

FOOD FREEDOM 4EVER

JULY 2022 EDITION



YOUR SUGAR
FREE
KITCHEN



MOUTH-
WATERING
HEALTHY BBQ
IDEAS

FOOD
SCRIPTS

July is upon us and the weather has been getting

Hot, Hot, Hot!

Hi guys

July is upon us and the weather has been getting HOT, HOT, HOT!

So to help you with the summer holidays we are concentrating the recipes this month on barbecues and picnics. Don't forget to look at our May edition too when we discussed mason jar salads and I gave you a lot of different dressing recipes. There is nothing nicer than a get together with friends and family over a barbecue to get the natural dopamine centres in our brains firing. The conviviality and fun that the sun and outside eating brings is wonderful on it's own but it is also a brilliant opportunity to really eat good, natural, home made fast food.

Picnics can be a bit more difficult when eating flour and sugar free, however, you can use oatcakes, rice cakes, oat bread, rye bread for open sandwiches and salads are always fantastic for picnics.

The article this month is all about Food Scripts. These are the narrative that you have been taught about food, usually around the dinner table by usually well meaning parents or other family members. However, they are not always helpful and these scripts can cause problems in adulthood. This months article discusses these and how you can start to try to heal them. Particularly useful if you have children or grandchildren of your own so that you do not continue these food scripts into future generations.

Our book club choice is an interesting one. You will often have heard me talk about wild feelers and how people that use food as coping mechanisms are usually highly sensitive and use food to stop themselves reacting on their emotions. This month's book is all about how you can use this sensitivity to your advantage and work with it for your own well being.

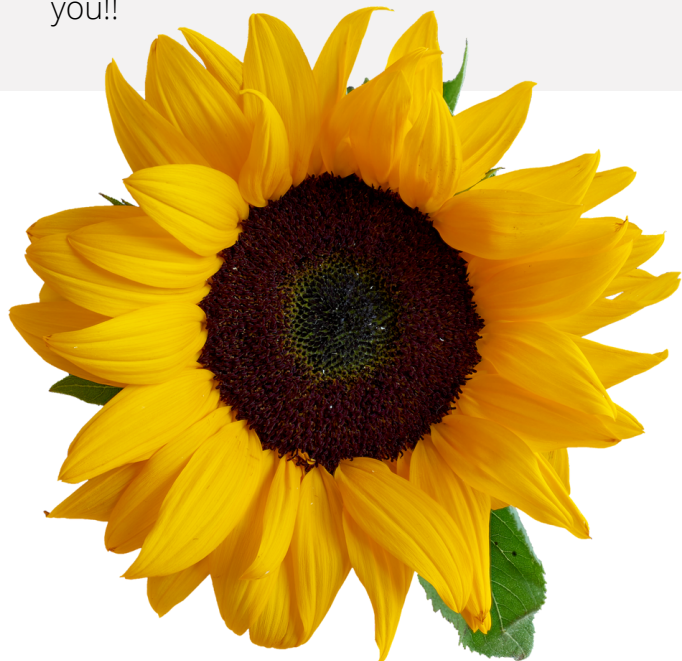


Congratulations



I would also like to congratulate Mirian Shmakova on a successful twelve months sugar and flour free!! She is an absolute inspiration to us all. During this time she has survived illness, family COVID, fibromyalgia, migraines, a terrorist attack, a war in a neighbouring country which wiped out the value of her assets overnight and now a move across the other side of the world. She is absolute testament that regardless of what life throws at you, you can navigate it all without overeating, bingeing and eating non nutritious, addiction inducing food. Just taking it one day at a time and sticking to her plan NO MATTER WHAT!

Well done Mirian!! We all absolutely love you!!



Next months masterclass and article will be my Sugar Free Holiday Survival Guide on Tuesday 26th July and our recipes will be concentrating on Sugar Free Hydration as many of you have said that drinks are a difficult one to navigate with this way of life.

I wish you all a wonderful month full of sunshine, joy and happiness

Always with love

Amanda x

July Agenda

All future group sessions will now start at 19.00 and the first half hour will be concentrating on life after bariatric surgery to help support some of our newcomers who have recently had or are contemplating surgery. This is the place where you can ask questions specific to bariatric surgery and your journey.

From 19.30 - 20.30 we will then open up the meeting to everyone and this will be a support group meeting where I will help people and do some individual coaching with each person.

Once a month, we have a masterclass in place of the support meeting and the masterclass is from 19.30 - 20.30

There is also a monthly Sunday morning session for those people who cannot make it to evening classes

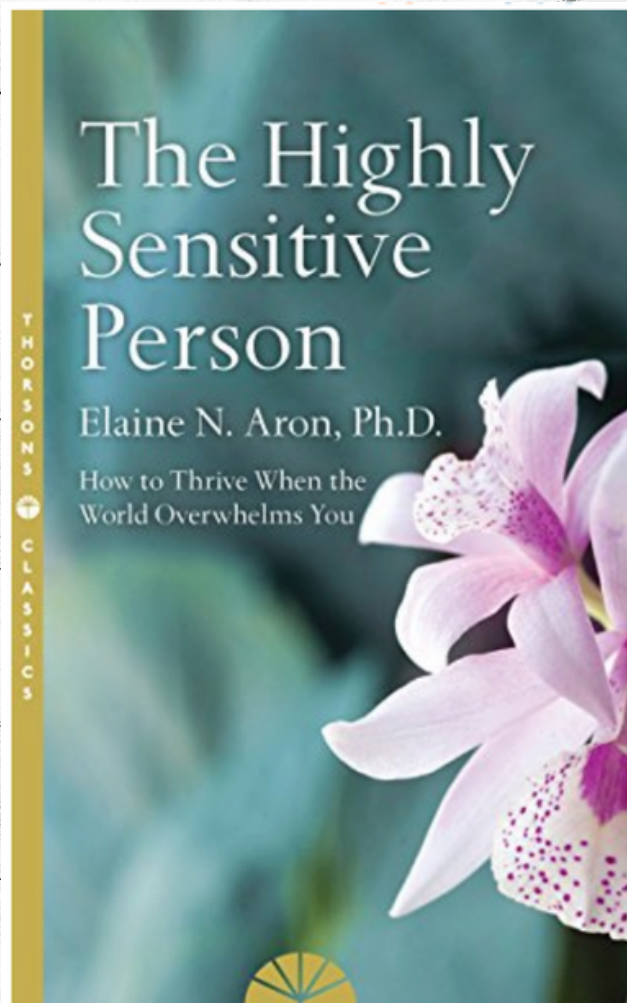
July Agenda

DAY	SESSIONS
Tuesday 5th July	19.00 GMT - Your Bariatric Success support meeting followed by group coaching and Q and A
Thursday 14th July	19.00 GMT - Your Bariatric Success support meeting followed by group coaching and Q and A
Thursday 21st July	19.00 GMT - Your Bariatric Success support meeting followed by group coaching and Q and A
Thursday 26th July	19.00 GMT - 30 minute support group followed by Holiday survival guide masterclass https://youtu.be/MKS6Uxtj0wI



PLAY THE
FOOD
SCRIPTS
MASTERCLASS

BOOK CLUB – THE HIGHLY SENSITIVE PERSON: HOW TO SURVIVE AND THRIVE WHEN THE WORLD OVERWHELMS YOU



How to cope when the world overwhelms you.

For those people who:

Have a keen imagination; are labelled too shy or too sensitive; who perform poorly when being observed even though they are usually competent; have vivid dreams; for whom time alone each day is essential;

and find they are quickly overwhelmed by noise and confusion, crowded parties, hectic office life.....
this is the book to help them understand themselves and how best to cope in various situations.

Highly sensitive people are often very bright and creative but many suffer from low self esteem. They are not 'neurotics' as they have been labelled for so long. However, high sensitivity can lead them to cease to engage with the outside world.

The book offers solutions for a happy and fulfilling life. Particularly in the way an HSP perceives his or herself: the book helps to 'reframe' past events, such as a difficult childhood, or how they see themselves – ie. shy.

Particularly strong material for those raising a sensitive child

**PRAISE FOR DR. ELAINE ARON AND HER
GROUNDBREAKING CLASSIC
THE HIGHLY SENSITIVE PERSON**

"Elaine Aron's perceptive analysis of this fundamental dimension of human nature is must reading. Her balanced presentation suggests new paths for making sensitivity a blessing, not a handicap."

--Philip G. Zimbardo, author of *Shyness*

"Enlightening and empowering, this book is a wonderful gift to us all."

--Riane Ensler, author of *Nurturing Our Humanity*

"Shy people fear being judged or rejected, whereas highly sensitive people have a keen awareness of their environment, frequently becoming overstimulated by it."

--Self

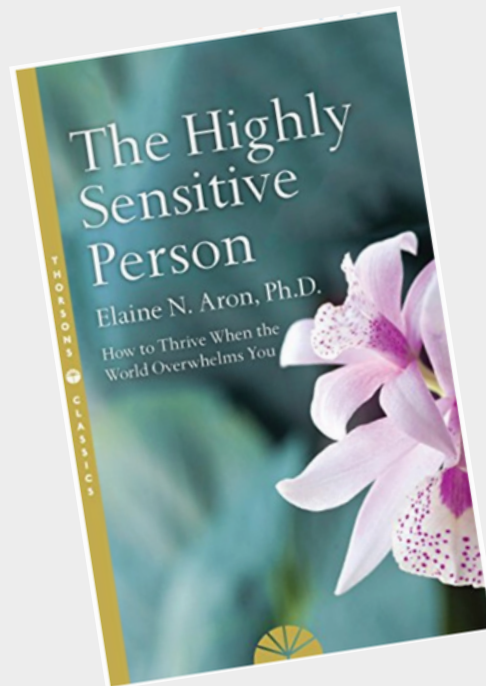
"If you are easily overwhelmed by noise, chaos, and emotions; perform poorly when being observed; and require time alone each day, there is no need to worry; recent research shows your heightened sensitivity can do you more good than harm."

--Counseling Today

"The first book that helps readers to identify their highly sensitive trait and to make the most of it."

--Counseling and Human Development

*How to cope when the
world overwhelms you.*



Food Scripts

So what do I mean by your food script?

A food script is the 'narrative' that you were taught when you were very small, usually in a family situation and often around the dining table. Well-meaning parents very often can cause eating problems without even realizing it. It's not their fault. It's usually the way they were brought up. And they're trying in their own way to get you to eat and grow and be strong.

Unfortunately, sometimes the trauma of these situations can actually have the opposite effect and can either stop people from eating completely or probably more in your case, make people eat more than they should, or they really want to because it switches the body's natural mechanism to know when to stop off.

Our body has a natural stop mechanism in it that tells you that you're satiated not necessarily full or overfull, but you've eaten just enough and you no longer need any more food. Small children naturally have this very, very strong natural mechanism.

Unfortunately, society tries to override this natural intuition; I know when my son was very small, he would go for three or four days and eat very, very little. He would pick at things. And then on the fourth day you couldn't fill him up. He would eat and eat and eat.



Now he was listening to his body's intuition. However, because of the way that I had been brought up, I did not feel comfortable on the days he was not eating and I worried he was not getting sufficient nutrition. So I would cajole him into eating. I would offer him a dessert only if he ate his main; I would make him sit at the table until he had finished; I was even guilty of making him eat the same food the meal after. All of these were not coming from a place of cruelty, but from a place of love and concern. However, I now know that these behaviours born out of my personal fears were not helpful and I believe may have set him up for an eating disorder in his adult life. I did not know then what I know now, so I do not feel guilty about this, but I urge you to look at your own food scripts and to see how they may be being passed on to your own family in what could be an unhealthy way. It is never too late to change and having this knowledge can really help both you and your families.



Many, many years ago when we running around in loin cloths, food was very very scarce. We had to literally fight for food. The men in the camp would go out and they would hunt for food and it could take three or four days before they caught something. They would bring it back to camp and the whole camp would gorge on this food until they were completely satiated. There were no fridges, or ways of preserving food so the food would be eaten immediately and people would eat to overfull.



In the other three or four days, until they found something else, people would be just scavenging on berries, things they could find in the bushes, very small amounts of food.

So our bodies are actually designed to eat very much like my son did when he was young. That is his natural mechanism for nutrition. Pick and eat very little for a few days, then gorge for a day and fill your boots!!

If you fast forward a few thousand years, there is still a very big urge inside us that we can tend to eat much more on one day than others. This is the premise of many types of intermittent fasting.

In some ways, to me that makes a lot of sense for people who are not in the first 12 months after weight loss surgery. In the first twelve months we cannot eat sufficient at each sitting to get adequate nutrition inside us so we need to eat over a longer period of time.

I want to introduce you to some popular food scripts that you may have been told when you were small to get you to eat or not eat. And I want you to see if any of these resonate with you so that you can identify your food scripts and see where they may be getting in your way.



PLAY THE
FOOD
SCRIPTS
MASTERCLASS



Starving children in Africa

One of the most popular food scripts that parents use to try and get their children to eat more is to use some kind of blackmail or guilt trip. Please do not misunderstand me, I am not trying to make anyone feel bad, I am just trying to educate. Nearly always these techniques are coming from a loving, caring place from well-meaning parents.

So one of these food scripts is you can't not eat that food because there are starving children in Africa. This was a phrase that my parents used to say to me. I know my parents used to say, and you know, you can't, You must eat that food because there are starving children in Africa, and it is ungrateful and selfish not to eat food when others do not have any.

It used to make me feel really guilty if I didn't eat it because of these children that weren't eating and didn't have food. And I was made to feel very guilty. I would picture them starving and think that somehow it was my fault and it used to make me cry. So I would sit there and eat all the food on my plate, even though I really didn't want to eat because I wasn't hungry

Now, you and I both know that me eating that food was never going to stop the children in Africa from starving. The only way that we could stop the children in Africa from starving was if in some way we could have packaged up that food and sent it to them in Africa, which was totally impossible because the food was already on my plate.




So really it was a useless phrase. It didn't really mean anything. All it would ever do is bring guilt and shame around food. And as you, and I know that guilt and shame around food is a vicious cycle.

If you were brought up with this food script, there is a high likelihood that you will have guilt and shame about not eating everything on your plate.

And you will have very often overridden that intuitive part of you that tells you that you do not need to eat any more food.

This food script has created a neural pathway in your brain but it is actually never, ever going to help any starving children anywhere in the world. And by you eating more than you want to or need to, it is only ever going to make your life and the rest of the family's life around you more miserable as you put more weight on you become less mobile you will and shorten your longevity.



If you were brought up with this food script, there is a high likelihood that you will have guilt and shame about not eating everything on your plate.

You will eat it cold for breakfast

Were you brought up in a household where you were allowed to stop when you were hungry without being chastised in any way, or were you told you weren't allowed to throw food away? That is wrong to waste food and that you must eat everything that is on your plate.

This is also teaching children to override their natural instinct to stop when they are satiated or comfortably full. I know that I've heard people being told that if they didn't eat their food, that they would actually have to eat it later for their next meal, or even eat it cold for breakfast.

I mean, if we think about that again, our parents or your parents were well-meaning, but actually it's actually quite a cruel thing to do. Particularly if a child genuinely doesn't like a certain food

However, I do not believe in allowing children to be fussy and have too much choice over what they eat and I was always told you have to try it before you say you don't like it. And I agree with that because saying that we don't like something because of the look at it, if we've never tried, it is narrowing our options in life. However, if we have tried it and it's something we really don't like, then we should not be forced to eat it.

I just didn't like semolina at school. I just didn't like the texture of it. I couldn't cope with lumpy food like that. It just made me gag. I can remember dinner lady standing over me making me eat semolina. I was nearly vomiting on the table but she would not let me leave until I had eaten the whole bowl full. I still have nightmares about that today.

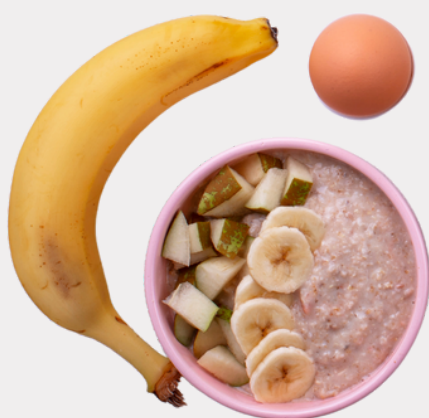


This is an extreme example and it is actually particularly quite cruel. Because it was a food that I actually hated. However, this can sometimes be the case with well meaning parents who just want their child to get some nourishment and are exasperated because the child doesn't dislike the food but they will not eat.

I once caught a family member actually holding the nose of his daughter and shovelling the food in her mouth to get her to eat food. Again, this particular family member, lovely person, totally well-meaning was just trying to get his child to have some nourishment and some food inside her. But I had to stop him and explain what he was doing; he was encouraging his daughter to override her natural STOP button and it was not healthy.

As I said previously, we are not naturally designed to eat the same amount of food at the same time every day, society has made us into a three or four meals a day culture where we eat breakfast, lunch dinner and sometimes many snacks in between because we can never get hungry.

Breakfast



Lunch



Dinner



In France it is almost regimented that lunch is at noon sharp. I can remember going to watch start of the Vendee Globe yacht race and sitting on the Harbour wall. At 12 noon, it was like a scene from the birds movie. All of these seagulls came swooping over the beach because they knew it was lunchtime. Immediately after the seagulls the French people suddenly, like a Mexican wave sat down on the beach all together and out came these baskets full of food.

And they started to eat and the seagulls were just aware of it. The seagulls had also been conditioned into eating their lunch at midday!!

As a society we have such regimented ways and times to eat and what we've done is we've really lost our intuition and mindfulness about our food. We have become like Pavlov's dogs, where we are actually conditioned to feel the need to eat at certain times every day, and if we don't, there's something wrong with us.



I know people that have been brought up with this food script who cannot even save food for another day in the fridge, they cannot eat leftovers because they have such an aversion to eating yesterdays food. However, this can also mean that they overeat at every meal so that there is no food left over.

Or other clients who will never throw food away and will save all their left overs for another meal and will even eat food after it is no longer palatable and even going slightly off because they've been made to feel so guilty about not eating the food when they were younger, that they feel that they can't waste it.

Now, the thing is, if you're eating more food than you need, you may not be wasting it in the bin, but you're wasting it on your waist because it literally is going on your waist.



YOU CAN WASTE IT IN
THE BIN OR WASTE IT ON
YOUR WAIST - EITHER
WAY IT IS A WASTE!

Any food excess over what your body requires will turn into fat and you will get bigger. So do yourself a favour, try to get back in tune with that intuition that's inside of you, listening to your body and stopping when you feel pleasantly satisfied.

"You can't have dessert if you don't eat that!"



This one actually gives me giggles because it's absolutely obvious that parents who do this have got the child's best interest at heart.

What they're doing is they're saying, if you don't eat your good stuff, you can't have the bad stuff because they're seeing the dessert as bad food.

However, in the child's mind they are creating the opposite thoughts. Because they are being rewarded with the dessert, the child sees that as the good food and the main meal as the bad food. The dessert becomes so much more attractive to the child and although they may eat a little bit more of the main course, they still learn to manipulate to get the dessert by bargaining and cajoling, this can go on between the child and the parent for some time. 5 more mouthfuls, 3 more mouthfuls, ok just one more and the parents often give in. The child eats more dessert than main meal and along with the addictive properties of sugar a potential sugar addict may be born. Or alternatively, they learn that the way to please my parents and get sugar is to keep eating everything that is on my plate and I get rewarded, so the child eats far more than is necessary and child obesity sets in.

What would be a much better solution would be separate the dessert from the main course. Allow sweet food as a separate entity rather than by attaching it to meal times. Also, not labelling food as good or bad, just balancing the healthier food v healthier food to the 80/20 rule. So 80% of the time all the food is healthy and 20% of the time the food is less healthy. Make the sweet snacks more spontaneous such as when out on a day out rather than as a bribe to eat food. As we all know the more we are not allowed something, the more likely we are to want it. It is human nature. So make sweet treats stand alone situations and not as part of a manipulation tool to get a child to eat their food. A child will never starve if food is available, as I said previously, we are designed to eat in spurts and when we allow children to eat when they are hungry we are not overriding their natural biorhythms and they are less likely to suffer from eating disorders and obesity.

"There, there darling"

This food script teaches a child to have a really, really powerful driver for sugar.

You can see it when well meaning parents and grandparents see a child in distress or hurt and they use sugar or other 'food treats' to stop the child being distressed. For example, there is a family member in my family who always soothes my grandchildren when they fall over by pulling a sweet out of her pocket or handbag and literally says "There, there, it's ok, have this sweetie, it will make it better." The sugar does soothe as it increased dopamine and therefore a child learns to rely on sugar to soothe themselves very early in their life. It is a very difficult habit to break.

This food script is the precursor to using food to numb out. So when clients come to me with no understanding as to why they are eating sugar or overeating. They no longer identify as emotional eaters, they just feel they are on autopilot and they just do not understand why they keep going for the food. This is because their unconscious mind has been programmed at such a young age and for so long to comfort themselves with food and then it becomes so unconscious that they do not even realise they are using food to numb out and not even face up to the normal feelings of every day life.

If you think this may be you, do you also catch yourself zoning out or 'daydreaming' a lot. This is also another form of numbing out, it is a protection mechanism that the brain has developed to cope with emotions.



How do we change our food scripts?

Our food scripts have been developed over many years and they have become a way of our subconscious mind keeping us safe. If your subconscious mind associates sweet food with soothing difficult feelings then it makes sense that every time you have a difficult feeling your subconscious will drive you straight to sweet food without you even having to think consciously about it. It has created a mental muscle that says "the anecdote to difficult emotions is sweet food". Like any muscle, the more you use it the stronger it gets and this is why as time goes on you do not even need to identify the emotion or even feel an emotion but you find yourself eating food without knowing why.

In order to change this, we have to build a new muscle and again it takes time, but with repeated practice, eventually the subconscious will let go and start to use the new mental muscle in times of difficult emotions. Once the subconscious mind feels safe with the new way of doing things it will let go of the old. This is not an overnight fix, it takes time and practice, but it is so worthy once you have done this because you naturally start to do things a different way and it feels like magic!

The following exercises are designed to help you in different scenarios.



Was your food restricted as a child?

So if your food was restricted in any way, either there wasn't enough to go round, or your parents or other carers restricted food in an attempt to keep you healthy, it is possible that once you were independent in any way, you went overboard and ate more because of it.

Write a list of times you can remember you did this eg mine was when I got dinner money i would spend it on chocolate rather than a meal because chocolate was restricted at home etc.

Then write next to it what you would say to yourself now if you could go back and talk to your younger self, eg, there is no need to binge, you will always have enough food, if you keep doing that you will regret it in the future because it will make you unhappy and fat.

When do you overeat?	What food script is it coming from/what were you told?	What would you say to your younger self now?

The next time you feel like overindulging go back in your head to that younger self and in your mind, calm him/her down by telling them the things that you had written down.

I know it might sound crazy, but it really does work if you do it often enough, you will find that you overindulge much less.

**Try it, what have you got to
lose but your excess
pounds?**

Were you overindulged with food?

If you were over indulged with food as a young child you will more than likely equate food with love. As love is the highest basic human need then it is a very powerful force and one of the most difficult ones to get out of.

Here you need to think of other ways that you can give yourself love. How would you provide love to your own child or grandchild if you were not going to use food?

Some examples are hot bath, cuddle with child, hubby, animal, relaxing massage, walk in the sunshine/rain, buy yourself a gift, new skin care routine etc, phoning a friend, laughter, music etc. These MUST resonate with you though, if you don't like walking, there isn't a cat in hells chance of you replacing a chocolate bar with a walk and feeling loved!

How can I love myself other than with food?



Practice the resistance muscle and give your subconscious mind evidence that there is a better way. Every time you resist using food to make you feel loved you are building your resistance muscle, every time you use food to make you feel loved you are building your 'giving in' muscle. Ask yourself which one you want to get stronger?

**STRENGTHEN YOUR
RESISTANCE MUSCLE
RATHER THAN YOUR
GIVING IN MUSCLE.**



If you were punished around food

If you are in the starving children in Africa camp or were punished by being made to eat food you didn't want then you will have probably disassociated yourself with your hunger signals. You will not be able to tell the difference between emotional and physical hunger.

You need to tune into your body and listen to your feelings, but this is very difficult when you have been taught to override those hunger feelings from such an early age.

So the first and most practical thing to do is to realise that you eating more food than you need is only ever going to make you long term miserable. You will be in fear of weight gain, may have actual weight gain and health problems. What is more it is never going to help those starving children in Africa or anywhere else for that matter!

So we need to retrain the brain.

You need to let your subconscious know that nothing terrible will happen when you leave food on your plate. That it is safe for it to let go.

To start this I want you to leave just a tiny bit of food on your plate at EVERY meal. Even if it is a protein shake, leave a little bit. This will start to strengthen your resistance muscle, but also give your subconscious brain signals that there is a better and more suitable way.



If you do this at EVERY meal for a month, you will have built your resistance muscle and then you will be able to start to work on your fullness signals.

Fussy Eaters

Many of us have children who are fussy eaters. How many of you have put your hands up with despair because your child would more or less eat anything when they were younger and then as they grow older they suddenly start to dislike this food and that food and refuse to eat.

I want to give you some guidance around fussy eating for children. It is not usually the food that is the problem it is that they are using the eating times as a way of exerting control. They usually pick up on the fact that parents are anxious around food and eating and they use this as a time when they can exert their control and start to find their voice.

It is usually the battles around food that is causing the fussy eating and not the other way round.

Here are my top tips for harmonious meal times.

- Let them know that from now on the only times that food is available is at specified (not rigid but when you say or they say they are hungry) times, so what I mean is when we sit down to eat that is the only time they will get chance to eat.
- Tell them that you are setting a timer for say 30 minutes and everyone must stay at the table until the end of that time and when the timer goes all food will be removed from the table and no food available until the next meal.
- Tell them the food you have made is the only food available and nothing else.
- DO NOT react if they are not eating, put the food in front of them and leave it. If they do eat then gently praise but not over the top. If they try something new notice it and say "well done" for trying a new food.
- DO NOT cajole or chastise or get into a negotiation in any way.
- Make the meal time interesting. Talk about something interesting, a topic, a book but not TV or electronic devices, something that makes them engage with you and others whilst eating. Meal times should be seen as times of connection and love, not times of battle and control.

I know this can feel difficult and sometimes it can feel even cruel, but you are enabling them to go into the world without being fussy eaters. They will not starve, they will eat when they are hungry. Don't step into the boxing ring with them



It's not about the food it's about control.

Reward the correct behaviour and ignore the rest



your
bariatric success
where brain & body unite

This part of the magazine is for those of you who are either pre surgery or in the early days post surgery.

Each month I will be providing you with some tips and advise about surgery and post bariatric diet.



This month's top tips - Portion Control

Tip 1

*Eat off a
smaller plate*

Always eat off a smaller plate, NEVER go back to eating off a bigger plate. When you eat off a smaller plate, not only will you not be tempted to eat too much but you will also feel full quicker. Psychologically, your brain will see a full plate rather than a half empty plate and will associate this full plate with sufficient food. If it sees the same portion of food on a large plate it sees a half empty plate and associates this with lack of food. It is a simple, but very effective switch to make but it really works. People who eat off bigger plates eat 1/3 more than those who do not.



Portion Control

Think of this as a four stage operation:



Choose your plate and eating utensils. Choose a plate with an internal rim of 7 inches or less.

Always eat small bites and chew your food well.

Put your knife and fork down in between bites so you are not 'inhaling' your food.

Savour every mouthful, really enjoy the flavours

It takes 20 minutes for the signal of satiety to get from your stomach to your brain. If you eat your food too quickly you will overeat. If you have had surgery this can cause discomfort and even vomiting.



Fill 1/4 of your plate with lean protein. By protein I mean meat, fish, poultry, game, eggs, pulses and lentil mixes as well as vegetarian options like soy protein, Quorn and tofu. Choose low-fat cooking methods when preparing these like grilling/broiling, stir-frying, poaching, steaming, baking and roasting with little additional fat. Cooking in a moist environment like braising and stewing will also ensure a tender result for those who struggle with drier options. Place these foods in the protein section of the plate, aiming not to overlap the plate rim nor drift into the other sections.

ALWAYS EAT YOUR PROTEIN FIRST ESPECIALLY IF YOU HAVE HAD BARIATRIC SURGERY.



Portion Control

3

Fill a half of the plate with vegetables, fruit or salad. These can be cooked or raw, steamed, boiled or stir-fried – or cooked with little additional fat or cooking sauces but with herbs, spices and seasonings for great flavour. Place these foods in the vegetables and salad section of the plate, aiming not to overlap the plate rim nor drift into other sections.

EAT YOUR VEGETABLES AND SALAD SECTION AFTER YOUR PROTEIN (OR HAVE 2 BITES PROTEIN TO 1 OF VEGETABLES/SALAD & CARBS THROUGHOUT THE MEAL).

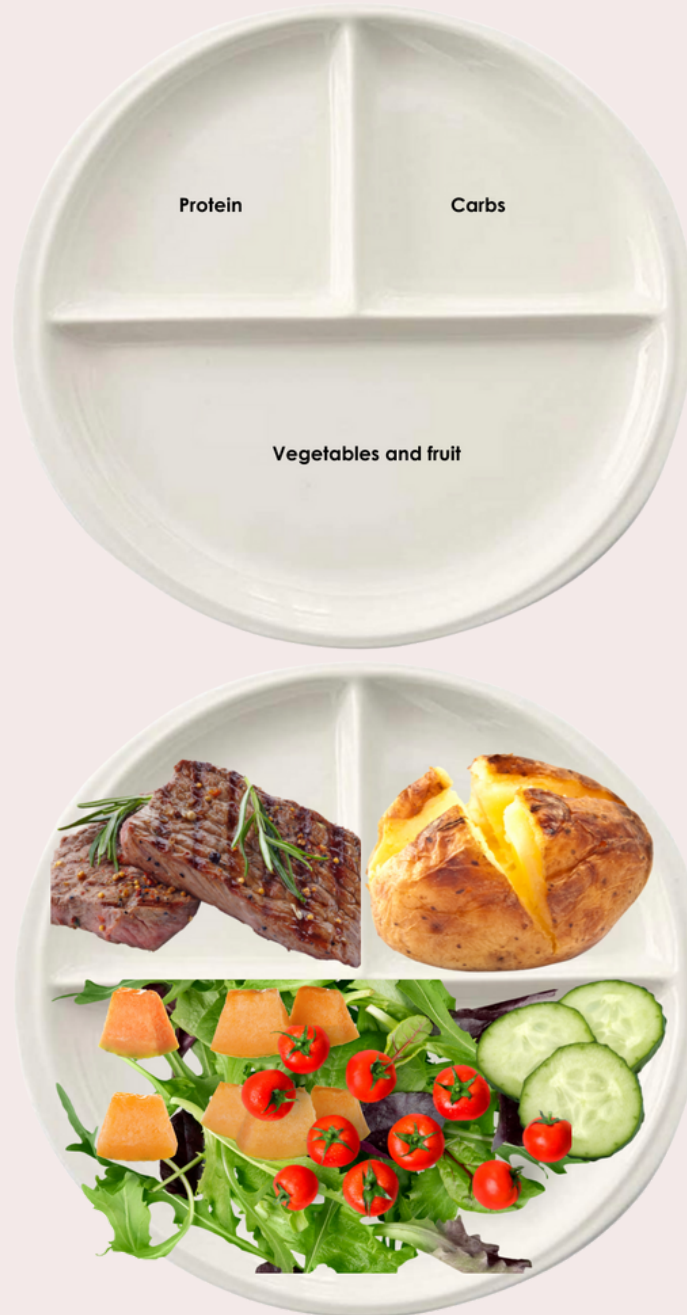
4

Fill a quarter of the plate with starchy foods like rice, potatoes, squashes, beans and other grains. Ideally choose brown varieties and those that have a higher fibre profile than simple processed carbs. Place these foods in the carbs section of the plate, aiming not to overlap the plate rim nor encroach on the other sections.

EAT YOUR CARBS LAST OF ALL (OR HAVE 2 BITES PROTEIN TO 1 OF VEGETABLES/SALAD & CARBS THROUGHOUT THE MEAL).



Portion Control



The plates in the images show this 4 step process for a steak, salad and melon, and jacket potato meal .

Eating Guidelines



So once the plate is loaded and cutlery utensils are at the ready what else do you need to remember?

- Follow the **20:20:20** rule. By that I mean, aim to eat 20 mouthfuls (about the size of a 20p piece) of food for a meal, over a 20 minute period of time, chewing each mouthful 20 times and putting your knife and fork or other cutlery down between each mouthful.
- **DO NOT** drink with your meal – ideally stop drinking 20 minutes before eating and do not drink again until 20 minutes after eating.
- Try to eat at the table or without distraction, ‘mindfully’ eating and enjoying your meal.
- If you are making one pot meals such as chilli, stews, casseroles etc just be mindful of the portions when you make the meals and try and ensure that you add sufficient veg or more veg on the side.
- For breakfast you can substitute your vegetables for one of your fruit allowance if you wish. So you can have yoghurt as your protein, oats as your carb and fruit as your veg.



Eating Out

What about if you are out. How do you manage this?

Well you can easily use this guide by using your hands to determine the size of things.

If you use these guidelines, you should not need to worry too much about calories, macros etc and you will be much more free around all of that obsession with food.

After a couple of months it will just become second nature and you will automatically know how much you need.

LEARN PORTION SIZES

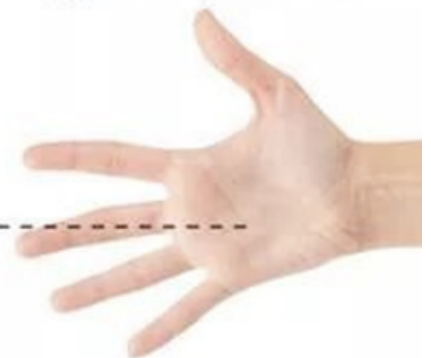
FIST = 1 cup portion size
(fruits, vegetables, soups, or casseroles)



CUPPED HAND = $\frac{1}{2}$ cup, the right size for pasta, rice, beans, potatoes, or ice cream



PALM OF HAND =
Portion size for proteins
such as beef, pork,
poultry, or fish



TIP OF THUMB = About a teaspoon
(butter, mayonnaise, or oils)



THUMB = About the same as a
tablespoon (peanut butter,
salad dressing, or sour cream)

Always take a plastic container to a restaurant and eat GOOD food.

When I was in the first few months after my surgery, I could eat so little food that it seemed such a waste to order 'nice' food off the menu. I used to think that I had to eat child portions or starters and I often felt deprived.

I thought, 'this is ridiculous, I cant eat much but what I do eat is also not what I really want to eat'. So I started to order whatever I fancied off the menu and I would take a plastic resealable container with me wherever I went. What I didn't eat I would put in the container and I would take it home and eat it for the following day's meal.

That way, not only did I get to eat what I really fancied, but I got to eat it twice!!

Psychologically I also was telling myself that I deserved the best, that I deserved really good food and that just because I had to eat less food did not mean I had to make myself feel less than others.





Recipes from Your Sugar Free Kitchen

This month's recipes are all recipes for the barbecue. Barbecued food is so healthy and tasty and all of these recipes are carb free so that you can use your carb allowances at other meals or just add a healthy jacket potato or a portion of oat or rye bread.

Happy sizzling!!

Food Stages

All of our recipes have food labels. The first one shows you the amount of Food Freedom Allowances in each serving so you can use them to design your own food plans.

They also have a Food Stage Label – this shows which stage of the Food Freedom Recovery Road they are suitable for. The stages are explained in more detail below.



Suitable from stage 2

Suitable from stage 3



Stage One - Reboot stage

You must eat the foods EXACTLY as it says in the recipe booklet and only for the meal they are labelled for. Three meals and one snack from ONLY the meals and recipes in the reboot pack. These recipes can be used for any of the stages

Stage Two – Repair stage

These recipes are suitable for any stages from stage 2 onwards (unless they contain a personal trigger food). You can decide when and how you use your Food Freedom Allowances. However, you must still have only 3 meals and one snack per day.

Stage Three and Four – Restore and retain stages

These recipes contain some flexible foundation foods such as almond flour, approved sweeteners, cornflour. Also some 'substitute or look alike' foods. Do not eat these foods more than once per day as they may set off cravings and food obsession.

By this stage you should have built up sufficient defence against these substitute foods to not trigger a need for the real thing and to not want to eat more and more of these foods. However, it is imperative that if you start to crave the original food or you are wanting to eat the substitute food more than once per day, that you stop eating it or you are very mindful about the number of times you eat it. This stage is about finding your personal 'normal' so it is a trial and error process. You need to be very mindful and aware of which foods set the obsession and cravings off and be honest with yourself and your ambassador or coach so that you can ensure that you stay 'free'.



Suitable from stage 2



Suitable from stage 3

Spiced halloumi & pineapple burger with summery zingy slaw



Serves: 4
Prep: 20 mins
Cook Time: 5 mins

1 fat
1 veg
1 protein

Suitable from stage 2



WHAT YOU NEED

- ½ red cabbage, grated
- 2 carrots, grated
- 100g radishes, sliced
- 1 small pack coriander, chopped
- 2 limes, juiced
- 1 tbsp rapeseed oil
- big pinch of chilli flakes
- 1 tbsp chipotle paste
- 60g halloumi, cut into 4 slices
- 2 small slices of fresh pineapple
- 1 avocado
- 1 Little Gem lettuce, divided into 4 lettuce cups to serve (optional)

INSTRUCTIONS

Heat the barbecue. Put the cabbage, carrot, radish, avocado and coriander in a bowl. Pour over the lime juice, add ½ tbsp oil and the chilli flakes, then season with salt and pepper. Give everything a good mix with your hands. This can be done a few hours before and kept in the fridge.

Mix the remaining oil with the chipotle paste then coat the halloumi slices in the mixture. Put the halloumi slices on a sheet of foil and put on the barbecue with the pineapple (or use a searing hot griddle pan if cooking inside). Cook for 2 mins on each side until the cheese is golden, and the pineapple is beginning to caramelise.

Assemble your burgers with the lettuce. Start with a handful of the slaw, then add halloumi and pineapple. Serve with the remaining slaw.



Bbq chicken skewers with guacamole



Serves: 6-8
Prep: 30 mins
Cook Time: 10 mins

1/2 fat
1 veg
1 protein

Suitable from stage 2

WHAT YOU NEED

For the skewers

- 2 limes , plus wedges to serve
- 1 tsp dried oregano
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp olive oil
- 2 garlic cloves , crushed or finely grated
- 4 chicken breasts
- 3 mixed coloured peppers
- 1 red onion

For the guacamole

- 2 ripe avocados
- 1 lime
- 6 cherry tomatoes , halved



INSTRUCTIONS

Make the marinade. In a large bowl, juice both the limes. Add the oregano, spices, olive oil and garlic, and mix together. Dice the chicken, then stir it through the marinade, and set aside.

Prepare the vegetables.

Make your skewers. Carefully thread alternate pieces of chicken, peppers and onion onto your skewers. When you've used up all the ingredients, set aside. Can be made several hours ahead and chilled until ready to cook.

Prepare the guacamole. Stone and peel the avocados, then tip into a bowl with the other ingredients. Use a potato masher to mash everything together and tip into a serving dish.

Cook the skewers. Heat a barbecue or griddle pan. Cook the skewers for 10-12 mins, turning, until they are cooked all the way through.

Serve the skewers on lettuce with the guacamole, soured cream, chopped coriander, lime wedges on the side and chilli sauce for those who like a touch of spice.

BBQ rainbow beef salad



Serves: 6
Prep: 20 mins
Cook Time: 6 mins

1 fat
1 veg
1 protein

Suitable from stage 2



WHAT YOU NEED

- 3 x 250g sirloin steaks, fat trimmed
- thumb-sized piece ginger, finely grated
- 1 garlic clove, finely grated
- 2 limes, juiced
- 2 tbsp sesame oil
- 1 tbsp low-salt soy sauce
- 3 red bird's eye chillies, 2 finely chopped, 1 finely sliced
- 4 Little Gem lettuces
- 12 radishes, thinly sliced
- 3 carrots, peeled and finely sliced
- ½ cucumber, cut into ribbons using a peeler
- 3 spring onions, finely sliced
- 2 large ripe avocado, sliced
- ½ tbsp mixed sesame seeds

INSTRUCTIONS

Remove the steak from the fridge 1 hr before you're ready to cook to bring it up to room temperature. Just before cooking, make the salad dressing by whisking together the ginger, garlic, lime juice, oil, soy and chopped chillies in a bowl.

Put the steaks on the barbecue and cook on one side for 3 mins, then turn and cook for 3 mins on the other side for medium rare. Alternatively, fry your steaks in a frying pan or griddle pan for 3 mins each side. After cooking, cover and rest the meat for 5 mins.

Arrange the lettuce leaves, radishes, carrot, cucumber, spring onion and avocado on a sharing plate. Slice the steak against the grain into thin slices and lay on top of the salad. Drizzle over any resting juices and the dressing. Garnish with the sesame seeds and the sliced red chilli.



Grilled beef and mushroom burgers



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

1/2 fat
1 veg
1 protein

Suitable from stage 2



WHAT YOU NEED

- 4oz sliced button mushrooms
- 1lb 90% lean ground sirloin beef
- 2 tablespoons olive oil
- 1/8 teaspoon black pepper
- 3/4 teaspoon kosher salt
- 1/3 cup chopped cucumber
- 1/4 cup plain whole-milk Greek yogurt
- 2 tablespoons minced roasted garlic (about 4 large cloves)
- 1 tablespoon fresh lemon juice
- 1 tablespoon chopped fresh flat-leaf parsley
- 8 large lettuce leaves
- 4 heirloom tomato slices
- 4 red onion slices

INSTRUCTIONS

Preheat grill or a grill pan to medium-high (about 450°F). Place mushrooms in a food processor, and process until minced, about 1 minute.

Combine mushrooms, ground sirloin, oil, pepper, and 3/8 teaspoon salt in a medium bowl; gently shape into 4 (4-inch) patties, and place on a baking sheet lined with parchment paper.

Stir together cucumber, yogurt, garlic, lemon juice, parsley, and remaining 3/8 teaspoon salt in a small bowl; set aside.

Place burgers on grill grate, and grill, uncovered, to desired degree of doneness, about 4 minutes per side for medium.

Place 2 lettuce leaves on each plate; top each with a burger patty, tomato slice, red onion slice, and 1 heaping tablespoon yogurt mixture.



Grilled Salmon With Tomato and Avocado Salsa



Serves: 4
Prep: 20 mins
Cook Time: 20 mins

1/2 fat
1 veg
1 protein

Suitable from stage 2

WHAT YOU NEED

- 2 cubed avocado
- 1 cup halved yellow heirloom cherry tomatoes
- 2 tablespoons chopped fresh coriander
- 1/2 teaspoon chopped chilli
- 1 1/2 tablespoons sliced shallot
- 1 teaspoon fresh lime juice
- 1 teaspoon kosher salt
- 3/4 teaspoon black pepper
- 1 tablespoon olive oil
- 4 (6-oz.) skin-on salmon fillets

INSTRUCTIONS

Preheat grill to medium-high (about 450°F). Combine avocado, tomatoes, coriander, chilli, and shallot in a medium bowl. Whisk together lime juice, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a small bowl; drizzle over avocado mixture, and stir to coat.

Brush olive oil on both sides of salmon; sprinkle with remaining 3/4 teaspoon salt and remaining 1/2 teaspoon pepper.

Place salmon, skin side down, on grill; cook, flipping once, until salmon is opaque and cooked through, about 3 minutes per side. Serve salmon topped with salsa.



Turkey burger with Chimichurri greek yogurt sauce



Serves: 6
Prep: 20 mins
Cook Time: 5 mins



Suitable from stage 2



WHAT YOU NEED

- 500g Turkey mince
- 1/2 jalapeno, finely minced (optional)
- 1 onion, chopped
- Bunch of flat-leaf parsley, chopped
- 2 limes zested
- 2 garlic cloves
- Olive oil
- Salt
- Bunch of coriander
- Pepper
- Chimichurri sauce
- Greek yogurt

INSTRUCTIONS

Mix up the burgers: Place all of the turkey burger ingredients in a bowl and lightly toss with your fingers into a fine crumble until mixed thoroughly. With slightly wet hands pat into 3-4 tidy patties, 1-inch thick.

If pan searing: heat 1-2 tablespoon oil in a skillet over medium heat. Add the turkey burgers and let them get golden, resisting the urge to fiddle (they may stick). Once they get a golden crust, they will naturally release themselves from the pan. Then flip. Cook each side about 5-6 minutes, or cooked through.

If Grilling: Make sure grill is hot and grates are greased. Grill each side until golden, 4-5 minutes, lower the heat or move to cooler part to cook through.

Chimichurri Sauce: mix 2 tablespoons (or more) chimichurri sauce with 4 tablespoons Greek yogurt.



Balsamic mushrooms



Serves: 4
Prep: 15 mins
Cook Time: 5 mins



Suitable from stage 2

WHAT YOU NEED

- 60 ml balsamic vinegar
- 2 tbsp. low-sodium soy sauce
- 2 cloves garlic, crushed
- Freshly ground black pepper
- 450g mushrooms, sliced thickly
- Freshly chopped parsley, for garnish

INSTRUCTIONS

In a large bowl, whisk together balsamic vinegar, soy sauce, garlic, and pepper. Add mushrooms and marinate 20 minutes. Pre-soak wooden skewers while mushrooms marinate.

Heat grill to medium-high. Skewer mushrooms and grill 2 to 3 minutes per side.

Garnish with parsley before serving.





Nutrition Disclaimer

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