

IL-GWIDA ESSENZJALI GĦAL

Ikliet u Snacks Tajbin

Volum II



IL-GWIDA ESSENZJALI GĦAL

Il-Kliet u Snacks Tajbin

Volum II

Dan il-ktieb tar-riċetti, maħruġ mid-**Direttorat għall-Promozzjoni tas-Saħħa u Prevenzjoni tal-Mard (HPDP)**, mhuwiex għall-bejgħ. L-ebda parti minn dan il-ktieb ma tista' tiġi riprodotta jew ippubblikata permezz ta' stampar, fotografija, jew ta' kwalunkwe mezz ieħor, mingħajr il-permess minn qabel tal-HPDP. Tista' tikseb kopja b'xejn billi tikkuntattja lid-**Direttorat għall-Promozzjoni tas-Saħħa u Prevenzjoni tal-Mard** fuq **2326 6000** jew billi tibgħat ittra elettronika lil healthpromotion.hpdp@gov.mt





*The Health Promotion and Disease Prevention Directorate has launched the second volume of the **Go-To-Guide for Healthy Meals and Snacks** recipe book, inspired by the Mediterranean Diet.*

We are pleased to share this collection of nutritious and delicious recipes, designed to support your journey toward a balanced and healthy lifestyle. This book serves as a reminder that eating well can be both simple and enjoyable. Each recipe is carefully curated to blend taste, health, and convenience, making it easier than ever to make wholesome choices.

As you explore these recipes, we invite you to embrace the joy of cooking, gather around the table with loved ones, and appreciate the deep connection between food and wellbeing. Healthy eating goes beyond the meals we prepare - it extends to the meaningful moments we create around them.

May this book inspire you and guide you toward a healthier, happier life.



Dr. Paula Vassallo
Director, Health Promotion & Disease Prevention

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THE GO-TO-GUIDE FOR

Healthy Meals & Snacks Volume II

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Volume II

Acknowledgements

The second volume of the *Go-To-Guide for Healthy Meals & Snacks* has been published by the Health Promotion and Disease Prevention Directorate.

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THE GO-TO-GUIDE FOR

Healthy Meals & Snacks

Volume II

Introduction

This recipe book aims to give ideas and tips for preparing enjoyable, easy-to-cook, affordable, and healthy meals for the whole family. The recipes are based on the Mediterranean Diet which is a heart-healthy diet containing mostly plant-based foods such as vegetables, fruits, wholegrains (wholegrain/wholemeal pasta, bread, rice, barley, oats, and quinoa), legumes (beans, peas, lentils, chickpeas), nuts, seeds, herbs, and spices. Plant-based foods come from plants and are free of animal ingredients such as meat, milk, or eggs. The Mediterranean Diet also includes fresh fish and poultry to a lesser extent, with minimal use of red meat and saturated fats.

Legumes are rich sources of proteins and dietary fibre. They are widely used for good health and weight control since they are a low-fat alternative to animal proteins such as meats. Herbs and spices enhance the flavour and colour of prepared meals, reducing the need for salt during cooking and at the table. Small amounts of good quality extra-virgin olive oil add flavour and taste to a meal.

Plant foods contain a variety of nutrients that protect against long-term diseases. Plant foods also promote digestion, bowel health, immunity, weight control, blood sugar control, and cholesterol reduction.





Introduction

Breakfast

A nutritious, well-balanced breakfast can give you the required energy to help prevent unhealthy snacking and overeating throughout the day.



BREAKFAST



Build a Better and Healthier Breakfast

If you are pressed for time in the morning, cold cereal with low-fat milk and fresh fruit can be an easy, filling breakfast. Not all cereals are equally nutritious. Use these guidelines to help you choose healthier options.

- Look for wholegrain cereals such as oats. Choose a cereal containing at least 6g of dietary fibre per 100g.
- Avoid cereals containing more than 5g of sugar per 100g
- Always remember to wash fruit and vegetables thoroughly and always leave the skin on when possible.

Alternatively, you can prepare ONE of the healthy breakfast options listed below.



Breakfast Ideas

1. 1 fresh fruit with plain yoghurt and a handful of walnuts (6 halves).
2. 2 slices of wholemeal toast topped with a boiled egg and salad.
3. 30g breakfast cereal (less than 5g of sugar per 100g and 6g or more dietary fibre per 100g) with low-fat milk.
4. 2 tbsp of low-salt, low-sugar baked beans on 2 slices of wholemeal toast.
5. 2 slices of toasted wholemeal bread with 1 tbsp of 100% peanut butter spread on both toasts topped with slices of half a banana, chia seeds and a sprinkle of cinnamon.
6. 2 toasted wholemeal bread, topped with 50g ricotta, tomato and cucumber slices, and some rocket leaves.
7. 2 slices of wholemeal bread with 2 tbsp hummus spread and mixed green salad.

| Nutritional Information | Per 100g | Per serving |
|----------------------------------|--------------|-------------|
| Energy (kJ) | 570kJ | 1530kJ |
| Energy (kcal) | 136kcal | 364kcal |
| Fats of which saturates | 4.5g 0.6g | 12g 1.6g |
| Carbohydrates of which sugars | 18g 7.9g | 49g 21g |
| Fibre | 2.1g | 5.7g |
| Protein | 4.6g | 12g |
| Salt | 0.06g | 0.15g |

Nutty Banana Oats

Ingredients

- 1 small banana, mashed
- 3 tbsp oats (30g-40g)
- 3 walnuts
- 1 tbsp chia seeds
- 1 tsp ground cinnamon
- 130ml skimmed/semi-skimmed milk (according to desired consistency)

Serves 1



Method

1. Mix the oats with milk, mashed banana, and cinnamon in a small bowl.
2. Top the mixture with walnuts, chia seeds, and banana slices.

Tip

Oats are very low in sugar but high in dietary fibre.

| Nutritional Information | Per 100g | Per serving |
|----------------------------------|-----------------|--------------------|
| Energy (kJ) | 363kJ | 1367kJ |
| Energy (kcal) | 86kcal | 324kcal |
| Fats of which saturates | 1.6g 0.4g | 6g 1.5g |
| Carbohydrates of which sugars | 13 g 5.7g | 48g 22g |
| Fibre | 2.8g | 11g |
| Protein | 3.4g | 13g |
| Salt | 0.06g | 0.24g |

Strawberries, Oats, & Yoghurt

Ingredients

- 6 large strawberries, cut into small pieces
- 3 tbsp oats (30g-40g)
- 150ml plain yoghurt
- 1 tsp chia seeds/3 crushed walnuts
- 130ml skimmed/semi-skimmed milk (according to desired consistency)

Serves 1



Method

1. Mix the oats with milk.
2. Top with plain yoghurt, strawberries, and chia seeds/walnuts.

Tip

Strawberries are rich in vitamin C, dietary fibre, potassium, and antioxidants.

| Nutritional Information | Per 100g | Per serving |
|----------------------------------|-----------------|--------------------|
| Energy (kJ) | 467kJ | 826kJ |
| Energy (kcal) | 110kcal | 196kcal |
| Fats of which saturates | 1g 0.2g | 1.7g 0.4g |
| Carbohydrates of which sugars | 21g 8.9g | 37g 16g |
| Fibre | 2.7g | 4.9g |
| Protein | 3.2g | 5.6g |
| Salt | 0.32g | 0.56g |

Toasted Sandwich with Apples and Cinnamon

Ingredients

- 2 slices of wholemeal bread
- 1 apple, cut into slices
- 1 tbsp chia seeds
- ½ tsp ground cinnamon/ cloves

Serves 1



Method

1. Fill the sandwich with apple slices and sprinkle some ground cinnamon/cloves, along with the chia seeds.
2. Toast in a sandwich toaster.

Tip

Cinnamon contains 53% of dietary fibre. One teaspoon of ground cinnamon contains 1.4 grams of fibre.

| Nutritional Information | Per 100g | Per serving |
|----------------------------------|--------------|-------------|
| Energy (kJ) | 423kJ | 1403kJ |
| Energy (kcal) | 101kcal | 335kcal |
| Fats of which saturates | 3.9g 1.7g | 13g 5.6g |
| Carbohydrates of which sugars | 9.4g 2.4g | 31g 7.8g |
| Fibre | 1.7g | 5.5g |
| Protein | 6.5g | 22g |
| Salt | 0.43g | 1.4g |

Scrambled Eggs with Vegetables

Ingredients

- 2 eggs
- 1 tbsp shredded Edam cheese
- 1 large mushroom, sliced
- ¼ red bell pepper (cut into tiny pieces)
- A pinch of garlic powder
- A pinch of black pepper
- 2 slices of wholemeal bread, toasted
- 40g baby spinach
- 1 tbsp pumpkin seeds
- 50ml skimmed milk
- Olive oil spray

Serves 1



Method

1. Beat the two eggs and add milk.
2. Add 1 tbsp of Edam cheese, a pinch of garlic powder and a pinch of black pepper.
3. Heat a non-stick pan and spray some olive oil.
4. Cook the mushroom, spinach, pumpkin seeds and bell pepper together.
5. Add to the egg mixture and stir continuously.
6. When ready, serve on 2 slices of toasted wholemeal bread.

Tip

Scrambled eggs are rich in protein but are not high in dietary fibre. Increase your fibre intake by adding chopped vegetables like mushrooms and coloured peppers. Serve with a slice of wholegrain toast to add more fibre.



Introduction

Snacks

Snacks are essentially food items that are ready to prepare or ready to eat, usually consumed between meals to partially satisfy hunger while also providing energy and nutrients.



SNACKS



The Benefits of Having a Snack Between Meals

Taking a snack between meals can provide several benefits, including sustained energy levels, improved focus, and better appetite control. Healthy snacks, such as fruits, nuts, or yoghurt, prevent overeating by curbing hunger and help maintain stable blood sugar levels, especially for those with long gaps between meals.

Snacking also offers an opportunity to boost nutrient intake and support overall health. When chosen wisely, snacks can enhance productivity, mood, and energy without adding unnecessary calories.



Snack Ideas

1. 1 glass (250ml) of low-fat milk and strawberries.
2. Plain yoghurt (150ml), half a banana, mashed with a sprinkle of cinnamon.
3. 1 fresh fruit.
4. 150ml plain yoghurt with berries/strawberries.
5. 100g edamame beans.
6. Fresh fruit salad.
7. An unsalted portion (2 tbsp raw kernel) of air-popped popcorn.
8. A glass (250ml) of low-fat milk.
9. 150ml plain yoghurt with 1 tbsp of chia seeds and a sprinkle of cinnamon.
10. 10 grapes with 30g-45g of low-fat cheese plus 6 wholemeal water biscuits (galletti)
11. A handful (35g) of unsalted roasted chickpeas.
12. A handful of nuts (20g) such as walnuts or almonds.
13. 30g (2 tbsp) of seeds e.g., pumpkin seeds.
14. Iceberg lettuce leaves filled with hummus/cottage cheese, carrot, cucumber and bell pepper sticks.
15. Vegetable sticks with bigilla.



Introduction

Dips/Spreads

Ready-made dips and spreads make excellent condiments, snacks, and party food but are high in salt, sugar, saturated or trans fats, and other additives.

Prepare your homemade dips/spreads and use them as an alternative to butter when making sandwiches for a healthier and more nutritious sandwich.



DIPS/SPREADS



| Nutritional Information | Per 100g |
|----------------------------------|--------------|
| Energy (kJ) | 573kJ |
| Energy (kcal) | 137kcal |
| Fats of which saturates | 4.5g 0.7g |
| Carbohydrates of which sugars | 14g 0.6g |
| Fibre | 8g |
| Protein | 6.6g |
| Salt | 0g |

Red Kidney Bean Dip/ Spread

Ingredients

- 300g canned red kidney beans (rinsed) or cooked dried red kidney beans
- 1 tbsp extra-virgin olive oil
- 1 garlic clove
- 2 tbsp fresh parsley
- Pinch of freshly ground black pepper

Serves 3



Method

1. Mix all the ingredients in a food processor and blend until smooth.
2. When ready to serve, drizzle with some extra-virgin olive oil.
3. Garnish with parsley.
4. Season with freshly ground black pepper.

Tip

Accompaniments to dips: 6-8 wholemeal water biscuits (galletti); carrots, cucumber, and coloured bell pepper sticks.

| Nutritional Information | Per 100g |
|----------------------------------|--------------|
| Energy (kJ) | 633kJ |
| Energy (kcal) | 151kcal |
| Fats of which saturates | 6.6g 0.8g |
| Carbohydrates of which sugars | 14g 0.5g |
| Fibre | 4.5g |
| Protein | 6.8g |
| Salt | 0.09g |

Hummus Dip/Spread



Ingredients

- 300g canned chickpeas, (rinsed) or cooked dried chickpeas
- ¼ tsp mustard
- ½ tsp ground cumin
- 1 garlic clove
- 1 tsp fresh lemon juice
- 1 tbsp extra-virgin olive oil
- 2 tbsp pumpkin seeds
- 2 tbsp fresh parsley
- Pinch of freshly ground black pepper

Serves 3

Method

1. Mix the first five ingredients in a food processor and blend until smooth.
2. When ready to serve, garnish with parsley and drizzle with some extra-virgin olive oil.
3. Add the pumpkin seeds.
4. Season with freshly ground black pepper.

Tip

Dips can also be used as a spread instead of butter. Accompaniments to dips: 6-8 wholemeal water biscuits (galletti), carrots, cucumber, and coloured bell pepper sticks.

| Nutritional Information | Per 100g |
|----------------------------------|--------------|
| Energy (kJ) | 136kJ |
| Energy (kcal) | 33kcal |
| Fats of which saturates | 1.1g 0.2g |
| Carbohydrates of which sugars | 3.5g 2.8g |
| Fibre | 2.3g |
| Protein | 1.1g |
| Salt | 0g |

Aubergine Dip/Spread



Ingredients

- 1 small aubergine
- 2 garlic cloves, finely chopped
- 1 small onion, finely chopped
- ½ tbsp extra-virgin olive oil
- 1 tbsp fresh mint
- Fresh parsley
- 1 tsp paprika
- 3 tbsp sesame seeds
- Pinch of freshly ground black pepper

Serves 3

Method

1. Wash and slice the aubergine, keeping the skin on.
2. Place the garlic, onion, and aubergine in an oven proof dish.
3. Add some olive oil, mint, parsley, paprika, and pepper.
4. Bake in the oven for about 30 minutes at 200°C.
5. Mix all ingredients in a food processor and blend until smooth.
6. Garnish with parsley and sesame seeds.
7. Season with freshly ground black pepper.

Tip

You can use dips to stuff cherry tomatoes and serve them as healthy finger food.

| Nutritional Information | Per 100g |
|----------------------------------|-------------|
| Energy (kJ) | 1355kJ |
| Energy (kcal) | 332kcal |
| Fats of which saturates | 9g 1.3g |
| Carbohydrates of which sugars | 26g 4.9g |
| Fibre | 29g |
| Protein | 22g |
| Salt | 0.08g |

Bigilla Dip/ Spread

Ingredients

- 300g dried tic beans (*ful ta' ġirba*)
- Handful of fresh parsley
- 1 garlic clove, crushed
- 1 chilli pepper (optional)
- Dash of Tabasco (optional)
- 1 tbsp of dried marjoram
- 1 tbsp of fresh mint, finely chopped
- 2 tbsp extra-virgin olive oil
- Pinch of freshly ground black pepper

Serves 3



Method

1. Soak the beans overnight.
2. Replace the water, boil, and then simmer until the beans are soft.
3. Mash beans lightly and place them in a serving bowl.
4. Add the remaining ingredients and mix.

Tip

Garnish with finely chopped garlic, parsley, and freshly ground black pepper. Drizzle some extra-virgin olive oil.



Introduction

Soups

Soups are a great way to introduce dietary fibre and stay hydrated and full. They can also be a healthy way to start a meal because they tend to be high in vegetables and legumes and low in calories.

Wholegrain products are great for turning soups into a main course for lunch or dinner. They contain dietary fibre and other vital nutrients that can turn your soupy starter into a mouth-watering main dish whilst promoting satiety to leave you feeling satisfied. Pasta, barley, brown rice, and quinoa are just a few examples of wholegrain foods.

Soups retain all the ingredient nutrients. As ingredients cook, their vitamins and minerals are released into the broth. When you eat a bowl of soup, you also eat the nutrient-packed broth. Therefore, eating soup is one of the best ways to ensure that you are getting the full nutritional content of your food.

Flavour your soup with herbs and spices instead of salt. Soups boost your immune system, especially if their main ingredients are vegetables, legumes, and beans. In times of illness, soup is an excellent remedy for cold and flu symptoms.



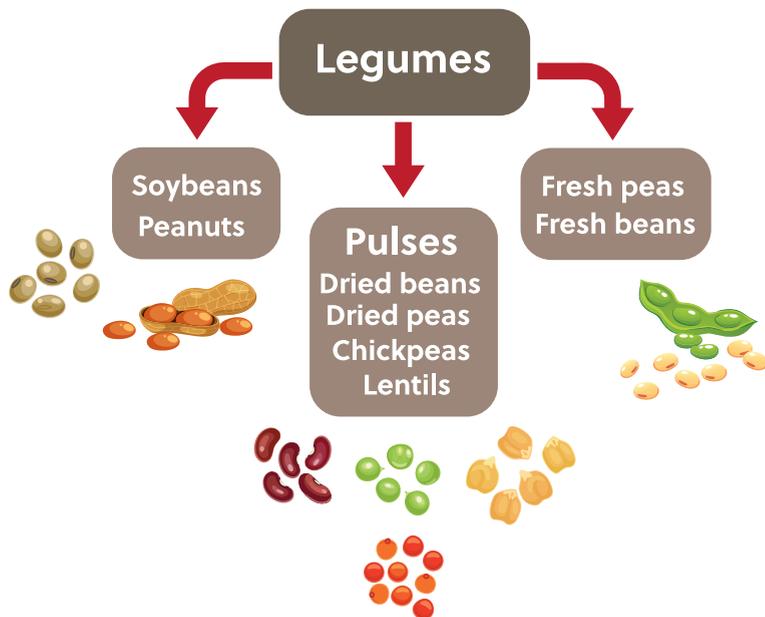
SOUPS



Why add legumes?

Legumes are excellent sources of plant protein; they are low in fat and full of dietary fibre, minerals, and B vitamins. They are also tasty and inexpensive. Legumes can be used in meals as a healthier alternative to meat.

What are legumes?



How to prepare:

- Rinse the legumes thoroughly in a colander.
- Soak them in water.
- Soaking rehydrates the dried beans and reduces cooking time by at least half.
- Cook them in boiling water.

Soaking + Cooking time of Legumes

| French lentils | Split peas | Beans | Chickpeas | Green lentils | Whole peas | Red lentils |
|---|---|---|---|---|---|---|
|  |  |  |  |  |  |  |
| Soaking 0-8 hrs | Soaking 6-8 hrs | Soaking 6-8 hrs | Soaking 6-8 hrs | Soaking 0-8 hrs | Soaking 6-8 hrs | Soaking 0-8 hrs |
| Cooking  | Cooking  | Cooking  | Cooking  | Cooking  | Cooking  | Cooking  |

| Nutritional Information | Per 100g | Per serving |
|----------------------------------|--------------|--------------|
| Energy (kJ) | 30kJ | 253kJ |
| Energy (kcal) | 7kcal | 60kcal |
| Fats of which saturates | 0g 0g | 0.6g 0.1g |
| Carbohydrates of which sugars | 1.2g 0.9g | 11g 7.8g |
| Fibre | 0.6g | 4.8g |
| Protein | 0g | 1.2g |
| Salt | 0.02g | 0.18g |

Homemade Vegetable Stock - 2 litres

Ingredients

- 1 onion, chopped
- 2 carrots, chopped
- 4 celery stalks
- 4 dried bay leaves
- 1 garlic clove
- Handful of fresh parsley
- 1 tsp freshly ground black pepper
- 2 litres of water

Serves 3



Method

1. Wash the vegetables thoroughly.
2. Add all the ingredients to a pot, cover with 2 litres of water, and bring to a boil.
3. Cook for about an hour on low heat.
4. Strain vegetables to collect the stock.
5. Leave the stock to cool, and then freeze in portions.

Tip

Use homemade vegetable stock instead of stock cubes. Stock cubes are high in salt and fat.

| Nutritional Information | Per 100g | Per serving |
|----------------------------------|-------------|--------------|
| Energy (kJ) | 2218kJ | 398kJ |
| Energy (kcal) | 536kcal | 96kcal |
| Fats of which saturates | 48g 6.9g | 0.6g 8.6g |
| Carbohydrates of which sugars | 20g 1.7g | 1.2g 3.7g |
| Fibre | 2.6g | 0.5g |
| Protein | 4.7g | 0.8g |
| Salt | 0.52g | 0.09g |

Homemade Croutons

Ingredients

- Wholemeal bread, cubed
- 2 tbsp olive oil
- Herbs and spices of your preference

Serves 3



Method

1. Preheat the oven to 150°C.
2. Cut the bread into small cubes.
3. Sprinkle the bread cubes with some olive oil and mix well.
4. Add the herbs and spices.
5. Put on a baking pan lined with a baking sheet.
6. Bake for about 5 minutes.

Tip

When cooking, olive oil should be used. Extra-virgin oil should only be used as a dressing.

| Nutritional Information | Per 100g | Per serving |
|----------------------------------|--------------|--------------|
| Energy (kJ) | 81kJ | 889kJ |
| Energy (kcal) | 19kcal | 212kcal |
| Fats of which saturates | 0.5g 0g | 5.6g 0.9g |
| Carbohydrates of which sugars | 2.4g 1.4g | 27g 15g |
| Fibre | 1g | 11g |
| Protein | 0.7g | 7.4g |
| Salt | 0.02g | 0.23g |

Lentil Soup



Ingredients

- 2½ litres of homemade vegetable stock*
- 150g green/brown lentils
- 2 medium-sized carrots, chopped
- 2 medium leeks, chopped
- 2 medium marrows, chopped
- 2 tomatoes
- 1 tsp dried thyme
- Fresh parsley, chopped
- 1 tsp mild curry
- 1 tbsp olive oil
- Pinch of white pepper

* Recipe on page 37

Serves 3

Method

1. Rinse the lentils thoroughly.
2. In a large pot, heat the olive oil.
3. Add the leeks, mild curry, and thyme.
4. Stir until the leeks soften but do not brown.
5. Add the stock, carrots, marrows, lentils, and tomatoes.
6. Bring to a boil, then simmer for about 45-60 minutes.
7. Garnish with parsley and season with white pepper

Tip

Lentils are a good source of dietary fibre.

| Nutritional Information | Per 100g | Per serving |
|----------------------------------|--------------|--------------|
| Energy (kJ) | 157kJ | 1024kJ |
| Energy (kcal) | 37kcal | 243kcal |
| Fats of which saturates | 0.9g 0.2g | 5.9g 1.1g |
| Carbohydrates of which sugars | 5g 1.7g | 33g 11g |
| Fibre | 0.7g | 4.9g |
| Protein | 1.9g | 12g |
| Salt | 0.01g | 0.09g |

Pumpkin Soup

Ingredients

- 500g pumpkin chopped into small cubes
- 100g red lentils, thoroughly washed
- 1 large onion, chopped
- ½ tsp fresh ginger, grated
- Zest of half a lemon, grated
- ½ tsp ground cumin
- 1 tbsp olive oil
- 2 tbsp low-fat plain yoghurt
- 1 litre of water
- Pinch of freshly ground black pepper
- 3 tbsp pumpkin seeds to garnish

Serves 3



Method

1. In a large pot, add the olive oil and chopped onion. Cook for 3-5 minutes until soft.
2. Pour the water into the pot.
3. Add the lentils, chopped pumpkin, black pepper, ginger, and cumin, and cook for about 20 minutes or until the mixture is tender.
4. Blend the soup until smooth.
5. Add the lemon zest and cook for another 5 minutes.
6. Serve with a drizzle of plain yoghurt and pumpkin seeds on top.

Tip

Wash and dry the pumpkin seeds. Pumpkin seeds are high in potassium, magnesium, zinc, and iron and are packed with dietary fibre. They are great as a snack for kids and adults alike.

| Nutritional Information | Per 100g | Per serving |
|----------------------------------|-----------------|--------------------|
| Energy (kJ) | 187kJ | 1780kJ |
| Energy (kcal) | 44kcal | 422kcal |
| Fats of which saturates | 0.7g 0.1g | 6.5g 1g |
| Carbohydrates of which sugars | 6.8g 0.9g | 65g 8.4g |
| Fibre | 0.9g | 9g |
| Protein | 2.3g | 21g |
| Salt | 0g | 0.1g |

Split Pea Soup

Ingredients

- 250g split peas, dried
- 1 large onion, finely chopped
- 4 garlic cloves, finely chopped
- 2 small marrows, grated
- 2 small potatoes, leave the skin on
- ½ tsp curry
- 1 tbsp extra-virgin olive oil
- 2 litres of water
- Freshly ground black pepper
- Homemade croutons*
- Parsley leaves

*Recipe on page 39

Serves 3



Method

1. Soak the split peas overnight, then remove them from the water.
2. Fill a large pot with 2 litres of water.
3. Add all the ingredients, including the soaked peas.
4. Cook until peas are tender.
5. Blend everything.
6. Add the olive oil.
7. Decorate with parsley and croutons.
8. Season with freshly ground black pepper.

Tip

Split peas are rich in soluble fibre. Soluble fibre helps lower your cholesterol.

| Nutritional Information | Per 100g | Per serving |
|----------------------------------|--------------|--------------|
| Energy (kJ) | 112kJ | 388kJ |
| Energy (kcal) | 27kcal | 92kcal |
| Fats of which saturates | 0g 0g | 0.8g 0.2g |
| Carbohydrates of which sugars | 4.8g 4.3g | 17g 15g |
| Fibre | 1.9g | 6.4g |
| Protein | 0.5g | 1.4g |
| Salt | 0.04g | 0.12g |

Carrot and Orange Soup

Ingredients

- 400g carrots, cleaned and chopped
- 1 small onion, chopped
- 1 garlic clove, finely chopped
- ½ tsp ground cumin
- ½ tsp ground coriander
- 1 tsp curry powder (mild or hot)
- Juice of 1 large fresh orange
- Olive oil spray
- 300ml homemade vegetable stock*
- Freshly ground black pepper to taste

*Recipe on page 37

Serves 3



Method

1. Spray some olive oil into a large pot. Cook the onion and garlic until soft.
2. Add the cumin, coriander, and curry powder, and stir gently for 1 minute.
3. Add half of the orange juice and vegetable stock and bring to a boil.
4. Add the carrots and simmer for about 20 minutes or until soft.
5. Remove the pot from the heat.
6. Add pepper to taste.
7. Add the remaining half of the orange juice.
8. Blend the soup until smooth.
9. Serve hot with a dusting of ground cumin and coriander (optional).

Tip

Carrots feed the good bacteria in the large intestine.

| Nutritional Information | Per 100g | Per serving |
|----------------------------------|--------------|-------------|
| Energy (kJ) | 104kJ | 718kJ |
| Energy (kcal) | 25kcal | 171kcal |
| Fats of which saturates | 0.7g 0.1g | 5g 0.8g |
| Carbohydrates of which sugars | 3.2g 0.5g | 22g 2.8g |
| Fibre | 0.7g | 4.9g |
| Protein | 1g | 6.9g |
| Salt | 0g | 0.02g |

Broccoli Soup



Ingredients

- 450g broccoli
- 1 large onion, finely chopped
- 4 garlic cloves
- 1 potato
- 2 small marrows
- 100g green lentils, rinsed thoroughly
- ½ tsp ground nutmeg
- A pinch of freshly ground black pepper
- 1 tbsp extra-virgin olive oil
- 60g wholemeal spaghetti or any other pasta of your choice
- 1½ litres of water

Serves 3

Method

1. Fill a medium-sized pot with 1½ litres of water.
2. Add the first eight ingredients.
3. Bring to a boil and cook for another 30 minutes.
4. Blend until smooth and creamy.
5. Break the spaghetti into small pieces and add it to the blended soup.
6. Continue to cook until the spaghetti is fully cooked.
7. When ready, add the olive oil and stir for another minute.

Tip

Broccoli is low in calories and contains a wealth of nutrients and antioxidants.

| Nutritional Information | Per 100g | Per serving |
|----------------------------------|--------------|--------------|
| Energy (kJ) | 117kJ | 813kJ |
| Energy (kcal) | 28kcal | 193kcal |
| Fats of which saturates | 0g 0g | 1.4g 0.2g |
| Carbohydrates of which sugars | 4.7g 1.6g | 32g 11g |
| Fibre | 1.4g | 9.5g |
| Protein | 1.2g | 8.2g |
| Salt | 0.02g | 0.17g |

Lentil & Barley Soup

Ingredients

- 200g dried lentils, rinsed thoroughly
- 100g barley
- 1½ litres of homemade vegetable stock*
- 1 large onion, chopped
- 2 garlic cloves, finely chopped
- 2 carrots, grated
- ½ tsp oregano
- ½ tsp ground cumin
- ¼ tsp red pepper chilli flakes
- ¼ tsp freshly ground black pepper

*Recipe on page 37

Serves 3

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Method

1. Place the ingredients into a large pot.
2. Add the vegetable stock.
3. Cover and leave to simmer, stirring occasionally.
4. Leave to simmer for about an hour or until the lentils and barley are tender.
5. Stir occasionally.

Tip

Hulled barley contains 17.3g per 100g of dietary fibre whilst pearl barley contains 15.6g per 100g. Both are high sources of dietary fibre.

| Nutritional Information | Per 100g | Per serving |
|-------------------------|----------|-------------|
| Energy (kJ) | 281kJ | 1346kJ |
| Energy (kcal) | 67kcal | 319kcal |
| Fats | 1.2g | 5.9g |
| of which saturates | 0.2g | 0.9g |
| Carbohydrates | 9.8g | 47g |
| of which sugars | 1.8g | 8.7g |
| Fibre | 1.7g | 8.4g |
| Protein | 3.2g | 15g |
| Salt | 0.04g | 0.18g |

Creamy Kale Soup

Ingredients

- 6 handfuls of chopped kale
- 2 medium potatoes, diced
- 1 onion, chopped
- 2 garlic cloves, finely chopped
- 250ml skimmed milk
- 100g green lentils (soaked overnight)
- 1 tbsp olive oil
- Freshly ground black pepper
- 500ml homemade vegetable stock*
- 3 slices wholegrain bread, toasted and made into croutons**
- 3 tbsp sunflower seeds

*Recipe on page 37

**Recipe on page 39

Serves 3



Method

1. Heat the olive oil in a large pot.
2. Add the garlic and onion, stirring often until soft.
3. Pour in the stock and simmer for 5 minutes.
4. Add the milk, potatoes, kale, and lentils. Cook for another 30 minutes.
5. Puree the soup with a blender.
6. Season with freshly ground black pepper.
7. Add croutons on top.
8. Garnish with sunflower seeds.

Tip

Kale does not need to be cooked to be enjoyed. If you slice it into small pieces, it makes a great salad.

| Nutritional Information | Per 100g | Per serving |
|----------------------------------|--------------|--------------|
| Energy (kJ) | 157kJ | 1259kJ |
| Energy (kcal) | 37kcal | 300kcal |
| Fats of which saturates | 0.8g 0.1g | 6.5g 1.1g |
| Carbohydrates of which sugars | 4.7g 1.6g | 38g 13g |
| Fibre | 1.7g | 13g |
| Protein | 2g | 16g |
| Salt | 0g | 0.1g |

Marrow Soup

Ingredients

- 1kg marrows, slices
- 100g green lentils (rinsed)
- 1 large potato with the skin on, chopped
- 1 medium-sized onion, diced
- 3 garlic cloves, chopped
- 1 litre vegetable stock*
- 2 bay leaves
- 1 tbsp olive oil
- 3 tbsp homemade croutons**
- Freshly ground black pepper

*Recipe on page 37

**Recipe on page 39

Serves 3



Method

1. Heat the olive oil in a large pot over medium heat.
2. Add the onion and cook for 2-3 minutes.
3. Add the stock, garlic, marrows, lentils, potato, and bay leaves.
4. Bring to a boil and simmer for another 30 minutes.
5. Cover the pot with a lid and cook until the marrows and potato are softened.
6. Stir often and remove the bay leaves.
7. Blend the soup until it reaches a smooth consistency, reserving some marrow slices.
8. Add marrow slices and season with freshly ground black pepper.
9. Add croutons on top (optional) and serve.

Tip

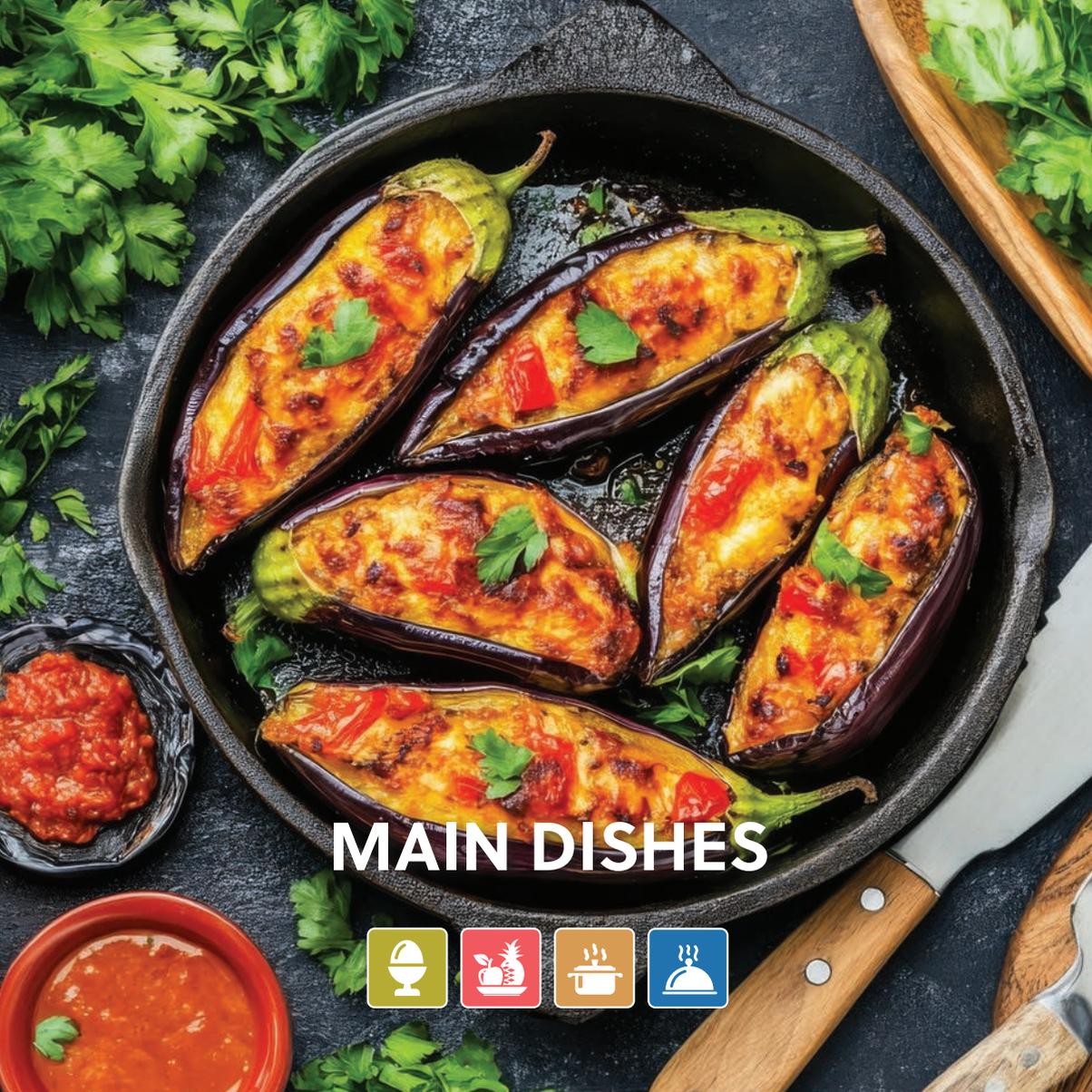
Do not peel the marrows: Marrows contain several antioxidants that may provide various health benefits. The highest levels of antioxidants are found in the skin of the marrow.



Introduction

Lunch or Dinner

Lunch or dinner should be nutritionally balanced and enjoyable. An easy way to help build a balanced meal is to include foods from at least 3 food groups: vegetables, proteins and carbohydrates (grains).



MAIN DISHES



Building a Balanced Plate: A Visual Guide

Here is a simple way to visualise a balanced meal

Imagine your plate is divided into three sections:

- 1. Half the plate:** Fill this with a variety of colourful vegetables. This could include steamed broccoli, roasted carrots, a leafy green salad, or a stir-fry.
- 2. One quarter of the plate:** This section is for protein. Choose protein sources such as lentils, beans, tofu, eggs, grilled chicken or baked fish.
- 3. The remaining quarter:** This is for carbohydrates. Opt for wholegrains like brown rice, quinoa, or pasta.

Example meal ideas:

- Grilled salmon with roasted vegetables and brown rice.
- Lentil soup with wholegrain bread.
- Chicken stir-fry with plenty of colourful vegetables served over brown rice.
- Spaghetti Bolognese with a side salad.
- Vegetable curry with quinoa.

Remember:

- **Hydration is key:** Drink plenty of water throughout the day.
- **Listen to your body:** Eat when you are hungry and stop when you are satisfied.
- **Enjoy your food:** Savour each bite and pay attention to your body's signals.

By following these guidelines, you can create delicious and nutritious meals that support your overall health and wellbeing.

Creating a Balanced Meal

Fill $\frac{1}{4}$ of your plate with your choice of protein. E.g. Grilled chicken, fish, lean beef, pork, or legumes.



Fill $\frac{1}{2}$ your plate with non-starchy vegetables. E.g. Spinach, carrots, lettuce, and other greens.



Fill $\frac{1}{4}$ of your plate with starchy foods. E.g. Whole grain bread, rice, or pasta

| Nutritional Information | Per 100g | Per serving |
|----------------------------------|--------------|-------------|
| Energy (kJ) | 586kJ | 1285kJ |
| Energy (kcal) | 139kcal | 305kcal |
| Fats of which saturates | 3.2g 0.5g | 7g 1.1g |
| Carbohydrates of which sugars | 18g 0.9g | 40g 2g |
| Fibre | 4.1g | 9g |
| Protein | 7.4g | 16g |
| Salt | 0.04g | 0.09g |

Chickpea Patties

Ingredients

- 400g canned chickpeas (rinsed and drained) or cooked dried chickpeas
- 1 small onion, finely chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 garlic clove, chopped
- 1 tbsp parsley
- A pinch of ground black pepper
- 2 tbsp plain flour
- 1 egg, beaten
- 1 tbsp water (if required)
- 1 wholegrain bun

Serves 3



Method

1. Lightly grease a baking sheet with olive oil spray.
2. Pulse the first seven ingredients in a food processor until coarsely chopped and the mixture holds together; it should not be creamy.
3. Transfer the mixture to a bowl.
4. Add the egg and the flour.
5. Shape the mixture into patties.
6. Place the remaining flour in a small dish and roll the patties in it with floured hands, and tap off any excess flour.
7. Place them on the baking sheet in a round cooking dish and bake in a convection oven at 200°C, bake for about 20 minutes or until done.
8. Serve in a bun with plenty of fresh salad.

Tip

Chickpeas are a rich source of dietary fibre. They contain 17g of dietary fibre per 100g of chickpeas. Increase the amount of fibre in your diet gradually. Having bread that is brown does not mean it is wholegrain.

| Nutritional Information | Per 100g | Per serving |
|-------------------------|----------|-------------|
| Energy (kJ) | 230kJ | 822kJ |
| Energy (kcal) | 55kcal | 196kcal |
| Fats | 1.3g | 4.8g |
| of which saturates | 0.2g | 0.6g |
| Carbohydrates | 8.3g | 30g |
| of which sugars | 1.3g | 4.6g |
| Fibre | 1.5g | 5.5g |
| Protein | 1.6g | 5.8g |
| Salt | 0g | 0.04g |

Jerusalem Artichokes with Garlic and Parsley

Ingredients

- 250g Jerusalem Artichokes
- 1 head garlic
- 1 tbsp olive oil
- 2 handfuls fresh parsley
- 1 glass of water

Serves 1



Method

1. Place the Jerusalem Artichokes under running water to clean them.
2. Cut into small cubes.
3. Put the olive oil in a pan with the garlic cloves and let it cook for a couple of minutes.
4. Add the Jerusalem Artichokes, water and parsley and let cook on high heat for a few minutes.
5. Put the heat down and cover with a lid.
6. Every few minutes, check that the liquid is not completely dried out; if so, add a little water.
7. Leave to cook for another 30 minutes.
8. Put the heat off and add some chopped fresh parsley and serve.
9. Serve with fish or chicken.

Tip

Jerusalem artichokes contain digestible carbohydrates, dietary fibre, and minimal fats.

| Nutritional Information | Per 100g | Per serving |
|----------------------------------|--------------|-------------|
| Energy (kJ) | 349kJ | 1512kJ |
| Energy (kcal) | 83kcal | 359kcal |
| Fats of which saturates | 1.5g 0.2g | 6.4g 1g |
| Carbohydrates of which sugars | 12g 2.6g | 51g 11g |
| Fibre | 2.7g | 12g |
| Protein | 3g | 13g |
| Salt | 0.02g | 0.09g |

Spaghetti with Lentil Bolognese Sauce



Ingredients

- 300g uncooked wholegrain spaghetti (100g per person)
- 1 tbsp olive oil
- 1 large onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 carrots, grated
- 200g lentil mix (red, green, brown)
- 400g fresh tomatoes*, juiced
- 75ml non-alcoholic red wine
- 1 tbsp dried marjoram
- 1 tbsp mixed spice
- 2 bay leaves
- 3 tbsp chia seeds
- Freshly ground black pepper

*If possible, with the skin on

Serves 3

Method

1. Boil the spaghetti.
2. In a large saucepan heat the olive oil.
3. Add the onion and garlic and cook until soft.
4. Add the lentils, carrots, tomatoes, chia seeds, wine, marjoram, mixed spice, bay leaves, and black pepper.
5. Cover the saucepan and simmer for 30 minutes until thick and soft.
6. Serve with wholegrain spaghetti.

Tip

Lentils can be consumed in many ways. They can be eaten germinated, or boiled. Always wash lentils thoroughly before cooking.

| Nutritional Information | Per 100g | Per serving |
|-------------------------|----------|-------------|
| Energy (kJ) | 476kJ | 2697kJ |
| Energy (kcal) | 113kcal | 640 kcal |
| Fats | 2.1g | 12 g |
| of which saturates | 0.3g | 1.8 g |
| Carbohydrates | 17g | 96 g |
| of which sugars | 3.4g | 19 g |
| Fibre | 3.4g | 19 g |
| Protein | 4.2g | 24 g |
| Salt | 0.02g | 0.09 g |

Spaghetti with Vegetable Sauce

Ingredients

- 1 large onion, chopped
- 2 garlic cloves
- 1 carrot, grated
- 1 small marrow, sliced
- 1 green pepper, diced
- 8 tomatoes with skin on
- 100g red lentils
- 1 tbsp fresh basil
- 1 tsp dried oregano
- 1 large bay leaf
- 1 tbsp mixed spice
- 2 tbsp extra-virgin olive oil
- A pinch of freshly ground black pepper
- 2 tbsp pumpkin seeds
- 300g (uncooked wholegrain spaghetti or any other pasta of your choice)

Serves 3



Method

1. Pulse the first eight ingredients in a food processor until creamy.
2. In a medium-sized saucepan, pour in the blended mixture.
3. Add the bay leaf, mixed spice, oregano, and olive oil.
4. Bring to a boil, then simmer for another 5 minutes.
5. If the sauce thickens, thin it out with a little water.
6. Serve with cooked wholegrain spaghetti.
7. Drizzle with extra-virgin olive oil.
8. Garnish with pumpkin seeds.
9. Season with freshly ground black pepper.

Tip

Blending vegetables into a sauce is an ideal way to serve it to children who do not like eating vegetables.

| Nutritional Information | Per 100g | Per serving |
|-------------------------|----------|-------------|
| Energy (kJ) | 874kJ | 194kJ |
| Energy (kcal) | 212kcal | 47kcal |
| Fats | 20g | 4.5g |
| of which saturates | 2.9g | 0.6g |
| Carbohydrates | 3.7g | 0.8g |
| of which sugars | 0.8g | 0g |
| Fibre | 1.6g | 0.5g |
| Protein | 2.8g | 0.6g |
| Salt | 3.3g | 0.74g |

Stuffed Artichokes



Ingredients

- 3 large artichokes, stem trimmed
- 4 garlic cloves, finely chopped
- 6 green olives, rinsed and chopped
- 3 tbsp capers, rinsed
- 1 handful of chopped parsley
- ¼ tsp freshly ground black pepper
- 1 tbsp olive oil

Serves 3

Method

1. Remove lower leaves.
2. Give each artichoke a good bang (head down) on a work surface. This will help them to open and allow for filling.
3. Prepare the filling by mixing the parsley, olives, garlic, and capers.
4. Season with pepper and 1 tbsp of olive oil.
5. Fill each artichoke with the mixture.
6. Place in a pot that fits three artichokes and add water to the pot until the artichokes are half covered
7. Cover and cook for 45 minutes to 1 hour in simmering water, depending on the size of the artichokes.

Tip

Serve with fish, jacket potatoes or beans.

| Nutritional Information | Per 100g | Per serving |
|----------------------------------|--------------|--------------|
| Energy (kJ) | 246kJ | 1087kJ |
| Energy (kcal) | 58kcal | 258kcal |
| Fats of which saturates | 1.2g 0.2g | 5.5g 0.9g |
| Carbohydrates of which sugars | 6.6g 2.4g | 29g 11g |
| Fibre | 1.2g | 5.2g |
| Protein | 4.1g | 18g |
| Salt | 0.02g | 0.08g |

Stuffed Tomatoes

Ingredients

- 160g wholemeal cooked couscous
- 6 large fresh tomatoes
- 1 onion, finely chopped
- 1 medium green pepper, finely chopped
- 1 sprig of fresh mint, chopped
- 150g canned tuna (drained)
- 3 tsp poppy seeds
- 100g leafy vegetables
- 1 tbsp extra-virgin olive oil
- Freshly ground black pepper

Serves 3



Method

1. Cut a thin slice from the top of each tomato and scoop out most of the pulp such that the tomato still holds its shape.
2. Mix the onion, tuna, green pepper, mint, olive oil, couscous, and black pepper.
3. Stuff each tomato with the mixture.
4. Garnish with mint leaves and poppy seeds.
5. Serve on a bed of leafy vegetables.

Tip

This is an ideal recipe to pack for a summer beach trip or to serve as finger food or a starter on special occasions.

| Nutritional Information | Per 100g | Per serving |
|----------------------------------|--------------|--------------|
| Energy (kJ) | 541kJ | 990kJ |
| Energy (kcal) | 131kcal | 239kcal |
| Fats of which saturates | 11g 2.4g | 20g 4.3g |
| Carbohydrates of which sugars | 3.2g 2.1g | 5.9g 3.8g |
| Fibre | 2.5g | 4.6g |
| Protein | 3.3g | 6.1g |
| Salt | 0.26g | 0.48g |

Stuffed Avocados



Ingredients

- 3 avocados
- 3 tbsp balsamic vinegar
- 1 tbsp chickpeas, rinsed
- 1 tomato, chopped
- 55g cucumber with the skin on, finely chopped
- ½ orange bell pepper, finely chopped
- 100g unsalted feta cheese, crumbled
- 3 tsp sesame seeds
- Juice of 1 lemon
- 2 tbsps extra-virgin olive oil
- Freshly ground black pepper

Serves 6

Method

1. Halve and pit the avocados.
2. Sprinkle the avocados with lemon juice to keep them from turning brown.
3. Mix the chickpeas, tomato, cucumber, and bell pepper.
4. Slowly whisk olive oil into vinegar until emulsified.
5. Add to the mixed ingredients and gently mix until the ingredients are coated.
6. Fill the avocado halves with the mixture and top with feta cheese.
7. Garnish with sesame seeds.
8. Season with freshly ground black pepper.

Tip

Avocados are an excellent source of monounsaturated fat and vitamin E. Since they are high in both fat and calories, moderation is important.

| Nutritional Information | Per 100g | Per serving |
|----------------------------------|--------------|-------------|
| Energy (kJ) | 438kJ | 2284kJ |
| Energy (kcal) | 104kcal | 543kcal |
| Fats of which saturates | 2.8g 1.2g | 15g 6.4g |
| Carbohydrates of which sugars | 14g 1.6g | 75g 8.3g |
| Fibre | 2.1g | 11g |
| Protein | 4.2g | 22g |
| Salt | 0.1g | 0.5g |

Vegetable Risotto



Ingredients

- 240g uncooked wholegrain rice
- 500ml vegetable stock*
- 200g fresh tomatoes, juiced
- 1 marrow, cubed
- 100g mushrooms, sliced
- 100g frozen peas
- 100g canned chickpeas, rinsed
- 50g red lentils, rinsed thoroughly
- 90g goat cheese or dry ġbejna (cheeselet), grated
- 1 small onion, finely chopped
- 4 garlic cloves, finely chopped
- 3 tsp ground flax seeds
- 1 tbsp olive oil/olive oil spray
- Freshly ground black pepper

*Recipe on page 37

Serves 3

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Method

1. Heat the olive oil in a pan and cook the onion and garlic until soft.
2. Pour in the stock and add tomatoes, marrow, peas, mushrooms, chickpeas, lentils, and rice.
3. Bring to a boil, cover the pan, and then simmer for 30 minutes, stirring occasionally.
4. Stir in the grated ġbejna and flax seeds just before serving.
5. Season with freshly ground black pepper.

Tip

The rice should not be reheated, as this may lead to food poisoning.

| Nutritional Information | Per 100g | Per serving |
|----------------------------------|--------------|-------------|
| Energy (kJ) | 400kJ | 1911kJ |
| Energy (kcal) | 95kcal | 453kcal |
| Fats of which saturates | 1.5g 0.2g | 7.1g 1g |
| Carbohydrates of which sugars | 17g 4.1g | 79g 20g |
| Fibre | 2.3g | 11g |
| Protein | 2.5g | 12g |
| Salt | 0g | 0.04g |

Bulgur Wheat with Marrows



Ingredients

- 240g uncooked large-size bulgur wheat
- 300ml fresh tomatoes juice
- 1 large apple, diced
- 1 large onion, finely chopped
- 400g chopped marrow
- 1 tsp cumin
- ½ tsp paprika
- ½ tsp dried thyme or oregano
- 3 tsp chia seeds
- ½ tsp freshly ground black pepper
- 1 tbsp olive oil
- 2 tbsp water

Serves 3

Method

Boil the bulgur wheat.

Sauce

1. Heat the olive oil in a saucepan.
2. Add the chopped onion and 2 tablespoons of water.
3. Add the diced apple, marrows, herbs and spices.
4. Add the tomato juice and cook until slightly tender.
5. Mix with cooked bulgur.
6. Add chia seeds.
7. Season with fresh pepper.

Tip

A recipe with bulgur wheat can be refrigerated for later use.

| Nutritional Information | Per 100g | Per serving |
|----------------------------------|--------------|-------------|
| Energy (kJ) | 367kJ | 1974kJ |
| Energy (kcal) | 87kcal | 469kcal |
| Fats of which saturates | 2.3g 0.7g | 13g 3.5g |
| Carbohydrates of which sugars | 12g 2.2g | 63g 12g |
| Fibre | 1.6g | 8.4g |
| Protein | 3.6g | 19g |
| Salt | 0.22g | 1.2g |

Summer Barley Salad



Ingredients

- 150g uncooked barley*
- 200g of canned chickpeas, drained and rinsed
- 100g unsalted feta cheese
- 4 tomatoes, chopped
- 1 small onion, finely chopped
- 1 tbsp fresh mint, chopped
- 1 tbsp fresh basil, chopped
- 150g piece of cucumber, diced
- ½ orange bell pepper, chopped
- 1 tbsp black olives, pitted
- 3 tsp sesame seeds
- 1 tbsp extra-virgin olive oil
- 1 tbsp freshly ground black pepper

Serves 3

Method

1. Boil the barley (1 part barley to 2 parts water).
2. In a bowl, mix chopped vegetables, chickpeas, olives, herbs, sesame seeds and feta cheese.
3. Add the cooked barley and mix.
4. Season with black pepper.
5. Drizzle with some extra-virgin olive oil.

Tip

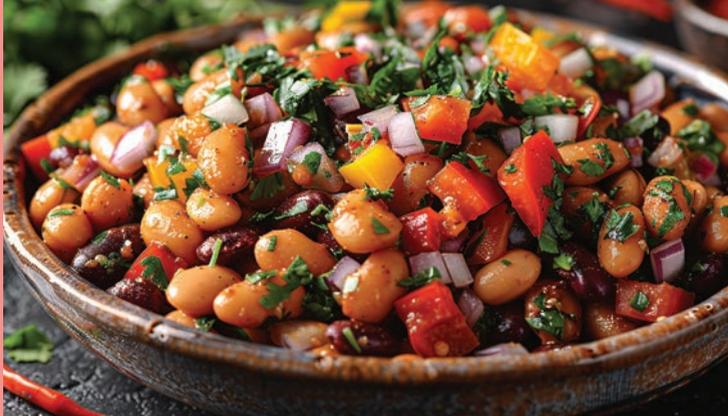
Choose vegetables of different colours and textures as they provide different health benefits.

Caution

*Some people may experience stomach cramps after eating barley. This is usually due to the high fibre content. If this is happening to you, try reducing the amount you eat or switching to a different grain. Try soaking the grains overnight before cooking them. This will help to soften them and make them easier to digest.

| Nutritional Information | Per 100g | Per serving |
|----------------------------------|-----------------|--------------------|
| Energy (kJ) | 511kJ | 431kJ |
| Energy (kcal) | 122kcal | 103kcal |
| Fats of which saturates | 5.3g 0.8g | 4.5g 0.7g |
| Carbohydrates of which sugars | 11g 2.2g | 9.2g 1.9g |
| Fibre | 4.8g | 4.1g |
| Protein | 5g | 4.2g |
| Salt | 0.15g | 0.13g |

Mixed Bean Salad



Ingredients

- 50g cooked red kidney beans
- 50g cooked borlotti beans
- 50g cooked cannellini beans
- 1 small onion, finely chopped
- 1 fresh garlic, finely chopped
- 2 tbsp of fresh parsley, finely chopped
- ½ lemon, freshly squeezed
- Freshly ground black pepper
- 1 tbsp extra-virgin olive oil

Serves 3

Method

1. Place all the ingredients together in a salad bowl.
2. Add olive oil.
3. Serve hot or cold with a salad.

Tip

Beans need to be soaked for 6-8 hours before cooking. Beans can help regulate your digestive system.

| Nutritional Information | Per 100g | Per serving |
|----------------------------------|--------------|-------------|
| Energy (kJ) | 727kJ | 1898kJ |
| Energy (kcal) | 173kcal | 451kcal |
| Fats of which saturates | 4.3g 1.2g | 11g 3.2g |
| Carbohydrates of which sugars | 23g 3.1g | 5.9g 8g |
| Fibre | 4.5g | 12g |
| Protein | 8.5g | 22g |
| Salt | 0.47g | 1.3g |

Pasta Salad



Ingredients

- 240g uncooked wholegrain pasta
- 2 tbsp canned chickpeas, drained and rinsed
- 1 small grated carrot
- 6 cherry tomatoes
- 2 tbsp frozen peas
- 100g or 1 small can of tuna, drained from oil
- 75g piece of cucumber, diced
- 120g cheeselet or mozzarella
- 1 tbsp black olives, rinsed
- 3 tbsp pumpkin seeds
- 1 tbsp chopped parsley
- 1 tbsp extra-virgin olive oil
- A handful of rocket leaves
- Freshly ground black pepper

Serves 3

Method

1. Cook the pasta in boiling water and drain.
2. Mix all the ingredients with the cooked pasta except the rocket leaves.
3. Drizzle with some extra-virgin olive oil.
4. Add the rocket leaves.
5. Season with freshly ground black pepper.

Tip

Frozen vegetables contain nearly the same nutrients as fresh ones. Avoid canned vegetables as they contain more salt, sugar, and preservatives.

| Nutritional Information | Per 100g | Per serving |
|----------------------------------|--------------|-------------|
| Energy (kJ) | 158kJ | 2659kJ |
| Energy (kcal) | 38kcal | 632kcal |
| Fats of which saturates | 0.7g 0.2g | 12g 3.9g |
| Carbohydrates of which sugars | 4.4g 2.2g | 74g 38g |
| Fibre | 1.2g | 20g |
| Protein | 2g | 34g |
| Salt | 0.02g | 0.3g |

Beef and Lentil Stew

Ingredients

- 300g fresh lean beef, cubed
- 1 large onion, chopped
- 6 garlic cloves, finely chopped
- 5 carrots, cubed
- 3 potatoes, cubed
- 200g dried lentils (100g green, 100g brown)
- 6 tomatoes, juiced
- 50ml-100ml non-alcoholic red wine
- 4 bay leaves
- 1 tbsp Herbs de Provence
- 1 tbsp mixed spice
- 1 tsp tarragon
- 3 tsp chia seeds
- 1 tbsp olive oil
- Freshly ground black pepper
- 1½ litres of water

Serves 3



Method

1. Heat the olive oil in a large pot over medium-high heat.
2. Cook the onion until translucent, then add the beef and garlic; stir for 5-10 minutes.
3. Add 1½ litres of water, vegetables, lentils, potatoes, chia seeds, tomatoes, wine, bay leaves, herbs, spices, and pepper.
4. Bring to a boil, cover, and simmer for 45 minutes or until the beef is tender.

Tip

Lentils do not need to be soaked before cooking, but they need to be rinsed thoroughly.

| Nutritional Information | Per 100g | Per serving |
|-------------------------|----------|-------------|
| Energy (kJ) | 334kJ | 2524kJ |
| Energy (kcal) | 80kcal | 603kcal |
| Fats | 2.8g | 21g |
| of which saturates | 0.7g | 5.3g |
| Carbohydrates | 4.2g | 32g |
| of which sugars | 2.2g | 17g |
| Fibre | 1.3g | 9.8g |
| Protein | 7.1g | 54g |
| Salt | 0.06g | 0.46g |

Rabbit with Garlic

Ingredients

- 1 whole garlic head, finely chopped
- 100ml non-alcoholic red wine
- 1 large onion, sliced
- 2 tbsp olive oil
- 2 tbsp mixed spice
- 2-3 bay leaves
- Freshly ground black pepper
- 1 rabbit, cut into pieces
- 1kg frozen mixed vegetables
- 300g brown lentils
- 200ml water
- 6 small potatoes

Serves 3



For the marinade

1. Mix the first seven ingredients to make the marinade.
2. Place the rabbit in the marinade, turning to coat all surfaces.
3. Cover and leave to marinate in the fridge for several hours.

Method

1. Preheat oven to 180°C.
2. Transfer the marinated rabbit to a large oven dish.
3. Add the freshly-prepared marinade, mixed vegetables, potatoes, lentils and water.
4. Cover the dish with a baking sheet and foil.
5. Put in the oven and cook for 60 minutes or until fully cooked.

Tip

Herbs and spices can elevate the dish with their aromatic flavour.

| Nutritional Information | Per 100g | Per serving |
|----------------------------------|--------------|-------------|
| Energy (kJ) | 193kJ | 2333kJ |
| Energy (kcal) | 46kcal | 557kcal |
| Fats of which saturates | 2g 0.7g | 24g 8.1g |
| Carbohydrates of which sugars | 3.6g 3.1g | 44g 38g |
| Fibre | 1.1g | 13g |
| Protein | 2.5g | 30g |
| Salt | 0.26g | 3.1g |

Lasagna *with Caponata Sauce*

Ingredients

- 3 coloured bell peppers
- 1 aubergine
- 2 onions, diced
- 8 garlic cloves, finely chopped
- 250ml water
- 4 tbsp each: olives and capers (rinsed)
- 1 tbsp oregano
- 3 tsp sesame seeds
- 12 tomatoes, cubed
- 1 tbsp olive oil
- 1 packet spinach lasagna sheets (500g)
- ½ litre skimmed milk
- 2 eggs
- 150g mozzarella cheese
- Black pepper

Serves 3



Method

1. For the caponata sauce cook the first seven ingredients in water and simmer until tender.
2. Mix 100g mozzarella, eggs, and pepper with the caponata sauce.
3. Preheat the oven to 175°C.
4. In an oven dish, layer caponata, layer lasagna sheets, and repeat. Top with the remaining mozzarella.
5. Pour milk over the dish and bake for 50 minutes.
6. Season with black pepper and let it stand 15 minutes before serving.

Tip

You can also eat caponata as a snack on wholemeal toast or use it as a pasta sauce.

| Nutritional Information | Per 100g | Per serving |
|-------------------------|----------|-------------|
| Energy (kJ) | 527kJ | 2483kJ |
| Energy (kcal) | 125kcal | 590kcal |
| Fats | 3.4g | 16g |
| of which saturates | 0.5g | 2.3g |
| Carbohydrates | 17g | 78g |
| of which sugars | 2.6g | 12g |
| Fibre | 1.8g | 8.7g |
| Protein | 6.4g | 30g |
| Salt | 0.08g | 0.39g |

Stir-Fry Vegetables with Chicken and Barley



Ingredients

- 240g uncooked barley
- 300g chicken breast (minced or cubed)
- 1 red onion, chopped
- 2 garlic cloves, chopped
- 1 bell pepper, chopped
- 100g mushrooms, sliced
- 2 handfuls spinach, chopped
- 1 carrot, cubed
- Sweet corn and frozen peas (a handful each)
- 2 tsp grated ginger
- 2 tsp sesame oil
- 3 tbsp toasted sesame seeds
- 1 tsp Chinese five-spice
- 1 tsp olive oil
- Black pepper

Serves 3

Method

1. Cook the barley.
2. Heat 1 teaspoon olive oil in a wok and cook the chicken until done; remove from the wok.
3. Stir-fry the onion, garlic, and ginger. Add the mushrooms, carrots, bell pepper, spinach, and Chinese spice; cook for 5 minutes.
4. Add the peas, sweet corn, and sesame seeds; stir-fry for 3 minutes.
5. Mix in barley, chicken, and sesame oil; stir-fry until heated.
6. Season with black pepper and serve.

Tip

Eat green peppers as there are only 24 calories in one medium-sized green pepper and 2g of dietary fibre.

| Nutritional Information | Per 100g | Per serving |
|----------------------------------|--------------|-------------|
| Energy (kJ) | 400kJ | 2343kJ |
| Energy (kcal) | 95kcal | 558kcal |
| Fats of which saturates | 3.1g 0.6g | 18g 3.4g |
| Carbohydrates of which sugars | 9.7g 3.2g | 57g 18g |
| Fibre | 1.8g | 11g |
| Protein | 6.3g | 37g |
| Salt | 0.03g | 0.18g |

Oven-Baked Salmon

Ingredients

- 3 wild salmon fillets (115g each)
- 240g uncooked wholegrain rice/couscous/buckwheat
- 2 broccolis, 3 bell peppers,
- 2 marrows, sliced
- 1 large red onion, sliced
- 10 cherry tomatoes
- 3 tbsp pumpkin seeds
- 5 garlic cloves, chopped
- 1 tbsp olive oil

For the Marinade

- 100ml orange juice
- 1 tbsp corn-starch
- 3 tbsp white vinegar, 3 tbsp olive oil
- 1 tsp mild chilli paste

Serves 3



Method

1. Whisk the marinade ingredients and marinate the salmon.
2. Cook the rice and preheat the oven to 220°C.
3. Arrange the vegetables on a baking sheet, drizzle with olive oil, and season with pepper.
4. Bake for 15-20 minutes.
5. Place the marinated salmon on vegetables, drizzle with the freshly made marinade, and bake for 10 minutes.
6. Serve on rice, and top with pumpkin seeds.

Tip

Choose fish over red meat, eating it at least twice a week, including one oily fish like salmon or mackerel.

Reserve unused marinade for sauce; never reuse marinade from raw meat or poultry.

| Nutritional Information | Per 100g | Per serving |
|----------------------------------|---------------|----------------|
| Energy (kJ) | 301kJ | 1204kJ |
| Energy (kcal) | 72kcal | 288kcal |
| Fats of which saturates | 0.9g 0.2g | 3.6g 0.8g |
| Carbohydrates of which sugars | 12.3g 4.6g | 49.2g 18.4g |
| Fibre | 2.8g | 11.2g |
| Protein | 3.2g | 12.8g |
| Salt | 0.3g | 0.9g |

Stuffed Marrows with Lentils

Ingredients

- 3 large marrows or 6 small (approximately 900g)
- 150g red lentils
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 1 medium carrot, grated
- 1 tsp olive oil
- 400g tomatoes, chopped
- 1 tsp ground cumin
- 1 tsp smoked paprika
- Black pepper to taste
- Fresh parsley for garnish (optional)

Serves 3



Method

1. Preheat the oven to 180°C.
2. Cut the marrows in half and scoop out the seeds. Place the halves on a baking tray.
3. Heat the olive oil in a pan, then cook the onion and garlic until softened.
4. Add the grated carrot, cumin, paprika, and lentils. Mix well.
5. Add the chopped tomatoes and 200ml of water. Simmer for 15-20 minutes until the lentils are tender and the mixture thickens. Season with black pepper.
6. Spoon the lentil mixture into the marrow halves.
7. Bake for 25-30 minutes until the marrow is soft.
8. Garnish with fresh parsley if desired. Serve warm.

Tip

Marrows are high in fibre and low in calories.



Introduction

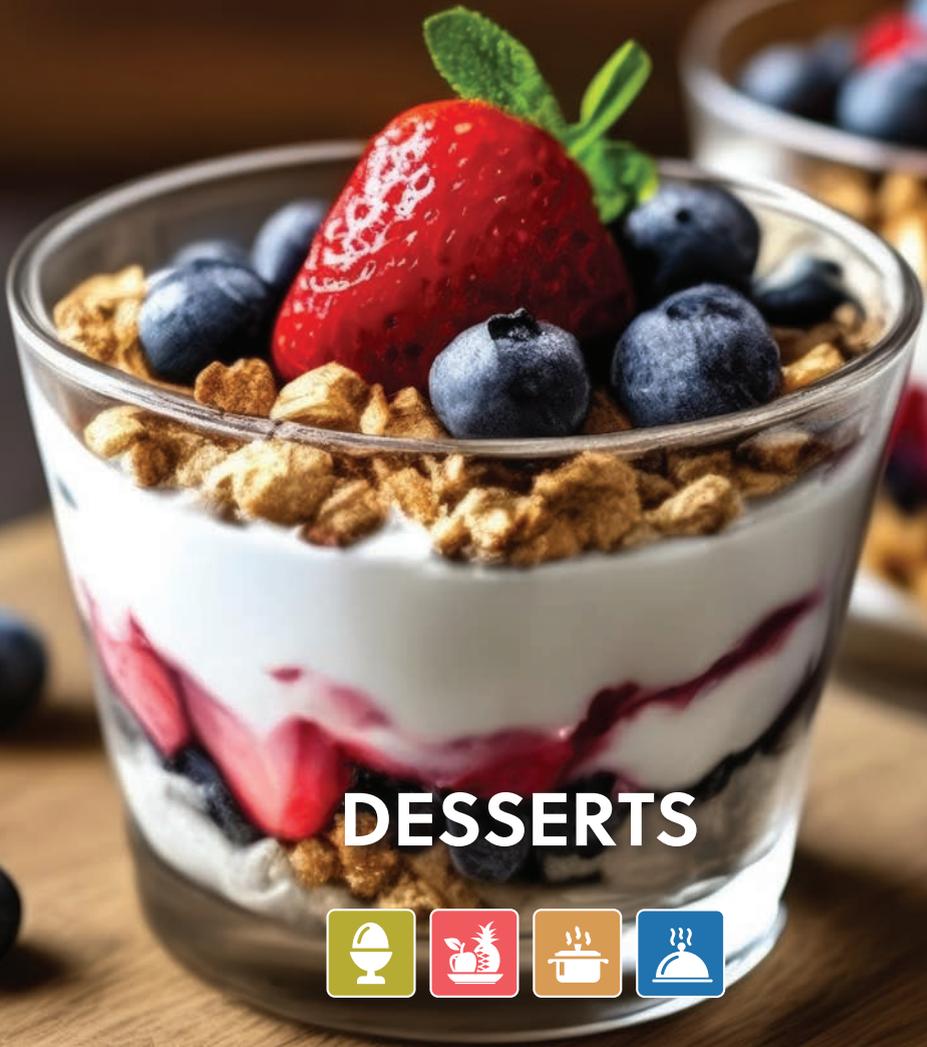
Desserts

Dessert is the course that concludes a meal. The term 'dessert' applies to many sweets, such as biscuits, cakes, cookies, custards, gelatine, ice creams, pastries, pies, puddings, macaroons, tarts, and fruit salad. Fruit is commonly found in dessert courses because of its naturally occurring sweetness.

Dessert foods often contain relatively high amounts of sugar and fats and, as a result, higher calorie counts per gram than other foods. It is all about how much and how often. These types of foods should be consumed less frequently rather than being our daily go-to foods.

To help you maintain a healthy lifestyle, we have added healthy and tasty dessert recipes as they are lighter than the usual sugar-filled dessert recipes. They are also quick and easy to prepare.

Even though the dessert recipes provided in this recipe book are healthier, consuming them in moderation is key to maintaining a healthy lifestyle.



DESSERTS



| Nutritional Information | Per 100g | Per serving |
|----------------------------------|--------------|-------------|
| Energy (kJ) | 480kJ | 1279kJ |
| Energy (kcal) | 115kcal | 305kcal |
| Fats of which saturates | 4.3g 0.4g | 11g 1.2g |
| Carbohydrates of which sugars | 15g 11g | 40g 30g |
| Fibre | 2.6g | 7g |
| Protein | 2.7g | 7.2g |
| Salt | 0g | 0.01g |

Stuffed Apples

Ingredients

- 3 medium-sized apples, with the skin on
- 3 tbsp oats
- 18 roasted almonds, crushed
- 3 pitted prunes, finely chopped
- 2 tsp cinnamon
- 3 tsp poppy seeds

Serves 3



Method

1. Core apples, leaving the bottom intact.
2. Widen the cavity to approximately 4 cm in diameter.
3. Finely chop the apple pieces removed from the cavity.
4. Mix the apple pieces, crushed almonds, chopped prunes, oats, poppy seeds and cinnamon.
5. Spoon the mixture into the cavity of the apples.
6. Bake or microwave the stuffed apples for 4 minutes or until tender.

Tip

Cinnamon is a spice that is very high in dietary fibre. 100g of cinnamon contains 53g of fibre.

| Nutritional Information | Per 100g | Per serving |
|----------------------------------|--------------|-------------|
| Energy (kJ) | 1086kJ | 3041kJ |
| Energy (kcal) | 261kcal | 730kcal |
| Fats of which saturates | 17g 10g | 49g 29g |
| Carbohydrates of which sugars | 4.6g 2.8g | 13g 7.9g |
| Fibre | 1.1g | 3.1g |
| Protein | 21g | 57g |
| Salt | 1.8g | 5.1g |

Fruity Vanilla Delight

Ingredients

- 150g fresh local ricotta
- 150ml vanilla yoghurt, light
- 1 medium bowl of chopped fresh seasonal fruit (such as strawberries, nectarines, peaches, pears, apricots and banana)
- 60g crushed almonds

Serves 3



Method

1. Stir the ricotta and light yoghurt together in a small bowl.
2. Prepare 1 small bowl of chopped fresh fruit in season.
3. Divide the fruit among 3 small dishes.
4. Spoon the ricotta and yoghurt mixture over the fruit.
5. Decorate with some crushed almonds.
6. Place the dishes in the fridge until cool and serve.

Tip

Always use fresh fruit rather than canned fruit. Canned fruit is preserved in syrup and contains extra sugar and calories we do not need.

| Nutritional Information | Per 100g | Per serving |
|-------------------------|----------|-------------|
| Energy (kJ) | 663kJ | 2699kJ |
| Energy (kcal) | 158kcal | 642kcal |
| Fats | 3.9g | 16g |
| of which saturates | 0.5g | 2.2g |
| Carbohydrates | 26g | 104g |
| of which sugars | 14g | 56g |
| Fibre | 3.3g | 13g |
| Protein | 3.3g | 14g |
| Salt | 0.02g | 0.09g |

Cereal Pudding

Ingredients

- 200g rolled oats
- 2 large apples
- 1 tsp ground cinnamon
- ½ tsp ground cloves
- 4 tbsp sunflower seeds
- 100g raisins
- 30g walnuts, crushed
- 100g chopped prunes
- 300ml fresh orange juice
- 1 tsp vanilla essence
- Avocado oil spray

Serves 3

2-day serving



Method

1. Preheat the oven to 180°C.
2. In a non-stick pan, add the prunes, apples, raisins, orange juice, cinnamon, and ground cloves.
3. Cook for a few minutes over moderate heat.
4. Remove from heat. Add the oats, sunflower seeds, walnuts, and vanilla essence.
5. Line an ovenproof dish with a baking sheet.
6. Spray some avocado oil on the baking sheet.
7. Pour the mixture into the dish and press evenly.
8. Bake in the oven for about 20-25 minutes.
9. Cool, and when set, cut into small portions.

Tip

Dried fruits also contain natural sugar, so use them in small amounts.

| Nutritional Information | Per 100g | Per serving |
|----------------------------------|--------------|-------------|
| Energy (kJ) | 830kJ | 2230kJ |
| Energy (kcal) | 197kcal | 530kcal |
| Fats of which saturates | 5.8g 0.9g | 16g 2.5g |
| Carbohydrates of which sugars | 29g 11g | 77g 30g |
| Fibre | 3.2g | 8.7g |
| Protein | 5.7g | 15g |
| Salt | 0g | 0.03g |

Nutty Banana Oat Cookies



Ingredients

- 4 ripe bananas
- 200g oats
- 60ml unsweetened almond milk
- 1 tsp vanilla essence
- 60g crushed nuts of your choice
- Avocado oil spray

Serves 3

2-day serving

Method

1. Mash the bananas and mix in the oats and almond milk.
2. Stir everything together.
3. Add the vanilla essence and nuts.
4. Line an ovenproof dish with a baking sheet.
5. Spray a little avocado oil on the baking sheet.
6. Spoon the mixture onto a baking sheet forming a cookie.
7. Flatten the tops of the cookies slightly since they will not spread.
8. Bake the cookies in a preheated oven for around 15 minutes or until the cookies look done.
9. Switch off the oven and leave for 1 to 2 minutes before taking them out.

Tip

Try using fresh fruit in your recipes rather than dried ones.

| Nutritional Information | Per 100g | Per serving |
|-------------------------|----------|-------------|
| Energy (kJ) | 756kJ | 1462kJ |
| Energy (kcal) | 181kcal | 350kcal |
| Fats | 8.8g | 17g |
| of which saturates | 1.5g | 2.9g |
| Carbohydrates | 18g | 35g |
| of which sugars | 16g | 30g |
| Fibre | 2.3g | 4.4g |
| Protein | 5.7g | 11g |
| Salt | 0.07g | 0.13g |

Banana Nice Cream

Ingredients

- 4 large bananas, medium-ripe
- 2 tbsp 100% peanut butter
- 60g crushed nuts

Serves 3



Method

1. Slice the banana.
2. Arrange in a single layer on a baking sheet.
3. Freeze for 1-2 hours.
4. Place the banana slices in a food processor.
5. Blend until the mixture is creamy and smooth.
6. Add the peanut butter to the puree and mix well.
7. Freeze for a few hours, then serve topped with crushed nuts.

Tip

It would be better if you make the peanut butter yourself. That way it be 100% genuine.

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.

NOTE IT. REMEMBER IT.



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WEEK ONE

Day 1

| | | |
|--|---|----------------------------------|
|  BREAKFAST | <i>Nutty banana oats.</i> | <i>page 11</i> |
|  SNACK | <i>1 fresh fruit.</i> | <i>page 21</i> |
|  LUNCH | <i>Spaghetti with lentil Bolognese sauce.</i> | <i>page 65</i> |
|  SNACK | <i>150ml plain yoghurt with berries/strawberries.</i> | <i>page 21</i> |
|  DINNER | <i>Broccoli soup + Stuffed tomatoes.</i> | <i>page 49</i> <i>page 71</i> |

NOTE IT. REMEMBER IT.



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WEEK ONE

Day 2

| | | | |
|--|------------------|---|----------------------------------|
|  | BREAKFAST | <i>Strawberry, oats & yoghurt.</i> | <i>page 13</i> |
|  | SNACK | <i>A handful of almonds.</i> | <i>page 21</i> |
|  | LUNCH | <i>Vegetable risotto.</i> | <i>page 75</i> |
|  | SNACK | <i>Fresh fruit salad.</i> | <i>page 21</i> |
|  | DINNER | <i>Jerusalem artichokes with garlic and parsley + Chickpea patties.</i> | <i>page 63</i> <i>page 61</i> |

NOTE IT. REMEMBER IT.



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WEEK ONE

Day 3

| | | | |
|--|------------------|---|----------------|
|  | BREAKFAST | <i>Scrambled eggs with vegetables.</i> | <i>page 17</i> |
|  | SNACK | <i>150ml plain yoghurt with berries/strawberries.</i> | <i>page 21</i> |
|  | LUNCH | <i>Pumpkin soup.</i> | <i>page 43</i> |
|  | SNACK | <i>A portion (2 tbsp) of raw kernels of air-popped popcorn, unsalted, plus a glass of low-fat milk.</i> | <i>page 21</i> |
|  | DINNER | <i>Stuffed tomatoes.</i> | <i>page 71</i> |

NOTE IT. REMEMBER IT.



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WEEK ONE

Day 4

| | | |
|--|--|----------------------------------|
|  BREAKFAST | <i>Toasted sandwich with apples and cinnamon.</i> | <i>page 15</i> |
|  SNACK | <i>1 glass of low-fat milk and strawberries.</i> | <i>page 21</i> |
|  LUNCH | <i>Summer barley salad.</i> | <i>page 79</i> |
|  SNACK | <i>150ml plain yoghurt with half a mashed banana and a sprinkle of cinnamon.</i> | <i>page 21</i> |
|  DINNER | <i>Stuffed artichokes + Mixed bean salad.</i> | <i>page 69</i> <i>page 81</i> |

NOTE IT. REMEMBER IT.



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WEEK ONE

Day 5

| | | | |
|--|------------------|--|----------------|
|  | BREAKFAST | <i>A fresh fruit, plain yoghurt, and a handful of walnuts.</i> | <i>page 9</i> |
|  | SNACK | <i>1 fresh fruit.</i> | <i>page 21</i> |
|  | LUNCH | <i>Beef and lentil stew.</i> | <i>page 85</i> |
|  | SNACK | <i>Vegetable sticks with bigilla dip.</i> | <i>page 21</i> |
|  | DINNER | <i>Split pea soup.</i> | <i>page 45</i> |

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WEEK ONE

Day 6

| | | | |
|--|------------------|--|----------------|
|  | BREAKFAST | <i>Strawberries, oats & yoghurt.</i> | <i>page 13</i> |
|  | SNACK | <i>A handful of almonds + A glass of low-fat milk.</i> | <i>page 21</i> |
|  | LUNCH | <i>Chickpea patties.</i> | <i>page 61</i> |
|  | SNACK | <i>1 fresh fruit + 15g seeds (e.g. pumpkin).</i> | <i>page 21</i> |
|  | DINNER | <i>Vegetable risotto.</i> | <i>page 75</i> |

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WEEK ONE

Day 7

| | | | |
|--|------------------|---|----------------------------------|
|  | BREAKFAST | <i>Boiled egg on wholemeal toast and salad.</i> | <i>page 9</i> |
|  | SNACK | <i>1 fresh fruit.</i> | <i>page 21</i> |
|  | LUNCH | <i>Bulgur wheat with marrows.</i> | <i>page 77</i> |
|  | SNACK | <i>150ml plain yoghurt with 1 tbsp chia seeds and a sprinkle of cinnamon.</i> | <i>page 21</i> |
|  | DINNER | <i>Stuffed avocados + 100g edamame.</i> | <i>page 73</i> <i>page 21</i> |

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WEEK TWO

Day 1

| | | | |
|--|------------------|--|----------------------------------|
|  | BREAKFAST | <i>2 tbsp of low-salt, low-sugar baked beans on 2 slices of wholemeal toast.</i> | <i>page 9</i> |
|  | SNACK | <i>A handful of almonds.</i> | <i>page 21</i> |
|  | LUNCH | <i>Pasta salad.</i> | <i>page 83</i> |
|  | SNACK | <i>150ml plain yoghurt with berries/strawberries.</i> | <i>page 21</i> |
|  | DINNER | <i>Broccoli soup + Chicken patties.</i> | <i>page 49</i> <i>page 61</i> |

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WEEK TWO

Day 2

| | | | |
|--|------------------|---|----------------|
|  | BREAKFAST | <i>1 fresh fruit.</i> | <i>page 21</i> |
|  | SNACK | <i>2 slices of wholemeal bread with 40g ricotta, tomato and cucumber slices and a handful of rocket leaves.</i> | <i>page 9</i> |
|  | LUNCH | <i>Creamy kale soup.</i> | <i>page 53</i> |
|  | SNACK | <i>30g of seeds (e.g. pumpkin).</i> | <i>page 21</i> |
|  | DINNER | <i>Summer barley salad.</i> | <i>page 79</i> |

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WEEK TWO

Day 3

| | | |
|--|---|----------------|
|  BREAKFAST | <i>30g of breakfast cereal (with less than 5g of sugar per 100g and 6g or more of dietary fibre per 100g) with a glass of low-fat milk.</i> | <i>page 9</i> |
|  SNACK | <i>1 fresh fruit.</i> | <i>page 21</i> |
|  LUNCH | <i>Stir-fry vegetables with chicken and barley.</i> | <i>page 91</i> |
|  SNACK | <i>Fresh fruit salad.</i> | <i>page 21</i> |
|  DINNER | <i>Stuffed marrows with lentils.</i> | <i>page 95</i> |

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WEEK TWO

Day 4

| | | | |
|--|------------------|---|----------------|
|  | BREAKFAST | <i>Scrambled eggs with vegetables.</i> | <i>page 17</i> |
|  | SNACK | <i>1 fresh fruit.</i> | <i>page 21</i> |
|  | LUNCH | <i>Lasagna with caponata sauce.</i> | <i>page 89</i> |
|  | SNACK | <i>150ml plain yoghurt with 1 tbsp chia seeds and a sprinkle of cinnamon.</i> | <i>page 21</i> |
|  | DINNER | <i>Marrow soup.</i> | <i>page 55</i> |

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WEEK TWO

Day 5

| | | | |
|--|------------------|---|----------------------------------|
|  | BREAKFAST | <i>Toasted sandwich with apples and cinnamon.</i> | <i>page 15</i> |
|  | SNACK | <i>150ml plain yoghurt with berries/strawberries.</i> | <i>page 21</i> |
|  | LUNCH | <i>Chickpea patties + Hummus dip.</i> | <i>page 61</i> <i>page 27</i> |
|  | SNACK | <i>10 grapes with 30g - 45g of low-fat cheese and six wholemeal water biscuits.</i> | <i>page 21</i> |
|  | DINNER | <i>Lentil and barley soup.</i> | <i>page 51</i> |

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WEEK TWO

Day 6

| | | | |
|--|------------------|--|----------------|
|  | BREAKFAST | <i>2 slices wholemeal bread with 2 tbsp hummus spread and mixed green salad.</i> | <i>page 9</i> |
|  | SNACK | <i>1 fresh fruit.</i> | <i>page 21</i> |
|  | LUNCH | <i>Oven-baked salmon.</i> | <i>page 93</i> |
|  | SNACK | <i>150ml plain yoghurt with 1 tbsp chia seeds and a sprinkle of cinnamon.</i> | <i>page 21</i> |
|  | DINNER | <i>Pumpkin soup.</i> | <i>page 43</i> |

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WEEK TWO

Day 7

| | | | |
|--|------------------|---|----------------------------|
|  | BREAKFAST | <i>2 tbsp of low-salt, low-sugar baked beans on 2 slices of wholemeal toast.</i> | <i>page 9</i> |
|  | SNACK | <i>A glass of low-fat milk with a handful of almonds.</i> | <i>page 21</i> |
|  | LUNCH | <i>Stuffed artichokes + Vegetable risotto.</i> | <i>page 69 page 75</i> |
|  | SNACK | <i>10 grapes with 30g - 45g of low-fat cheese and six wholemeal water biscuits.</i> | <i>page 21</i> |
|  | DINNER | <i>Mixed bean salad.</i> | <i>page 81</i> |

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WEEK THREE

Day 1

| | | | |
|--|------------------|---|----------------|
|  | <i>BREAKFAST</i> | <i>Strawberries, oats, and yoghurt.</i> | <i>page 13</i> |
|  | <i>SNACK</i> | <i>30g seeds (e.g. pumpkin seeds).</i> | <i>page 21</i> |
|  | <i>LUNCH</i> | <i>Pasta salad.</i> | <i>page 83</i> |
|  | <i>SNACK</i> | <i>Fresh fruit salad.</i> | <i>page 21</i> |
|  | <i>DINNER</i> | <i>Stuffed tomatoes.</i> | <i>page 71</i> |

NOTE IT. REMEMBER IT.



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WEEK THREE

Day 2

| | | |
|--|--|----------------|
|  BREAKFAST | <i>2 slices toasted wholemeal bread topped with 50g ricotta, tomato and cucumber slices, and some rocket leaves.</i> | <i>page 9</i> |
|  SNACK | <i>Fresh fruit salad.</i> | <i>page 21</i> |
|  LUNCH | <i>Beef and lentil stew.</i> | <i>page 85</i> |
|  SNACK | <i>150ml plain yoghurt with 1 tbsp chia seeds and a sprinkle of cinnamon.</i> | <i>page 21</i> |
|  DINNER | <i>Broccoli soup.</i> | <i>page 49</i> |

NOTE IT. REMEMBER IT.



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WEEK THREE

Day 3

| | | |
|--|--|----------------|
|  BREAKFAST | <i>Boiled egg on 2 slices of wholemeal toast and salad.</i> | <i>page 9</i> |
|  SNACK | <i>1 fresh fruit.</i> | <i>page 21</i> |
|  LUNCH | <i>Summer barley salad.</i> | <i>page 79</i> |
|  SNACK | <i>Iceberg lettuce leaves filled with 1 tsp hummus/cottage cheese, carrot, cucumber, and bell pepper sticks.</i> | <i>page 21</i> |
|  DINNER | <i>Vegetable risotto.</i> | <i>page 75</i> |

NOTE IT. REMEMBER IT.



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WEEK THREE

Day 4

| | | |
|--|---|----------------|
|  BREAKFAST | <i>30g of breakfast cereal with low-fat milk.</i> | <i>page 9</i> |
|  SNACK | <i>30g of seeds (e.g. pumpkin seeds).</i> | <i>page 21</i> |
|  LUNCH | <i>Spaghetti with vegetable sauce.</i> | <i>page 67</i> |
|  SNACK | <i>Fresh fruit salad with plain yoghurt.</i> | <i>page 21</i> |
|  DINNER | <i>Stuffed tomatoes.</i> | <i>page 71</i> |

NOTE IT. REMEMBER IT.



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WEEK THREE

Day 5



BREAKFAST

Scrambled egg and vegetables.

page 17



SNACK

A handful of unsalted roasted chickpeas.

page 21



LUNCH

Stir-fry vegetables with chicken and barley.

page 91



SNACK

Vegetable sticks with bigilla dip.

page 21



DINNER

Creamy kale soup and a glass of low-fat milk.

page 53

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WEEK THREE

Day 6



BREAKFAST

2 slices toasted wholemeal bread with 50g ricotta, tomato and cucumber slices, and some rocket leaves.

page 9



SNACK

Fresh fruit salad.

page 21



LUNCH

Lasagna with caponata sauce.

page 89



SNACK

150ml plain yoghurt with 1 tbsp chia seeds and a sprinkle of cinnamon.

page 21



DINNER

Stuffed marrows with lentils.

page 95

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WEEK THREE

Day 7



BREAKFAST

2 slices toasted wholemeal bread with 1 tbsp of 100% peanut butter spread on both toasts, topped with slices of half a banana, chia seeds and a sprinkle of cinnamon.

page 9



SNACK

150ml plain yoghurt with berries/strawberries.

page 21



LUNCH

Bulgur wheat with marrows.

page 77



SNACK

A glass of low-fat milk with strawberries.

page 21



DINNER

Pasta salad.

page 83

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WEEK FOUR

Day 1



BREAKFAST

Nutty banana oats.

page 11



SNACK

1 fresh fruit.

page 21



LUNCH

Vegetable risotto.

page 75



SNACK

A handful of unsalted chickpeas.

page 21



DINNER

Summer barley salad.

page 79

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WEEK FOUR

Day 2



BREAKFAST

Boiled egg on 2 slices of wholemeal toast and salad.

page 9



SNACK

A handful of almonds/walnuts.

page 21



LUNCH

Oven-baked salmon.

page 93



SNACK

150ml plain yoghurt, half mashed banana with a sprinkle of cinnamon.

page 21



DINNER

Stuffed artichokes.

page 69

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WEEK FOUR

Day 3



BREAKFAST

2 slices of toasted wholemeal bread with 1 tbsp of 100% peanut butter spread on both toasts topped with slices of half a banana, chia seeds and a sprinkle of cinnamon.

page 9



SNACK

150ml plain yoghurt with berries/strawberries.

page 21



LUNCH

Lasagna with caponata sauce.

page 89



SNACK

30g of seeds (e.g. pumpkin seeds).

page 21



DINNER

Lentil soup.

page 41

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WEEK FOUR

Day 4



BREAKFAST

Scrambled eggs and vegetables.

page 17



SNACK

2 wholemeal slices with 2 tbsps hummus spread and mixed green salad.

page 9



LUNCH

Beef and lentil stew.

page 85



SNACK

Red kidney bean dip with vegetable sticks.

page 21



DINNER

Pasta salad.

page 83

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WEEK FOUR

Day 5



BREAKFAST

Toasted sandwiches with apples and cinnamon.

page 15



SNACK

A glass of low-fat milk with strawberries.

page 21



LUNCH

Stir-fry vegetables with chicken and barley.

page 91



SNACK

Iceberg lettuce leaves filled with hummus/ cottage cheese, carrot, cucumber, and bell pepper sticks.

page 21



DINNER

Carrot and orange soup.

page 47

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WEEK FOUR

Day 6



BREAKFAST

Strawberries, oats & yoghurt.

page 13



SNACK

A handful of nuts.

page 21



LUNCH

Spaghetti with lentil Bolognese sauce.

page 65



SNACK

Fresh fruit salad.

page 21



DINNER

Stir-fry vegetables with chicken and barley.

page 91

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WEEK FOUR

Day 7

| | | | |
|--|------------------|--|----------------|
|  | BREAKFAST | <i>2 slices of wholemeal bread with hummus spread and salad.</i> | <i>page 9</i> |
|  | SNACK | <i>Fresh fruit salad.</i> | <i>page 21</i> |
|  | LUNCH | <i>Oven-baked salmon.</i> | <i>page 93</i> |
|  | SNACK | <i>A portion of air-popped popcorn, unsalted.</i> | <i>page 21</i> |
|  | DINNER | <i>Stuffed avocado.</i> | <i>page 73</i> |

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Il-kliet u Snacks Tajbin

Volum II

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