

FOOD FREEDOM 4EVER

Stage 3 Recipes

Food Freedom
4 Ever

COMFORTING
RECIPES

PANCAKES WITH
STRAWBERRIES
AND
CHOCOLATE
SPREAD

LOTS OF
GREAT
RECIPES



Perfect Porridge



Serves: 1
Prep: 5 mins
Cook: 5 mins

WHAT YOU NEED

- 25g Porridge Oats
- 175ml semi skimmed milk or plant based milk.
- 1tsp chia seeds
- 1 tsp linseeds (flaxseeds)
- 1/2 tsp Macha or Cacao powder or both
- 1/4 tsp cinnamon or ginger or both
- 3 oz of berries
- 1 tbsp full fat greek yoghurt
- 1tsp nut butter

INSTRUCTIONS

In a bowl put the oats, milk, chia, linseeds, cinnamon or ginger & mix and put in the fridge overnight. In morning put in pan, heat up gently for 5 mins ,add the nut butter if you like it in. Put the porridge in a bowl and add the fresh fruit and yoghurt to the top, and its done!

That is the recipe for 1, please make up enough for say 4 times the amount of porridge base. Makes life easier.

Food Freedom Allowances

1 carb
1 protein or dairy
1/2 fruit
1 fat



Vegan Breakfast Granola



Serves: 25 - 1 portion is
30g or 2 tbsp
Prep: 5 mins
Cook: 25 mins

WHAT YOU NEED

- 600g oats
- 3 tsp ground cinnamon
- 3 tsp ground ginger
- 1 tsp vanilla extract
- 100g of roughly chopped selection of nuts (unsalted)
- 3 tbsp coconut oil melted
- 2 tbsp mixed chia and linseeds
- 2 tbsp sunflower and pumpkin seeds

Serve with 1/2 banana or 3 oz berries and 100g yoghurt/milk . Plant based if vegan

Ingredients

In a bowl mix together the oats, cinnamon, vanilla, nuts, seeds, and melted coconut oil well

Spread the oat mixture on a large baking tray

Cook on 160.c for 20-25 mins keeping an eye on it in case it catches on the edges. Halfway through take the tray out and shake the granola to get an even bake

Once cooked leave it to cool down

Once cold you can store it for at least a week in an airtight container.

Serve with berries or banana and yoghurt

Food Freedom Allowances

- 1 carb
- 1 fat
- 1/2 fruit
- 1 protein or dairy



Egg muffins 3 ways

BASE:

12 small eggs
2 tablespoons finely chopped onion, (red, white or yellow/brown)
Salt and pepper, to taste

Mozzarella tomato and spinach

4 oz (100g) fresh spinach, roughly chopped
8 cherry tomatoes, halved
50g shredded mozzarella cheese
tbsp freshly chopped basil

Bacon and cheese

50g cooked bacon, chopped
25g shredded cheddar cheese

Blue cheese garlic mushroom

100g sliced brown mushrooms
50g blue cheese crumbled
1 tablespoon fresh chopped parsley
1/4 teaspoon garlic powder or 1/3 teaspoon minced garlic

2 lightly salted rice cakes per portion

INSTRUCTIONS:

Preheat oven to 350°F | 180°C. Lightly spray a 12-cup capacity muffin tin with nonstick oil spray or spray 12 muffin cases and place in muffin tin

In a large bowl, whisk together eggs and onion. Season with salt and pepper, to taste.

Add egg mixture halfway up into each tin of a greased muffin tin.

Divide the three topping combinations into 4 muffin cups each.

Bake for 15-20 minutes, until set.

Let cool slightly, then serve OR store in an airtight container in the refrigerator for up to 4 days and reheat when ready to serve or eat cold on the run.

Eat with 2 lightly salted rice cakes per portion and any salad or veg from the valuable vegetables list

Food Freedom Allowances

2 muffins -
1 protein
1 fat
1 carb



Bursting berries breakfast bowl



Serves: 1
Prep: 5 mins
Cook: 0 mins

WHAT YOU NEED

- 150 ml full fat greek yoghurt or plant based one
- 25g oats
- 1tsp dried cinnamon or ginger
- 1tsp chia seeds
- 1 tsp linseeds
- 1/2 cup of fresh or defrosted frozen berries

INSTRUCTIONS

Put the yoghurt, chia, linseeds, ginger or cinnamon and oats in a bowl and mix together, leave overnight in the fridge.

When you are ready to eat your breakfast add the berries and you're all done.

Food Freedom Allowances

1 - protein or dairy
1 fat
1/2 fruit
1 carb





Let's Have Brunch !



Serves: 1
Prep: 5 mins
Cook: 10 mins

WHAT YOU NEED

- 1 egg
- 2 medallions or rashers of back bacon unsmoked
- 6 Cherry tomatoes
- 1 field mushroom
- 3 tbsp reduced salt and sugar baked beans

INSTRUCTIONS

Find a small pyrex dish or small glazed baking dish and drizzle in 1 tsp of olive oil.

Half the tomatoes and add to the dish

Chop the mushrooms into large chunks and add to the dish

Place the bacon on the top of the toms and mushrooms and put in oven for 7-10 mins ,180o

Then take it out of the oven and push the bacon to the sides. Add the eggs slowly to the centre of the dish and drizzle a tiny amount of olive oil on the eggs.

Put back in the oven for 5-8 mins or until it's how you like your eggs, soft or not.

Heat the beans in the microwave for 1 minute and serve with the rest of the ingredients.

If you want to cook the ingredients separately make sure you grill and do not fry.

Food Freedom Allowances

1 carb
2 veg
1 protein
1 carb



Pancakes with strawberries and chocolate and hazelnut spread



Serves: 2
Prep: 5 mins
4 Pancakes

WHAT YOU NEED

- 50g oatmeal
- 1 teaspoon cinnamon
- pinch salt
- 120ml milk dairy or non dairy
- 1/2 tsp vanilla extract
- 1 teaspoon apple cider vinegar or white vinegar
- frylight cooking spray
- 1 egg

Chocolate and hazelnut spread

- 200g raw unsalted hazelnuts
- 3 tbsp erythritol or xylitol
- 2 tbsp raw cacao powder
- **serve with**
- 75g berries or 1/2 banana for topping
- 1tbsp chocolate and hazelnut spread
- 1 tbsp full fat greek yoghurt

Do not have this more than once per week as it contains sweetener. However, because there is so much fat and protein in the spread and you are having such a small amount, occasionally this should be fine for most people.

However, if you are highly sugar sensitive replace the chocolate spread for full fat greek yoghurt.



INSTRUCTIONS

In a large mixing bowl combine oats, cinnamon, and salt. Stir to combine.

In a medium mixing bowl or jug add milk, vanilla, apple cider vinegar, and eggs; whisk together.

Slowly add wet ingredients into dry ingredients and mix until it just comes together. (do not over mix)

Let batter sit for 5-7 minutes. It will thicken.

Lightly spray a hot griddle with cooking spray.

Scoop the pancake batter onto the griddle. Should make 8 small pancakes or 4 larger ones. Alternatively, you can make waffles in a waffle maker

Let the pancakes bubble before flipping. Cook until golden brown on both sides.

Chocolate and hazelnut spread

Preheat the oven to 180C/350F. In a single layer, place your hazelnuts on a single layer on a lined baking tray. Bake for 12-15 minutes, or until some of the skin begins to peel naturally.

Once the hazelnuts have cooled down, place them on a dish towel, and fold up each of the corners to avoid any of them falling out. Using one of your hands, press and toggle the hazelnuts together, causing them to break from their skins. Do this for 2-3 minutes. Open up the dish towel and most of the hazelnuts should now be removed from their skins. If there are several with skins still attached to them, remove those individually.

Place your hazelnuts in a high-speed blender or food processor. Blend your hazelnuts for 2-3 minutes, until a flour-like consistency remains. Using a rubber spatula, give the ground-up hazelnuts a good stir. Continue blending in one-minute bursts, scraping down the sides regularly. Blend well until smooth and creamy. This may take up to 15 minutes

Once the blended hazelnuts have become smooth and drippy, add your cocoa powder and sugar substitute.

Blend again until the chocolate hazelnut spread is smooth, silky and drippy. It should drip beautifully off a spoon.

Pour your smooth chocolate hazelnut butter into a jar or shallow container, ensuring it is covered. Will keep in the jar for two weeks. No need to refrigerate. Does not freeze.

Top your pancakes with 1 tbsp of the spread per portion and 75g berries or half banana

Food Freedom Allowances

1 fat
1/2 dairy
1/2 fruit
1/2 protein
1 carb



Serves: 4
Prep: 10 mins
Cook: 10 mins

Food Freedom Allowances

- 1 protein
- 1 fat
- 1/2 fruit
- 1 veg



Creamy Broccoli Bacon Salad

WHAT YOU NEED

For the salad dressing:

- 150g full fat Greek yogurt
- 2 tbsp. apple cider vinegar
- 1 clove garlic, minced
- salt and pepper

For the salad:

- 1 large broccoli head, cut into bite-size florets
- 1 pomegranate, seeded
- 25g almonds, chopped
- ½ small red onion, diced
- 4 bacon rashers

If you are vegan or vegetarian replace bacon for tofu or vegetarian bacon and greek yoghurt for plant based yoghurt.

INSTRUCTIONS

Place all the ingredients for the salad dressing into a medium sized bowl.

Season to taste with salt and pepper, give a good stir to combine and set aside until needed.

Bring a pot of water to the boil and cook the broccoli florets for 3-4 minutes, until just tender, then rinse in cold water, drain and place in a serving bowl.

Cook the bacon on a tray in the oven on high until brown and crispy. Set aside to cool, then break into smaller pieces.

Add the pomegranate seeds, almonds, onion and crispy bacon to the serving bowl. Drizzle with the salad dressing and mix until well combined. To serve, season with freshly ground black pepper.

If you are vegan or vegetarian replace bacon for tofu or vegetarian bacon and greek yoghurt for plant based yoghurt.

Giant Stuffed Mushrooms



Serves: 2

Prep: 10 mins

Cook: 15 mins

WHAT YOU NEED

- 2 flat mushrooms or 10 button mushrooms
- 1 garlic clove, crushed
- 50g cream cheese
- 50g spinach finely chopped
- 1/2 tsp dijon mustard
- 1 tsp Worcester sauce
- Grind black pepper
- 2 tsp parmesan cheese
- 2 thinly sliced tomatoes
- 1tsp olive oil

If you are vegan replace the cream cheese and Parmesan for plant based cheeses

INSTRUCTIONS

Drizzle olive oil over the mushrooms and then rub on the garlic. Slice the tomatoes and put inside the mushroom, leave space for the cheese mix. Put on a tray and place in the oven for 6 mins on 180. Then take them out of the oven.

In a bowl mix the cheese, spinach, mustard, Worcester sauce and a grind of pepper.

Now spoon cheese mix onto the cooled mushrooms. Put back in the oven for 10-15 mins till soft and brown on top.

Serve with salad or veg from valuable vegetables list

Food Freedom Allowances

1/2 protein
2 veg



Quinoa Salad



Serves: 4
Prep: 10 mins
Cook: 15 mins

WHAT YOU NEED

- 100g cooked red or mixed or white quinoa
- 1 low salt/sodium veg stock cube
- 130g tin tuna or jackfruit in water
- 1 small diced onion
- 3 diced stalks Celery
- Handful baby tomatoes
- Few capers or pickles
- 25g green or black olives
- Any fresh herbs you like

Dressing

- 2 cloves garlic, crushed
- 2 tbsp extra virgin olive oil
- 1 tbsp white wine vinegar or malt vinegar
- 2 tsp dijon or wholegrain mustard

Whisk it all together and either add on top of your quinoa salad or mix all all in together.

INSTRUCTIONS

Rinse uncooked quinoa in water in a sieve.

Cook quinoa in pan with 250ml approx water, for 25 mins, with stock cube. The liquid should be soaked up. If not just drain excess water off. Once cooked and drained put it into a big bowl to cool down.

While the quinoa is cooking fry off onion, celery in tiny amount of olive oil for 3/4 mins, it will still have crunch. Or you can leave it all fresh and uncooked just chop up and add it to the cooked quinoa

Then in a big bowl put the quinoa, tuna/jackfruit, onion, olives, tomatoes, herbs mix and then serve. Drizzle on dressing. You can eat this cold or warmed up



Food Freedom Allowances

1 protein
1 fat
2 veg



Food Freedom Allowances

1 protein
1/2 fat
1 fruit
1 veg

Amanda's Coradorf salad



Serves: 4
Prep: 10 mins

WHAT YOU NEED

- 100g seedless grapes cut in half
- 2 apples peeled , cored and chopped
- 100g full fat greek yoghurt
- 300g cooked chicken breast chopped
- 2 celery sticks chopped
- 40g walnuts chopped
- 2tsp medium curry powder (or more if you like it stronger)
- 1tsp cinnamon powder
- 1/2 tsp turmeric powder
- Mixed salad leaves

INSTRUCTIONS

Combine yoghurt and spices together and mix well

Add the chopped walnuts and mix

Add all other ingredients and serve with a fresh salad

Keeps for approximately 4 days in the fridge

Does not freeze as fruit and veg will go mushy.

Warm or Cold Chicken and pineapple salad



Serves: 2
Prep: 10 mins
Cook: 13 mins

WHAT YOU NEED

For the Salad:

- 2 small chicken breast
- 2 slices pineapple, canned
- 2 handfuls spinach
- 1/3 cup (10g) mint leaves
- 1/2 small onion, finely chopped
- 25g toasted pine nuts

For the Dressing:

- 1 tbsp olive oil
- 1 tsp. ginger, grated
- 1 clove garlic, minced
- 1 lime, juiced
- 2 tbsp pineapple juice from can
- Tabasco, optional

INSTRUCTIONS

Mix the ingredients of the dressing in a salad bowl, season with salt. Add in the spinach and mint leaves and let it rest.

In the meantime, cut the chicken breasts into half and place on a hot grill pan, and cover each chicken breast with a slice of pineapple, season with black pepper. Grill for around 6-8 minutes, then turn and grill for another 5 minutes (at this stage remove the pineapple and let it grill next to the chicken).

Remove from the heat and let the chicken rest 3 minutes, then, cut it into strips.

Add the chicken to the salad together with sliced pineapple and finely chopped onion, mix before serving. Serve with the toasted pine nuts

You can have this cold the next day or even use pre cooked chicken for a quick salad

Vegetarian /vegan option: replace the grilled chicken with fried or baked tofu or feta cheese.

Food Freedom Allowances

1 protein
1 veg
1 fat



Simple salad

WHAT YOU NEED

- Large handful of salad leaves of choice
- 5 cherry tomatoes cut in two
- 1 inch cucumber cut into small chunks
- ½ red pepper
- ½ red onion thinly sliced
- ½ apple cut into small chunks
- 3oz melon or watermelon cut into small chunks

Choice of

- 100g of cooked chicken
- Small tin tuna in brine
- Small can green lentils
- Small can mixed beans in brine
- 2 oz feta cheese chopped into chunks
- 100g prawns

Make dressing (serves 8)

- 3 tbsp Apple Cider Vinegar
- 4 tbsp Olive Oil
- 1/2 Cup (100g) full fat Greek yoghurt
- 1 Teaspoon Garlic Powder
- 6 Leaves Fresh Basil
- 6 Leaves Fresh Parsley
- Leaves of 2 Sprigs Fresh Thyme
- 1/2 Teaspoon Dried Oregano
- Juice of 1 Lemon
- 50g Parmesan Cheese (vegan alternatives available)
- Salt
- Pepper

INSTRUCTIONS

Find a large container with a lid that screws on, like a mason jar

Pour the vinegar and olive oil into the container

Add the yoghurt.

Add the garlic powder and dried oregano, the fresh basil and parsley leaves, and then scrape the leaves from 2 sprigs of thyme and place these in the container with everything else

Squeeze the juice of 1 lemon into the mixture, and then grate in the parmesan cheese

Add the salt and pepper to taste

Screw the container lid on tightly and shake vigorously until everything is smoothly combined. Pour your desired amount over a crisp salad. Refrigerate for up to 1 week.

Mix all the salad ingredients together and top with 2 tbsp of dressing and toss. If taking on a picnic or to work store the salad dressing separately until just before eating.

Food Freedom Allowances

1 fruit
1 protein
1 fat
1 fruit

Protein Packed Black Bean and Lentil Soup



Serves: 10
Prep: 10 mins
Cook: 35 mins

WHAT YOU NEED

- 1 tablespoon olive oil
- 2 garlic cloves minced
- 1 yellow onion diced small
- 2 carrots peeled and diced small
- 15 ounces diced tomatoes can
- 2 courgettes (zucchini) diced
- 2 red bell pepper diced
- 1 cup (200g) dried lentils
- 15 ounces black beans can, drained
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon black pepper
- 1/2 teaspoon kosher salt
- 1/2 teaspoon crushed red chilli
- 4 cups (1L) vegetable stock
- 1 tbsp parmesan or vegetarian cheese per portion

INSTRUCTIONS

- In a large pot add olive oil and sauté garlic for one minute. Add diced onions and carrots and continue to sauté until onion is tender, approximately 5 minutes.
- Add the remaining ingredients, stir and cover.
- Bring to a boil over medium heat, reduce heat to a simmer and cook until lentils and carrots are tender, approximately 25 to 30 minutes
- Serve with cheese sprinkled over the top

Food Freedom
Allowances

1 protein
2 veg
1 fat

COMFORTING PIE



Comforting Pie



Serves: 4
Prep: 15 mins
Cook: 30 mins

WHAT YOU NEED

- 200g quorn or turkey mince
- 1 tbsp olive oil
- 1 onion, diced
- 1 leek, chopped
- 2 cloves garlic, crushed
- 2 tsp dried thyme
- 1 tin chopped tomatoes
- 1 vegetable stock cube
- 1 tsp Worcestershire sauce
- 2 carrots, finely diced
- 2 bay leaves
- 1 tsp tomato puree

Cauliflower Mash

- 1 medium cauliflower
- 4 small potatoes peeled and chopped
- 100g cheddar cheese, grated or 50g nutritional yeast flakes
- 1 tbsp olive oil
- 2 tbsp full fat greek yoghurt, or plant based alternative
- 2 spring onion, finely chopped
- 25g parmesan cheese or 1 tbsp nutritional flakes to top

Food Freedom Allowances

1 protein
1 fat
2 veg
1 carb

Instructions

In a large frying pan on a medium heat fry off the onion and leek for 5 mins

Add the garlic and thyme and fry for another 2 mins

Add the tomato puree, cook this for 1 minute and then add the quorn and mix well

Add the tin of tomatoes, the bay leaves and mix. Then add water to this mixture but just enough to cover it or it will get too soggy. Cook this without a lid for an hour until nice and reduced and thick.

When cooked pour into the bottom of an oven proof dish and cover with the mash of your choice

To make the cauliflower and potato mash chop the cauliflower and potatoes into small 2cm bits and steam or boil for 8-10 mins until soft then drain. Then mash this with a masher or in blender. This wont go as creamy as mashed potatoes

Add the grated cheese, olive oil, greek yoghurt, and spring onions and mix well (or nutritional yeast and plant based yoghurt)

Dollop this mash mixture on top of the cooked filling. Scatter with the parmesan or nutritional flakes



Beautiful Baked Salmon & Side



Serves: 2

Prep: 10 mins

Cook: 15 -20 mins

WHAT YOU NEED

- 2 small salmon or cod fillets 100g each
- 1 medium sweet potato, cut into wedges
- 1 Lemon
- Handful of broccoli lightly steamed or boiled florets
- 2 tsp Olive oil
- 2 tsps Soy sauce
- Handful chopped herbs you like
- 25g pinenuts
- 1 tsp butter

INSTRUCTIONS

Get a small baking tray and put a sheet of tin foil on the tray. Place the fish in the middle of the foil. Drizzle with the olive oil or butter, sprinkle with dill or other herb, put 2 slices of lemon on the fish and then wrap it up like a parcel. Leave on the side.

Peel the sweet potato and cut into wedges. Toss in tiny amount of olive oil & then put on a large tray and put in oven 180C for 20 mins.

Once the wedges have been in for 10mins add the fish in foil, to the oven for 12-15 mins, when done take out the fish leave on the side. If the sweet potato wedges are not soft leave for a few more mins.

Once the wedges are out the oven put the herbs & pine nuts on top of the wedges and put back in oven for 2 mins. Now assemble

Open the fish parcel, place the fish on a plate and add the wedges. You can put the soy sauce on the cooked fish if you like it. Serve with warm broccoli

Food Freedom Allowances

1 fat
1 carb
1 protein
1 veg

You can replace the salmon for quorn steak if you wish (no sugar)



Chicken or Jackfruit & Cashew Curry



Serves: 4
Prep: 10 mins
Cook: 13 mins

WHAT YOU NEED

- 250g chicken breasts or 250g can jackfruit in water
- 1 onion, chopped
- 3 cloves garlic, crushed
- 1 inch of fresh ginger, peeled and chopped.
- 1 tsp fresh peeled chopped turmeric or 1/2 tsp dried if you cannot find it
- 100g light coconut milk
- 1 tbsp tomato puree
- 50g chopped up cashews
- 200g purple sprouted broccoli cut into 1 inch pieces
- 1 tin tomatoes
- Few chilli flakes
- 1 tbsp Olive oil
- 3 heaped tsps curry powder
- Fresh coriander
- 3 tbsp cooked brown rice per portion

INSTRUCTIONS

In a big pan on a medium heat fry off the chicken or jackfruit for 7 mins with the olive oil. Add the onion and fry for a further 4 mins.

Then add the chilli, tomato puree, curry, garlic & ginger, turmeric & stir for 2 mins. Then add the broccoli, coconut milk, cashews, tin of tomatoes and cook on the hob with for 30 mins.

Chop the coriander, stir into curry.

Serve with 3 tbsp cooked brown rice per portion.

If you are vegetarian you can replace the chicken for jackfruit.

Freezer Friendly
Keeps in fridge for 2 days

Food Freedom Allowances

1 fat
1 veg
1 protein
1 carb



Serves: 4
Prep: 10 mins
Cook: 20 mins



Mushroom, broccoli & Tofu Satay

WHAT YOU NEED

- 100g white or brown mushrooms, sliced
- 100g broccoli or cauliflower cut into florets
- 200g diced tofu
- 1 onion, diced
- 1tsp Olive oil

For the satay sauce

- 2 crushed cloves garlic
- 5cm peeled chopped fresh ginger
- 1 tbsp sesame oil
- 4 tsp soy sauce
- 3 tbsp peanut butter smooth or crunchy
- 6 tbsp water
- 1 juice of lime
- 3 tbsp brown rice cooked per portion

For topping

- Chilli flakes
- Chopped spring onions
- Pinch sesame seeds

INSTRUCTIONS

Please try the tofu its is nice. If you do not like it after trying it first, you can replace the tofu with more mushrooms.

Make the sauce first, peel & grate the garlic, peel the ginger then grate too. Heat the oil, on medium heat in a small pan, add the garlic, chilli flakes, ginger, and stir for 1 min. Turn the heat down too low. Add the soy sauce and mix, then add peanut butter, add the lime juice and water, mix this and it should be creamy sauce. Leave for later.

In a large frying pan on medium heat put 2 tps of olive oil warm up and add the sliced mushrooms, then add the tofu and stir through. After 3 mins turn the heat down to low and cook for further 8-10 mins. Regular stirring. Then add the satay sauce, stir and its ready to serve with the rice. Chop the spring onions and sprinkle on top as well as the sesame seeds.

Keeps in the fridge for 3 days

Food Freedom Allowances

1 protein
1 fat
1 carb
1 veg

Chicken thighs and hoisin rice



Serves: 8
Prep: 5 mins
Cook: 50 mins

WHAT YOU NEED

- 1 tbsp. olive oil
- 8 skinless chicken thighs
- 1 cup (200g) brown rice
- 4 spring onions, chopped
- 4 cloves garlic, sliced
- 500ml chicken stock
- 100g red grapes cut in half
- 1/2 large tin of pineapple chunks

For the Sauce:

- 3 tbsp. soy sauce
- 2 tbsp. of rice vinegar
- 2 tbsp. of peanut butter
- 1 tsp. of chilli flakes
- 3 tbsp pineapple juice from tin
- 1 tsp. of sesame oil

INSTRUCTIONS

Heat the oven to 375F (190C). Heat the oil in a large pan.

Season the chicken thighs with salt and pepper and fry for 5 minutes each side until golden brown, then take off the heat and transfer onto a plate.

Pour out most of the fat from the pan, leaving about 1 tbsp in the pan.

Add into the pan the peeled and sliced garlic and the spring onion, fry for 1 minute.

Add uncooked rice and fry again for about 1 minute.

Next, add all ingredients of hoisin sauce, hot stock, and pineapple chunks and grapes and bring to a boil.

Transfer into an over-proof dish and place the chicken thighs in the center. Bake in the preheated oven for 30 minutes.

store in the fridge for up to 2-3 days.

Suggested accompaniment – portion of purple sprouting broccoli

Food Freedom Allowances

1 protein
1 carb
½ fruit
½ fat



Chicken and mango stir fry



Serves: 2

Prep: 10 mins

Cook: 10 mins

WHAT YOU NEED

- 200g chicken breasts, cut into strips
- 1 mango, peeled
- 1 red bell pepper, sliced
- 1 red onion, chopped
- 2 cloves garlic, minced
- Chilli flakes
- 2 tbsp. ginger, grated
- 2 tbsp olive oil

For the Sauce:

- 3 tbsp. of rice vinegar
- 3 tbsp. of water
- 5 tbsp. of soy sauce
- 2 tbsp pineapple juice

- 60g cooked quinoa or brown rice to serve

Food Freedom Allowances

1 protein
1 carb
½ fruit,
1 veg

INSTRUCTIONS

If you do not like cooked mango it is fine to have it on the side

Cut the chicken into thin strips and season with salt and pepper

Peel the mango and cut the flesh into strips. Cut the peppers into strips, peel the onion and cut into half rings.

Half the chili pepper lengthwise, remove the seeds, then finely chop. Peel and grate the ginger.

Prepare the sauce by mixing all the sauce ingredients in a bowl.

In a wok or large pan heat 1 tbsp. of olive oil, and stir fry the vegetables (peppers, onions, chilli pepper, garlic and ginger) over high heat for about 3 minutes. Add the mango and mix, cooking for another 2 minutes, then remove everything and set aside.

Add a second tbsp. of oil to the pan and fry the chicken for about 3 minutes, stirring often.

Place the mango and vegetables back to the pan and mix well, then add the sauce. Cook on high heat for about 2 minutes until the sauce thickens, in the meantime mix often.

Serve with 30g cooked rice or quinoa per portion

Some quick dinners

Steak

4oz steak (cooked to liking) or quorn steak served with small jacket potato 1 flat mushroom grilled and salad or valuable veg, 1 tbsp sugar free dressing or butter



Food Freedom Allowances

1 protein
1 carb
2 veg



Baked Salmon

4 oz Baked salmon with 3 oz new potatoes and 3 oz garden peas served with 1 tbsp yoghurt with chopped mint and lemon

Food Freedom Allowances

1 protein
1 carb
1 fat



Food Freedom Allowances

1 protein
1/2 carb
1 veg

Crunchy cauliflower cheese bites with garlic dip



Serves: 4

Prep: 10 mins

Cook: 20 mins

WHAT YOU NEED

- 1 medium sized head of cauliflower, trimmed, cored and cut into florets
- 2 eggs
- 50g oatmeal
- 50g finely grated parmesan
- 1tsp cayenne pepper
- 1tsp garlic salt

for aioli

- 100g full fat greek yoghurt
- 2 tsp dijon mustard
- 3 cloves garlic
- 1 bunch parsley
- juice and zest half lemon
- pinch sea salt

These are best served fresh or they will go soggy, but any leftover aioli can be used to eat with veg

INSTRUCTIONS

Preheat oven to 200C/400F and line a baking sheet with parchment.

Place the eggs in a bowl and beat.

In another bowl, mix the oats, cheese and cayenne pepper. Dip each floret into the egg making sure to coat it (the crumbs won't stick at all otherwise).

Then roll in the crumb dip and place on the prepared tray. Spray with some frylight flavour of choice.

Bake for 20 minutes until golden. Turn over and bake, adding a little extra spray if needed. Alternatively, cook in the air fryer according to instructions.

The aioli

Zest and juice the lemon

Add all the other ingredients in a blender and blend until smooth.

Dip the cauliflower cheese bites in the aioli

These are best served fresh or they will go soggy, but any leftover aioli can be used to eat with veg



Oatcakes with Creamy Hummus



Serves: 1
Prep: 2 mins
Cook: 0 mins

WHAT YOU NEED

- 2 rough oatcakes
- 25g hummus, this is best with the plain one but you can have the flavoured ones. Pepper, onion, chilli etc only if they have no sugar in the list of ingredients.

INSTRUCTIONS

Have 2 rough oatcakes with 25g of plain or flavoured hummus

Eat nice and slowly giving plenty of time to digest well.

Food Freedom
Allowances

1 carb
1/2 protein

Energy balls

INGREDIENTS

- 400 g cooked and mashed sweet potato.
- 2 heaped tablespoons nut butter
- 1 tablespoon chia seeds.
- 2 teaspoons raw cacao powder.
- 1 teaspoon ground cinnamon.
- 1/4 teaspoon ground ginger.
- 1/4 teaspoon ground cardamom.
- 1/4 teaspoon ground liquorice.
- Cooking spray coconut flavour
- 2 tbsp desiccated coconut, for rolling.

DIRECTIONS

Combine the sweet potato, nut butter and chia seeds in a bowl. Mix together the cacao and the spices and stir into the mixture. You should have a goeey, sticky mixture.

Spray your hands with cooking spray and roll the dough into about 8 large or 16 small balls. Chill the balls in the fridge for approximately 30 minutes, then roll the balls in desiccated coconut before serving. These will keep in the fridge for 2-3 days.

A great snack or afternoon treat these Power Balls are full of flavour to give you a burst of delicious energy.

Serving size - 2 small or 1 large

Food Freedom Allowances

1 carb
1 fat



Tempeh and brown rice balls

INGREDIENTS

250g uncooked brown rice.
150 g tempeh, grated.
2 spring onions, finely chopped.
1 small carrot (70g), grated.
1 clove garlic, crushed.
2 cm fresh ginger, finely grated.
1 cup fresh coriander, coarsely chopped.
2 tablespoons sunflower seeds.
1 tablespoon tahini.
2 teaspoons tamari or soy sauce.
2 teaspoons rice wine vinegar.
1 teaspoon sesame oil.
2 tbsp sesame seeds, for rolling.
Cooking spray coconut flavour



INSTRUCTIONS

1. Cook rice according to packet directions, until al dente. Drain really well. Cool completely.
2. Combine rice, tempeh, carrot, garlic, ginger, coriander and sunflower seeds in a large bowl. In a small bowl combine tahini, tamari, vinegar and sesame oil. Using your hands (best to use gloves for this) combine tahini mixture with rice mixture for about 3 minutes or until it begins to hold together. The more you mix, the better the balls will hold together.
3. Wet hands and form mixture into 8 large or 16 small balls (roughly 1 tablespoons of mixture each for small). You will need to spend about 30 seconds-1 minute shaping the ball to ensure they stick together. Carefully coat in sesame seeds and place on a lined oven tray. Repeat with remaining mixture. Place in the fridge for at least 2 hours.
4. Preheat oven to 200°C / 400°F / Gas Mark 6.
5. Lightly spray balls with coconut oil spray. Cook for 30-35 minutes or until lightly golden.
6. Store balls in a sealed container in the fridge for up to 1 week. To freeze them, wrap in baking paper and then seal tightly in plastic wrap. They will keep frozen for up to 1 month.

Serving size 2 small or 1 large

Food Freedom Allowances

1/2 protein
1 fat
1 carb



Quick and easy snacks

You may also choose your one snack per day from this additional snack list

- 1 apple with 1 tbsp peanut butter - 1 fruit, 1 fat
- 2 rough oatcakes topped with 1 tbsp peanut butter and 1/2 banana - 1 carb, 1 fat, 1/2 fruit
- 1 portion of any fruit with 25g seeds or nuts - 1 fruit, 1 fat
- 1/2 portion of bursting berry bowl breakfast recipe 1/2 protein, 1/2 carb, 1/2 fat, make up to 3oz berries for 1/2 fruit
- 1 protein shake from day 1 - 6 recipes (if you have had bariatric surgery less than 6 months previously you would be advised to have this as an additional snack)



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