

FOOD FREEDOM 4EVER

Repair phase - 28 day food plan

Food Freedom
4 Ever

28 DAY
REPAIR
STAGE

DISCOVER
YOUR
NATURAL
WEIGHT
WITHOUT
DIETING,
CRAVINGS
OR
STRUGGLE

LOTS OF
GREAT
RECIPES



Anti-craving, obsession free, guilt free living

That is what I can promise you if you follow this plan.

For a very long time I have been coming around to the understanding through all of my training and research as an Eating Disorder and Food Addiction Professional, my own personal journey and that of the hundreds of clients I have helped, is that in order to release our excess weight and keep it off, the most important thing is to stop physical cravings and the food obsession in the mind.

You will already have seen how when we reduce your cravings how easy it is to say no to unsuitable choices.

It is my belief that over 90% of obese people are addicted to sugar, flour, fat, volume, grazing or a mixture of all of the above. to some extent.



In order to give yourself the best chance of Freedom from Food I strongly suggest that you totally abstain from sugar and flour and avoid where possible, high fat foods (crisps, chips, fried foods) because these things spike our dopamine centres in our brain and cause craving both on a brain and body level.

You have also found out how damaging these foods are to our health and how addiction is a serious problem that will never get better; we can all put it into remission by abstaining from the foods and behaviours that cause it in the first place.

For your ultimate freedom it is advisable that you stay away from those foods and behaviours as they are ALWAYS going to set your cravings off and get you back into the eat, binge, remorse, starve cycle which is so damaging.

Nature provides so many wonderful foods for us to eat, highly processed, high fat, high sugar foods are so damaging to our health both physical and mental and to our waistlines.

This food plan that follows is the 28 day 'repair' plan which will help you to get off all addictive foods and behaviours, calm your dopamine, decrease your insulin and increase your leptin. All of this is necessary for a craving free, obsession free, insatiable hunger free happy, content and free life.

Stage Two - Repair

The first 28 days are the most important and it is imperative that you get a full 28 consecutive days sugar and flour free and learn the Reveal, Restart, Recommit process that is absolutely vital if you are to get back on track if you should slip from your Fixed Foundations.

The difficulty is, that every one of us is different when it comes to our food triggers and most of us need a way of getting help to navigate this world and to be supported in a process to find out what is the right food and behaviour plan for us and that is exactly what Food Freedom 4Ever does, it helps to support you in brain, body and spirit to ensure that you work out your personal road to Food Freedom 4Ever.

You will find out much more about this process your fixed and flexible foundations, the reveal, restart, recommit process and all of the other stages and support provided if you sign up for the 12 month program.

However, this food plan stands on its own and will allow you to continue your journey to a sugar and flour free life.

Always with love

Amanda x



The 'repair' phase food plan

If you took our quiz and you had a score of over 4, then it is very likely that you are sugar sensitive and whenever you eat foods that contain sugar, flour and for some people even fat and salt you will continually crave those foods and you will eventually lose control, hit the F it button and end up below the danger zone. Each time we go below the danger zone it is incredibly hard to get back on it and the damage that we can do in the meantime in terms of bingeing, shame, guilt remorse etc is so upsetting to both our body and our mind. The feelings of self-loathing are severe and the obsession with food can be all-consuming.

Can you imagine what your life would be like without that obsession, with a clear brain with no 'food chatter'? That is what I can promise you if you follow this plan.

For a very long time I have been coming around to the understanding through all of my training and research as an Eating Disorder and Food Addiction Professional, my own personal journey and that of the hundreds of clients I have helped that in order to release our excess weight and keep it off, the most important thing is to stop physical cravings and the food obsession in the mind.





The conglomeration of chemical reactions in the brain when we eat processed, sugar, fat, flour laden foods is immense. Dopamine and other feel-good chemicals flood our system and cause us to want to continue to eat these again and again and again. Over time, we need more and more of these foods to satisfy the itch because our brain gets tolerant to the effect, so to get the same 'hit' we need more and more. Eventually, we get to a stage where it doesn't matter how much of these foods we eat, we still do not feel anything. The pleasure is only in the anticipation of the food but the actual food does not change our state, we no longer feel a buzz or even a soothing effect and the time between finishing eating and the self-loathing, guilt and remorse gets shorter and shorter. Until eventually we literally feel that all we are doing is eating, thinking about eating, regretting eating, wondering when we will next eat, where we can get our 'fix' from.

Do you want this to continue in your life? Or do you want to get off this rollercoaster for good? If you do, then you need to do an abstinent food plan. You need to STOP eating sugar and flour in ANY form, stop grazing, control your portions and live the happiest and most joyful life that you have ever dreamt possible.

This plan is for the next 28 days after that you may have started to get a knowledge of your base level feelings when you do not have these chemicals directing your decisions.

Then you can start to tweak your plan and see if you can start to add some things back in to your diet or if you need to remove others. It is best to understand though that is extremely unlikely that you will ever be able to eat sugar or flour without setting off your obsessions.



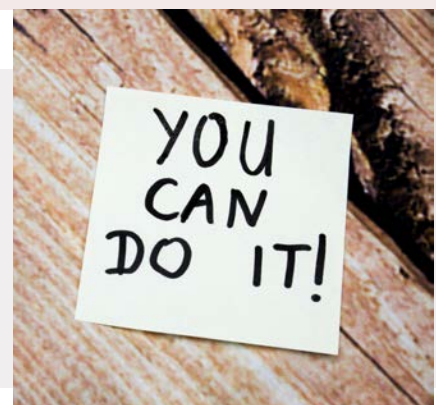
You can live the happiest and most joyful life you have ever dreamt possible!

For the next 28 days it is strongly advised that you follow these rules

1. Do not eat ANY sugar or flour in any form.
 2. Cut out all sweeteners
 3. No alcohol or calorific drinks such as latte, cappuccino unless out of dairy allowance
 4. Drink 8 glasses of water per day
 5. Eat within a window of 3 - 5 hours after last eating
 6. All food should be grilled broiled, boiled, airfried, roasted or stir fried with fat allowance.
No fried foods such as chips, crisps, samosas, french fries etc
 7. DO NOT eat anything between meals
 8. Eat off a small dinner plate or a side plate and only one plate per meal, so no starters or desserts, just one plate of food. You can have fruit straight after your meal but must be within half an hour.
 9. Eat two pieces of Fabulous Fruit per day
 10. Eat 3 ½ portions of Perfect Proteins per day (one with every meal and ½ with your snack)
 11. Eat a minimum of 3 portions of valuable vegetables per day
 12. Eat one portion of Delicious Dairy per day
 13. Eat two portions of Functional Fats per day
 14. Eat three portions of Craving Controlling Carbohydrates per day
 15. Do not drink your foods, no smoothies, shakes, or fruit juices unless you are early days after bariatric surgery (ask Amanda to advise)
 16. Eat protein every time you eat
 17. No picking, licking or tasting
 18. If you eat any sugar or flour you must start again from day one.
- You need 28 consecutive days in the repair phase for optimal repair.

Fixed foundations

The most important thing is
NO SUGAR AND NO FLOUR



Planner

You can print out this page to complete

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Healthy habit allowances



These are allowances we would like you to eat every day to ensure optimal health, antibodies and craving control.

Every day you should eat two fabulous fruit selections, one delicious dairy selection, 3 ½ perfect protein selections, 2 craving control carb selections and 2 functional fat selections.

Fabulous Fruit

Apple
Apricots, fresh x 2
Blackberries 6 oz
Blueberries 6 oz
Cantaloupe melon x 1/2
Cherries 4 oz
Clementines x 2
Cranberries, fresh 4 oz
Dragon fruit x 2
Frozen mixed berries, unsweetened 6 oz
Fruit salad 6oz
Melon 6 oz
Grapefruit
Guava x 2
Kiwi x 2
Kumquats x 4
Nectarine
Orange
Passion fruit x 2
Papayas x 2
Peach
Pear
Plum x 2
Pomegranate x 1 or 4oz
Raspberries 6oz
Star fruit x 2
Strawberries 6 oz
Tangerines x 2
Watermelon 1/4
Yam

Sugar sensitive Fruit

Choose no more than 3 portions
from this list per week

Pineapple x 4oz
Banana small x 1
Figs, fresh x 2
Grapes x 4oz
Mango x 4oz



Valuable Vegetable List

min 3 portions daily



Artichokes
Arugula
Asparagus
Aubergine
Baby Corn
Bamboo shoots
Basil
Beetroot
Bok Choy
Broccoli
Broad beans
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Cauliflower Rice
Celery
Chives
Coleslaw Mix
Courgettes
Cucumber
Eggplant (aubergine)
Endive
Fennel
Frozen stir fry vegetables no sauce
Garlic
Ginger
Gherkins
Green beans
Kale
Kohlrabi
Leeks
Lettuces all types

Mange tout
Mushrooms
Mustard Greens
Nori (seaweed)
Okra
Onions
Oregano
Parsley
Peas
Pea Shoots
Peppers
Pickles unsweetened
Pumpkin
Radishes
Rocket
Salsa Fat and sugar free
Sauerkraut
Scallions/spring onions
Tomatoes

Other free foods

Soy sauce
Worcester sauce
Fish sauce
Tomato puree
Chillies
Herbs and spices both fresh and frozen
Vinegars



Healthy habit allowances

Perfect Proteins

Protein is very important for bariatric bodies and it is the building blocks for healing and repair. It also keeps us satiated and full for longer than other foods.

Only certain proteins are good for optimal health and digestion, these are perfect proteins.

You should have 3 ½ portions of these proteins per day, a 4oz portion is a good guideline for women and 6oz for men, but you will be ok if you stick to the portion size guidelines and use a small plate. Do not use these to pick between meals. the ½ protein portion should be eaten with your snack.

Remember though, do not push it and do not graze on protein you still need to keep to your regular eating patterns and nothing in between.

- Chicken
- Eggs
- Turkey
- Fish
- Seafood
- Pulses and legumes
- Low fat cottage cheese
- Pork and no sugar cured bacon
- Red meat
- Duck and other fowl
- Game
- Tofu
- Tempeh
- Quinoa
- Quorn (natural not flavoured unless no sugar)
- Edamame, shelled Edamame
- Nutritional Yeast
- Seitan
- Soy crumbles
- Spirulina
- 4 oz (100g) greek yoghurt once per day only (additional to dairy allowance)
- 2 oz (50g) cheese (any type)
- ½ pint (285ml) semi-skimmed or plant-based milk once per day only (additional to dairy allowance)



Delicious Dairy

You should have one dairy allowance every day from the choices below:-

- ½ pint (285ml) semi-skimmed or plant-based milk
- 4 oz (100g) full-fat Greek yoghurt or plant-based yoghurt
- 2 oz (25g) cheese or plant-based cheese or 1tbsp nutritional yeast
- or a mixture of each

Healthy habit allowances

Craving controlling carbohydrates

Carbohydrates are an essential part of our diet. Not all carbohydrates are bad. We need carbohydrates for energy but we do not need sugar or flour. These are simple carbohydrates and they will spike blood sugars and they will also cause chemical craving in the brain for many of us. Some of us cannot eat sugar or flour at all. My advice is to not eat it at all or keep it to very rare occasions. You really do learn to live without it, and the freedom you feel in your obsessive brain is so worth the sacrifice.

The following are a list of good carbohydrates which should make up the 1/4 on your plate at each meal. A suitable serving size is 3 tbsp rice, grains, beans and lentils when cooked. Small jacket potato, 1/2 sweet potato or 4oz. You must eat 2 portions per day.

Men may have an extra portion per day if hungry.

Quinoa
Pulses
Lentils
Beans all types (low sugar)
Bulgar wheat
Brown rice
Basmati rice
Potatoes (better with skin on), new potatoes are the best
Sweet potato
Parsnips
Squashes all types

Restricted foods

Crispbreads and cereals eat only once per day

Rice cakes (max 2 per day)
Oat cakes (no palm oil and not flavoured) max 2 per day
Bran flakes (no sugar) max 25g per day
Puffed wheat (no sugar) max 25g per day
Puffed rice (no sugar) max 25g per day
Rolled or porridge oats (not instant kind) max 25g per day
Shredded wheat max 25g per day
Weetabix (no sugar) max 25g per day



Functional fats

We need good fats in our diet for satiety and for health. Fats are the oil that makes our body run efficiently.

However, some fats can be addictive particularly when they are put with sugar and salt. All nuts and seeds must be unsalted and raw

Choose two fat portions per day from the following list

1/4 avocado
10 olives
5 brazil nuts
5 walnuts
10 Cashew nuts
1 tbsp olive oil
1 tbsp coconut oil
1 tbsp avocado oil
1 tbsp nut butter (be careful this could be a trigger for cravings, if it is drop it)
1 tbsp seeds, flax, sesame, pumpkin, chia, poppy
1 tbsp butter
Light coconut milk 100ml



SUGAR

This is an anti-craving, food addiction program so we want to eliminate ALL processed sugars and flour.

You will be getting sufficient sugars from the fruit, vegetables, dairy and healthy carbohydrates on this program.

However, you must stay away from sugar in ANY form, including sweeteners for the first 28 days minimum. Some people can add a certain amount of sweeteners, small amounts of flour and occasional amounts of sugar later on in their recovery journey, but we need to take away any form of sugar, sweetener and flour for now.



Sugars are added to all sorts of foods in processing, and some foods contain primarily sugar and fat. Remove all foods with unnecessarily added sugars. Balance carbohydrate sources with protein and fat.

Read labels

in order to reduce food cravings, sugar and flour needs to be the fifth ingredient or lower on the ingredient list of mayonnaise, cooking sauces etc.

If there are three or more ingredients that include a sugar or flour in a food, even below the fifth ingredient, avoid.



Sugars List

-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
-OL	grape sugar	evaporated cane juice	heavy, light, or	
	Barbados sugar	organic dehydrated cane	late syrup	CARAMEL
maltitol	maple sugar	juice	natural syrup	caramel
sorbitol	date sugar	raw cane crystals	fig, date, or raisin	caramel color
mannitol		Florida Crystals™	fruit syrup	monosaccharides
xylitol	MALT		rice syrup	disaccharides
-DEXTRIN	barley malt		brown rice syrup	polysaccharides
Lactodextrin	barley extract		brown rice sweetener	
tapioca dextrin	malt syrup			
acetylated	maltodextrin			
dextrin	malted cereal extract			
amasake	cereal extract			
demerara	succanat			
	rice malt			
	malt flavoring			

By definition a “sugar-free” product does not contain carbohydrates in a form simple enough to cause dental cavities. The label term “sugar-free” is not related to the amount of carbohydrates in a food. A food labeled “sugar-free” may actually get 100% of its calories from carbohydrates to which you are sensitive!

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Artificial sweeteners

I would like you to think about sweeteners like methadone for a heroine addict. It is better than the heroine but it still keeps them hooked. If you need to have sweet tasting food then certain sweeteners are better for craving control and blood sugar spikes than sugar, but please try and cut these out of your diet completely. They have no nutritional value and they will just keep you sensitised to sweet tasting food and stop you feeling the amazing feelings of freedom from food.

In the 28 day repair stage we do not allow any sweeteners at all. You must get Gollum used to a life without sweet taste and dopamine highs.

However, after the repair phase it may be possible for you to add sweeteners back in. We will help you to decide that in the FF4E foundation. If you must have sweeteners the following ones are the only ones we suggest on this plan.

- Erythritol
- Stevia

Sweeteners are sweeter by volume than sugar. Because of this, they are sold in packets with an extender, or bulk-adding product like dextrose or maltodextrin. These extenders are sugars or sugar analogs - other types of sugar-like foods. The current trend is to blend these high intensity sweeteners with each other or with sugars or sugar analogs to create the desired sweetness, texture, and consistency for the product. Depending on your individual sensitivities, the sweeteners themselves can affect many body processes, or the sweet taste may call up memories of binge or trigger foods, or of your past binge eating experiences.



For bariatric bodies, these sweeteners may also cause bloating, flactulance and diarrhea, so please stop the use if this happens.

If you are sensitive to one or the other of these products, you may notice increased anxiety, irritability, headaches, and cravings after using it. If you are having unexplained cravings or difficulty following your food plan, look at your use of sweeteners. If you suspect they may be causing problems for you, remove them.

Check with your doctor about all of these products if you are pregnant or lactating or have other medical problems which may be affected by them.

If you find yourself mixing sweeteners or using more than 6 tsp per day (counting, waiting for the next one, or mixing to sneak in an extra one), then you need to avoid them.

- Daily Allowance & Guidelines
 - Maximum of 6 tsp per day
 - Maximum of 2 tsp per food or beverage item
 - No liquid sweeteners (ie: Stevia drops)

Flour and starches

Because flour is made of long chains of sugar molecules, which are quickly absorbed, your body's reaction to flour may be similar to its reaction to sugar. Additionally, your sensitivity to flour may increase when sugar is removed. If you are sensitive to a particular type of flour, you are likely to be sensitive to all flours - wheat, rye, rice, oat, corn, barley, soy, spinach, millet, spelt, artichoke, almond or kidney bean flour.

People vary widely in their sensitivities to flours, and all food sensitivities can change over time. If you are sugar sensitive, it is recommended that you remove these foods at the beginning. After a period of abstinence, it is possible that you may be able to eat some flour again in small amounts; it depends on the individual and we will help you to see if that is the case.

Corn starch, wheat starch, tapioca starch, and modified food starch are not sugars but are such highly refined flours that the body frequently reacts to them as though they were sugars. ***Avoid products in which they are listed before the fifth ingredient.***

Beware: On food labels, manufacturers must state each ingredient in the original form with which they began their manufacture of the food. For instance, if a manufacturer bought whole corn and ground it into corn flour the manufacturer can list "corn" on the label. Corn chips, tortillas, and similar products are all made with corn flour. Rice and barley pastas are also made from flours. Read labels carefully and use your intuition, your common sense, and good judgment. Ask for help from your Bariatric Success Advisor whenever you need it.

Some things you may not realise are made from flour

- Tapioca
- Semolina
- Cous cous
- Corn chips
- Tortillas
- Pasta
- All breads
- Pastries



Drinks and beverages

The number of empty calories we can consume from drinks and beverages can add up to pounds of excess weight in a year. One latte per day can produce a weight gain of over a stone per year and a large glass of wine can equal to a weight gain of nearly two stone per year.

Some of you may be able to tolerate a small amount of alcohol without it producing cravings, but for many of us, alcohol is a gateway into food cravings and overeating. Think how hungry you are after you have been on a night out, most takeaways make their living out of the 'after alcohol' binges, and then there is the soaking up the night before fried breakfast with lashes of bread, fat and sugar the 'moaning after the night before'. Alcohol lessens our inhibitions and willpower and is likely not only to cause us to overeat but also possibly do and say things we regret the day after which causes shame and guilt. You all know what your unicorn does when we are feeling shame and guilt!!

So in a nut shell; an occasional glass of wine with a meal can be fine (you know your own tolerance, if it is a problem for you remove it completely, it may feel scary but we will help you with this. Amanda is a trained food addiction professional and a recovering alcoholic herself with 9 years of recovery. Trust me, you are in the right place.



What about other drinks and beverages

We live in a world of coffee shops, different coffee everywhere. Coffee has become like wine; we have Baristas instead of Sommeliers and everyone meets for a coffee these days.

You know that caffeine increases dopamine and blood sugars and has a similar affect to sugar in our body and brain and is best avoided. If you cannot remove it completely keep your caffeine consumption to 2 caffeinated drinks per day.

Lattes, cappuccinos, flat white etc have a lot of calories. You should have these only if you are using your daily dairy allowance.

Fizzy drinks and cordials

Bariatric bodies should avoid these where possible.

Diet drinks are full of chemicals and cause cravings in

the brain and body, fizzy can make you very uncomfortable and lead you to foamies and sickness.

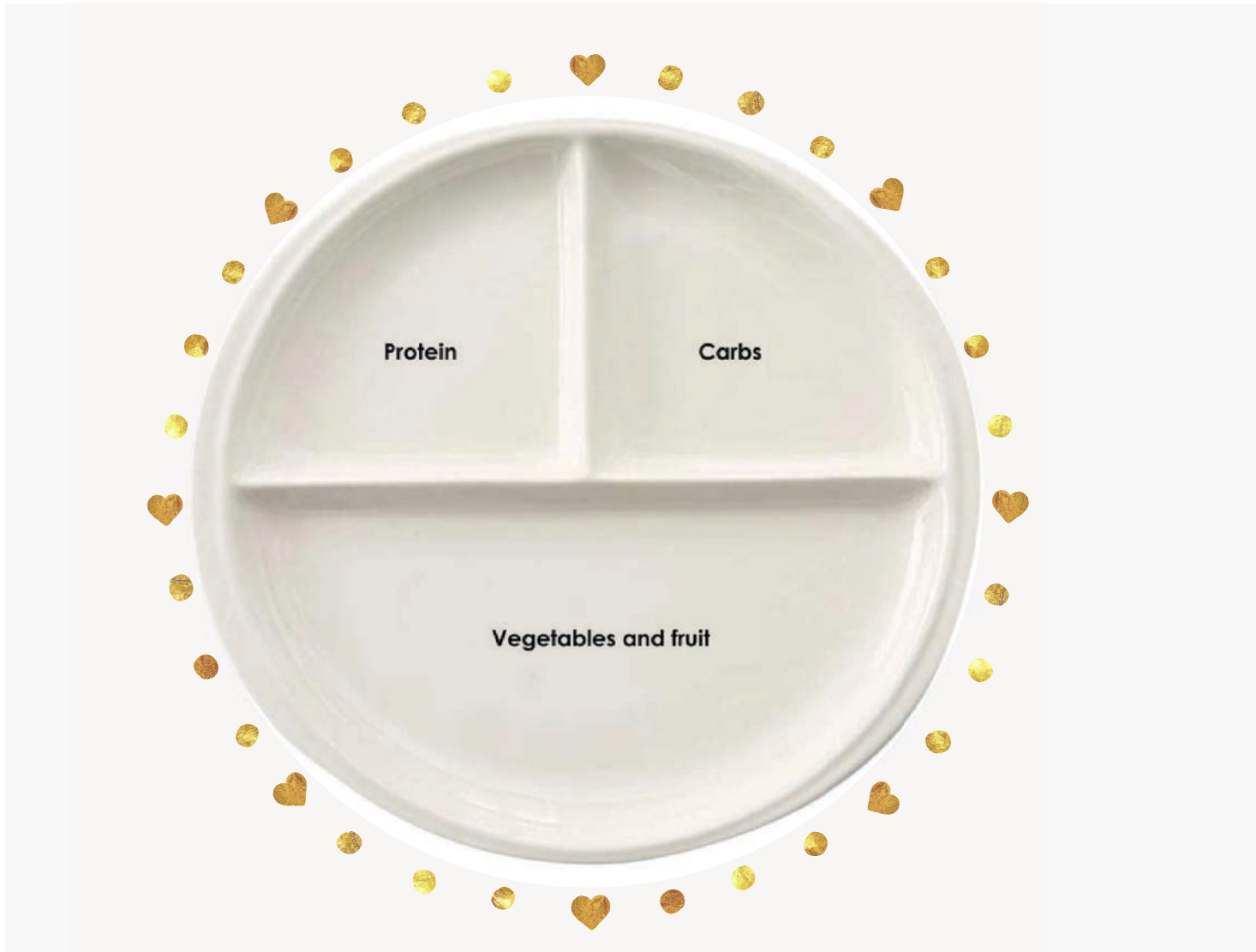
If you must have fizzy drinks such as sparkling water, ensure you stir out all of the bubbles before you drink it.

If you are not a bariatric body then you can have

sparkling water with no problem.

Portion sizes

The easiest way to ensure that your portion sizes and ratio of food groups is correct is to use a portion control plate.



But how to fill them accurately and reliably?

I have seen so many portion plates in action just recently (but they do vary in size so check for reliability) where food seems to be pretty much portion size correct – that is well within the inner 'loading area' but proportions have been way, way off! Sometimes the carbs are positioned in the protein area, no carbs are there at all, plus veggies and salads are all over the place.

Portion Plate Guidelines

There are a good number of portion plates on the market and whether you are using one of those, or a side or salad plate, aim for ...

- A plate with a 'loading area' inside the rim of no more than 7 inches in diameter. Obviously, it's impossible to see how 'high' you load your plate – but aim for sensible not Mount Vesuvius-like mounds – you know full well if you're pushing this. And don't be alarmed if you can't manage this portion size to begin with, or each and every day, and for differing foods – I find I can eat more of a softer meal like Cottage Pie than firm protein roast chicken, and most others find the same. Just remember to keep inside the lines or the rim.
- A plate with clear indicators to ensure foods are eaten in the right proportions can help too. Marking out protein, vegetables and salads, and carbs like rice, grains and potatoes. However, these are not necessary if you use the guidelines given below. The most important thing is that whatever you do, you do not eat more than one plate of food at a sitting.
- If you know that portion sizes are a problem for you and you are a 'huge portions' person it is a really good idea to weigh your food for the first 28 days, especially when you are at home. Overeating can be as bad as what you are eating because large portions will spike your base line blood sugars and decrease leptin.

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



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).

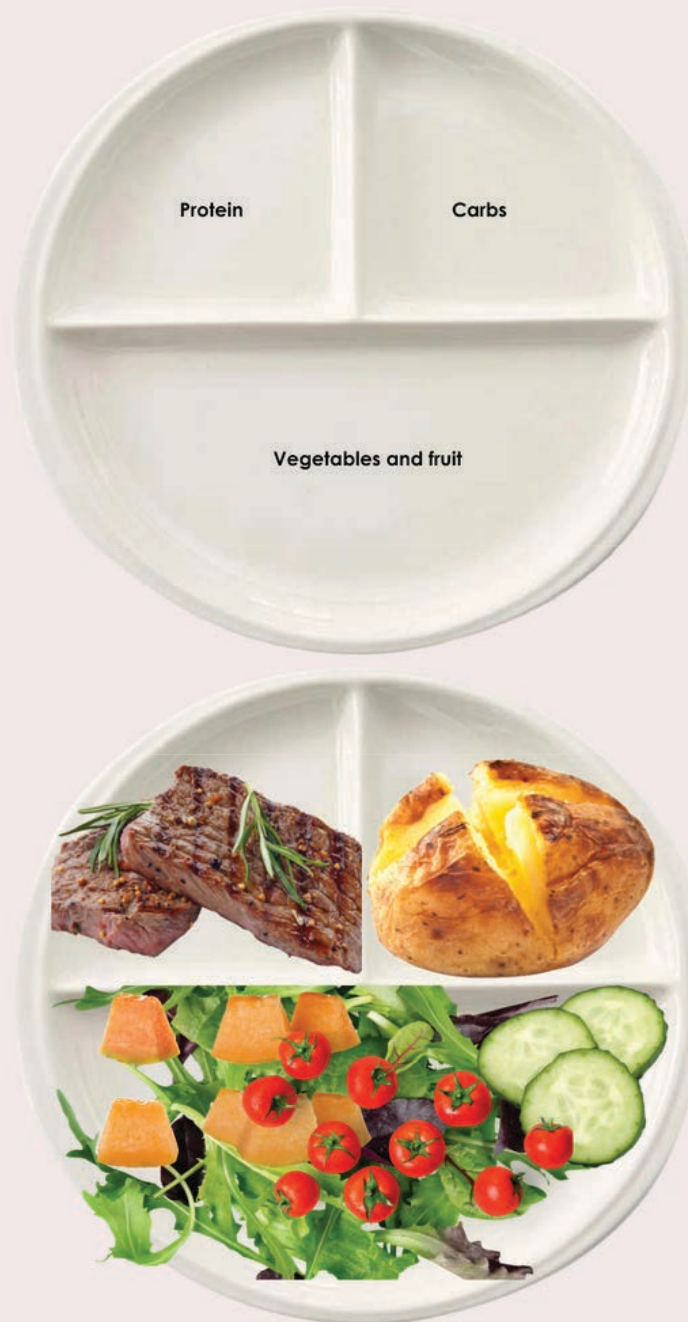


Fill a quarter of the plate with starchy foods like rice, potatoes, squashes, beans and other grains. Ideally choose brown varieties and those that have a higher fibre profile than simple processed carbs. Place these foods in the carbs section of the plate, aiming not to overlap the plate rim nor encroach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



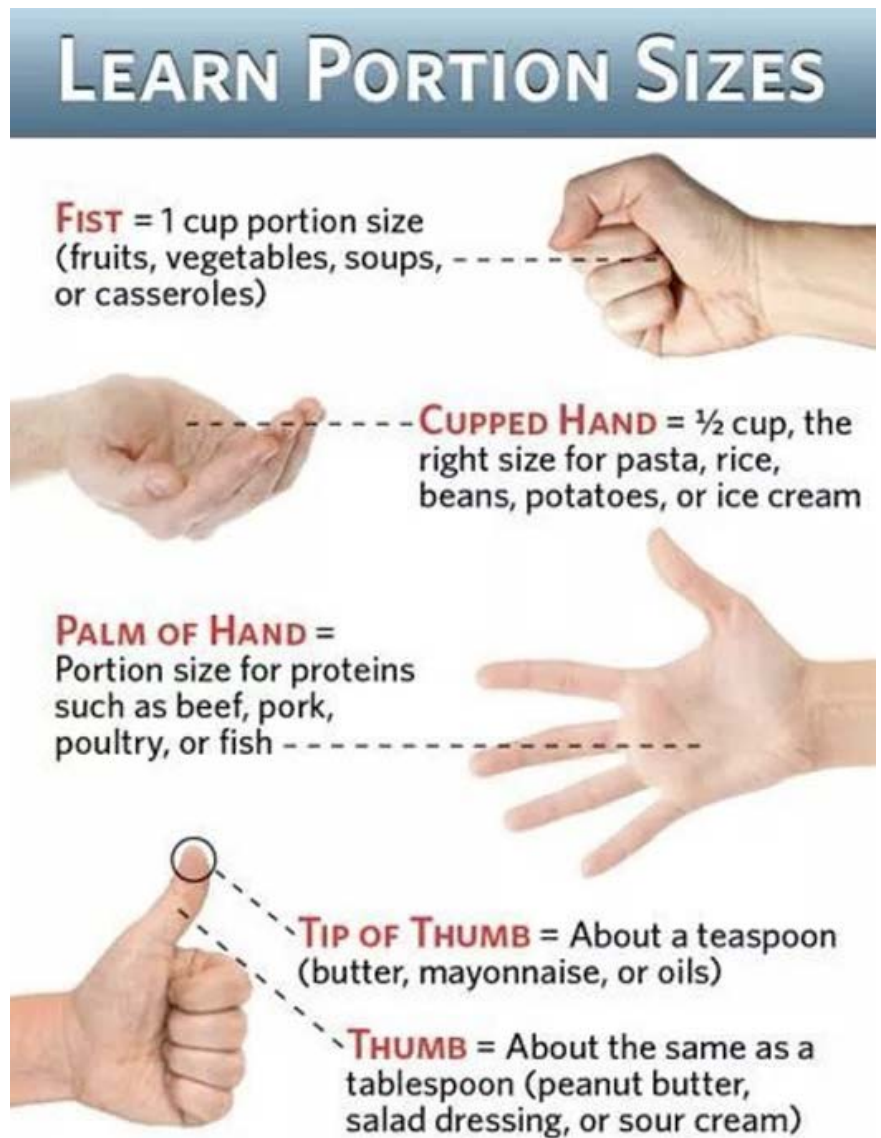
Eating Out

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.



What can I eat?

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

We all have to live and eating out is a pleasurable part of life. In the first 28 days I would avoid it where possible, however if you are going out here are some guidelines to help you.



Most restaurants are very used to people who have food allergies or intolerances these days. Do not be afraid to fight for what you need. You are not being 'awkward' or unreasonable asking for the foods that you need; you are looking after your health, life and happiness.

I always look at the restaurant menu before I go and choose what I am going to eat and commit it to my group or to my husband so that I am not sidetracked by a new 'special' or something that may set me off my plan. Gollum loves spontaneity, it is when he is at his most manipulative. So plan where you can and do not be afraid to say to family and friends that a restaurant they have chosen is not suitable for your needs.

I do not have many fixed foundations when eating out, other than NO sugar, NO flour and ONE plate only.

I ask every time if there is sugar or flour in dressings and sauces. I now allow myself sauces that may have a small amount of cornflour as a thickening agent, but I would not advise this in the first 28 days.

I always ask for my dressing on the side and if I am asked about why no sugar and flour, I simply say - I am allergic to sugar and flour. It is true. An allergy is an abnormal reaction - there is nothing 'normal' about my reaction when I eat sugar, I do not eat it, I inhale it like a drug. That is an allergy to me.

Best choices

- Indian - any tandoori or tikka without sauce with rice, tomato based curries such as madras, rogan josh but no korma, masala or coconut based sauces.
- Italian - fish, meat and salad, risotto but no pasta or pizza
- Chinese and thai - blackbean and ginger and spring onions, soy sauce but not oyster sauce or sweet chilli etc, Chinese veg and rice
- Bistro - fish, seafood, meat, vegetables, rice, potatoes, risotto
- Mexican - chilli con carne,
- Cafe - jacket potato with cheese, beans, salad
- Greek and Mediterranean - really good choice and easy. Dolmades, hummus, tapas, fish, seafood, tapas but no bread

Breakfast, Lunch, Dinners and Snacks

You can make your own meals using the allowances from the food plan, use our recipes from the reboot days 11 - 14 or any of the monthly recipes we produce during the program. We have also provided some additional recipes at the back of this booklet for you to use in this stage.

Here are also some ideas for quick meals

Breakfasts

Porridge made with milk, berries and seeds
Sweet potato toast with strawberries and yoghurt
Fruit salad, yoghurt and bran flakes
Bacon, egg, tomatoes and mushrooms with 2 rice cakes
Smoked haddock, egg, spinach and 2 oat cakes
Egg muffins with bacon, cheese and veggies
1 hard boiled egg, one piece of ham and 8 cherry tomatoes with two rice cakes spread thinly with butter.

Lunch

Corodorf chicken salad
Salmon asparagus and new potatoes
Ham and cream cheese roll ups and salad
Tuna and cucumber boats
Garlic, chilli and lemon prawns and salad
Quinoa salad
Cheese and courgette bake
Halloumi and quinoa salad
Leftovers from last nights dinner

Dinners

Chicken cashew curry and rice with extra veg
Roasted veg with feta
Roast dinner with loads of veg
Chicken and chips (air fried) and vegetables
Steak and chips (air fried), mushroom, tomatoes
Chicken or prawn egg fried rice
Chicken tikka and salad with rice
Meatless Meatballs

Snacks

Fruit and peanut butter
Fruit salad and greek yoghurt
Chai berry pot
2 oatcakes and hummus
2 Rice cakes topped with blueberries and yoghurt
Air fried kale crisps with yoghurt dipping sauce



28 day repair phase Store cupboard food list

This is just a guide. You should go through this list and decide which items you need to purchase, adding anything additional if you need it to make the meals and recipes of your choice.

Fresh food

Greek yoghurt (no flavour or sugar)
Milk
Cheese
Butter
Cottage cheese
Cream cheese
Babybel
Chicken breasts (cooked and uncooked)
Eggs
Cooked prawns
Cooked meats
Hummus
Steaks
Chicken breasts
Chicken thighs
Tofu
Tempeh
Quorn
Edamame
Bacon (no dextrose)
Ham (no dextrose)

Store cupboard ingredients

Oatcakes
Oats
Rice cakes
Weetabix
Shredded wheat
Vanilla essence
Sugar free peanut butter
Seeds
Mixed nuts 25g bags
Kidney beans
Lentils
Canellini beans
Sugar free backed beans
Tomato puree
Tinned tomatoes
Low fat coconut milk
Soy sauce
Worcestershire sauce
Herbs and spices
Curry powder
Mixed spice
Cinnamon

Ginger
Nutmeg
Chilli powder
Coriander
Cumin
Garam Masala
Smoked paprika
Hot sauce
Nutritional yeast (vegan)

Fresh fruit and veg

Potatoes
Sweet potatoes
Carrots
Courgettes
Broccoli
Mixed salad leaves
Baby tomatoes
Beetroot
Cucumber
Avocado
Mushrooms
Peppers

Apples
Grapes
Bananas
Other fruit

Time saving store cupboard/freezer items

Chopped mango
Chopped watermelon
Chopped pineapple
Frozen/fresh berries
Chopped frozen onions, ginger, chilli, garlic, coriander, parsley
Frozen vegetables of your choice
Frozen peas
Frozen sliced peppers
Frozen sliced mushrooms
Frozen mashed potato (no sugar or flour)
Brown rice ready-made packets
Basmati rice ready-made packets
Quinoa ready-made packets

Will I lose weight on this plan?

The main object of this 28 days is to repair your brain and body. In order to do this you have to eat sufficient food to heal your cells, start to restore leptin levels, decrease your blood sugars but also to ensure that your MUCH mob and particularly your monkey is not feeling deprived.

In stage 3 we will tweak your plan if necessary for greater weight loss or to slow it down if you are losing too quickly.

Most people will lose about 7lb on this plan but some more and some less. It depends on the type of foods you choose. Most of you know the better foods for weight loss choices and you can choose those accordingly.

But please do not concentrate on the weight too much here, this is about REPAIRING your brain and body. There is plenty of time to get to your natural set body weight and this will be easy once you have completed this repair phase.

What happens if I eat sugar or flour?

I would advise you to start again at day one. You really do need to get 28 consecutive days of sugar and flour free under your belt before changing anything in this plan.

Without that, you are likely to continue with cravings and obsessions and you will not be able to identify what is causing them.

In the FF4E foundation you will be supported through our Reveal, Restart, Recommit process where you will learn why it happened, restart immediately without shame or guilt and recommit to yourself and others.

What happens after the 28 days?

If you are in the Food Freedom 4Ever program you will get help to decide what is the next stage.

Are there foods that you are finding are triggers even though they are in the plan

Do you need to increase or decrease portion sizes?
Can you bring in some of the flexible foundation foods such as sweeteners, alcohol or fried foods

If you are not a member of the FF4E foundation then this plan is a perfect lifetime plan. It will help you get to your natural weight in your bodies own time and stay there.

FAQ?

It is my birthday, Christmas, holiday what then?

You are advised never to break your fixed foundations of NO sugar, NO flour and eating only one plate and only 4 times per day. The first two fixed foundations are the absolute most important.

However, there may be times when you may just decide you are going to eat for a special occasion and you are adamant that you want to do that.

I would much rather that you had a 'planned break with the correct support to get right back on track than you hit the F it button on your own and disappear for a week, month, year. So these events can be planned for. They are absolutely only for occasional circumstances and not a regular thing though.

You will get information about Planned Off Plan Process in the next few weeks

My top tips

1

Don't say you can't - say you don't - mindset is everything. If you tell yourself and others that you cannot do something you are starting off with a deprivation mindset. You are saying that 'you are not allowed to' and this makes our unicorn want to rebel against the feeling of being told what to do. It also allows others to question our intentions.

If you say, " I do not eat sugar and flour" it is a statement. It is definitive. It does not allow others to question or try and change your mind. You do not need to give an explanation. However, a very easy and honest explanation is - I am allergic to it. You are - it is a poison to your system and it sets off a chain of chemical reactions in your brain and body that means you cannot stop eating it.

My favourite saying is -

NO MATTER WHAT, I DO NOT EAT SUGAR OR FLOUR. I DO NOT EAT SUGAR OR FLOUR - NO MATTER WHAT!!!!

That means, if I have a car crash, I have an argument with my husband, I lose my job, I am in the middle of nowhere and have no food with me, NO MATTER WHAT. I do not eat sugar or flour. It is imperative that you commit to this for the next 28 days as a minimum.

2

Clean out your cupboards - go through your cupboards and take out EVERYTHING that has sugar or flour in it out of your cupboards, particularly cakes, biscuits, chocolate, candy, bread products.

if you live with others who must eat these types of foods, then ask them to hide them away somewhere where you do not know they are and do not eat them in front of you. This is not unfair to your loved ones, in fact, many of my clients use this time to get their children and partners on board by making it a family affair. You will be surprised how quickly children adapt to eating new things, particularly if you are strong and really mean it. Introduce more fruit, oatcakes, and peanut butter, pepperoni, cheese, cooked meats etc as snacks instead. When you get to stage 3 you will be able to start doing some baking of low sugar substitute products too.

Think about it like this, if one of your loved ones was a drug addict, would you have heroin in your cupboards? Or if they were an alcoholic would you fill your fridge up with wine?

So give yourself the very best chance of Gollum not being able to derail your best intentions and clean all of the 'poison' out of your house.



3

You are responsible for getting your own needs met

Don't let others dictate your choices. Many people who suffer from obesity are people pleasers. They put their own needs at the bottom of the pile and bow down to other people's needs and desires before their own.

This new way of life is very important to you. Make sure you prioritize it and do not let others dictate situations that may put you in danger.

For example, if you are eating out with others, ask which restaurant and research the menu beforehand. If they do not serve food that is suitable for you, then ask to go somewhere else. Make sure that you prioritize your needs and you will be surprised how quickly people will start to take you into consideration, not just with your food choices but in many other ways too. One of the things that I have found on my journey is that when we start to value ourselves more, then others value us more too.

4

Try not to eat out too much during this 28 day period

Eating out is a more difficult time for us to stay on track. Gollum seems to love the fact that your human thinking brain is not completely in charge when you are eating out and loves to try and provide excuses for you to go off plan. Even if it is eating bigger portions (because you paid for it) or stretching the boundaries by suggesting that you drink 'just one glass of wine or diet coke'. You will not believe how many clients have fallen headfirst back into the food by having just one diet coke or glass of wine too early on this program.

So if you can try to avoid eating out as much as you can during this phase it will be easier. However, if you do eat out, make sure you

Phone ahead and explain you are sugar and flour-free.

If you are in a restaurant ask for your dishes to be sugar and flour free

If you are eating at someone else's house, either ask them to provide sugar and flour free or take your own food with you. If it is a buffet, take an 'on plan' offering so that you can ensure there is something you can eat safely.

offer to take dessert and make it a lovely fruit salad or fruit kebabs after phase 2 there are some alternative desserts you can make and take with you.

Be careful of portion control. Take a plastic container with you. Eyeball your 4oz protein, 4oz carbs and put the rest into your container BEFORE you eat, and then you can eat what is left on your plate without feeling deprived.

5

Do not look for substitute foods

Substitute foods are foods that look and/or taste like your favourite or habitual foods. For example, trying to make biscuits or pizzas or bread etc. In this phase we want the brain to stop associating pleasure with your 'go to' foods and therefore I urge you not to try. Try to keep your food, simple, clean, fresh and nourishing. Also, if you do try to make substitutes they are not going to give you the dopamine hit that you used to get with the 'original' versions and therefore Gollum will start to send you to look for the real thing. In this stage it is better not to try this at all,



Your stage 2 Recipes
from Your Sugar Free
Kitchen

Recipes for the 28 day repair stage

Stage One - Reboot stage

Suitable from stage 1

You can have these recipes any time in the twelve month process. You can find these in the [11 - 14 day reboot pack here](#).

Stage Two – Repair stage

Suitable from stage 2

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.





Coconut porridge with peanut butter sauce and raspberries



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



Suitable from stage 2

WHAT YOU NEED

- 150 g oats
- 1 pint semi skimmed milk
- 300 g light coconut milk canned
- 2 tsp erythritol or stevia optional
- 1 pinch salt
- 1 tbsp linseeds and chai seeds

For the PB sauce

- 2 tbsp peanut butter
- 4 tbsp warm water
- 1 pinch salt

To top

- 75 g raspberries or mixed berries per portion
- 4 tbsp greek yoghurt per portion

INSTRUCTIONS

Add the oats, coconut milk, water, sugar, and salt to a small pot and place in the fridge overnight for best results but not imperative.

In the morning, bring everything to a boil and then simmer over low heat without mixing for 5-7 minutes, or until the porridge thickens.

In the meantime, mix peanut butter with water and salt, then crush the raspberries in a different bowl.

Place the porridge in a bowl, top with a tablespoon of the peanut butter sauce, 4 tbsp greek yoghurt and 75g crushed raspberries. This can be served hot or cold.



Chunky Monkey Pancakes



Serves: 1
Prep: 10 mins
Cook Time: 10 mins



Suitable from stage 2

WHAT YOU NEED

- Coconut oil spray
- ½ tsp cocoa powder
- 1 tsp chopped nuts
- For the pancakes:
 - 40g (2oz) plain Greek yogurt
 - 1 oz (25g) rolled oats
 - ¼ tsp. baking powder
 - ½ medium banana, mashed
 - 1 egg
 - 1-2 tbsp. almond milk, unsweetened
 - ½ tsp. vanilla extract
- For the sauce:
 - 1 tbsp. peanut butter
 - ½ medium banana
 - 2 tbsp. almond milk, unsweetened

INSTRUCTIONS

Add all the pancake ingredients to a food processor or blender and process until smooth.

Heat a non-stick frying pan or skillet over medium heat and spray with coconut oil.

Using a ladle, spoon the pancake batter into the pan and cook until bubbles start to appear on the surface of the pancake, around 3 minutes. Flip the pancake and cook for a further 2 minutes. Repeat the process until you have used all the batter, continue to coat the pan with coconut oil spray as required.

Prepare the sauce by mashing half a banana in a small bowl and combining it with the peanut butter. Add a splash of almond milk and stir together to reach the desired consistency.

Pour the sauce over the pancakes and sprinkle with the cocoa and nuts.

Blueberry frozen yogurt



Serves: 2

Prep: 5 mins

Cook Time: 0 mins



WHAT YOU NEED

- 6oz (150g) blueberries, frozen
- 1 ripe banana
- 100g Greek yogurt
- 4 oatcakes

INSTRUCTIONS

Place all the ingredients in a food processor or blender and mix until smooth. Save a few berries to decorate.

Place in freezer until set

Serve as a snack or dessert

Eat with two oatcakes per portion as a wafer



Suitable from stage 2





Curried parsnip soup



Serves: 4
Prep: 10 mins
Cook Time: 35 mins

1 veg
1 fat

WHAT YOU NEED

- 4 parsnips
- 2 tbsp olive or rapeseed oil
- 1 onion
- 2 garlic cloves
- 2 tsp curry powder mild or medium
- 750 ml vegetable stock
- 50 ml dairy-free cream

INSTRUCTIONS

Preheat the oven to 180°C / 350°F / Gas Mark 4.

Peel the parsnips and cut into wedges, and place in a roasting tin or baking tray. Peel the onion and slice thickly and add to the tray, then add the garlic cloves - whole and unpeeled. Drizzle over the oil, add the curry powder and season with salt and black pepper, then toss everything together until the vegetables are fully coated with oil.

Roast for 30 minutes until the parsnips are golden brown and soft. Remove the garlic cloves (keep them for later), and set aside.

Bring the vegetable stock to the boil in a large saucepan. Tip in the roasted parsnips and onion, then squeeze the soft flesh out of the roasted garlic cloves, add to the pan and discard the skin. Boil for 4-5 minutes, then remove from the heat, stir through the cream then blitz to a very smooth purée with a hand blender or in a blender / food processor. Taste and adjust seasoning as required.

If you wish to make parsnip crisps for a garnish, simply peel strips off a parsnip with a potato peeler. Heat a little oil in a frying pan and fry the strips gently until they are just turning golden brown. Watch carefully - they can burn in seconds! Sprinkle with salt then remove from the pan and keep on kitchen paper until just before serving so they stay crisp.

Serve the soup with a drizzle of cream and your parsnip crisps.

Suitable from stage 2



Fragrant coconut salmon prawn traybake



Serves: 4
Prep: 10 mins
Cook: 30 mins

1 fat
1 protein
1 carb
1 veg

Suitable from stage 2

WHAT YOU NEED

- 1 tbsp sunflower oil
- 5 tbsp Thai red curry paste
- 2 garlic cloves, grated
- thumb-sized piece of ginger, peeled and finely grated
- 1 x 400ml can reduced fat coconut milk
- 1 red chilli, halved
- 1 tbsp fish sauce
- 3 lime leaves (optional)
- 4 100g thick salmon fillets, skin left on
- 4 baby pak choi, cut into quarters
- 150g mangetout
- 150g raw king prawns
- ½ small bunch of coriander, roughly chopped
- 2-3 limes, cut into wedges to serve
- 3 tbsp cooked jasmine rice per portion to serve

INSTRUCTIONS

Heat the oven to 200C/180C fan/gas 6. Heat the oil in a deep frying pan or wok, and fry the curry paste, garlic and ginger for 1 min. Stir in the coconut milk and chilli, and bring to a simmer. Add the fish sauce and lime leaves, if using.

Pour the mixture into a medium roasting tin, and nestle in the salmon, pak choi and mangetout. Cover and cook in the oven for 15 mins. Scatter in the prawns and cook for a further 10 mins. Garnish with the coriander and serve with the lime wedges and rice



Serves: 4
Prep: 25 mins
Cook: 25 mins

1 protein
1 fat
1 carb
1 veg

Suitable from stage 2

Salmon burgers

WHAT YOU NEED

Salmon Patties:

- 500g fresh salmon fillet
- 1 yellow onion chopped
- 1 red bell pepper chopped
- 1 clove garlic crushed
- 1/2 tsp salt and pepper
- 2 tbsp fresh dill chopped
- 1/2 lemon juiced
- 30 g oatmeal
- 1 medium egg

Burger toppings:

- 8 pieces lettuce
- 1 large tomato
- 1 small red onion
- Yogurt Dill Sauce:
- 120 g plain full fat Greek yogurt
- 2 tbsp fresh dill chopped
- 1/2 lemon juiced
- 2 cloves garlic crushed
- 1/2 tsp onion powder
- 1 pinch cayenne pepper optional
- 1 pinch salt and pepper

Sweet Potato Fries:

- 2 medium sweet potatoes
- 1 tbsp olive oil
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/8 tsp pepper

INSTRUCTIONS

Preheat the oven to 400°F (200°C).

Season the salmon fillets with a little salt and pepper and place onto a baking tray with parchment paper.

Peel and cut the sweet potatoes into fries, try to make them of equal size to ensure an even bake. Place the sweet potatoes onto a baking sheet lined with parchment paper. Drizzle with oil and sprinkle with salt, pepper and garlic powder.

Place the salmon on the top rack of the oven and the sweet potato fries on the middle rack and bake for 15 minutes.

While the salmon is cooking, slice the tomato and half a red onion for the burger toppings. Also rinse 8 lettuce leaves. Set aside on a serving tray.

Place a non-stick frying pan over a medium heat and sauté the onions, red bell pepper and garlic for 3 minutes. Then transfer to a large mixing bowl.

Add the egg, oats, dill, lemon, salt and pepper to the bowl and mix.

Remove salmon from the oven and set it aside to cool for 5 minutes.

Stir the sweet potato fries and pop the tray back into the oven to cook for another 5-10 minutes after this time turn off the oven to keep them warm.

While the salmon is cooling, make the sauce by adding yogurt, dill, lemon juice, onion powder, and spices to a bowl and mixing well to combine.

Once the salmon has cooled, remove the skin and flake the salmon into smaller pieces. Add the flaked salmon to a bowl along with the oatmeal, egg, and onion mixture. Mix well to combine, breaking up any clumps. Form this mixture into 4 salmon patties. Ensure to press them firmly or they will split.

Quickly rinse the pan used to cook the onion mixture. Spray lightly with oil and then place the patties in the pan and cook on each side for approximately 4 minutes, or until golden brown.

To assemble, place a piece of green lettuce on the plate. Top with salmon burger patty, sauce, tomato and then the onion. Top with another piece of lettuce. Using a knife and fork is the easiest way to eat these burgers.

Salmon burgers with sweet potato fries



Serves: 4

Prep: 25 mins

Cook Time: 25 mins



1 protein
1 carb
1 fat
1 veg

Suitable from stage 2

WHAT YOU NEED

Salmon Patties:

- 300g fresh salmon fillet
- ½ cup (75g) yellow onion, chopped
- ½ cup (75g) red bell pepper, chopped
- 1 garlic clove, crushed
- ⅛ tsp. salt and pepper
- 2 tbsp. fresh dill, chopped
- ½ lemon juiced
- ¼ cup (30g) oatmeal
- 1 egg

Burger Toppings:

- 8 pieces of green leaf lettuce
- 1 large tomato
- 1 small red onion

Yogurt Dill Sauce:

- ½ cup (120g) Greek yogurt
- 2 tbsp. fresh dill, chopped
- ½ lemon juiced
- 2 cloves of garlic, crushed
- ½ tsp. onion powder
- pinch of cayenne pepper (optional)
- pinch of salt and pepper

Sweet Potato Fries:

- 2 medium sweet potatoes
- 1 tbsp. olive oil
- ½ tsp. garlic powder
- ¼ tsp. salt
- ⅛ tsp. pepper



INSTRUCTIONS

Preheat the oven to 400°F (200°C).

Season the salmon fillets with a little salt and pepper and place onto a baking tray with parchment paper.

Peel and cut the sweet potatoes into fries, try to make them of equal size to ensure an even bake. Place the sweet potatoes onto a baking sheet lined with parchment paper. Drizzle with oil and sprinkle with salt, pepper and garlic powder.

Place the salmon on the top rack of the oven and the sweet potato fries on the middle rack and bake for 15 minutes.

While the salmon is cooking, slice the tomato and half a red onion for the burger toppings. Also rinse 8 lettuce leaves. Set aside on a serving tray.

Place a non-stick frying pan over a medium heat and sauté the onions, red bell pepper and garlic for 3 minutes. Then transfer to a large mixing bowl.

Add the egg, oatmeal, dill, lemon, salt and pepper to the bowl and mix.

Remove salmon from the oven and set it aside to cool for 5 minutes.

Stir the sweet potato fries and pop the tray back into the oven to cook for another 5-10 minutes after this time turn off the oven to keep them warm.

While the salmon is cooling, make the sauce by adding yogurt, dill, lemon juice, onion powder, and spices to a bowl and mixing well to combine.

Once the salmon has cooled, remove the skin and flake the salmon into smaller pieces. Add the flaked salmon to a bowl along with the oatmeal, egg, and onion mixture. Mix well to combine, breaking up any clumps. Form this mixture into 4 salmon patties. Ensure to press them firmly or they will split.

Quickly rinse the pan used to cook the onion mixture. Spray lightly with oil and then place the patties in the pan and cook on each side for approximately 4 minutes, or until golden brown.

To assemble, place a piece of green lettuce on the plate. Top with salmon burger patty, sauce, tomato and then the onion. Top with another piece of lettuce. Using a knife and fork is the easiest way to eat these burgers.



Comforting Boston beans and sausage casserole



Serves: 4
Prep: 5 mins
Cook Time: 25 mins

1 protein
1 veg
1 carb

WHAT YOU NEED

- 1 large tin cannellini beans
- 500g sausages (no flour or rusk)
- 2 onions chopped
- 2 carrots chopped
- 4 celery sticks ch
- 2 garlic cloves
- 2tsp mustard powder
- 2tsp smoked paprika
- 1 bay leaf
- 500g passata
- 2tbsp tomato puree
- 300g cherry tomatoes

INSTRUCTIONS

Cook the sausages according to the packet. Combine all other ingredients except for the tomatoes and beans and bring to the boil.

Add the cooked sausages, tomatoes and beans and simmer for another 20 mins.

This is really comforting on those autumnal nights!

Suitable from stage 2



Garlic mushroom & chicken stir-fry



Serves: 4
Prep: 10 mins
Cook Time: 20 mins



Suitable from stage 2

WHAT YOU NEED

- 2 tbsp. olive oil
- 1 lb. (450g) chicken thighs, chopped
- 2 tsp. Italian seasoning
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ½ tsp. paprika
- 2 tbsp. butter
- 1 small onion, chopped
- 4 cloves garlic, minced
- 1 green bell pepper, chopped
- 8 oz. (250g) mushrooms, sliced
- 2 tbsp. parsley, chopped

INSTRUCTIONS

Heat the olive oil in a large pan over medium-high heat and add the chicken. Season with salt and pepper, Italian seasoning, garlic powder, onion powder, and paprika. Mix well and cook for 5-6 minutes until chicken is browned. Then, remove it from the pan and set aside.

In the same pan, add the onion and garlic, cooking for 3-4 minutes until it is fragrant. Next, add in the mushrooms and bell pepper, continue cooking for another 4-5 minutes, until soft.

Add the chicken back to the pan and mix well with the vegetables. Continue cooking for another 2 minutes. At the end of cooking, sprinkle with the parsley and adjust seasoning if needed.

Chicken & courgette green curry



Serves: 4

Prep: 5 mins

Cook Time: 15 mins

WHAT YOU NEED

- 1 small onion, sliced
- 1 large can (400ml) light coconut milk, canned
- 2 tbsp. green curry paste, or more/less to taste (no sugar)
- 1 cup (240ml) chicken stock
- 1 lb. (450g) chicken thighs, cut into bite-size pieces
- 2 large courgettes, chopped
- 3-4 handfuls spinach
- 1/2 cup basmati rice
- coriander leaves, to serve

1 protein
1carb
1 fat
1 veg

INSTRUCTIONS

Place the washed and drained rice in a pan, add 1 cup of boiling water and bring to the boil. Stir once, allow rice to gently boil for 5 minutes then turn off heat and allow to stand for 20 minutes.

Place 2 tablespoons of coconut milk into a wok or large pan and add the onion. Cook for about 2 minutes, stirring occasionally. Then add green curry paste, mix well, and cook for another 2 minutes.

Add in the stock and the rest of the coconut milk, mix it, and bring it to a boil over high heat.

Next, add the chicken breast and cook for 5 minutes, then add the zucchini and cook for another 4 minutes, stirring constantly.

Add in the spinach and cook until wilted, for 1-2 minutes.

Rice should be perfectly cooked and no need to drain.

Spoon a portion of rice and top with the curry

Sprinkle with coriander leaves to serve.

Suitable from stage 2



Grilled Chimichurri Chicken Salad



Serves: 4
Prep: 20 mins
Cook Time: 25 mins

2 fat (including chimichurri sauce)
1 protein
1 veg

WHAT YOU NEED

- ½ cup (125g) chimichurri sauce (see sauce recipe in this pack)
- 4 skinless chicken thighs
- 1 tbsp. olive oil
- 1 head of romaine lettuce, chopped
- 2 tomatoes chopped
- ½ chopped cucumber
- ½ red onion, sliced
- 2 avocados, sliced
- handful fresh parsley, to serve

INSTRUCTIONS

Place 4 tablespoons of the chimichurri sauce into a zip-loc bag along with the chicken thighs. Set aside to marinate for 20 minutes. Keep the remaining sauce to use as a dressing.

Heat the olive oil in a grill pan or skillet over medium-high heat and cook the chicken thighs for 4-5 minutes each side until golden and cooked through. Slice the cooked chicken into strips.

Divide the lettuce leaves, tomatoes, onion, cucumber and avocado between 4 bowls. Top each bowl with one chicken thigh and drizzle over with the remaining chimichurri sauce. Garnish with parsley leaves to serve.

Suitable from stage 2



Crispy Tofu pesto pasta



Serves: 4
Prep: 10 mins
Cook Time: 20 mins

1 protein
2 veg
1.5 fat

WHAT YOU NEED

- 8 oz extra firm tofu
- 4 large courgettes (zucchini) spiralized
- 1 large aubergine (eggplant)
- salt and pepper

Pesto:

- 2 oz fresh basil (1 large bunch)
- 3 tbsp roasted pine nuts
- 1 tbsp nutritional yeast
- 1/2 lemon juiced
- 2 tbsp olive oil
- 1/4 jalapeno pepper omit if you don't want it spicy
- salt and pepper

INSTRUCTIONS

Place a large saucepan of water on the stove and bring to the boil. Take the tofu, wrap it in a cloth and place a few heavy books on top, or use a tofu press to release any excess moisture.

While the tofu is pressing, place the basil, roasted pine nuts, nutritional yeast, lemon juice, 1/4 jalapeño pepper (optional) and olive oil into a blender or food processor. Blend until smooth. Add salt and pepper to taste.

Place the spiralized courgette into boiling water and cook for 5 mins.

Chop the tofu and aubergine into cubes. Place a large frying pan on the stove over a medium/high heat. Add 1 tablespoon of olive oil to the pan and add in the tofu and aubergine. Crisp each side of the tofu and aubergine for 2-4 minutes each side until golden brown. Sprinkle with a little salt and pepper.

To assemble, drain the courgette, put into a large pasta bowl and toss with the pesto sauce. Place the crispy tofu and aubergine on top of the pasta and serve with fresh basil and black pepper.

Suitable from stage 2



Roasted vegetable & za'atar chicken salad



Serves: 4
Prep: 10 mins
Cook: 25 mins

WHAT YOU NEED

- 1 medium red onion
- 1 large red bell pepper
- 1 large orange bell pepper
- 2 heaped cups (130g) chopped cauliflower
- 6 small carrots
- 1 ½ tbsp. za'atar spice
- 2 tbsp. olive oil
- 2 large chicken breasts

Dressing:

- 1 tbsp. of apple cider vinegar
- ½ tbsp. water
- 2 tbsp. olive oil
- ¼ tsp. za'atar spice

To serve:

- 2oz (50g) feta cheese
- 1 oz (12g) chopped parsley or mint

INSTRUCTIONS

Preheat the BBQ and preheat the oven to 400°F (200°C).

Prepare and cut the vegetables into large bite-sized pieces. Keeping them uniform for even cooking.

Once the vegetables are chopped, place onto a baking sheet and drizzle with oil and sprinkle with za'atar spice, mix well to coat thoroughly.

Place the tray in the oven and cook for 25 minutes.

Season the chicken breasts with za'atar spice and a little salt and pepper.

Place the chicken on the BBQ grill. Cook the chicken for 5-8 minutes each side. Chicken is done when internal temperature reaches 165°F (75°C).

While the chicken and vegetables are cooking, place the salad dressing ingredients into a bowl and give a good mix to combine.

Remove the vegetables from the oven once they are cooked and a little brown on the edges.

Place the vegetables into two separate bowls or salad jars if taking to work. Slice the chicken breast and place on top. Sprinkle with the feta cheese and chopped herbs and drizzle over the salad dressing.

Serve immediately. Alternatively place it in the fridge for lunch the next day.

1 protein
1 fat
2 veg

Simple Meal

Tip: This is a great meal prep dish for easy workweek lunches, store in kilner jars in the fridge and just take out each day for work.

Suitable from stage 2



Mushroom lentil stew



Serves: 4
Prep: 30 mins
Cook: 15 mins

1 protein
1 fat
1/2 dairy
2 veg

Suitable from stage 2

WHAT YOU NEED

- 20 button mushrooms
- 1 medium cooking onion
- 1 1/2 cup green lentils
- 1/2 cup red cooking wine
- 1 tbsp vegan butter
- 2 large carrots
- 20 large green beans
- 3 cloves garlic
- 2 tbsp soy sauce
- 2 1/2 cups vegetable stock
- 1/2 tsp fresh rosemary finely chopped
- salt and pepper

Thickener:

- 1 tbsp cornflour
- 1 tbsp vegan butter
- 1 cup vegetable stock

Cauliflower Mash:

- 1 large head cauliflower
- 4 tbsp almond milk
- 2 cloves garlic
- 1 pinch fresh rosemary finely chopped
- 2 tbsp vegan butter
- 2 oz vegan cheese grated
- salt and pepper

INSTRUCTIONS

Chop the carrots, green beans, onions, mushrooms, and cauliflower (removing stem and leaves). Place the cauliflower florets into a large saucepan with ¾ cup (180ml) water. Place a lid on the pan and set it on the stovetop, over a medium heat for 10 minutes and cook until the cauliflower is soft.

Place a large frying pan over a medium heat, melt 1 tablespoon of vegan butter in the pan and sauté the onions and mushrooms for 1 minute. Pour in the wine and cook until the wine has reduced by half. Add in the carrots, lentils, vegetable stock, coconut aminos or soy sauce, rosemary, a large pinch of salt and a small pinch of pepper. Bring to the boil, before the heat to a simmer.

To make a thickener for the stew, place the butter in a small saucepan and heat on medium. Add in the flour or GF flour and stir until it makes a roux. Pour in vegetable stock and whisk the mixture until smooth and free of any lumps. Now pour the thickener into the stew and mix well to combine.

Simmer the stew for 15-20 minutes, uncovered, until the lentils and vegetables are cooked. Stir often, to stop the lentils from sticking to the bottom of the pan. Add in green beans for the last 10 minutes of cooking.

Now take cooked cauliflower and mash it with a fork or blend it in a food processor. Add in the crushed garlic, almond milk, vegan butter, grated cheese a pinch of salt, a pinch of pepper and the rosemary. Mix well until the cauliflower mash is smooth.

To serve, place the cauliflower mash on the bottom of the plate and top with the stew.

Vegan Hash



Serves: 2

Prep: 5 mins

Cook: 10-15 mins

WHAT YOU NEED

- 2 medium yellow potatoes
- ½ cup (150g) baby tomatoes or 1 small Roma
- 200g kale leaves or spinach
- 2 vegan sausage of choice
- 1 tsp. paprika
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ⅛ tsp. red cayenne pepper (optional) for extra heat
- pinch of salt and pepper
- 1 tbsp. olive oil
- ½ cup (120ml) water

1 protein
1 carb
1/2 fat
1 veg

Suitable from stage 2

INSTRUCTIONS

Chop the potatoes into bite-sized pieces. Cut the baby tomatoes in half, and remove the stem from the kale and chop it up.

Place 1 tablespoon of olive oil into a non-stick frying pan with a thick bottom. Heat the pan to a medium heat and add the potatoes and all the spices. Stir gently for 1 minute. Add in ½ cup of water and cover the pan with a lid. Cook the potatoes on a medium-low heat until all the water evaporates, this will take approximately 5 minutes.

While the potatoes are cooking, cut the vegan sausage into bite-sized pieces. Once the water has evaporated from potatoes, add in the tomatoes, kale and sliced vegan sausage. Cook for another 5 minutes stirring until the sausage and potatoes crisp up a little. Serve immediately.





Halloumi Traybake



Serves: 6
Prep: 15 mins
Cook Time: 1 hour

1 protein
1 veg
1 carb
1/2 fat

WHAT YOU NEED

- 600g baby new potatoes , halved
- 2 medium red onions , quartered and broken up into large pieces
- 3 tbsp olive oil
- 400g can chickpeas , drained
- 1 large red pepper , sliced into strips
- ½ romanesco broccoli or cauliflower (about 400g), cut into small florets
- 250g mixed colour cherry tomatoes
- 4 garlic cloves , peeled
- 250g pack reduced fat halloumi , thinly sliced
- small bunch basil , leaves torn

INSTRUCTIONS

Heat oven to 160C/140C fan/gas 3. Put the potatoes in a large roasting tin with the onion. Pour over 2 tbsp olive oil and roast in the oven for about 30 mins.

Add the chickpeas, pepper, romanesco, tomatoes and garlic. Drizzle with 2 tbsp oil, then roast for a further 20-25 mins until everything is cooked and browning nicely. Toss together briefly and put the halloumi slices on top. Put it under the grill for 5-10 mins, or until the cheese is melting and browning (keep an eye on it). Scatter over the basil leaves to serve.

Suitable from stage 2



Chimichurri Sauce



Serves: 8
Prep: 5 mins

1 fat

WHAT YOU NEED

- ½ cup (120ml) olive oil
- 2 tbsp. red wine vinegar
- ½ cup (12g) fresh parsley, chopped
- 2 cloves garlic, chopped
- 2 red chilies, deseeded, chopped
- ¾ tsp. dried oregano
- 1 tsp. salt

INSTRUCTIONS

Place all the ingredients into a food processor or high-speed blender and pulse to form a thick sauce.

This versatile sauce can be used as a marinade or dressing.

Once prepared, store in an airtight container in the refrigerator for up to 2 weeks.

Fabulous on all types of meat, fish, seafood and salad.

Suitable from stage 2



Butter bean & feta spread with Greek salad salsa & oatcakes



Serves: 6
Prep: 10 mins

WHAT YOU NEED

For the spread

- 400g can butter beans , drained
- 1 lemon , ½ juiced, ½ cut into 4 wedges
- 2 tbsp ricotta or greek yogurt
- 100g feta , crumbled
- 1 garlic clove

For the salsa

- 4 tomatoes , chopped
- 1 medium cucumber , finely diced
- 1 small red onion , finely chopped
- 10 pitted Kalamata olives , chopped
- 1tbsp olive oil
- a few chopped mint leaves (optional)
- 2 oatcakes per serving

INSTRUCTIONS

Tip the beans, lemon juice, ricotta, 50g feta and the garlic into a bowl and blitz with a hand blender or in a food processor to make a paste. Stir in the remaining feta and spoon the mixture into six small pots or one large jar

To make the salsa, stir all the ingredients together with the mint (if using) and divide into six more pots or one large pot, topping with a lemon wedge.

To eat, spread two oatcakes per portion with the bean mixture, squeeze the lemon wedges over the salads and pile generously onto the oatcakes.



Suitable from stage 2

These will keep, chilled in an airtight container, for two-three days.

For vegan use vegan cheese
Snack or lunch



Sweet potato toasts



Serves: 2
Prep: 2 mins
Cook Time: 6 mins

WHAT YOU NEED

- 1 sweet potato
- 2 tbsp. nut butter of choice
- 6 oz (285g) chopped berries of choice per portion

1 carb
1 fat
1 fruit

INSTRUCTIONS

Cut the sweet potato into 4 slices, roughly 1cm thick for 2 portions you can make 4 slices. Use a large kitchen knife to do this, you want each slice of sweet potato for "bread slices".

Place the sliced potatoes into the toaster and cook on the longest setting. This will take approximately 6 minutes. The sweet potato is done when the edges are golden brown and the middle still has a bit of crunch.

While the sweet potatoes are cooking, cut up the berries, strawberries, blueberries, blackberries, or raspberries are a great choice.

Once the sweet potatoes have cooked, spread each slice with 1/2 tablespoon of nut butter and topped with berries.

Suitable from stage 2

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