

# FOOD FREEDOM 4EVER

JANUARY EDITION



YOUR SUGAR  
FREE  
KITCHEN

HAPPY NEW  
YEAR

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SAUCES TO  
LIVEN UP  
YOUR  
MEALS

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MINDFUL  
EATING





# Intro

Happy New Year!!

Welcome to 2023. The year that you will walk into the new you and learn so much about yourself and your relationship with food.

This edition of the FF4E magazine is all about planning. Effective planning to ensure that you create goals and targets that motivate you, inspire you and the strategies to ensure that you succeed.

So often we make New Year resolutions and we do not get past a couple of weeks. This year it will be different. I am going to share with you my special way of setting goals that will inspire you to achieve them and a way of continually re-assessing them to ensure they happen.

I have also provided you with my "6 ways to eat more mindfully". Mindful eating has been proven to decrease calorie consumption and increase eating pleasure. However, true mindful eating as taught on mindful eating courses, I found to be quite onerous and boring. My article helps you to bring some mindful eating tips into your every day life and eat more mindfully.

Our book club choice for January is an amazing choice. I love Allen Carr, he helped me to give up my first addiction nicotine over 25 years ago and his take on sugar addiction is very aligned with my own.

His book – Good Sugar, Bad Sugar is a really easy read (or listen) and it really exposes sugar addiction (and simple carbs) for exactly what it is. Once you understand what sugar does and how it is a complete fallacy that you need any sugar in your diet at all

This month's recipes are all about fast foods and everyday sauces. Having Food Freedom alternatives for ketchup, sweet chilli, BBQ, teriyaki sauces in the fridge can make such a difference when trying to spice up a steak, piece of fish or chicken.

I have also included 3 of my favourite fast food recipes, a black bean burger (try it, you will be pleasantly surprised), a Thai lettuce wrap and Food Freedom chicken nuggets. All suitable for family meals.



If you have struggled over the holiday season with bingeing or overeating, do not worry. Remember, you just need to get back on track with your success habits to ensure you are making the best use of your surgical tool.

- Eat off a small plate
- Chew, chew, chew
- Stop eating after 20 minutes
- Leave at least 2 hours between eating episodes
- Do not drink for at least 30 minutes after eating
- Eat until you feel slight restriction then stop
- Eat protein first

On a personal note, I am going into hospital on 5th January for some major abdominal surgery, so I am afraid January is going to be a bit of a 'hit and miss' month as I am unsure how long I will be in and also how my recovery will go.

I can, however, assure you I will be with you as soon as I can

Always with love

Amanda



Food Freedom  
4 Ever



# January Agenda

This months agenda is very much a flexible one. As you know I am going in for surgery on 5th January and therefore I have no idea how long I will be in or how my recovery will go. They say I will be in for 2 to 7 days so I am going to assume 7 days and therefore there will be no support group on w.c 9th January. I hope to start sessions again wc 16th January so i have assumed those timescales below.

However, please bear with me as things may need to change, sometimes at short notice depending on how I am feeling.

**All meetings are on the same zoom link <https://us02web.zoom.us/j/81420707528> with the password FF4E**

DAY	SESSIONS
Tuesday 3rd January	19.00 Become a goal getter not a goal setter workshop
Tuesday 17th January	19.00 Q & A and support group session
Thursday 26th January	19.00 Q & A and support group session
Tuesday 31st January	19.00 Q & A and support group session



# BECOME A GOAL GETTER RATHER THAN A GOAL SETTER

## Goal setting or goal getting?

Are you a goal setter or a goal getter? What has been your history in terms of setting goals. Often we set goals and never achieve them. This can be soul destroying and only make us feel worse about ourselves when the goals were set to develop our lives in the first place. Seems like a complete waste of time and energy

Well I want to show you how to set goals that you can achieve and how you can become a goal getter rather than a goal setter.



set goals  
that you can  
achieve



# First of all, I would like you to answer these questions...

How many times have you set goals in the past?

How many times have you achieved them?

Why kind of goals are you good at achieving?

What kind of goals do you struggle to achieve?

I would imagine if you do this exercise, you will find that there are many goals in life that you are good at achieving and the ones that you struggle most with are ones that include self care, diet and fitness.

I was very good at achieving career goals, goals for my family any goals that included letting others down, but I would constantly let myself down. If the goal was about bettering myself, I would let that go and prioritise that last one the list.



# LET'S USE YOUR PAST EXPERIENCES TO DRIVE YOUR FUTURE ACHIEVEMENTS

I also found that I struggled with goals that did not have a very quick solution, ie if I had to work at something relentlessly over a long period of time without achieving the goal then I found it almost impossible to stay motivated and get to the end point.

So, why not let this time be different, let me help you become a goal getter and not just a goal setter. Let's use your past experiences to drive your future achievements.

*"let this  
time be  
different"*



# Why is setting goals important?

1

You are making a commitment to yourself (and your coach) to achieve something, this will make you 80% more likely to achieve it because you do not like letting others down (use your weakness and turn it into a strength)

2

By setting reasonable and attainable goals you are likely to achieve them, by having wishy washy ideas of success in your mind you are less likely to achieve them and even if you do the sense of satisfaction will not be the same and you are more likely to put it down to 'chance or luck' than if you actually set a goal and smash it!

*"you can  
smash it"*





# How to set effective goals

You may have heard of SMART goals.



Specific

Measurable

Achievable

Timebound

Well that is the essence of goal setting. However, you are about to embark on a journey of the unknown. You have no idea how easily your body will release its weight, how much your self worth will increase, what is going to happen in the next year or 5years. So you need to know that these goals are flexible and be prepared to change them as you go along your journey. They should challenge you but not overwhelm you.

I prefer not to have weight loss goals. I also prefer to call it weight release, because losing it makes it sound like I want it back and I certainly do not! Releasing it means I can appreciate that it has done it's job (weight (fat) is ALWAYS serving you a purpose and protecting you in some way - more about this later). I prefer to have goals around shape, inches, fitness levels, self worth, etc. Measuring yourself on a box against gravity is crazy, it doesn't tell you how awesome you are, how beautiful you are inside and out and it can change and fluctuate for many reasons, hormones, water retention, medication etc so it is usually a completely false reading anyhow. If you must weigh yourself do it only once per month and then you will get a much better and more accurate understanding of your weight release

# Be wary of BMI as a measure of success



The other thing to be aware of is BMI calculations. Many doctors do not like using BMI as a measure of health and fitness calculation because it can be very inaccurate. Consider two people one is a lady who has never exercised and has an office job, the second is a man who is a builder and pulls weight at the gym 5 days a week. They both have a BMI of 35. However, the man is pure muscle there isn't an ounce of excess fat on his body, he would be considered obese but he is far from it, he is healthy and fit. The lady however, is not healthy and fit and carries a lot of fat, particularly around her stomach area (this is the most dangerous place to carry fat) and definitely needs to shed that fat to be healthy. The BMI measurement would have them both down as obese, but the man clearly isn't.

The best way of measuring your healthiness with regards to size is to use a piece of rope or string. Get someone to help you. You measure your height using the piece of string and then fold the piece of string in half. This should comfortably fit around your waist if it doesn't then this could be your goal, to get the string to fit around your waist. You can also measure how many inches you need to lose for this to happen and then depending on that you can set a timescale when you think you can reasonably do this. Maybe 1/2 inch per month. If you find you are doing more than this you can change your goal at a later date.

So it could be I want to lose 3 inches off my waist measurement by six months from today. This is a SMART goal. I suggest you set yourself at least one and no more than 3 SMART goals for 6 months from now, 12 months from now and 5 years from now.



# Make your goals realistic

A client of mine decided she wanted to make her goal to get into a size 10 pair of skinny jeans in six months. When she made this goal she was a size 22. We discussed the validity of setting such a goal of consistently losing a dress size a month every month for six months and how realistic it was. I asked her to ask herself what will I have to do to make this happen? Was she prepared to make the changes needed to do this?

Personally, I decided about half way through my journey that I wasn't prepared to make the changes necessary to stay at a size 12, that for me I enjoyed eating out, I liked to have some treats and I am not an avid exerciser. Therefore, I had to ask myself - was I prepared to make the changes necessary and if so, would I be able to do this consistently and sustainably for the rest of my life. I wasn't, and therefore I am now a size 14/16 and comfortable at this, from a size 28 to a size 14/16 I am more than happy and it means that I can enjoy the foods I love in moderation and I feel free.

That was the most important thing for me. Being free from the bondage of food. That constant chatter that went on and on in my mind, talking to me about what I can eat, what I can't eat, when I can eat it, feeling guilty for eating it, my whole self esteem was based around my relationship with food and weight. No more, I have accepted what is realistic for me and my lifestyle and I have made peace with myself and food.

That is what I want you to do and this program is going to help you with this. So ask yourself what is realistic and acceptable for you and how much you are prepared to change to get to that place. Then set your SMART goal and NSV's around that.

The changes you are making need to be sustainable and become your lifestyle.



*"I have  
made peace  
with myself  
and food"*

# Fill your SMART goals in on the document on the next page



The categories you can take them from could include (feel free to make your own).

**Body image** - lose a dress size – HOW – join the Food Freedom 4Ever program

**Health and fitness** - walk two miles without being out of breath – HOW - attend a fitness class

**Career** – get a better, more well paid job – HOW - apply for that job you never believed you would feel confident to try

**Lifestyle and hobbies** – make some friends – HOW - regularly attend a yoga class, join a choir

**Relationships** – find a partner – HOW - join a dating site

	Goal 1	One thing to help me achieve this	Goal 2	One thing to help me achieve this	Goal 3	One thing to help me achieve this
One Month						
Three Months						
Six Months						
One Year						





# Realising your goals

This is the bit that in the past has made the difference between being a goal setter and a goal getter. We often complicate this process so much. It is a very simple process for very complicated minds.

Writing down these goals are integral to your success. You need to get your conscious and subconscious mind pumped and excited about this journey. Failure is NOT an option. EVERYTHING YOU DO will be working towards these goals.

However, it is also important to consider HOW you are going to achieve these goals. So what is the one thing you are going to do to help you achieve them.

What is the one  
thing you are  
going to do to  
help you  
achieve your  
goals?



You should constantly be asking yourself. Will this action bring me nearer or further away from my goals.

If the answer is the latter, then it is the wrong action, it is an action that is not serving your best interest and is not part of uncovering the essence and beauty of who you are and where you want to be.

The occasional activity that is not aligned with your future goals will not derail you. However, remember that

## **CONSISTENCY AND PATIENCE = SUCCESS**

**IT'S NOT THE BIG THINGS DONE OCASIONALLY  
THAT MAKE THE DIFFERENCE, IT'S THE SMALL  
THINGS DONE DAY IN, DAY OUT**

If you make your dreams vibrant and really believe they are possible then you will not find it difficult; it will be a part of who you are and you will have no doubt that you will make it.

*Will this  
action bring me  
closer to  
realising my  
goals or further  
away?*





# 5 years from now activity

Building your why is very important but its also important to look at it from the other side, to look at the consequences of you not realising your dreams. We rarely do this, we rarely think about what will happen if we don't get there. This can be as powerful in helping us to stay on track, especially when we are getting slimmer, feeling healthier etc; we can forget the pain of where we were and how awful it felt.

So for this activity, I would like you to write two letters to me. Both of them you should pretend that you are writing them 5 years from now.

in the first letter you are telling me how your life is, but you did not stick to the guidelines, you went back to your old ways and did not achieve your goals. Make it as vivid as possible, how do you feel, what is your life like, which dreams were smashed etc.

In the second letter you are telling me how your life is, but this time you have realised your goals and you have your amazing life, you stuck to the guidelines, did the work and created your very best life. Again, how do you feel, what is your life like, what dreams have you realised etc.





# Regular reviews

Goals without reviews are a completely wasted exercise.

Every month, you should make it part of your regular routine to look at your goals work out whether you achieved them or not and what is the one next thing you need to do to get there.

Goals are not meant to be rigid, they are meant to inspire and motivate you, not overwhelm you and give you guilt if you do not achieve them.

Each month, ask yourself:

**How close am I to achieving my goals?**

**Do I need to change any of them because my life has changed in some way?**

**What is the next thing I can do to help me achieve each goal?**

Most importantly congratulate yourself for setting them, working towards them and reviewing them.



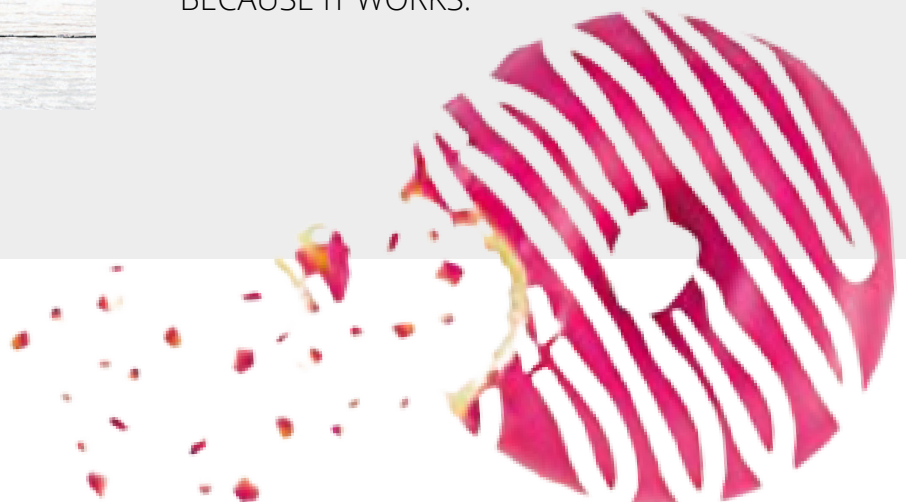
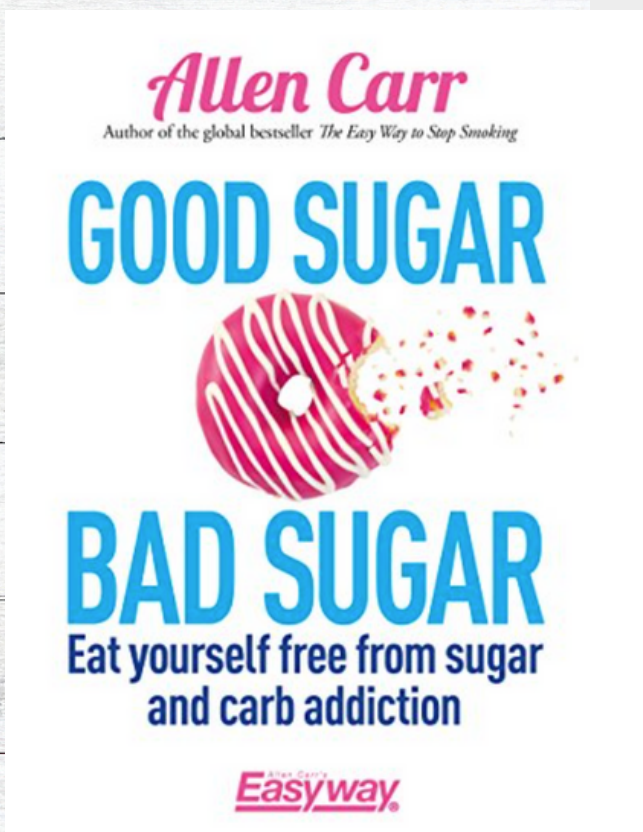
# BOOK CLUB – GOOD SUGAR, BAD SUGAR

READ GOOD SUGAR BAD SUGAR AND BE THE WEIGHT YOU WANT TO BE FOR THE REST OF YOUR LIFE.

Good Sugar Bad Sugar tackles the biggest dietary threat to the modern world: The addiction to refined sugar and processed carbohydrates, which is causing epidemics in obesity and Type 2 diabetes on a global scale. Sugar and carb consumption is an addiction that begins at birth, but once you free yourself with Easyway, you'll enjoy better health, higher levels of energy, dramatically improved body shape, and a happier, healthier lifestyle.

Allen Carr has helped millions worldwide and he can do the same for you.

His books have sold over 16 million copies worldwide while countless more people have been helped through his network of clinics. Allen Carr's Easyway has spread all over the world for one reason alone: BECAUSE IT WORKS.



# Mindful eating - God how boring!!

When I first did a mindful eating course, I found it excruciatingly boring. Eating a raisin over a period of 10 minutes, smell, texture, taste etc. I just did not enjoy it and could not wait for the course to end. I have no doubt if you practiced all of the course content every day you would have a better relationship with food, be healthier and lose some weight. But at what cost??

Eating as mindfully as we do on retreat or in a mindfulness course is not realistic for many of us, especially with families, jobs, and the myriad distractions around us. This is not to mention that our friends, family and colleagues might not have the patience to eat with us as we take five minutes with each bite.

What I want to offer in this piece is what I call more mindful eating, perhaps “informal” mindful eating as opposed to formal mindful eating. Especially during the craziness and stress and extra food of the holidays, that Halloween to New Years stretch in which are more likely to eat mindlessly than mindfully.

On the following pages are six simple guidelines to keep in mind to discern between mindless and (more) mindful eating, and bring our bodies and minds back together.





# 6 ways to practice mindful eating

## Mindless Eating

## Mindful Eating

1	Eating past full and ignoring your body's signals	Listening to your body and stopping when full
2	Eating when emotions tell us to eat (i.e., sad, bored, lonely)	Eating when our bodies tell us to eat (i.e., stomach growling, energy low)
3	Eating alone, at random times and places	Eating with others, at set times and places
4	Eating foods that are emotionally comforting	Eating foods that are nutritionally healthy
5	Eating and multitasking	When eating, just eating
6	Considering a meal an end product	Considering where food comes from



# 1) Let your body catch up to your brain

Eating rapidly past full and ignoring your body's signals vs. slowing down and eating and stopping when your body says its full.

Slowing down is one of the best ways we can get our mind and body to communicate what we really need for nutrition.

The body actually sends its satiation signal about 20 minutes after the brain, which is why we often unconsciously overeat. But, if we slow down, you can give your body a chance to catch up to your brain and hear the signals to eat the right amount.

Simple ways to slow down might just include follow many of your grandmother's manners, like sitting down to eat, chewing each bite 20 times (or more), setting your fork down between bites, and all those old manners that are maybe not as pointless as they seemed.

What are some ways you can slow down eating and listen more deeply to your body's signals



## 2) Know your body's personal hunger signals

Are you responding to an emotional want or responding to your body's needs?

Often we listen first to our minds, but like many mindfulness practices, we might discover more wisdom by tuning into our bodies first. Rather than just eating when we get emotional signals, which may be different for each of us, be they stress, sadness, frustration, loneliness or even just boredom, we can listen to our bodies.

Is your stomach growling, energy low, or feeling a little lightheaded?

Too often, we eat when our mind tells us to, rather than our bodies.

True mindful eating is actually listening deeply to our body's signals for hunger.

Ask yourself: What are your body's hunger signals, and what are your emotional hunger triggers?



**What are your body's hunger signals, and what are your emotional hunger triggers?**



### 3) Cultivate a mindful kitchen

Eating alone and randomly vs. eating with others at set times and places.

Another way that we eat mindlessly is by wandering around looking through cabinets, eating at random times and places, rather than just thinking proactively about our meals and snacks. This slows us down for one thing, but prevents us from developing healthy environmental cues about what and how much to eat, and wires our brains for new cues for eating that not always ideal. (do you really want to create a habit to eat every time you get in the car, or other situations?) Sure, we all snack from time to time, but it can boost both your mind and body's health, not to mention greatly helping your mood and sleep schedule to eat at consistent times and places. Yes, that means sitting down (at a table!), putting food on a plate or bowl, not eating it out of the container, and using utensils not our hands. It also helps to eat with others, not only are you sharing and getting some healthy connection, but you also slow down and can enjoy the food and conversation more, and we take our cues from our dinner partner, not over or undereating out of emotion.

Having a mindful kitchen means organizing and caring for your kitchen space so it encourages healthy eating and nourishing gatherings. Consider what you bring into your kitchen and where you put things away. Are healthy foods handy? What kinds of foods are in sight? When food is around, we eat it.

You don't have to plan your food down to each bite, and its important to be flexible especially at special occasions, but just be aware of the fact that you might be changing your eating habits at different times of year or for different occasions. And when you do plan ahead, you are also more likely to eat the amount your body needs in that moment than undereating and indulging later, or overeating and regretting it later.



## 4) Understand your motivations

Eating foods that are emotionally comforting vs. eating foods that are nutritionally healthy.

As we practice eating healthier and a greater variety foods, we are less inclined to binge on our comfort foods, and more inclined to enjoy healthy foods, ultimately finding many foods mentally and physically satisfying as opposed to just a few.

As you get further into a healthy eating program, especially one that reduces sugar and simple carbohydrates, you will start to enjoy different types of foods and foods that were not previously comforting will become a source of comfort. But not a way of fixing your feelings.



*comfort  
food*

*vs*

*nutritious  
food*

# 5) Connect more deeply with your food

Considering where food comes from vs. thinking of food as an end product.

Unless you are a hunter-gatherer or sustenance farmer, we have all become ever more disconnected from our food in recent years. Many of us don't even consider where a meal comes from beyond the supermarket packaging. This is a loss, because eating offers an incredible opportunity to connect us more deeply to the natural world, the elements and to each other.

When we pause to consider all of the people involved in the meal that has arrived on your plate, from the loved ones (and yourself) who prepared it, to those who stocked the shelves, to those who planted and harvested the raw ingredients, to those who supported them, it is hard to not feel both grateful and interconnected. Be mindful of the water, soil, and other elements that were part of its creation as you sit down to eat whatever you are eating. You can reflect on the cultural traditions that brought you this food, the recipes generously shared from friends, or brought from a distant place and time to be handed down in the family.

As you consider everything that went into the meal, it becomes effortless to experience and express gratitude to all of the people who gave their time and effort, the elements of the universe that contributed their share, our friends or ancestors who shared recipes and even the beings who may have given their lives to a part of creating this meal.

With just a little more mindfulness like this, we may begin to make wiser choices about sustainability and health in our food, not just for us but for the whole planet.



## 6) Attend to your plate

Distracted eating vs. just eating

Multitasking and eating is a recipe for not being able to listen deeply to our body's needs and wants. We've all had the experience of going to the movies with our bag full of popcorn, and before the coming attractions are over, we are asking who ate all of our popcorn.

When we are distracted, it becomes harder to listen to our body's signals about food and other needs. With your next meal, try single-tasking and just eating, with no screens or distractions besides enjoying the company you are sharing a meal and conversation with.

So while formal mindful eating practices may be what we think of when we look back on a mindfulness course or retreat we attended, the reality is that we do live, and eat, in the real world which is a busy place. But we can take the insights gained from our formal practice—slowing down, listening to our bodies, doing one thing at a time, making even small rituals, and considering all that went into our meal on a more regular basis and bring more informal mindfulness to our daily meals.

*Eating when  
distracted*



## In conclusion

Practicing some of these things on a regular basis has been shown to decrease the amount of food we eat at the same time as increasing the amount of pleasure we get from the food.

This means that we are getting more pleasure whilst reducing dopamine and insulin spikes but still feeling comforted and happy. This is the pathway to a happy, contented, sugar free life.





# Recipes from Your Sugar Free Bariatric Kitchen

All of the recipes in my magazines are as much as possible low sugar and low flour. This does not mean you have to cut these out of your diet completely; having a piece of cake or a burger in the right circumstances on an occasional basis is absolutely fine and part of life. However, I like my recipes to help you to find 'clean' alternatives for every day life.

# Fast Food and Sauces



Fast food and sauces are notoriously full of fat and sugar and although occasional consumption will not scupper your progress, eating them too often could slow your progress down.

So I wanted to concentrate on giving you some healthier versions of regular sauces and condiments in this edition of the magazine.

I love nothing more than a good quality chicken nugget and air fried chips, but it really has to have a good dollop of ketchup with it too. The chicken nuggets I have included here are coated with almond flour, a small amount of almond flour as it has more protein and will not spike blood sugars as much as regular flour.

I have also included an incredible black bean burger. I love these burgers even more than meat ones and they are so healthy. They are not vegan or vegetarian per se, but there are some suggestions for making the recipe vegan or vegetarian. You can either make an open sandwich using one of our oat bread recipes or you can use lettuce to wrap your burger or eat it on a plate with salad, sweet potato or potato oven or air fried wedges. Add a Food Freedom ketchup, BBQ sauce or other sauce of your choice.

I also love to make Thai lettuce wraps and dip vegetables into sweet chilli sauce. This Thai lettuce wrap is one of my favourites. I do add quite a bit of ginger, garlic and chilli in mine because I like it spicy but you can add whatever you like.

I also like to marinade salmon and chicken in teriyaki sauce and I love a good dollop of BBQ sauce on my bacon and avocado in the morning.

So I have found some great fast food and sauce recipes for you. The sauces include some sweetener, I always use Sukrin Gold which is a mixture of erythritol and stevia and it is a brown sugar alternative with a nutty flavour. If you do not have access to this, you can use any erythritol or stevia type sweetener.

These sauces will last for a minimum of two weeks in the fridge and often longer. You can also make them in bulk and put them in ice cube trays in the freezer and you then have handy portion sizes.

On the FF4E program you can have up to 2 tbsp of any of these sauces per day (or 1 tbsp of one, and one tbsp of the other) without having to count them towards your allowances.

Why not put them in old sauce bottles and let the whole family eat them, before you know it, they will not know the difference (especially if you don't tell them).

# Chicken Nuggets

These Chicken Nuggets are a firm family favourite. I prefer them baked in the oven or air fried rather than deep fried plus they are healthier. They are breaded with a low carb almond, flax and parmesan crumb and turn out extra crispy. This should not trigger cravings when used in a savoury recipe, but if they do, you know to put them on your trigger list. With this recipe there won't be any leftovers - ever!

Serve with air fried chip, low sugar baked beans and a couple of tablespoons of Food Freedom ketchup.



Serves: 4  
Prep: 10 mins  
Cook Time: 25 mins

solid stage  
10g protein

## WHAT YOU NEED

- 4 skinless chicken breast 600g
- ½ cup almond flour 50g
- ½ cup ground flaxseed 55g
- 1 cup shredded parmesan freshly grated is best 90g
- 2 eggs large
- tsp garlic powder
- ½ tsp salt or to taste
- ¼ tsp cracked black pepper
- Optional 2 tsp Italian seasoning
- 2 tbsp extra virgin olive oil

## INSTRUCTIONS

Preheat the oven to 425F / 220C / 200C fan.

Cut the chicken into 3 cm cubes and line two baking trays with parchment..

Whisk the eggs with a fork and place in one shallow bowl.

In the second bowl, mix the almond flour, ground flax, garlic powder, parmesan, seasoning and optional Italian herbs.

Dip each chicken piece in egg, shake off the excess, then dip into the 'breadcrumb' mix. Do this in small batches of 3 - 4 nuggets at a time to prevent clumping. Wash your hands in-between if they get covered in batter.

Place the nuggets on a baking tray and repeat until all the chicken is used up. Depending on the size of your trays, you'll need 1 or 2 trays. Drizzle with olive oil or generously spray. Bake for about 25 minutes until crisp and the chicken is cooked though, turning after 20 minutes.

## AIR FRYER METHOD

The air fryer is one of my favourite kitchen items and this low carb chicken nuggets recipe is great for air frying. Simply pre-heat the air fryer to 200 Celsius / 400 Fahrenheit. Then, air fry the nuggets for 10-12 minutes on one side, then another 2-3 minutes on the other (or until cooked through).

As with the oven method, leave space between the pieces so the air can circulate. You'll need to fry the nuggets in 2 batches.



# Best Ever Black Bean Burger



These black bean burgers are absolutely awesome. I actually prefer them to the meat variety and they are so much more healthy.

Partially dry out the black beans. I learned this from Serious Eats. Spread out the canned black beans onto a lined baking sheet and bake for about 15 minutes. This prevents the black bean burgers from tasting like mush.

While the black beans are in the oven, sauté some garlic, onion, and pepper together. This will be the flavor base of the entire burger. Make sure you blot the garlic, onion, + pepper when they're done– you don't want its moisture in the black bean burger.

Food processor or fork! Your choice. Whichever you choose, make sure you don't completely mash the black beans. We want a bulky and satisfying texture. Larger chunks of beans are the best part!

**FLAVOUR.** A black bean burger would simply be a patty made from beans if we didn't add some pizzazz. The sautéed garlic, onion, + pepper combo is a great start, but a little cumin, worcestershire sauce, smoked paprika, feta cheese, and chili pepper turn black beans into the BEST black bean burger. Also add a pineapple ring for a bit of sweetness (1 fruit from plan)

1. Freezing Instructions: Cooked or uncooked black bean burgers freeze wonderfully for up to 3 months. Stack between parchment paper in a freezer container or zipped-top bag. Thaw in the refrigerator and reheat to your liking or, if uncooked, cook according to instructions. If desired, you can skip thawing and reheat/cook from frozen for an extra couple minutes.

2. Vegan & Vegetarian: Worcestershire sauce is not vegan or vegetarian. For vegetarian burgers, leave it out or replace with your favorite vegetarian condiment such as BBQ sauce. For vegan burgers, make the following 3 changes– (1) leave out the Worcestershire sauce or replace with your favorite vegan condiment such as BBQ sauce, (2) leave out the cheese, and (3) replace the eggs with 1/3 cup mashed sweet



# Best Ever Black Bean Burger



Serves: 6-7  
Prep: 30 mins  
Cook Time: 15 mins

solid  
stage  
8g protein

## WHAT YOU NEED

- 2 (14 ounce) cans black beans, drained, rinsed, and patted dry
- 1 Tablespoon extra virgin olive oil
- 3/4 cup finely chopped bell pepper (1/2 of a pepper)
- 1 cup finely chopped yellow onion (1/2 of a large onion)
- 3 garlic cloves, minced (about 1 Tablespoon)
- 1 and 1/2 teaspoons ground cumin
- 1 teaspoon chilli powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon smoked paprika
- 1 oz oat flour
- 3 oz (75g) feta cheese (skip if vegetarian)
- 2 large eggs
- 1 Tablespoon Worcestershire sauce
- 1 Tablespoon tomato puree
- 2 Tablespoons food freedom ketchup, BBQ sauce or mayonnaise to serve

## INSTRUCTIONS

Preheat oven to 325°F (163°C). Spread beans evenly onto a lined baking sheet and bake for 15 minutes until slightly dried out.

Meanwhile, sauté olive oil, chopped pepper, onion, and garlic over medium heat until peppers and onions are soft, about 5-6 minutes. Gently blot some of the moisture out. Place in a large bowl or in a food processor with the remaining ingredients (cumin, chili powder, garlic powder, smoked paprika, bread crumbs, cheese, eggs, worcestershire, tomato puree, salt, and pepper). Stir or pulse everything together, then add the black beans. Mash with a fork or pulse the mixture, leaving some larger chunks of beans.

Form into patties– about 1/3 cup of mixture in each.

To bake: Place patties on a parchment paper lined baking sheet and bake at 375°F (191°C) for 10 minutes on each side, 20 minutes total. To grill: Place patties on greased aluminum foil and grill 8 minutes on each side. Heat temperature is personal preference as all grills differ. Generally, black bean burgers should grill on medium-high heat about 350°F (177°C) – 400°F (204°C).

Serve with your favorite toppings. Store leftovers in the refrigerator for up to 5 days.

# Chimichurri Chicken Puree



Serves: 5  
Prep: 13 mins  
Cook Time: 13 mins

pureed/soft  
solids  
5.6g protein



## WHAT YOU NEED

- ½ lb Lean ground chicken
- ½ tsp Paprika
- ¼ tsp Dried oregano
- ¼ cup Parsley
- 2 tbsp Cilantro
- 2 Cloves garlic, peeled
- 2 tsp Apple cider vinegar

## INSTRUCTIONS

In a saute pan, heat 2 Tbsp water over medium-high heat. Add chicken, paprika, and oregano. Cook 6-8 minutes, stirring to break up, until cooked through. As water evaporates, add 1 Tbsp water at a time to keep the pan from drying out.

In a food processor or blender, combine parsley, cilantro, garlic, apple cider vinegar, and 3 Tbsp water. Pulse until finely chopped.

Add chimichurri to pan and stir to coat.

Return to food processor and process until smooth.

# Chimichurri Chicken Puree



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Add chimichurri to pan and stir to coat.

Return to food processor and process until smooth.

# Turkey Tacos with Refried Beans Puree



Serves: 8  
Prep: 21 mins  
Cook Time: 21 mins

pureed/soft  
solids  
5.6g protein

## WHAT YOU NEED

For the beans

- 1 Clove garlic, minced
- 1 cup No salt added pinto beans, rinsed and drained
- ¼ cup Low sodium chicken broth
- 2 tbsp Cilantro, chopped

For the turkey

- ¼ tsp Mild chili powder
- ¼ tsp Garlic powder
- ¼ tsp Paprika
- ¼ tsp Cumin
- ½ lb Lean ground turkey

## INSTRUCTIONS

To make the beans: In a sauté pan, heat 2 Tbsp water over medium heat. Add garlic and sauté 1 minute, until fragrant. Add pinto beans and chicken broth and bring to a boil. Reduce heat to medium-low and simmer 5 minutes.

Use a potato masher or the back of a fork to mash the beans. Continue cooking 3-4 minutes, until liquid evaporates. Remove from heat and stir in 2 Tablespoons of chopped cilantro.

To make the turkey: In a sauté pan, heat chili powder, garlic powder, paprika, and cumin. Toast 1 minute.

Add 2 Tbsp water and turkey. Cook for 6-8 minutes, stirring to break up, until cooked through. As water evaporates, add 1 Tbsp water at a time to keep the pan from drying out.

In a food processor or blender, combine beans and turkey and pulse until smooth.



# Thai lettuce wraps



Serves: 6-7  
Prep: 30 mins  
Cook Time: 15 mins

soft solids  
5g protein

## WHAT YOU NEED

- 1 Tablespoon olive oil
- 12 oz (350g) boneless skinless chicken breasts chopped into very small pieces
- 4 cloves garlic , minced
- 1/2 cup onion , chopped
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 carrot , shredded
- 1/2 cup cabbage , finely shredded
- 3 green onions , chopped

For the sauce:

- 6 Tablespoons food freedom sweet chilli sauce
- 2 Tablespoons sugar free peanut butter , smooth or crunchy
- 1/2 teaspoon freshly grated ginger (or 1/4 teaspoon ground ginger)
- 2 teaspoons soy sauce
- 4 tbsp fresh coriander, chopped
- crushed red pepper flakes to taste
- 1 head lettuce

## INSTRUCTIONS

Heat oil in a large skillet over medium.

Add chicken, garlic, onions, salt and pepper and cook, tossing occasionally, until chicken is cooked through.

Add the carrots, cabbage, and green onions, and cook for 2 more minutes.

In a small bowl combine the sweet chili sauce, ginger, peanut butter, soy sauce, and crushed red pepper. Stir until smooth.

Add sauce to the pan. Add coriander. toss everything until combined.

Spoon mixture into individual lettuce cups. Should fill about 8 lettuce cups.

Serve with some Food Freedom Sweet chilli sauce to dip.

# Food freedom ketchup



It only takes 30 minutes to make your own homemade sugar free ketchup using tinned tomatoes, vinegar and a handful of spices. Enjoy your burgers, hot dogs and low carb chips without loading up on carbs! This keto ketchup recipe is super simple and tastes so much better than anything you can buy in the shops.

Most shop bought ketchups contain a full teaspoon of sugar per serving!

Of course, you can buy low carb sugar free ketchup in the shops. However, many brands use the wrong artificial sweeteners, so be sure to check the labels. And even amongst the stevia sweetened varieties I have not yet found a single brand where I truly enjoyed the taste. There's always that strange aftertaste.

## **THE SOLUTION IS SIMPLE: MAKE YOUR OWN HOMEMADE KETCHUP!**

My Food Freedom Ketchup recipe is so easy and tastes much better than your old Heinz. I'm sure you'll love it!

As tomatoes already have lots of natural sugar in them, home-made ketchup tastes sweet even without adding anything other than spices.

All truly great restaurants make their own ketchup, by the way. They don't just fill it into a pretty jar. You know that moment when you take the first bite and think, wow, that tastes kind of different, special, amazing, actually? The tell-tale sign of home-made ketchup

## RECIPE VARIATIONS

See this recipe as a starting point for your own flavour experiments.

First of all, you must decide how SWEET you like your sugar free ketchup. I think it's great without sweetener. But if you prefer a sweeter finish, do add 1 - 2 tablespoons of golden erythritol. It's most similar to brown sugar, which works really well here. Or if you are not sugar sensitive you can use ordinary brown sugar

I like to use Sukrin Gold which is a mixture of erythritol and stevia and it is a brown sugar alternative with a nutty flavour. If you do not have access to this, you can use any erythritol or stevia type sweetener.

Instead of the apple cider vinegar, you can also use white wine vinegar or red wine vinegar.

Here are some other spices and ingredients that you can use in this sugar free ketchup recipe:

- ginger
- coriander / cilantro
- chili powder
- celery salt
- fresh onions (in place of the onion powder)
- garlic powder (in place of the fresh garlic)
- Worcestershire sauce
- Sriracha
- roasted red pepper
- smoked paprika



## HOW TO STORE SUGAR FREE KETCHUP

The vinegar in the ketchup helps preserve it. Mine stayed fresh in a closed jar in the fridge for two weeks (then it was gone). My guess is that it would probably last even longer.

Should your easy keto ketchup separate during storage, simply give it a stir so the water on top gets incorporated again.

Just a thought - if you wanted to make a big batch you could freeze it in ice cube trays and store for 3 months or longer.

## FUN KETCHUP FACTS



- The first recorded ke-tchup recipe was from China in 544 A.D. It called for the bladder, stomach and intestines of a yellow fish, shark and mullet to be mixed in a jar with plenty of salt and put out into the sun for 20 days.



- By the time British settlers in Fiji discovered ketchup, the recipe had been simplified into a pungent liquid made out of salted and fermented anchovies. Basically, it was fish sauce. A far cry from this keto ketchup recipe!!!!



- Early versions of western ketchup were made out of shallots, oysters, walnuts (Jane Austen's favourite) or even mushrooms, famously found in Beeton's Book of Household Management that first reached the open public in 1861. The recipe requires mushrooms, salt, pepper, allspice and brandy.



- The first known written recipe for ketchup involving tomatoes was created by the horticulturist James Mease of Philadelphia in 1812. He called tomatoes "love apples".

- Because of its acidity, ketchup can be used to actually polish metal or silverware.







Serves: 12

Prep: 30 mins

Cook Time: 30 mins

# Food freedom ketchup

## WHAT YOU NEED

- 14 oz / 400g tin good quality chopped tomatoes or passata just tomatoes!
- 2 tbsp apple cider vinegar
- 1 garlic clove mashed
- 1/4 tsp Dijon mustard
- 1/4 tsp onion powder
- 1 pinch ground allspice
- 1 pinch cinnamon
- salt and pepper to taste
- 1 tbsp golden erythritol optional

## INSTRUCTIONS

Combine all ingredients, cook on a low heat for 30 minutes.

Stir frequently until sauce thickens.

Blend with an immersion blender or food processor until smooth.

Can be stored in an airtight container in the fridge for circa 2 weeks.

# Food Freedom 5 minute Mayonnaise

This really is the easiest and quickest mayonnaise. There is absolutely no reason to buy shop bought when you can make this. Plus you can store it in the fridge in an air tight container for up to two weeks.



Serves: 12  
Prep: 5 mins



## WHAT YOU NEED

- 2 egg yolks room temperature
- 1 tsp dijon mustard heaped
- 1 tbsp apple cider vinegar or white wine vinegar, up to 1.5 tbsp
- 1 1/2 cups / 300 ml light tasting olive oil, macadamia, light walnut or avocado oil (I used 1 cup light olive oil and ¼ cup extra virgin olive oil)
- 1 tbsp lemon juice or 2 tbsp, to taste
- 1/4 tsp salt or to taste
- cracked black pepper optional

## INSTRUCTIONS

Place the egg yolks, dijon mustard and apple cider vinegar in the small bowl of a food processor.

Start the food processor and very slowly drizzle in the oil whilst the S blade is running. TAKE YOUR TIME WITH THIS!!!! Keep gradually pouring in the oil until the mayonnaise reaches a nice thick consistency.

Once thick, add the lemon juice and salt and blitz again for a few seconds to combine.



## TOP TIPS

Use a food processor with a small bowl to ensure the mayonnaise thickens. Alternatively, if using a large bowl, double or treble the ingredients. If you try to make too small a batch, there simply won't be enough volume for the mayo to thicken.

Make sure all your ingredients are at room temperature. This is essential to ensure that your mayonnaise doesn't split and thicken.

You can add flavours to this mayonnaise, such as minced garlic, onion salt, pesto, blue cheese, chilli etc which makes it such a versatile thing to make

# Food freedom sweet chilli sauce

This sugar free sweet chilli sauce recipe is wonderfully spicy, fragrant and tangy! It's a healthy homemade dipping sauce for any Asian favourites from spring rolls to chicken wings and fried calamari. Keto, low carb, gluten free and ready in only 15 minutes.

Hands up who else loves sweet chilli sauce? It's one of those condiments in Thai and Vietnamese cuisine that take dishes to the next level. It's great for dipping with various appetisers, but you can also mix it into stir-fries.

Unfortunately, the sweet chilli sauce you can buy in the shops contains HUGE amounts of sugar. Often, people are not even aware that they are consuming more sugar they would have in a dessert when they use shop-bought condiments and sauces. Read the labels - you might be surprised.

All you need to do is let the ingredients cook until the flavours start to mingle - and after only 10 minutes you have a healthy, sweet, spicy, tangy sauce that will make you swoon whilst keeping your blood sugar and insulin levels perfectly stable.

## WHAT TYPE OF CHILLI SHOULD I USE?

I went for a mild red chilli. Mild chilli varieties are generally larger in size. You could use red jalapenos, for example. If in doubt, ask your greengrocer 😊



The rule of thumb is that the smaller the chilli, the hotter it is. If you decide to use Thai red chillies, for example, you should reduce the amount stated in the recipe to 1 ½ tbsp (not packed) and ensure you remove all seeds.

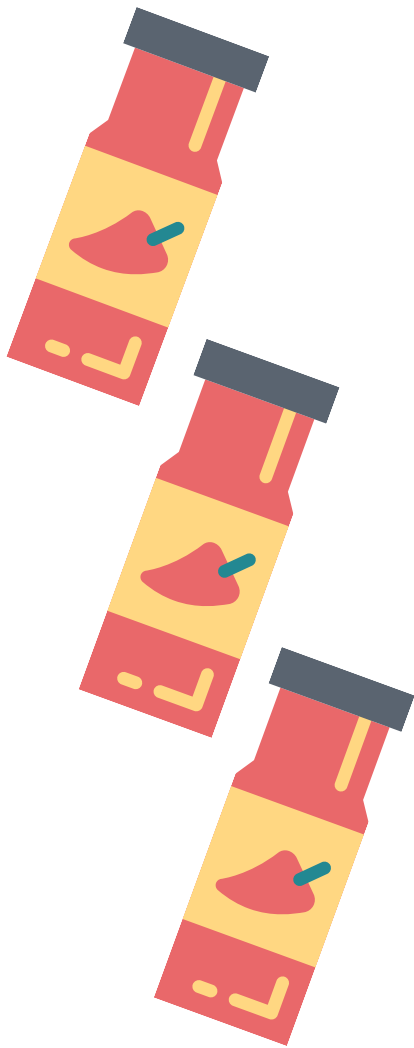
Tip: Make sure that you wear gloves when chopping chilli. This counts especially for all of you who wear contact lenses like me. The last thing you want is to touch your eyes with remnants of chilli juice on your fingers!

If you are a shortcut kind of person, you can substitute the fresh chilli with sambal oelek. This is an Indonesian chilli sauce which is widely available in supermarkets. Sambal contains a small amount of sugar, but 2 tbsp will not significantly increase the sugar count. You could also experiment with using sriracha sauce, but you will end up with a smooth sauce. I have not yet tried the recipe with dried chilli flakes, though it should also work. Be cautious with the amount - I always find them to be very hot. 1 tbsp should be plenty!

I decided to use coconut aminos in this recipe. This is a super tasty gluten free and vegan flavouring sauce I recently discovered (I LOVE to use it in salad dressings). It's often used in place of either soy sauce or tamari. But if you're finding it hard to source, feel free to use soy or tamari instead. Tamari is gluten free as well.



# Food freedom sweet chilli sauce



Another upgrade option is to add 1 tsp of fish sauce to the mix. Fish sauce has a strong, salty and slightly pungent flavour. It is INCREDIBLE!

Instead of the xanthan gum you could use 1 tsp finely ground (!!!) chia seeds to thicken the sauce. I have not tried chia seeds as a thickener in this recipe, but use it frequently to thicken sauces and jams.

I like apple cider vinegar because of all its health benefits. It is possible to substitute it with white wine vinegar or rice vinegar. Make sure the rice vinegar is not flavoured - this often means added sugar.

You can store your healthy sweet chilli sauce in the fridge for about 2 weeks.

NOTE: If you store the sauce in the fridge, the erythritol might crystallise a little bit over time. I had a few crystals collecting on the edges of my jar after a few days, which did not bother me. But to get rid of the crystals, you can re-heat the sauce and let it cool back down to room temperature.





Serves: 6-7  
Prep: 30 mins  
Cook Time: 15 mins

# Food freedom sweet chilli sauce

## WHAT YOU NEED

- 2 tbsp red chilli chopped
- 2 tsp ginger chopped
- 2 tsp garlic chopped (2 cloves)
- 1/2 cup / 120 ml apple cider vinegar
- 1/2 cup / 120g powdered sweetener
- 1/2 tbsp coconut aminos or soy sauce / tamari
- 1/2 cup / 120 ml hot water
- 1/4 tsp xanthan gum

## INSTRUCTIONS

Chop the red chilli, ginger and garlic. Add them to a pan together with the apple cider vinegar, coconut aminos and powdered sweetener.

Bring to the boil, then reduce the heat and let the mix bubble away on a low heat for 5 minutes.

Mix the hot water with the xanthan gum. Blend well so there are no lumps. Add to the pan and cook for another 5 minutes or until the desired consistency is reached.

Be aware that the sauce will thicken further while it cools.

Fill into a clean glass jar and let cool.

# Food freedom teriyaki sauce



This sugar free teriyaki sauce contains all the wonderful flavour we love about this popular Japanese sauce, but none of the sugars and preservatives. Use it for marinating meat and fish or as a dipping sauce for appetisers!

Once you've given it a try, I'm sure you'll agree: keto teriyaki sauce tastes so much better than the sugary store bought versions! The recipe comes together in only 10 minutes and lends amazing flavour to stir fries, baked chicken or roasted salmon. Sugar and gluten free.

Traditional teriyaki sauce has four main ingredients: soy sauce, sake (alternatively mirin, if you don't want the alcohol), ginger and sugar - lots of sugar.

## **A HEALTHY TERIYAKI SAUCE**

Instead of soy sauce, this sugar free teriyaki sauce uses tamari, which is a gluten and wheat free soy sauce. The sugar is replaced with a sugar free erythritol based sweetener.

I like Sukrin Gold because of its gentle caramel flavour here. Even so, simple white granulated erythritol (or xylitol) will also work here.

I also decided to add coconut aminos to this recipe. Coconut aminos are a ridiculously tasty seasoning sauce made from the fermented sap of coconut palm and takes the sauce to the next level

Despite being made from a sugary substance, they are low in sugar due to the fermentation process (roughly 1 gram of sugar per teaspoon). Coconut aminos are also brilliant in salad dressings, by the way, and they are wheat, soy and gluten free.



Serves: 8

Prep: 5 mins

Cook Time: 5 mins

# Food freedom teriyaki sauce

## WHAT YOU NEED

- 1 tbsp toasted sesame oil
- 1 garlic clove minced
- 3 cm piece of ginger peeled and grated (18g)
- 1/4 cup Tamari
- 1 tbsp coconut aminos
- 3 tbsp granulated erythritol
- 3/4 cup water
- 1/2 tsp apple cider vinegar
- 1/8 tsp cracked black pepper
- Pinch of onion powder optional
- 1/4 tsp xanthan gum
- To serve
- 1/2 tsp sesame seeds

## INSTRUCTIONS

Fry the garlic and ginger in sesame oil for about 30 seconds - 1 minute on a medium/ low heat until fragrant.

Add the soya sauce, coconut aminos, low carb sweetener, water, apple cider vinegar and spices. Cook for 2 minutes on a low simmer.

Whisk in 1/4 tsp xanthan gum and heat until it thickens and reaches your desired consistency. Mine took about 4 minutes.



# Food freedom bbq sauce

A flavourful sugar free bbq sauce that comes together in minutes. Made with simple everyday ingredients that you'll probably have in your larder right now!

A flavourful homemade sugar free bbq sauce that comes together in only 5 minutes! It's spicy, smoky, sweet and tangy at the same time - perfect for grilling meat and for dipping. Low carb, Keto, gluten free and made with common ingredients.

Sugar acts as a preservative. It extends the shelf life of products. It is cheap. It enhances taste. People love sugar because it triggers the release of dopamine in the reward centre of the brain. Eating sugar makes us want to eat more sugar.



All of this is GREAT for business - and bad for our health.

I don't want to bang on about how evil food manufacturers are. They're in it for the profit, not for charity. What we can do is read labels and make informed decisions about what we put into our bodies.

4 grams of sugar is equivalent to 1 teaspoon of table sugar. When you read that 100g of Heinz Sweet and Spicy Barbecue Sauce contains 34g of sugar, for example, you know what you're in for.

Store in an air tight container for up to two weeks.

I love to use this sauce to marinade ribs for the griddle or barbecue.





Serves: 10  
Prep: 5 mins  
Cook Time: 10 mins

# Food freedom bbq sauce

## WHAT YOU NEED

- 250 ml / 8.8 oz tomato passata
- 1 tbsp apple cider vinegar or white wine vinegar
- 2 tsp Worcestershire Sauce
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1 tbsp Sukrin Gold or another granulated sweetener
- pinch cayenne pepper optional
- pinch ground cloves optional

## INSTRUCTIONS

Put all ingredients in a pan. Bring to the boil, then simmer for 5 minutes.

Let the sauce cool down before using.

Store in an airtight container for up to two weeks in the fridge.



## Nutrition Disclaimer

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