1 cup of fresh mint, finely chopped
- 1 tbsp olive oil
- 1.5 litres water
- 100g ricotta
- 1/2 tsp cumin

serves 4

Method

Trim and roughly chop the celery and broccoli. In a pot, stir fry the garlic, onion, celery and cumin in olive oil until soft.

Add the broccoli, potatoes and water. Continue cooking. Once ready, add the mint and blend the mixture until smooth. Crumble some ricotta and garnish with some more chopped mint.

Serve warm.

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Marrow and pea soup

Ingredients

- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 1 tsp olive oil
- 3 medium marrows, grated
- 200g dried split peas
- 1.5 litres water
- Fresh mint leaves
- 1/2 tsp mild curry powder (optional)
- 30g x 4 fresh cheeselets

serves 4



Method

Soak the dried split peas in a bowl.

In a pot, stir fry the onion and the garlic in olive oil and curry. Add the grated marrows and peas. Add the water and bring to the boil until peas are tender.

Add mint and cheeselets to the mixture. Heat through and blend.

Serving suggestion:

Substitute mint for basil. Omit the cheeselets and garnish instead with basil.

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PASTA, RICE AND GRAINS



Pasta, Rice and Grains

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Method

Place the bay leaf with the lentils and water. Cook until tender. Drain and reserve the lentil stock.

Chop the vegetables finely and stir fry in olive oil until soft. Place the mixture in a pot, add all the remaining ingredients including the lentil stock and bring to the boil.

Simmer in a covered pot for 45 minutes. Season with freshly ground pepper.

Serve with cooked wholegrain penne.

Penne with brown lentils

Ingredients

- 320g cooked wholegrain penne
 - 280g brown lentils
 - 470ml water
 - 1-2 bay leaves
 - 200g tomatoes, peeled and chopped
 - 150g mushrooms
 - 90g carrots
 - 2 celery sticks
 - 2 medium onions, 1 clove garlic
 - 1 apple
 - 1 tbsp tomato puree
 - 1 tbsp olive oil
 - 350ml lentil stock
 - 1 lemon, zest and juice
 - 2 tsp oregano
 - Freshly ground black pepper
- serves 4

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Pasta al Greco

Method

Stir fry the onion over a low heat until cooked. Add the chunky tomatoes and garlic. Cook until softened, then add the spinach, mixed spice and nutmeg and cook until the spinach is completely wilted. Take off heat.

Cook the pasta al dente and drain. Mix all the ingredients together.

Serve warm.

Ingredients

- 320g wholemeal pasta
- 6 large tomatoes, chopped into chunks
- 250g baby spinach, fresh
- 1 large onion, sliced
- 2 garlic cloves, chopped
- 100g peppered cheese, chopped
- 1 sprig of fresh basil, chopped
- 6-8 black olives, pitted and sliced
- 1 tbsp olive oil
- 1 tsp mixed spice
- 1/2 tsp nutmeg
- Black pepper, freshly ground

serves 4

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Quinoa salad

Method

Mix together the chopped tomatoes, garlic, basil, olive oil and black pepper and place in a glass container. Refrigerate for a few hours.

In a non-stick pan, cook the onion and mushrooms. Once cooked, add the peas and olives. Let the mixture cool.

Soak and wash the quinoa thoroughly. Bring to the boil in fresh water until cooked. Drain and let it cool down. Add the onions and mushrooms and the tomato mixture to the quinoa and refrigerate for a further hour.

Serve cold.

Ingredients

- 250g quinoa, raw
- 4 medium tomatoes, chopped
- Freshly ground black pepper
- 120g garden peas
- 100g mushrooms
- 1 medium onion, finely chopped
- 6 black olives, pitted and sliced
- 1 small bulb of garlic, finely chopped
- A cup of fresh basil, chopped
- 1-2 tbs olive oil

serves 4

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Chicken pizza

Method

Dough

Toast the sesame seeds in a non-stick pan, stirring frequently until golden.

Sieve the white flour only. Add the wholemeal flour, yeast, oregano and toasted sesame seeds. Using your fingers, gradually add the lukewarm water to the flour mixture. Knead the dough on a floured surface, until firm and smooth. Cover and let it stand for half an hour.

Toppings

Marinate and grill the chicken. Let the chicken cool down. Roll out the dough and place on a pizza tin, covered in baking paper. Place the chicken strips on the dough and add the chilli and cumin. Cover the chicken with all the vegetables. Drizzle with olive oil and oregano. Bake in a pre-heated oven at gas mark 4 (180°C) for 30 minutes or until golden.

*Chicken may be replaced with 450g fresh tuna.

Ingredients

Dough

- 175g white flour, sieved
- 175g wholemeal flour
- 10g sesame seeds
- 2g dried oregano
- 1 small packet yeast
- 2 cups lukewarm water

Toppings

- 2 medium sliced courgettes
- 1/4 green, yellow, orange peppers
- 2 medium tomatoes, chopped
- 1 medium onion, chopped
- 350g strips of chicken breast*
- 30g low-fat cheese (optional)
- A pinch of chilli flakes
- A drizzle of olive oil
- 1/2 tsp cumin
- 1 tbsp oregano

serves 4

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Tomato and ricotta pasta

Method

Cook the pasta in water.

Meanwhile, stir fry the onion in olive oil until soft. Add the tomatoes, water and tomato paste.

Bring to the boil, then reduce the heat and simmer until the mixture has become to a sauce consistency. Remove from the heat and gently fold through the herbs and ricotta.

Add the sauce to the cooked pasta, garnish with pepper and fresh herbs and serve warm.

Ingredients

- 320g raw wholemeal pasta
- 120g fresh low-fat ricotta, mashed
- 500g tomatoes, chopped
- 2 tbsp tomato paste
- 1 medium onion, finely chopped
- 150ml water
- 1 tbsp olive oil
- 1 tbsp fresh basil, chopped
- 1 tbsp fresh oregano, chopped
- Freshly ground black pepper

serves 4

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Mediterranean vegetable risotto

Method

Preheat the oven, gas mark 5 (190°C). Place in the oven all the vegetables in a dish apart from the tomatoes. Sprinkle the olive oil over the vegetables and give it a good mix. Roast for 35 minutes, turning the vegetables and add the curry (if desired) halfway through cooking time.

Meanwhile, cook the rice and drain. Add the saffron to the rice, giving it a good mix. Once ready, add the rice and cannellini beans to the roasted vegetables. Add the tomatoes, mix and serve warm.

Ingredients

- 300g brown rice
- 280 g cannellini beans, cooked
- 1 green bell pepper, deseeded and thickly sliced
- 1 yellow bell pepper, deseeded and thickly sliced
- 1 red bell pepper, deseeded and thickly sliced
- 1 aubergine, thickly sliced
- 2-3 medium tomatoes, quartered
- 1 large onion, cut into chunks
- 4 garlic cloves
- 1 tbsp olive oil
- 1-2 tsp saffron
- 1 tbsp curry powder (optional)

serves 4

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Pancakes

Method

Place the flour in a large bowl. Mix in the eggs and gradually whisk in the milk and cinnamon to give a smooth batter. In a pan, heat a little olive oil and add a ladle of batter, enough to cover the base.

Cook the pancake until golden, then turn it over and continue cooking until done.

Serving suggestion:

Serve with fresh fruit or berries as well as some plain yoghurt.

Ingredients

- 250g wholemeal flour
- 2 medium eggs
- 600ml low-fat milk
- 1 tsp of cinnamon
- 1 tbsp olive oil

serves 4

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FISH, POULTRY, MEAT AND LEGUMES



Fish, Poultry, Meat and Legumes

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Dolphin Fish

Lampuki

Ingredients

- 4x 115g *Lampuki*, raw
- 4 medium tomatoes, chopped
- 1 large onion, chopped
- 2 - 3 garlic cloves, sliced
- 2 tbsp of fresh lemon juice
- 1 tbsp olive oil
- 1 tbsp chopped fresh or dried basil and mint

serves 4



Method

Mix the onion, tomatoes, olive oil and garlic. Place the fish in a shallow tray and add some of the mixture and fresh herbs over the fish.

Cover the baking tray with baking paper and then with foil. Bake in a pre-heated oven at gas mark 4 (180°C), for 15 minutes. After 15 minutes, sprinkle the lemon juice over the fish. Cover the tray again and continue baking until the fish is cooked. Garnish with the rest of the herbs.

Serve warm.

Serving suggestion:

Serve fish together with 2 portions (160g) of roasted vegetables and a portion (80g) of roast potatoes.

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Salmon salad

Ingredients

Filling

- 4 x 100g wild salmon fillets, grilled
- 200g green (French) beans
- 2 large ripe tomatoes, chopped
- 30g fresh basil leaves
- 150g fresh baby spinach
- 6-8 black olives, pitted and sliced
- 1 tsp capers

Dressing

- 4 tsp extra virgin olive oil
- 2 tbsp squeezed lemon juice
- 2 garlic cloves, crushed
- 1/2 tsp Dijon mustard
- 2 tbsp chopped fresh basil
- Freshly ground black pepper

serves 4



Method

Mix all the ingredients for the dressing together. Season with pepper and leave to infuse while making the salad.

Trim the green beans and blanch them in boiling water until cooked. Drain and rinse them in cold water. In a large bowl, place the chopped tomatoes and spinach. Moisten with a little dressing and cover with a third of the basil leaves. Cover with the green beans. Moisten with a little more dressing and cover with another third of the basil.

Place the grilled salmon on top together with the black olives and capers. Pour over the remaining dressing and garnish with remaining basil.

Serve with 1-2 slices of Maltese bread.

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Baked salmon

Ingredients

- 4 x 115g salmon fillets, raw
- 1 sprig of fresh parsley, chopped
- 2 tbsp fresh chives, sage and dill
- Freshly ground black pepper
- 1 tbsp of freshly squeezed lemon juice
- Some water
- A splash of extra virgin olive oil

serves 4



Method

Preheat the oven to gas mark 4 (180°C). Place the salmon onto a tray covered with baking paper. Sprinkle on the parsley, pepper and other herbs. Dilute the lemon juice with some water and drizzle over the fish.

Add a splash of olive oil. Cover the tray with baking paper and foil and bake until the fish is cooked.

Serving suggestion:

Garnish with cucumber slices, parsley and slices of lemon. Serve with a boiled potato (80g) with skin.

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Oven-baked sea bass

Ingredients

- 4 x 115g fresh Sea bass, raw
- 2 medium potatoes, peeled
- 8 - 10 cherry tomatoes
- 2 tbsp extra virgin olive oil
- 4 tbsp minced and 4 whole sprigs of thyme
- freshly ground black pepper
- 2 tbsp of freshly squeezed lemon juice and 1 lemon, cut in 4 wedges

serves 4



Method

Put the potatoes in a pot. Cover with cold water and boil until half-cooked. Drain, cool and cut into thin slices. Set aside. Descale the fish, remove all internal organs, cut along the belly and cut the cherry tomatoes in half. Lightly brush a baking dish with 1 tbsp of olive oil. Cover the bottom of the dish with a layer of potatoes and sprinkle them with pepper and 1 tbsp of thyme leaves. Arrange the fish halves and cherry tomatoes in a single layer onto the potatoes. Add the lemon juice to the fish and tomatoes. Sprinkle with pepper. Cover the fish with the remaining potato slices. Add pepper, a drizzle of olive oil and the remaining thyme. Bake uncovered at gas mark 5 (190°C) until the fish easily flakes and the potatoes turn golden. Use a wide-faced spatula to lift the fish from the baking dish onto individual dinner plates. Serve a piece of fish per person. Garnish with a lemon wedge and a portion (80g) of potatoes.

Serving suggestion:

Serve with a colourful fresh salad made of a handful of spinach, half an orange bell pepper (diced) and 1-2 cloves of garlic (diced).

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Chicken and cashew nuts wrap

Ingredients

- 4 medium wholegrain wraps
- 400g chicken breast, skinned and cut into small pieces
- 1/2 green, yellow and red bell peppers, deseeded, cut lengthwise
- 2 medium tomatoes, chopped
- 4 medium mushrooms, chopped
- 1 medium onion, chopped
- fresh fennel stalk, chopped
- 3 garlic cloves, finely chopped
- 80g cashew nuts
- 1 tsp curry powder
- 1 tsp mixed spice
- 1 tsp smoked paprika
- freshly ground black pepper
- 1 tbsp olive oil

serves 4



Method

Stir fry the onion, garlic, fennel in olive oil and curry powder. Add the bell peppers, mixed spice, smoked paprika and black pepper. Add some water. Continue to simmer.

Add the chicken, mushrooms and tomatoes. Simmer until the chicken is cooked thoroughly and finally add the cashew nuts. Once ready, portion the mixture into wraps.

Serving suggestion:

Serve with a portion (80g) of raw salad.

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Chicken and mushroom casserole

Ingredients

- 1 cup water
- 1/4 cup brown rice
- 2 chicken breasts, trimmed
- 1 tbsp olive oil
- 1 and 1/2 leeks, chopped
- 100g mushrooms, sliced
- 1/4 cup cornflour
- 300ml low-fat milk
- 1 sprig of parsley, chopped
- freshly ground black pepper, to taste
- 150g cooked green beans
- 80g sliced almonds

serves 4



Method

Boil the rice in water and cook until tender. Drain. Place the chicken in a large skillet, cover with water and bring to a boil. Reduce heat and simmer gently until the chicken is well cooked. Transfer to a clean cutting board and let it cool.

White Sauce

Stir fry the leeks in olive oil over a medium heat and cook until golden. Add the mushrooms and cook, stirring occasionally, until the liquid evaporates. Sprinkle the mixture with cornflour and stir. Add the milk and simmer until it is cooked. Add the parsley and pepper. Remove from the heat. Preheat the oven to gas mark 4 (180°C). Cut the chicken into bite-sized pieces. In a baking dish, spread the cooked rice evenly. Top with the chicken and add the green beans. Pour the sauce over the top and spread evenly. Sprinkle with almonds. Place the dish in the oven and bake until it is bubbling and the almonds are golden brown. Let it stand for about 10 minutes before serving. Serve warm.

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Traditional rabbit

Ingredients

- 800g rabbit
- 200ml dry white wine
- 1 tbsp vinegar
- 1 tbsp oregano
- 2 bay leaves
- 1 tbsp olive oil
- 1 medium onion, finely chopped
- 4 garlic cloves, sliced
- 2 tsp mixed spice
- 1/4 tsp ground nutmeg
- 150ml water
- Freshly ground black pepper
- Parsley sprigs, to garnish (optional)

serves 4



Method

Put the rabbit into a bowl. Add the wine, vinegar, oregano, pepper and bay leaves, and toss together lightly. Cover and leave to marinate for a few hours. Drain the rabbit, reserving the marinade.

In a pan, stir fry the onions and garlic in olive oil. Once ready, add the rabbit and cook until almost done. Add the reserved marinade, water, mixed spice and nutmeg. Cover with a lid and simmer until the rabbit is tender. Serve the rabbit garnished with a few sprigs of parsley.

Serving suggestion:

Serve the rabbit with a portion (80g) of roast potatoes and two portions (160g) of roasted vegetables.

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Roast veal



Ingredients

- 400g veal cutlets
- 1 tsp mustard
- 3-4 garlic cloves, sliced
- 4 tbsp mint leaves, fresh or dried
- 1 leek, sliced
- 2-3 medium tomatoes, sliced
- 50ml dry white wine
- 50ml olive oil
- 1/2 tbsp ground cumin
- 1/2 tbsp ground coriander
- 1/2 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp ground cardamom
- Freshly ground black pepper

serves 4

Method

Add the olive oil, wine, mustard, fresh mint, cumin, coriander, cinnamon, ginger, cardamom and black pepper in a mixing bowl and blend well to a fine paste. Rub the mixture all over the meat, add the garlic and leeks and put aside for a few hours, tossing the meat lightly from time to time.

Preheat the oven. Place the veal in a baking dish. Add the sliced tomatoes and cover the dish with baking paper and foil and bake in the oven on gas mark 4 (180°C) until cooked.

Serving suggestion:

Serve the veal with a portion (80g) of roast potatoes and two portions (160g) of roasted vegetables.

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Lentil burgers

Ingredients

- 1 small onion, chopped
- 3-4 potatoes, chopped
- 1/2 cup lentils, rinsed
- 2 cups water
- 1 small carrot
- 2 eggs
- 2 tpsps Dijon mustard
- 1-2 cloves garlic, crushed
- 1 tbsp olive oil, for cooking

makes 8 small burgers



Method

In a medium-sized saucepan, combine the onion, potatoes, lentils and water. Bring to a slow simmer, then cover and cook for about 50 minutes, or until potatoes and lentils are tender and all of the water has been absorbed.

Shred the carrot and add to the hot lentil mixture, along with the remaining ingredients. Stir to combine, and form the mixture into burgers. Lightly coat a large, non-stick pan with olive oil. Cook the burgers over medium heat until lightly browned.

Serving suggestion:

Serve the lentil burgers with two portions (160g) of raw salad.

NOTE IT. REMEMBER IT.



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VEGETABLE DISHES, DIPS AND SPREADS



Vegetable dishes, Dips and Spreads

Roasted vegetables and potato salad.....	67
Mediterranean vegetables.....	69
Vegetarian moussaka.....	71
Hummus dip.....	73
Bigilla dip.....	75
Olive and broccoli dip.....	77
Aubergine dip.....	79



Roasted vegetables and potato salad

Method

Scrub the potato skin well, and cut the potatoes into cubes. Place them together with the fennel seeds and curry in a pot filled with water. Cook until tender.

Cut the vegetables. Cook the cauliflower and broccoli in a pot filled with some water and the Herbes de Provence. Halfway through cooking, add the carrots and simmer until just tender. In a pan, stir fry the onion and garlic in olive oil with some curry powder, stirring occasionally.

Place the cooked vegetables, potatoes, onions, garlic, sweet corn, tomatoes and chopped chives into a baking tray. Cover with baking paper and foil and bake for about 30 minutes in a preheated oven on gas mark 4 (180°C).

Ingredients

- 2 medium potatoes with skin
- 1 onion, thinly sliced
- 2 garlic cloves, finely diced
- 300g cauliflower florets
- 300g broccoli florets
- 200g carrots, thickly sliced
- 2 medium tomatoes, chopped
- 80g sweet corn
- Fresh chives, chopped
- 1 pinch of curry powder
- 1 tsp dried Herbes de Provence
- 1 tsp fennel seeds
- 2 tbsps olive oil

serves 4

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Mediterranean vegetables

Method

Deseed the peppers, and cut them into large chunks. Peel the onions and cut them into thick wedges. Cut the courgettes, carrots and aubergine into large chunks.

Preheat the oven to gas mark 6 (200°C). Place the peppers, onions, courgettes, aubergines, carrots and fennel bulb in an oven-proof dish or roasting pan lined with baking paper. Arrange in rows to make a colourful design. Cut each tomato in half and place, cut-side up, alongside the vegetables.

Add the olive oil, garlic cloves and rosemary to the vegetables and grind some fresh pepper. Sprinkle the sesame seeds on top. Cover the dish with baking paper and foil. Roast for 35 minutes, turning the vegetables halfway through. Garnish the dish with lemon wedges and a few black olives and serve.

Ingredients

- 1 red and 1 yellow pepper
- 2 onions
- 2 courgettes
- 2 carrots
- 1 large aubergine, stalk trimmed off
- 1 fennel bulb, thickly sliced
- 2 large tomatoes
- 8 large garlic cloves
- 2 tbsp sesame seeds
- 2 tbsp olive oil
- Fresh rosemary sprigs
- Fresh ground black pepper
- Lemon wedges and black olives, to garnish

*main meal serves 4
side portions serve 8*

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Vegetarian moussaka

Method

Vegetables and lentil sauce

Grill the aubergine, courgettes and potatoes.

In a pan, stir fry the onion and garlic in olive oil until soft. Add the tomatoes, lentils, herbs and pepper and cook over a low heat until thick.

White sauce

Over a low heat, warm the milk and add the cornflour gradually while stirring continuously. Add the nutmeg and cheese until thick.

Cover an oven-proof dish with baking paper.

Layer the moussaka as follows:

White sauce, potatoes, courgette, lentil sauce, cheese and aubergine. Make two layers and finish with a layer of white sauce on top. Bake in an oven, gas mark 5 (190°C) for about 30 minutes.

Serve warm.

Ingredients

- 1 large aubergine, thinly sliced
- 3 courgettes, thinly sliced
- 250g potatoes, thinly sliced
- 600-800g tomatoes, chopped
- 1-2 large onions, chopped
- 2-3 garlic cloves, crushed
- 200g cooked green lentils
- 60g goats' cheese, grated
- Ground black pepper
- 1-2 tbsp olive oil
- fresh parsley, chopped
- 1 tsp dried oregano

White Sauce

- 50g cornflour
- 600ml low-fat milk
- 1 tsp nutmeg
- 60g low-fat cheese

serves 4

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Hummus dip

Method

Mix all ingredients in a food processor and blend until smooth.

Serve with wholemeal Maltese galletti (about 6 small galletti) and/or other sticks of raw vegetables. Garnish with some extra parsley or with whole chickpeas.

Ingredients

- 1 large can of drained and rinsed chickpeas or cooked dried chickpeas
- 1 garlic clove, crushed
- 1/2 tbsp extra virgin, olive oil
- 1 tsp fresh lemon juice
- 1 sprig of parsley, finely chopped to garnish
- 1/4 tsp cumin

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Bigilla dip

Method

Soak the beans overnight in cold water. Change the water and boil the beans until very tender and the water has evaporated.

Mash the beans lightly, add all the other ingredients and place them in a serving dish.

Serve with wholemeal Maltese *galletti* (about 6 small *galletti*) and/or other sticks of raw vegetables. Garnish with parsley and/or garlic.

Ingredients

- 500g Djerba beans (*ful tal-Ġirba*)
- 2 sprigs of parsley, finely chopped
- 1 clove garlic, crushed
- Chilli pepper or freshly ground black pepper
- 1 tbsp of mixed marjoram and mint, finely chopped (optional)
- 2 tbsp extra virgin olive oil

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Olive and broccoli dip

Method

Place all of the ingredients in a food processor and blend until it comes to a smooth creamy consistency.

Serving suggestion:

Carrot sticks, fennel bulb, coloured bell-peppers and Maltese wholemeal toasted bread slices (1-2 slices) or galletti (about 6 small galletti).

Ingredients

- 60g green pitted olives
- 8 florets broccoli, blanched
- 1 green pepper, deseeded
- 50g cashew nuts
- 1-2 shallots
- 2 cloves garlic
- 1 sprig fresh parsley
- 1 tbsp olive oil
- 2 tbsp 0% fat Greek yoghurt (or according to taste)

NOTE IT. REMEMBER IT.



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Aubergine dip

Method

Preheat the oven to gas mark 5 (190°C). Place the aubergines whole on a baking tray. Bake until soft or wrinkled.

Cut the aubergine in half, discard the skin and place the inside parts in a food processor. Add the remaining ingredients and blend until smooth.

Serving suggestion:

Serve the dip with fresh vegetables and/or wholewheat Maltese galletti (about 6 small galletti).

Ingredients

- 1 large aubergine
- 2 garlic cloves, crushed
- 1 small onion, finely chopped
- 1/2 tbsp olive oil
- 2 tbsp of parsley, finely chopped
- 2 tbsp white wine vinegar
- Ground black pepper
- 1/2 tbsp ground cumin
- 1 tbsp toasted sesame seed

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DESSERTS



Desserts

Carrot cake	83
Bakes apples.....	85
Lemon and fruit tart.....	87
Stawberry and grape delight	89

Carrot cake

Ingredients

- 265g freshly grated carrots (about 4-5 medium carrots)
- 270g wholewheat flour
- 2 and 1/4 tsp baking powder
- 2 tbsp vegetable oil
- 3 egg whites, room temperature
- 120g plain non-fat Greek yoghurt
- 180ml non-fat milk
- 1 tbsp (15ml) vanilla extract
- 2 and 1/2 tsp ground cinnamon
- 3/4 tsp ground nutmeg
- Cooking spray

serves 8-10



Method

Preheat the oven. Cover the bottom of a loaf tin with baking paper and coat with cooking spray.

In a large bowl, mix together the flour, baking powder, cinnamon and nutmeg.

In a separate bowl, whisk together the oil, egg whites and vanilla. Stir in the Greek yoghurt and mix well. Alternate between adding the flour mixture and the milk, beginning and ending with the flour mixture. Stir until just incorporated. Gently fold in the carrots.

Bake at gas mark 4 (180°C) until the centre feels firm to the touch and a toothpick inserted into the centre comes out clean. Let the cake cool before removing from the loaf tin.

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Baked apples

Ingredients

- 4 large Gala apples
- 8 large pitted prunes, soaked and chopped
- 8 dried apricots, soaked and chopped
- 1 tbsp sultanas
- 40g almonds, sliced
- 1 tbsp olive oil
- 1 small glass of freshly squeezed orange juice with pulp

serves 4



Method

Preheat the oven. Core the apples.

In a bowl, mix the fruit and nuts together. Place the mixture into each of the cored apples. Place the apples in a shallow Pyrex glass baking dish. Lightly brush the top of the apples with olive oil, slit the apple skins and pour on the orange juice. Bake at gas mark 4 (180°C) until the apples are tender and juicy.

Serving suggestion:

Serve warm with low-fat plain yoghurt.

NOTE IT. REMEMBER IT.



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Lemon and fruit tart

Ingredients

Crust

- 10 pitted dates, soaked in warm water for 10 minutes and drained
- 200g walnuts

Filling

- 300g fresh ricotta
- 150ml low-fat milk
- 1 lemon, freshly squeezed
- 1/2 tsp vanilla extract
- Mixed fresh fruit such as kiwis, oranges, all cut into bite-sized pieces and berries

serves 8



Method

Place walnuts in a food processor and blend lightly. With the processor still on, add the dates one by one, until the mixture turns into a dough.

Line a standard tart pan with baking paper and, using your hands, press the dough onto the tart pan to form a uniform crust. Set in the freezer to chill.

In a liquidiser, blend the ricotta and slowly add the milk along with lemon juice and vanilla extract. Continue to blend until it reaches a creamy consistency. Remove the crust from the freezer and top with the lemon filling. Chill to set - at least 2-4 hours - and then top with fruit and berries just before serving.

Serve chilled.

NOTE IT. REMEMBER IT.



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Strawberry and grape delight

Ingredients

- 200g ricotta
- 100ml low-fat milk
- 1 ripe banana, chopped
- 50g roasted almonds, chopped
- 50g walnuts, chopped
- 50g fresh strawberries, chopped
- 50g fresh strawberries, whole
- 100g fresh grapes, deseeded and chopped
- Extra almonds and walnuts
- Mint leaves (optional)

serves 4 - 6



Method

In a blender, blend the ricotta and the banana. Pour slowly add the milk until it has a creamy consistency. Place in a bowl.

Gently fold the strawberries, grapes and nuts into the mixture. Place the mixture in the freezer until the mixture begins to harden.

To serve, place a couple of whole strawberries at the bottom of a dessert glass. Add the cold, creamy mixture and decorate with fresh fruit, almonds, walnuts and mint leaves.

Serve cold.

NOTE IT. REMEMBER IT.



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PLAN IT. EAT IT.

A week by week meal plan for you and your family.



If you think you do not have time to eat healthily - think again!
We have put together this meal plan so you can enjoy a healthy
and well-balanced diet every day of the week.

Plan it. Eat it.

Week 1	93
Week 2	107
Week 3	121
Week 4	135
Week 5	149

WEEK ONE

DAY 1



BREAKFAST
N° 7

Wholemeal pancakes with berries.

page 9



SNACK
N° 5

Fresh fruit salad.

page 11



LUNCH

*Traditional Rabbit.
For dessert - Strawberry and grape delight.*

*page 59
page 89*



SNACK
N° 7, 3

*Air popped, unsalted popcorn plus a glass
of milk.*

page 11



DINNER

*A platter of dips/spreads served with raw
vegetable sticks and wholemeal galletti plus
mixed nuts (20g).*

*pages
75 - 79*

NOTE IT. REMEMBER IT.



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WEEK ONE

DAY 2



BREAKFAST
N° 3

Oatmeal porridge and low-fat milk with a sprinkle of cinnamon and fresh fruit.

page 9



SNACK
N° 5

One piece fresh fruit.

page 11



LUNCH

Pasta al Greco.

page 33



SNACK
N° 2

A handful of almonds.

page 11



DINNER

Minestra - Vegetable soup.

page 17

NOTE IT. REMEMBER IT.



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WEEK ONE

DAY 3



BREAKFAST
N° 6

2 slices wholemeal bread with hummus and tomato slices.

page 9



SNACK
N° 6

Baked apple slices with ground cinnamon and/or cloves and natural yoghurt.

page 11



LUNCH

Pumpkin and carrot soup.

page 23



SNACK
N° 1

Plain yoghurt and a kiwi.

page 11



DINNER

Baked salmon.

page 51

NOTE IT. REMEMBER IT.



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WEEK ONE

DAY 4



BREAKFAST
N° 5

Muesli with low-fat milk.

page 9



SNACK
N° 5

1 piece fresh fruit.

page 11



LUNCH

*Chicken and mushroom
casserole.*

page 57



SNACK
N° 3 and 5

*A glass of milk and fresh
strawberries.*

page 11



DINNER

Hummus dip.

page 73

NOTE IT. REMEMBER IT.



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WEEK ONE

DAY 5



BREAKFAST
N° 4

*Mushroom and parsley omelette on
toasted bread plus tomato and lettuce.*

page 9



SNACK
N° 5

1 piece fresh fruit.

page 11



LUNCH

*Lentil burgers in a wholemeal bun with
Mediterranean vegetables.*

*page 63
page 69*



SNACK
N° 9

*Low-fat cheese with grapes and/or
wholemeal galletti.*

page 11



DINNER

Broccoli soup.

page 25

NOTE IT. REMEMBER IT.



A series of ten horizontal dotted lines for writing notes.

WEEK ONE

DAY 6



BREAKFAST
N° 8

*Wholegrain cereal with low-fat milk
and apple slices with cinnamon.*

page 9



SNACK
N° 2

A handful of mixed nuts.

page 11



LUNCH

Lampuki (Dolphin fish).

page 47



SNACK
N° 5

1 piece fresh fruit.

page 11



DINNER

*Fish soup and wholemeal bread
with low-fat cheese and tomatoes.*

page 21
page 11

NOTE IT. REMEMBER IT.



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WEEK ONE

DAY 7



BREAKFAST
N° 9

Scrambled egg on wholegrain toast with tomato slices and grated cheeselet.

page 9



SNACK
N° 8

Aubergine dip.

page 79



LUNCH

Tomato and ricotta pasta.

page 39



SNACK
N° 1

Plain yoghurt and fresh fruit.

page 11



DINNER

Chicken pizza. For dessert, grilled apple slices spiced with cinnamon and served with 2 tbsp plain yoghurt and crushed walnuts.

page 37
page 11

NOTE IT. REMEMBER IT.



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WEEK TWO

DAY 1



BREAKFAST
N° 1

Beans on wholemeal toasted bread with sliced shallot and grated cheeselet.

page 9



SNACK
N° 5

Fresh fruit salad.

page 11



LUNCH

Roast veal and carrot cake for dessert.

page 61
page 83



SNACK
N° 9

Low-fat cheese with grapes and wholemeal galletti.

page 11



DINNER

Marrow and pea soup and for dessert a frozen low-fat, unsweetened yoghurt.

page 27
page 11

NOTE IT. REMEMBER IT.



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WEEK TWO

DAY 2



BREAKFAST
N° 4

*Mushroom and parsley omelette on
toasted bread plus tomato and lettuce.*

page 9



SNACK
N° 6

*Baked apple slices with ground
cinnamon and/or cloves and natural
yoghurt.*

page 11



LUNCH

Penne with brown lentils.

page 31



SNACK
N° 5

1 piece fresh fruit.

page 11



DINNER

Barley soup.

page 15

NOTE IT. REMEMBER IT.



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WEEK TWO

DAY 3



BREAKFAST
N° 3

Oatmeal porridge and low-fat milk with a sprinkle of cinnamon and fresh fruit.

page 9



SNACK
N° 5

1 piece fresh fruit.

page 11



LUNCH

Quinoa salad.

page 35



SNACK
N° 1

Low-fat, sugar-free yoghurt.

page 11



DINNER

Chicken and cashew wrap.

page 55

NOTE IT. REMEMBER IT.



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WEEK TWO

DAY 4



BREAKFAST
N° 8

Wholegrain cereal with low-fat milk with some apple slices and a sprinkle of cinnamon.

page 9



SNACK
N° 2

A handful of sunflower seeds (unsalted).

page 11



LUNCH

Widow's soup and 1 fresh fruit.

page 19
page 11



SNACK
N° 4

Wholemeal toasted bread with ricotta, cucumbers and tomatoes.

page 11



DINNER

*Tuna pizza **
** use the Chicken Pizza recipe but replace the chicken with 450g fresh tuna.*

page 37

NOTE IT. REMEMBER IT.



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WEEK TWO

DAY 5



BREAKFAST
N° 2

Hard-boiled egg on toast spread with ricotta, fresh salad and fruit.

page 9



SNACK
N° 5

1 piece fresh fruit.

page 11



LUNCH

Oven-baked sea bass.

page 53



SNACK
N° 2

A handful of walnuts.

page 11



DINNER

Pumpkin and carrot soup plus low-fat cheese and galletti.

page 23
page 11

NOTE IT. REMEMBER IT.



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WEEK TWO

DAY 6



BREAKFAST
N° 5

Muesli with low-fat milk.

page 9



SNACK
N° 1

Plain yoghurt and one half mashed banana with a sprinkle of cinnamon.

page 11



LUNCH

Pasta al Greco.

page 33



SNACK
N° 5

Fresh fruit.

page 11



DINNER

A platter of dips/spreads plus mixed nuts (20g) and 1 fresh fruit.

pages 73-79
page 11

NOTE IT. REMEMBER IT.



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WEEK TWO

DAY 7



BREAKFAST
N° 9

Scrambled egg on wholegrain toast with tomato slices and grated cheeselet.

page 9



SNACK
N° 5

1 piece fresh fruit.

page 11



LUNCH

Vegetarian moussaka and a slice of a lemon and fruit tart.

page 71
page 87



SNACK
N° 11

Banana split.

page 11



DINNER

Lentil burgers served in a wholemeal bun with a portion of raw vegetables.

page 63

NOTE IT. REMEMBER IT.



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WEEK THREE

DAY 1



BREAKFAST
N° 7

*Wholemeal pancakes with berries
e.g. strawberry.*

page 9



SNACK
N° 8

Bigilla and vegetable sticks.

page 11



LUNCH

*Mediterranean vegetable risotto
and 1 fresh fruit.*

*page 41
page 11*



SNACK
N° 7

*Air-popped, unsalted popcorn
and a glass of milk.*

page 11



DINNER

*Lentil burgers served in a wholemeal
bun with a portion of raw vegetables.*

page 63

NOTE IT. REMEMBER IT.



A series of ten horizontal dotted lines for writing notes.

WEEK THREE

DAY 2



BREAKFAST
N° 3

Oatmeal porridge and low-fat milk with a sprinkle of cinnamon and fresh fruit.

page 9



SNACK
N° 5

1 piece fresh fruit.

page 11



LUNCH

Quinoa salad.

page 35



SNACK
N° 2

A handful of pumpkin seeds (unsalted).

page 11



DINNER

Broccoli soup and wholemeal bread with low-fat cheese and tomatoes.

page 25
page 11

NOTE IT. REMEMBER IT.



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WEEK THREE

DAY 3



BREAKFAST
N° 6

Wholemeal bread with hummus and tomato slices.

page 9



SNACK
N° 6

Baked apple slices with ground cinnamon and/or cloves and natural yoghurt.

page 11



LUNCH

Chicken and mushroom casserole and 1 fresh fruit.

page 57
page 11



SNACK
N° 5

1 piece fresh fruit.

page 11



DINNER

Baked salmon.

page 51

NOTE IT. REMEMBER IT.



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WEEK THREE

DAY 4



BREAKFAST
N° 5

Muesli with low-fat milk.

page 9



SNACK
N° 5

Fresh fruit salad.

page 11



LUNCH

Penne with brown lentils.

page 31



SNACK
N° 1

Low-fat yoghurt with strawberries.

page 11



DINNER

Vegetarian moussaka.

page 71

NOTE IT. REMEMBER IT.



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WEEK THREE

DAY 5



BREAKFAST
N° 1

Beans on wholegrain toast with shallot and grated cheeselet.

page 9



SNACK
N° 2

A handful of hazelnuts.

page 11



LUNCH

Tomato and ricotta pasta and 1 fresh fruit.

page 39
page 11



SNACK
N° 5

1 piece fresh fruit.

page 11



DINNER

Mediterranean vegetable risotto and a glass of milk.

page 41
page 11

NOTE IT. REMEMBER IT.



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WEEK THREE

DAY 6



BREAKFAST
N° 2

Poached egg on toast served with sliced tomato, lettuce, cucumber slices and a piece of fruit.

page 9



SNACK
N° 5

1 piece fresh fruit.

page 11



LUNCH

Lampuki (Dolphin Fish)

page 47



SNACK
N° 1

Low-fat yoghurt.

page 11



DINNER

Fish Soup and a wholemeal bun with low-fat cheese (30g) and a raw vegetable salad (80g).

page 21

NOTE IT. REMEMBER IT.



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WEEK THREE

DAY 7



BREAKFAST
N° 8

Wholegrain cereal with low-fat milk.

page 9



SNACK
N° 8 and 3

Olive and broccoli dip and a glass of milk.

page 77
page 11



LUNCH

Widow's soup.

page 19



SNACK
N° 4

A wholemeal sandwich (1 - 2 slices) with spread and a portion of raw vegetables.

page 11



DINNER

Chicken pizza and for dessert, a frozen low-fat, unsweetened yoghurt.

page 37
page 11

NOTE IT. REMEMBER IT.



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WEEK FOUR

DAY 1



BREAKFAST
N° 9

Scrambled egg on wholegrain toast with tomato slices and a grated cheeselet.

page 9



SNACK
N° 5

1 piece fresh fruit.

page 11



LUNCH

Traditional rabbit and a banana split.

page 59
page 11



SNACK
N° 7

Air popped, unsalted popcorn.

page 11



DINNER

A platter of dips/spread. Mixed nuts (20g) and fresh fruit salad .

pages 73 - 79
page 11

NOTE IT. REMEMBER IT.



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WEEK FOUR

DAY 2



BREAKFAST
N° 8

Wholegrain breakfast cereal with low-fat milk and sliced kiwi.

page 9



SNACK
N° 6

Baked apple slices with ground cinnamon and/or cloves and natural yoghurt.

page 11



LUNCH

Minestra - Vegetable soup.

page 17



SNACK
N° 8

Aubergine dip.

page 79



DINNER

Pasta al Greco.

page 33

NOTE IT. REMEMBER IT.



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WEEK FOUR

DAY 3



BREAKFAST
N° 1

Beans on wholegrain toast with shallot and a grated cheeselet.

page 9



SNACK
N° 5

1 piece fresh fruit.

page 11



LUNCH

Chicken and cashew nut wrap.

page 55



SNACK
N° 7

Air popped, unsalted popcorn.

page 11



DINNER

Tomato and ricotta pasta.

page 39

NOTE IT. REMEMBER IT.



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WEEK FOUR

DAY 4



BREAKFAST
N° 2

Poached egg on toast served with a fresh salad and fruit.

page 9



SNACK
N° 2

A handful of sunflower seeds (unsalted).

page 11



LUNCH

Lampuki (Dolphin fish).

page 47



SNACK
N° 5

1 fresh fruit.

page 11



DINNER

Mediterranean vegetable risotto.

page 41

NOTE IT. REMEMBER IT.



A series of ten horizontal dotted lines for writing notes.

WEEK FOUR

DAY 5



BREAKFAST
N° 3

Oatmeal porridge and low-fat milk with a sprinkle of cinnamon and fresh fruit.

page 9



SNACK
N° 5

1 fresh fruit.

page 11



LUNCH

Marrow and pea soup.

page 27



SNACK
N° 1

1 frozen low-fat, unsweetened yoghurt.

page 11



DINNER

Quinoa salad.

page 35

NOTE IT. REMEMBER IT.



A series of ten horizontal dotted lines for writing notes.

WEEK FOUR

DAY 6



BREAKFAST
N° 5

Muesli with low-fat milk.

page 9



SNACK
N° 3 and 1

A glass of low-fat milk and fresh strawberries.

page 11



LUNCH

Oven-baked Sea bass.

page 53



SNACK
N° 5

Fruit salad.

page 11



DINNER

Vegetarian moussaka and a slice of carrot cake

page 71

NOTE IT. REMEMBER IT.



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WEEK FOUR

DAY 7



BREAKFAST
N° 7

*Wholemeal pancakes and berries
plus a glass of milk.*

*page 9
page 11*



SNACK
N° 5

1 fresh fruit.

page 11



LUNCH

Salmon salad.

page 49



SNACK
N° 2

A handful of pecans or walnuts.

page 11



DINNER

*Mediterranean vegetable risotto
and baked apples for dessert.*

*page 41
page 11*

NOTE IT. REMEMBER IT.



A series of ten horizontal dotted lines for writing notes.

WEEK FIVE

DAY 1



BREAKFAST
N° 4

*Mushroom and parsley omelette on
toasted bread with tomato and lettuce.*

page 9



SNACK
N° 8 and 3

*Hummus and some fresh, coloured
vegetable sticks and a glass of milk.*

page 11



LUNCH

*Roast veal and potatoes served
with Mediterranean vegetables.*

*page 61
page 69*



SNACK
N° 10

Banana split.

page 11



DINNER

*Tuna pizza**
** use the Chicken Pizza recipe but replace
the chicken with 450g fresh tuna.*

page 37

NOTE IT. REMEMBER IT.



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WEEK FIVE

DAY 2



BREAKFAST
No 9

Scrambled egg on wholegrain toast with tomato slices and a grated cheeselet.

page 9



SNACK
N° 2

A handful of almonds.

page 11



LUNCH

Minestra - Vegetable soup plus a low-fat, unsweetened yoghurt.

page 17
page 11



SNACK
N° 5

1 fresh fruit.

page 11



DINNER

Chicken and cashew nuts wrap and 1 fresh fruit.

page 55
page 11

NOTE IT. REMEMBER IT.



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WEEK FIVE

DAY 3



BREAKFAST
N° 3

Oatmeal porridge and low-fat milk served with a sprinkle of cinnamon.

page 9



SNACK
N° 7

Air popped, unsalted popcorn.

page 11



LUNCH

Quinoa salad and 1 piece fresh fruit.

page 35
page 11



SNACK
N° 8

Aubergine dip and a serving of low-fat cheese (30g).

page 79



DINNER

Baked salmon and 1 fresh fruit.

page 51
page 11

NOTE IT. REMEMBER IT.



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NOTE IT. REMEMBER IT.



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Health Promotion & Disease Prevention Directorate

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GOVERNMENT OF MALTA
OFFICE OF THE DEPUTY PRIME MINISTER
MINISTRY FOR HEALTH

