

your
bariatric success
where brain & body unite

Food Freedom
4 Ever

Issue 1 | June 2020

ARE YOU A FOOD ADDICT?

True food addiction does
exist!

BECOMING A SUGAR SLEUTH

How to keep an eye out for
those pesky hidden sugars

AIR FRYER RECIPES

A collection of recipes from
the talented Dawn McGrath



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Welcome to our June edition of Your Bariatric Success!

It is with a little bit of sadness that I present you with what will be the final edition of this magazine in this particular format as I am about to archive Your Bariatric Success.

However, I am beyond excited for what is on board for you in the future.

I have been re-evaluating all of my experience, knowledge and learning in the Eating Disorder and Food Addiction world over the last few weeks and have come to a deep knowing that a radical new program was necessary for you and the clients that I have been working with that will ENSURE long term lasting success.

For decades nutritionists and dieticians have told us that we need to have an 80/20 balance with regards to our eating behaviours and food consumption. 80% of the time we are eating 'on plan' and 20% of the time we can eat 'off plan'. Those have always been to me very ambiguous guidelines, I have an obsessional mind that will measure my 20% in a very different way than other people would. Before long, I cannot stick to anything near 20% and I am eating the other way round 80% off plan and 20% on plan. Does this sound familiar?

My research and experience now clearly tells me that in order to achieve freedom from the obsessional mind and body cravings we need to detox off all craving inducing foods for a fixed period of time to heal the brain and body and turn off the washing machine brain.



ENSURE LONG
TERM LASTING
SUCCESS!

Once we have done this, we can then develop a personalised food plan that keeps the cravings and obsession at bay. Everybody is different, some people can tolerate flour but not sugar, some people can tolerate sugar but not fat and salt, some people cannot tolerate any sugar or flour at all. However, in order to find out exactly what your personal triggers are, there are a series of stages that you need to go through so that we can develop a personalised and individual eating plan for you.

That is the physical part but what about the rest? We all know it is not just the chemical reactions in our body that drives us to eat the foods that we are most addicted to. It is a lifetime of 'using' these foods as our fix. We have come to rely on them for our emotional and spiritual well being and without replacing them with something else then you are doomed to failure.

Therefore, it is absolutely imperative that alongside the correct food plan you work on your mental and spiritual recovery and I want to provide you with a program that over a twelve month period tops up your emotional and spiritual tank to ensure that whatever life throws at you, you do not feel the need to fix yourself with food.



SOUNDS GREAT,
RIGHT?

It will be. It is going to be a mixture of psychology, neuroscience, spirituality and practical strategy and so much love and support that it will completely blow your mind.

You will feel fabulous both inside and out.

The most important thing that it promises you is -

Food Freedom⁴ever!

That is the name of our new foundation that will take you through your recovery roadmap to a whole new you. Feeling fabulous, fit and free. With a whole lot of tools and a total shift in mindset that will mean that you never need to fix yourself with food ever again. Not ever.

I would like to invite each and every one of you to attend my masterclass on Tuesday 8th June where I will be telling you much more about it and how you can start your Food Freedom⁴ever journey.

I am so excited to show you all exactly what I have in store for you and I just know you are all going to love it.

In preparation for the unveiling of the FoodFreedom 4ever Foundation, I am dedicating this edition of our magazine to Food Addiction so that you can gain some more knowledge about what it is and where you may fit on the continuum. I am sure that you will find it incredibly fascinating.

The western world is in the middle of the biggest threat to health that it has ever experienced. Over 500 BILLION dollars is spent each and every day on obesity related illnesses in the USA alone. Yet the same governments that are paying that bill will not accept that Food Addiction is a real phenomena, they still believe it is purely the choice of the individual.



Say **NO** to added sugar



I believe that each and every person reading this magazine will know that this is just not the case. When you are driven by uncontrollable physical and mental cravings you are completely powerless to stop yourself. Maybe you can 2, 3 or 4 times, even 100 for some people with very strong willpower, but eventually there comes a time when you cannot. You just have to have the food. That is not choice, that is powerlessness, the food has the power over you and not the other way round.

And one does not even need to be obese to be in this cycle of addiction, all that means is that the consequences of the addiction are not as obvious or apparent yet. However, it is a downward spiral, it never ever gets better it only ever gets progressively worse. So the chances are that in the group of your 10 closest friends and family at least 80% of them are food addicted to some degree and approximately 50% of children under the age of 16 are already on that rollercoaster too. Shocking!!

We need to stop this; we need to take charge; we need to stand up and be counted and stop this not just for our own longevity and health but for that of our children and future generations.

When you come on this journey with me you will be doing just that. You will be part of a movement that says NO to added sugar, ultra refined flour and highly processed foods that have been created purely to get us addicted to them so the large corporations can continue to make more money out of all of us whilst we eat ourselves to death.

Join me on my quest to help 1 million people to achieve Food Freedom⁴ever by the end of 2025. You can play your part and I will show you exactly how.

Always with love

Amanda x

Your Bariatric Success Circle June 2021 Agenda

Zoom link for all sessions
Join Zoom Meeting
<https://us02web.zoom.us/j/87232075380>

Meeting ID: 872 3207 5380
Passcode: YBScircle

Day, date and time	Topic	Level of membership
Thursday 3rd June 19:00 GMT	Success Solution Support Group Amanda	All
Tuesday 8th June 19:00 GMT	Introduction to Food Freedom 4ever	All
Thursday 10th June 19:00 GMT	Success Solution Support Group	All
Tuesday 15th June 19:00 GMT	Air Fryer Angel Cookery demonstration with Dawn MGrath	All
Thursday 17th June 19:00 GMT	Success Solution Support Group	All
Tuesday 22nd June 19:00 GMT	Let's get ready to rumble Amanda	All
Thursday 24th June 19:00 GMT	Success Solution Support Group	All
Friday 26th June 19:00 GMT	Reboot commences	All

YOU CAN HELP!

Sign the petition to get the government to recognise Food Addiction as a chronic disease to get finance for support

[SIGN THE PETITION HERE](#)

Are you a food addict?

It can be difficult for people to take “food addiction” seriously. However, for anyone who is currently struggling with “true food addiction” (aka food dependency or a food-related substance use disorder) it can be very serious. For most, the road has undoubtedly been long and difficult. Today, the vast majority of people, including those in the medical community, don’t understand why or how people can become addicted to certain foods. Happily, this is changing as more and more scientific evidence becomes available.

Most people automatically assume that those who struggle with their weight lack willpower and that they just need to eat less and exercise more. This implies that without much effort people can simply choose to stop eating quite so much. In reality, food addiction, as with all addictions, is a complex disease. Changing what and how you eat usually takes much more than good intentions or a strong will. Once addicted, eating certain foods changes the brain in ways that make abstaining from one’s “trigger foods” very hard, even for those who desperately want to. Fortunately, we continue to learn more about how food addiction affects the brain. And treatments have been identified that can help people recover from food addiction and lead productive lives that they never imagined were possible for them.

[credit: Food Addiction Institute]

It can be
difficult for
people to
take “food
addiction”
seriously

What is food addiction?

Food addiction is just like drug and alcohol addiction. Addiction means the body has become chemically dependent on one or more substances and needs these substances to function “normally”. So when we are talking about a specific food as potentially being a substance of abuse we are saying that the body has become dependent on a particular food or eating behavior. The most common addictive foods are foods high in sugar, flour, fat, grains and salt or some combination of these. The most common addictive eating behaviors are bingeing, purging and volume eating. Food Addiction is a chronic and progressive disease characterized by our seeking the foods or food behaviors we are addicted to, eating/doing them compulsively and having a great deal of difficulty controlling these urges despite harmful consequences.

When we initially consumed these same foods as children, we might have had the choice of when and how much to eat them. But repeated use can lead to brain changes that trick the mind, challenge an addicted person’s self-control and/or interfere with the ability to resist consuming these foods or engaging in unwanted, harmful behaviors. These brain changes are persistent. This is why food addiction can be complicated to treat. People can often go on a “diet” for a while and think they’re fine: “See I can quit eating _____(fill in the blank). I am fine, I’m not an addict.” However once someone is addicted, “dieting” for a period of time is rarely a successful long term solution.

[credit: Food Addiction Institute]



What happens to the brain when consuming addictive foods?

When ingested, sugar, flour, grains (and any other addictive foods) light up the brain's "reward circuit" by flooding it with the chemical messenger dopamine. This reward system controls the body's ability to feel pleasure and motivates a person to repeat behaviors needed to thrive, such as spending time with loved ones, physical intimacy or achieving a goal. Overstimulation of the dopamine reward circuit can cause an intensely pleasurable "high" that can lead people to eat these foods again and again.



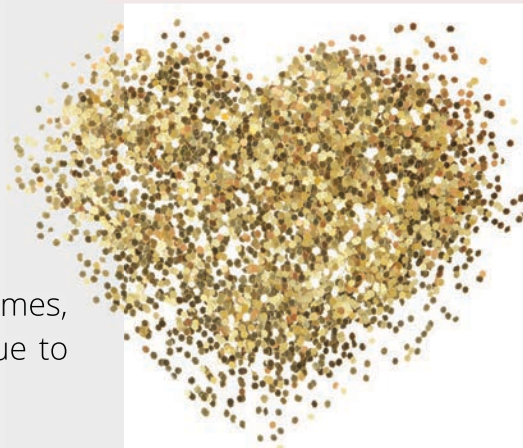
When a person continues to compulsively eat these foods, the brain adjusts to the excess dopamine by making less of it and/or reducing the ability of cells in the reward circuit to respond to it. This reduces the high that the person feels compared to the high felt when first eating these foods—an effect known as "tolerance." One then eats more of the food, trying to achieve the same dopamine high. It can also cause less pleasure to be accessed from other things once enjoyed, like social activities.

Long-term compulsive eating also causes changes in other brain chemical systems and circuits as well, affecting functions that include:


- **Learning**
- **Judgment**
- **Decisions**
- **Stress**
- **Memory**
- **Behavior**

Despite awareness of these harmful outcomes, many people who compulsively eat continue to do so. This is the nature of addiction.

[credit: Food Addiction Institute]



No one factor can predict if a person will become addicted to certain foods or eating behaviors. A combination of factors influences risk for addiction. The more risk factors a person has, the greater the chance consuming these foods can lead to addiction. For example:



Why do some
people become
addicted to
certain foods
while others
don't?

[credit: Food Addiction Institute]

Biology

The genes people are born with account for about half of a person's risk for addiction. Under certain circumstances, gender, ethnicity, and the presence of other mental disorders may also influence risk for food and other addictions.

Environment

A person's environment includes many different influences, from family and friends to economic status and general quality of life. Factors such as peer pressure, physical and sexual abuse, early exposure to these foods (think sugar), stress, and poor parental guidance can greatly affect a person's likelihood of having food and other addictions.

Development

Genetic and environmental factors interact with critical developmental stages in a person's life to affect addiction risk. Although eating addictive foods to excess at any age can lead to addiction, the earlier that food is introduced (again, think about kids and their consumption of sugar), the more likely it can progress to addiction.

[credit: Food Addiction Institute]

EVERY DAY IN CASUAL CONVERSATION WE HEAR PEOPLE SAY:

“

I'm a junk
food
junkie

“

I'm a
chocoholic

“

I need
my
sugar fix

I want to help you say

**No thank you I don't eat
sugar**

**What? That poison? No
thank you!**

That's not my food

No added sugar please

You can do this!

If you think that you could be dependent on certain foods then

FOOD FREEDOM 4 EVER IS THE PROGRAM FOR YOU!

By this stage you have probably tried a hundred or more things to get into a right sized body and stay there. Shakes, soups, intermittent fasting, diet clubs, gym memberships, hypnosis, diet pills and even bariatric surgery. All promising a quick way to lose weight.

**AS YOU HAVE ALSO PROBABLY FOUND
OUT THESE QUICK FIXES JUST DO NOT
WORK!**

Why?

It's time to do something that is absolutely guaranteed to work not just in the short term but in the long term!

Because they are trying to fix you from the outside in rather than from the inside out.

Because they lock you inside a place of torture, where they promise you a little bit of all the foods that trigger your brain obsession.

Because they promise you a dream of when you get to a right sized body all your troubles will end, your prince charming (or princess) will ride over the hill on a white charger and sweep you up off your feet and you will live happily ever after.

It's time to do something radically different!

It's time to do something that is absolutely guaranteed to work not just in the short term but in the long term!

It's time to start fixing the problem from the inside and not the outside!

**It's time to get FOOD
FREEDOM 4Ever!**

So, how can I help?

I **cannot** promise you a quick fix, lasting change takes effort, it takes time and it takes dedication.

I **cannot** promise you that you will lose a stone a month

I **cannot** promise you your prince or princess



I **can** promise you a freedom like you have never felt before

I **can** promise you a way to get into your right sized body and stay there

I **can** promise you a way of living that will enable you to live a life without the need to fix yourself with food.

I **can** promise you love and support to help you every step of the way, regardless of how much you may struggle.



The Recovery Road

this is the journey I will take you on

1

READY

In this stage you will prepare yourself for the road ahead, you will educate yourself about nutrition, psychology and food dependency and put the things in place in your life that will help you to get maximum results.

2

REBOOT

This stage is a two week detox that helps you to eliminate all of the nasties in your diet, learn about how your subconscious and conscious brain works around food and diet and inform you about good nutrition for success. Your taste buds will start to revitalise, food will taste amazing and you will start to get a clarity of mind never felt before..

3

REPAIR

28 days of medicine, here you will follow your given nutrition plan and success habits to create healing of brain and body and switch off the washing machine brain of food obsession. You will feel an amazing sense of relief and freedom in this stage, probably something you have not felt for many years.

4

RESTORE

In this stage you will identify what your individual triggers are, work out the food and behaviours that always send you to eat more food than you intend to. You will also be looking at your spiritual side and starting to get back in touch with your intrinsic self and learn that you are enough exactly as you are. This is the stage where you will be stepping into your right sized body and feeling fab and unstoppable.

5

RETAIN

So you are feeling fab, looking fab and feeling free. Let's go even deeper, let's get to the bottom of anything that may be getting in your way of staying there. You will be tweaking your food plan and looking into any self sabotage or destructive thought processes that are standing in the way of your long term success so you can retain your new found food freedom 4ever.

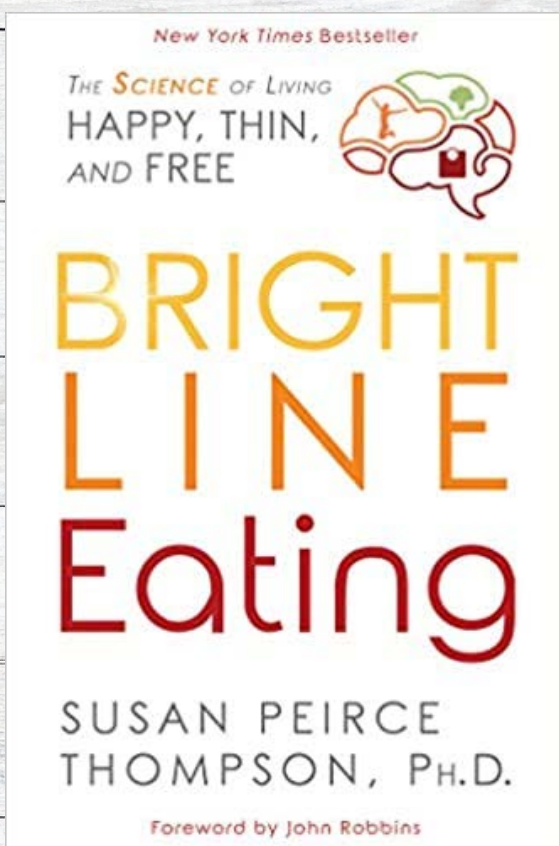
6

RADIATE

You are like a radiator. You are glowing and feeling better than ever. This is the time to radiate and show others what you have achieved. In the recovery world there is a slogan that says 'You have to give it away to keep it' This is the premise of recovery.

To find out more please join me on Tuesday 8th June at 19.00 GMT when I will be introducing my new program to existing and previous Success Circle clients only - see agenda on page 7 for details

BOOK CLUB – BRIGHT LINE EATING



This book is an excellent book for explaining the reasons why sugar and flour are so addictive and why we should at least cut them down, but for most of us after many years of obesity that we are high on the susceptibility scale and therefore find that we are to some extent food addicted.

This research and others like it is the premise of my upcoming Food Freedom 4ever program and membership that I will be introducing at the end of June. By reading this book you will be able to get a really good understanding of the neuroscience behind food addiction.

Although, the food plan in this book is more restrictive than I feel is necessary, the ideas and concepts behind it are so important for people to understand.

In this book, Susan Peirce Thompson, Ph.D. shares the groundbreaking weight-loss solution based on her highly acclaimed Bright Line Eating Boot Camps. Rooted in cutting-edge neuroscience, psychology, and biology, Bright Line Eating explains why people who are desperate to lose weight fail again and again:

It's because the brain blocks weight loss.

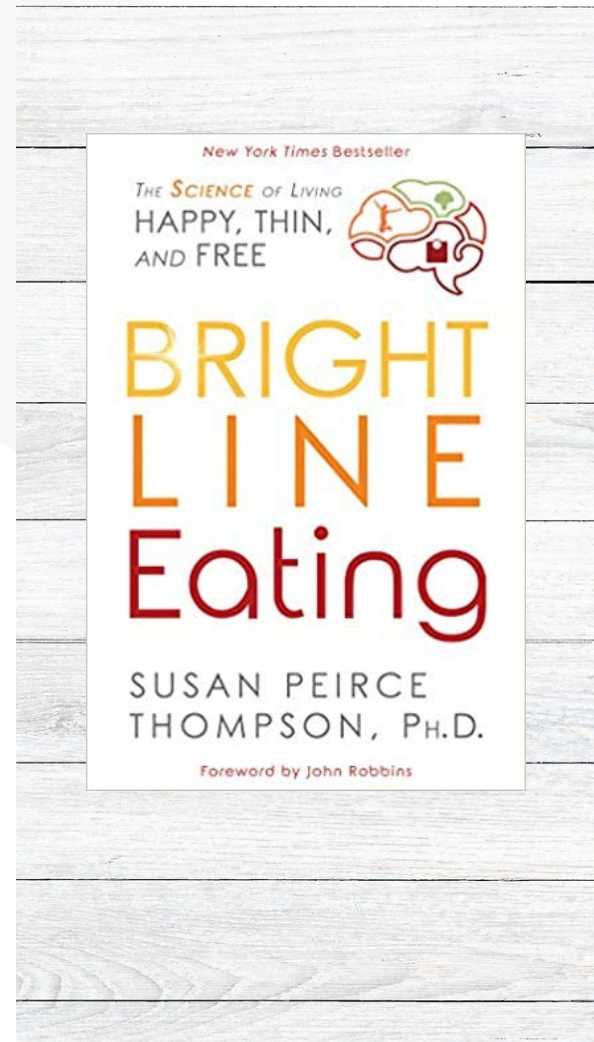
BOOK CLUB – BRIGHT LINE EATING

Bright Line Eating (BLE) is a simple approach designed to reverse that process. By working with four “Bright Lines” — clear, unambiguous, boundaries — Susan Peirce Thompson shows us how to heal our brain and shift it into a mode where it is ready to shed pounds, release cravings, and stop sabotaging our weight loss goals.

Best of all, it is a program that understands that willpower cannot be relied on, and sets us up to be successful anyway.

Through the lens of Susan’s own moving story, and those of her Bright Lifers, you’ll discover first hand why traditional diet and exercise plans have failed in the past. You’ll also learn about the role addictive susceptibility plays in your personal weight-loss journey, where cravings come from, how to rewire your brain so they disappear, and more.

Using the concepts in this book along with a personalised food plan can free you from the obesity cycle and introduces a radical plan for sustainable weight loss. It’s a game changer in a game that desperately needs changing.



Becoming a Sugar Sleuth

Reading food labels is so important when we are looking to eat a diet that is largely free from sugar, flour and highly processed foods. Sugar can come in many, many forms see below.

Flour can be presented as , cornflour, wheat flour, rice flour, oat flour, almond flour, coconut flour, etc. All of these are processing the food to a state that makes it highly concentrated, spike your blood sugar and dopamine levels and cause cravings.

Remember also that couscous, semolina, pasta, all noodles including rice noodles are also made of flour.

The rule of thumb is when you are looking at the back of packets to ensure that there are no flour or sugar in the first 5 ingredients of the product and/or the dressing that goes with it. Also, if there are 3 or more flour or sugar products in the ingredients list (even if they are lower than the fifth ingredients) it should be avoided.

The other thing that we should avoid for our brain and body health is hydrogenated vegetable oils and palm oils, these are contributing to the addictive nature of our foods and they are highly processed with little nutritional value and can hugely contribute to insulin resistance and type 2 diabetes.

Sugars List

Avoid foods which contain sugar earlier than the fifth ingredient.

-OSE	SUGAR	CANE	SYRUP	MOLASSES
glucose	granulated sugar	cane juice crystals	maple syrup granules	sorghum molasses
dextrose	brown sugar	dehydrated cane juice	maple syrup	Barbados molasses
levulose	light brown sugar	crystals	invert syrup	blackstrap molasses
maltodextrose	dark brown sugar	unrefined cane juice	corn syrup	fruit sweetener
ribose	raw sugar	crystals	high fructose corn syrup	
galactose	powdered sugar	washed cane juice	corn sweeteners	FRUIT JUICE
xylose	turbinado sugar	crystals unbleached	corn syrup	concentrated
sucrose	beet sugar	evaporated	corn syrup solids	fruit juice sweeteners
fructose	confectioner's sugar	sugar cane juice	malt syrup	FRUITSOURCE™
crystalline	invert sugar	crystals	cane syrup	clarified grape juice
fructose	fruit sugar	crystallized cane juice	ribbon cane syrup	fruit nectars
maltose	white sugar	evaporated cane juice	sorghum syrup	
lactose	lo-sugar	unbleached sugarcane	invert sugar syrup	HONEY
polydextrose	low sugar	evaporated cane juice	hydrogenated	unfiltered honey
	lite sugar	unbleached crystallized	glucose syrup	filtered honey
	grape sugar	evaporated cane juice	heavy, light, or	
	Barbados sugar	organic dehydrated cane	late syrup	
	maple sugar	juice	natural syrup	
	date sugar	raw cane crystals	fig, date, or raisin	CARAMEL
		Florida Crystals™	fruit syrup	caramel
-OL			rice syrup	caramel color
maltitol			brown rice syrup	monosaccharides
sorbitol			brown rice sweetener	disaccharides
mannitol				polysaccharides
xylitol				
	MALT			
	barley malt			
	barley extract			
	malt syrup			
	maltodextrin			
	malted cereal extract			
	cereal extract			
	succanat			
	rice malt			
	malt flavoring			
-DEXTRIN				
Lactodextrin				
tapioca dextrin				
acetylated dextrin				
amasake				
demerara				



Some examples of Marks & Spencer salads are given below with explanations of their suitability.

Hot Smoked Scottish salmon with Potato salad and a lemon vinaigrette

This sounds like a very balanced healthy salad, and on first look it is. It has a mixture of protein, veg and healthy carbs. However, when you look at the ingredients for the vinaigrette that is 5% of the product, you can see that it has sugar twice and cornflour. If I was in the reset phase of my journey (first 28 days) I would not eat the vinaigrette at all. I would eat the salad but leave the vinaigrette out. If I was outside of that first I may risk a teaspoon of the dressing if I didn't have anything else.



Hot smoked Scottish salmon with potato salad and a lemon vinaigrette

Hot-smoked Scottish salmon with potato salad, dressed in a lemon vinaigrette. High in protein and Omega-3. 1 of your 5 a day. Serves 1.

Country of Origin

Made in the UK with Scottish farmed salmon sourced from M&S select farms

LIFE 2d+ Product life guaranteed for 2 days excluding delivery day, with an average of 2.5 days.

Usage

Brand details

Typical Values	per 100g	per 340g pack
Energy kJ	339	1153
Energy kcal	81	275
Fat	2.7g	9.2g
of which saturates	0.6g	2.0g
Carbohydrate	8.7g	29.6g
of which sugars	2.3g	7.8g
Fibre	1.6g	5.4g
Protein	4.6g	15.6g
Salt	0.55g	1.88g
Omega 3	0.3g	1g
of which EPA, DHA	0.2g	0.7g
Serves: 1		

Ingredients

Ingredients

New Potatoes (45%), Cucumber, Hot Smoked Scottish Salmon (Fish) (13%), Spinach, Water, Lemon Vinaigrette (5%), Rapeseed Oil, Spring Onions, Soured Cream (Milk), Cornflour, Salt, Pasteurised Egg Yolk, Chives, Lemon Juice, Sugar, White Wine Vinegar, Ground Black Pepper, Vinegar, Mustard Seeds, Dill, Concentrated Lemon Juice, Dried Mustard, Mustard Husk, Ground Pimentoes, Turmeric, Lemon Vinaigrette contains Lemon Juice, Sugar, White Wine Vinegar, Salt, Garlic Purée, Mustard Seeds, Vinegar, Ground Black Pepper

Allergen Information

Contains **Eggs**. Contains **Fish**. Contains **Milk**. Contains **Mustard**

Crayfish and Mango salad

Again this salad seems very healthy, crayfish, mango, vegetables and rice but if you look at the ingredients, the rice is not brown rice and therefore I would proceed with caution, plus the dressing that is 14% of the meal contains sugar as the 4th ingredients and then also cornflour later on. I would not eat this salad, it would spike my blood sugars and set off my cravings.



Mixed rice, crayfish, mango and rocket salad with coconut and chilli dressing

Chilli rating - mild - 1

Our M&S seafood products have been sourced from fisheries and fish farms in a way that minimises their ethical and environment impact, while guaranteeing you the highest quality, delicious seafood you'd expect from M&S.

Country of Origin

Crayfish caught in inland waters of China, Made in the UK

LIFE 1d+ Product life guaranteed for 1 day excluding delivery day, with an average of 2 days.

Usage



Brand details



Typical Values	per 100g:
Energy	470kJ/112kcal
Fat	3.1g
of which saturates	0.6g
Carbohydrate	16.5g
of which sugars	1.3g
Fibre	0.8g
Protein	4.0g
Salt	0.40g

Ingredients



Ingredients

Cooked Rice (21%) (Water, Rice), Cooked Turmeric Rice (21%) (Water, Rice, Ground Turmeric), Crayfish (**Crustacean**) (14%), Coconut and Chilli Dressing (11%), Mango (7%), Carrots, Peppers, Cooked Wild Rice (4%) (Water, Wild Rice), Rocket, Sunflower Oil, Lemon Juice, White Wine Vinegar, Coriander, Salt, Cracked Black Pepper, Acid: Citric Acid, Coconut and Chilli Dressing contains Water, Coconut Cream (Coconut Extract, Water), Sugar, Sunflower Oil, Lime Juice, Ginger Purée, Lemongrass, Lime Leaves, White Wine Vinegar, Cornflour, Chilli infused Sunflower Oil, Salt, Rapeseed Oil, Red Chilli Purée, **Egg** Yolk, Turmeric, Vinegar, Concentrated Lemon Juice, Dried **Mustard**, Ground Pimentoes, **Mustard** Husk

Allergen Information

Contains **Crustaceans**, Contains **Eggs**, Contains **Mustard**

Greek feta salad

This salad is great. I would probably add a bit more protein with it and I would need to add some healthy carbs such as a couple of rice cakes to balance the meal, but it does not have any flour or sugar in it at all and even the dressing is healthy. With no palm oil, hydrogenated vegetable fat, or any other nasties within. Enjoy!



M&S Greek Feta Side Salad

A tasty combination of feta cheese, Santini® tomatoes, cucumbers and pitted Kalamata olives with a zesty lemon and mint dressing. Serves 1.

Breek Feta, Santini Tomatoes, Kalamata Olives, Cucumber, Red Onion & Citrus Dressing. Suitable for vegetarians

Country of Origin

United Kingdom

LIFE 1d+ Product life guaranteed for 1 day excluding delivery day, with an average of 3 days.

Usage



Brand details



Typical Values	per 100g:
Energy	564kJ/136kcal
Fat	11.5g
of which saturates	3.6g
Carbohydrate	3.1g
of which sugars	2.0g
Fibre	1.1g
Protein	4.5g
Salt	0.85g

Ingredients



Ingredients

Santini™ Tomatoes (18%), Feta Cheese (Milk) (18%), Spinach, Cucumber, Lemon and Mint Dressing (12%), Pitted Kalamata Olives (7%) (Kalamata Olives, Salt, Red Wine Vinegar, Sunflower Oil, Extra Virgin Olive Oil), Red Lettuce, Rocket, Red Onions, Lemon and Mint Dressing contains Sunflower Oil, Mint Infused Sunflower Oil, Lemon Juice, Dried **Mustard**, Vinegar, Mint, Parsley, Salt, Garlic Purée, Cracked Black Pepper, **Mustard** Husk, Rapeseed Oil, Allspice, Turmeric

Allergen Information

Contains Milk, Contains Mustard

Dietary Information

Suitable for Vegetarians

June challenge – Be a sugar super sleuth

This month's challenge is to find a shop bought meal that has no flour or sugar in the top 5 ingredients, no palm oil or hydrogenated vegetable oil. Then post a photo of the food and the label so we can all share ideas. Every Monday you will have a chance to enter your contribution and one lucky winner will be drawn to win a £10 Amazon voucher.



**Win a £10
Amazon
voucher!**

This Month's Recipes

Get the most out of your airfryer!



Dawn McGrath **Air Fryer Angel**

This month we are so lucky to have the amazingly talented Dawn McGrath one of our very loyal members who has been working with me for well over a year and has had some great successes. She is an Air Fryer Angel and her mastery of this piece of equipment astounds me. I can't even make chips in mine without them being either raw or burnt. So I am so looking forward to this cookery demonstration at 7pm on 8th June.

Here are the recipes that she will be making that are all sugar and flour free. I have also added a lovely dessert/breakfast recipe that I made when I had friends round for dinner recently. Completely sugar, sweetener and flour free and scrummy.

Happy Moo Chicken



Serves: 4
Prep: 10 mins
Cook: 25-30 mins

Ingredients

4 breasts of chicken
4 low fat laughing cows
Pinch of salt
Pinch of pepper
Pinch of chilli (optional)
1 tsp of smoked paprika
2 tsp of parsley
1 tbsp of mixed herbs
3 cloves of garlic crushed and minced



What you need to do

Place chicken fillet in air fryer and cook for 20 mins at 180°C

Remove chicken and leave aside for a few mins while making the mix

In a bowl add all herbs and spices and salt and pepper and mix well

Take the cooked chicken and slit on the side of the fillet. Place a laughing cow in the slit and close with a toothpick

Take the rub mix and either toss chicken in it or rub it all over each fillet.

Place back in the air fryer and cook for a further 5 mins

Serve with a mixed salad and or the zucchini chips

Nutrition Information per serving:

KCals: 217
Total Fat: 3.5
Sat Fat: 1.4
Carbs: 3.2
Protein: 43.1
Sugar: 1.4
Fibre: 1.9

Feta Peppers



Serves: 1
Prep: 10 mins
Cook: 15 mins

Ingredients

85g mini sweet peppers
75g feta
Herbs of your choice
Pinch of crushed pepper
and salt

Serving with a small salad
made up of some or all of
these:

Lettuce
Scallion
Cucumber
Babycorn
Beetroot
Gherkins



What you need to do

Slice Peppers in half and de seed if needed.

Measure feta and add the herbs salt and pepper and mix with a fork.

Put feta mix in the pepper halves.

Place in the air fryer at 180°C for 15 mins.

Take out and serve with salad

Enjoy x

Nutrition Information per serving:

KCals: 207
Total Fat: 17.25
Carbs: 0.525
Protein: 12.375
Sugar: 0.525
Fibre: 0.375

Crispy Courgettes



Serves: 6
Prep: 20 mins
Cook: 15-20 mins

Ingredients

6 medium zucchini/
courgettes, cut into strips
(approximately 6-8 inches
long)
Salt for sprinkling
120g of oatmeal
2 tbsp granulated garlic
2 tbsp dried parsley
1 tsp smoked paprika
Add any other herbs and
spices you want to suit your
family
1 tsp salt, 1/2 of pepper
2 eggs, beaten
Cooking spray, for spraying
the air fryer basket
2 tbsp olive oil for brushing

Quick dip:

50g plain Greek yoghurt
1 tsp garlic salt
1 tsp dried or fresh mint

Mix together and chill

Nutrition Information per serving:

KCals: 120
Total Fat: 4.1
Sat Fat: 0.9
Carbs: 14.9
Protein: 6.2
Sugar: 3.8
Fibre: 2.6

What you need to do



Cut the zucchini/ courgettes into strips approx 6-7 inches in length.

Preheat the air fryer to 200°C for 5 mins

Sprinkle salt over the zucchini/ courgette strips and let them sit for at least 20 mins to get rid of excess water, use dry paper towels to dab a the zucchini/ courgette.

Combine oats, granulated garlic, dried parsley and salt and any other herbs and spices of your choice together in a mixing bowl.

Beat the eggs.

Dip each zucchini/ courgette strip in the egg

Then coat each zucchini/ courgette strip with the oat mixture

Place the maximum number of zucchini sticks you can in one single layer and then brush the sticks with olive oil or spray with fry lite.

Cook the fries for 15 mins, turning them over halfway through

Repeat until you finish cooking all the zucchini/ courgette fries.

To make the quick dip:

50g plain Greek yoghurt
1 tsp garlic salt
1 tsp dried or fresh mint

Mix together and chill

Enjoy!

Mango and coconut chai pudding



Serves: 4
Prep: 10 mins
Chill 2 hours or
overnight

Ingredients

3 ripe chopped mangoes
1 lime
1 inch cube of ginger
2 tubs of vegan coconut
yoghurt (sugar free)
4 tsp chia seeds
50g oatmeal
100g fresh raspberries

What you
need to do



Grate the lime zest and squeeze the lime into a food processor, add the ginger and mangoes and blend well until a smooth compote.

Mix the yoghurt, chia seeds and oatmeal together and refrigerate for a minimum of 2 hours or overnight.

Layer the raspberries, yoghurt mixture and mango compote in a tall glass and top with raspberries mango and dessicated coconut flakes.

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