

Recipe Book



health

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Apple Cinnamon Yoghurt

1 apple (allowance, peeled and cored)
Cinnamon
Yoghurt (allowance)
Diet lemon drink
Sweetener

Peel, core and slice the apple. Sprinkle cinnamon over the apple and cover with the diet lemon drink. Cook until the apple is very soft. Allow to cool then, using a blender, puree the apple and mix through the yoghurt. Refrigerate until ready to eat. This recipe is best prepared the day before.

Breakfast Apple and Yogurt

Peel one (medium) apple and cook in the microwave until soft. Mix with yoghurt (allowance) and sweetener powder.

Breakfast Yoghurt with Apple and Cinnamon

Natural yoghurt (allowance)
1 medium Pink Lady apple (allowance)
Cinnamon

In a small bowl, chop the apple and sprinkle cinnamon over the top. Cook in the microwave for 30 seconds to steam. Remove from the microwave, add yoghurt and stir. This recipe is made for those who don't like the taste of natural yoghurt!

Yoghurt with Grated Apple

Yoghurt (allowance)
Apple (allowance)
Cinnamon
Sweetener or Sprite Zero (optional)

Finely grate the apple. Sprinkle with cinnamon, and if preferred with sweetener or a little Sprite Zero. Add to a bowl with your yoghurt allowance and mix. Quick and easy breakfast!

BREAKFAST

Coffee Yoghurt

Yoghurt (allowance)
Half a tsp of coffee or to taste
1 sachet of artificial sweetener

Add a very small amount of hot water to dissolve the coffee, then add the sachet of artificial sweetener and stir. Stir the coffee mix into the yoghurt really well and enjoy.

Crunchy Paw-paw and Kiwi Yoghurt

1 cracker (allowance)
Low-fat natural yoghurt (allowance)
½ paw-paw (allowance)
½ kiwi fruit (allowance)

Cut up the fruit and mix with the yoghurt allowance. Crush the cracker in a bag until it is in small chunks. Don't crush it too much, you don't want crumbs. Mix the fruit, yoghurt and cracker together and enjoy.

Mango 'Ice-cream'

Weigh your mango portion according to your allowance and freeze. Cut up the frozen chunks and add to a blender with your yogurt allowance. Because the mango is frozen, it comes out thick and creamy like ice-cream. Delicious!

Yoghurt and Orange

Yoghurt (allowance)
1 orange (allowance)

Cut up the orange and add to the yoghurt, including the juice. This makes a refreshing change from apples.

Fruity Yoghurt

Honeydew melon (½ allowance)
 1 kiwi fruit (allowance)
 1 cracker (allowance)
 Yoghurt (allowance)
 2 sweetener tablets

Blend the honeydew melon to a puree together with the sweetener tablets. Mix through the yoghurt. Cut kiwi fruit into cubes/slices, add to the yoghurt and top with crumbled cracker. Mix through or serve on top.

No Sugar but Spice and Very, Very Nice - in fact - Just Peachy Yoghurt

Peel a peach. Place it in a small oven dish, splash with Sprite Zero and sprinkle with cinnamon and nutmeg. Bake until soft (approximately 1 ½ hrs depending on the ripeness of the peach). Allow to cool and refrigerate.

To serve: remove the flesh from the stone. The Sprite Zero, peach juice and spices form a lovely syrup in the baking process. Spoon the peach flesh onto your yogurt with a sprinkle of sweetener and drizzle with a little of the syrup. Serve in a champagne glass and its looks and tastes spectacular.

Sunday Smoothie

Honeydew melon (1/3 of allowance)
 Paw-paw (1/3 of allowance)
 Kiwi fruit (1/3 of allowance)
 Yoghurt (allowance)
 1 cup of Sprite Zero

Blend all the ingredients together until smooth. Serve in long glass.

Yoghurt Smoothie

Yoghurt (allowance)
 Paw-paw (allowance)

BREAKFAST

Blend the yoghurt and paw-paw with a hand-held blender to make a delicious smoothie. Quick and easy to drink for breakfast on the run! Try using mangoes, nectarines and peaches too. Delicious!

Asparagus with Poached Egg

Asparagus (allowance - If they are thin this can be quite a bit)
1 egg (allowance, poached)

Microwave or steam the asparagus, top with poached egg, sprinkle with pepper and a little salt. Wonderful at any time of the day!

Poached Egg with Asparagus and Mushrooms

Asparagus (allowance, thinly sliced)
Mushrooms (allowance, sliced)
Egg (allowance)

Spray a non-stick frying pan lightly with olive oil spray. Fry the asparagus and mushrooms until softened (about 5 to 8 minutes). Poach 1 egg in the microwave by placing it in a small container with a splash of water and cooking it for about 1 min. Serve the poached egg on top of the cooked asparagus and mushrooms.

Baked Eggs with Field Mushrooms

1 egg (allowance)
Field mushroom (approximately 2/3 of vegetable allowance)
Green pepper (allowance)
Tomato (allowance)
Onion (allowance, chopped - approximately 1/3 of vegetable allowance)
Cracked pepper and parsley (allowance)

Spray a small dish. Remove the mushroom stems. Place the mushroom in a dish, dark side up. Sprinkle chopped vegetables over the top. Season with cracked pepper. Pour the egg (straight from the shell or whisked with a fork) over the mushroom and vegetables and bake in a medium to hot oven, or under the grill, until the egg is cooked. Sprinkle with parsley and serve.

Chinese Omelette

1 egg (allowance)
Cabbage (allowance)
Onion (allowance)
Slice of tomato (allowance)

Heat a frying pan and spray lightly with cooking spray. Finely shred the cabbage and a small amount of onion. Roughly chop the slice of tomato. Whisk an egg and a ½ eggshell of water together. Place the veggies in the pan and lightly stir-fry. When the cabbage begins to wilt, pour the egg over the top and move the pan to spread egg thinly. This may need to be turned or finished under the grill to cook all the egg. Serve with a little freshly ground black pepper.

Spanish Omelette

1 egg (allowance)
Finely sliced zucchini (allowance)
Finely sliced mushroom (allowance)
Finely sliced green pepper (allowance)
Salt and pepper
Garlic granules

Spray a non-stick frying pan lightly, add the vegetables and garlic and cook for two minutes. Add the beaten egg. Cook for another minute or two. Add the salt and pepper. When cooked, you can fold it over.



BREAKFAST

Omelette with Vegetables and Chives

Tomato (allowance, chopped)
Mushroom (allowance, chopped)
Green pepper (allowance, chopped)
Onion (allowance, chopped)
Zucchini (allowance, chopped)
1 egg (allowance)
Chives (allowance, chopped)
Salt and black pepper (to taste)

Saute the vegetables together until cooked. Remove the vegetables from the frying pan. Whisk the egg together with a dash of water and salt and black pepper until the egg is light and fluffy. Pour the egg into the frying pan and cook until it starts to bubble (or until it is firm enough to fold without breaking). Place the cooked vegetables on to one half of the omelette and fold the other half over the vegetables. Make sure the omelette is cooked through and serve topped with some chopped chives.

Sandwich Bag Omelette

Tomato (allowance)
Onion (allowance)
Zucchini (allowance)
Green pepper (allowance)
Dried herbs (to taste)
Spices (to taste)
1 egg (allowance)

These vegetables can be substituted with any of your favourites. Be creative!

Take a large pot of water and bring it to the boil. Beat an egg and place it in a sandwich bag. Add the chopped vegetables. Add the dried herbs and spices. Seal the bag, removing any air. Lightly crush the bag to mix all of the ingredients together. Squeeze out any remaining air, reseal, and place in the pot of boiling water. Cook for about 13 minutes. At the end of the cooking time you will have a light and fluffy omelette with very little mess.

Zucchini Hash Browns

Zucchini (allowance minus 15 grams)
Onion (rest of allowance)
1 egg (allowance)
2 crackers (allowance)
Dried herbs (to taste)

Grate the zucchini and thinly slice the onion. Beat the egg and add it to the vegetable mix. Crush the crackers and add to the egg and vegetable mixture together with the dried herbs. Pour into a frying pan in small cakes and cook on both sides.

Zucchini Omelette Breakfast

Zucchini (allowance, grated)
1 egg (allowance)
Dried dill
Salt and black pepper (to taste)

Mix all of the ingredients together until well combined. Cook slowly over a gentle heat in a frying pan ensuring that the zucchini is well cooked.

Scrambled Egg Surprise

Zucchini (allowance)
Onion (allowance)
Mushrooms (allowance)
Dried mixed herbs
Pinch of dried chilli flakes
Pinch of sea salt and ground black pepper
1 egg (allowance)
1 thin rice cake (allowance)

Grate the zucchini, slice the mushrooms and chop the onion. Mix the vegetables together in a bowl and add the dried mixed herbs, dried chilli flakes and salt and pepper. Crack an egg over the mixture and stir through. Spray a frying pan with a little olive oil spray and cook the egg and vegetable mixture for a few minutes. Arrange the cooked scrambled egg on a rice cake and enjoy!

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Big Breakfast Bite

- 1 egg (allowance)
- ½ a tomato (allowance)
- 3 asparagus spears (allowance)
- A small amount of diced onion (allowance)

Place the ½ tomato in a small microwave dish. Season with black pepper and cook. Mix the egg, onion and asparagus together. Add a little black pepper and some dried parsley. Spray a non-stick pan with a little cooking spray. Pour in the egg mix and cook as an omelette. Serve with the cooked tomato.

Breakfast Bruschetta

- Tomato (allowance)
- Green pepper (allowance)
- Onion (allowance)
- Fresh or dried Basil (fresh, from allowance)
- Cracked black pepper
- 1 egg (allowance)
- 2 crackers (allowance)

Pan fry an egg over easy. Then pan fry the tomato, green pepper, onion and basil. When these are cooked, season to taste and place on two crackers. Eat the egg on the side or on the crackers.

Scrambled Bok Choy

- Bok choy (allowance)
- 1 egg (allowance)
- Black pepper
- Water

Boil the bok choy for 2 minutes. Remove most of the water. Add a beaten egg, black pepper and a light spray of olive oil spray. Lightly scramble the egg together with the cooked bok choy and serve.

Bubble and Squeak

Cauliflower ($\frac{1}{2}$ vegetable allowance)

Other vegetables of your choice to make up the rest of your allowance such as mushroom, zucchini and onion

1 egg (allowance)

Cook the cauliflower until it is soft enough to mash (this can be done in the microwave). Cook the other vegetables. Mash the cauliflower and stir in the other vegetables. This can be done the night before and refrigerated overnight. You can also add spices. Heat a non-stick pan and spray with a small amount of cooking spray. Cook the vegetable mixture in the pan to your liking. While you are cooking the vegetables, poach an egg. Serve with the egg on top of the 'bubble and squeak' vegetable mixture.

Crack 'n' Egg Pie

Mixed vegetables (allowance)

1 egg (allowance)

Dried herbs (to taste)

Chop the vegetables into cubes (e.g. mushrooms, zucchini, squash and onion). Season to taste. Place the cubed vegetables in a small ovenproof dish which has been lightly sprayed. Crack an egg straight over the vegetables. The yolk usually sits on top and the white runs through the vegetables binding them together. Place in a moderate oven for about 20 minutes or until the egg is cooked. Leave it to cool and turn out. These can also be made in advance in a batch of 12 in a 12-pan muffin tin and frozen individually to be used when you are in a hurry.

Curried Egg

1 fresh hard boiled egg (allowance)

$\frac{1}{2}$ tsp fat-free mayonnaise (allowance)

$\frac{1}{4}$ tsp curry powder

2 crackers (allowance)

Chop the egg and place it in a bowl. Add the curry powder and the mayonnaise. Using a fork, mix and mash the ingredients together. Spread on to the crackers. Serve with a salad.

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Egg and Veg

Spinach (allowance)
Mushroom (allowance)
Tomato (allowance)
1 egg (allowance)
Salt and freshly ground black pepper

Roughly chop the vegetables. Cook the vegetables in a non-stick frying pan until the spinach has softened. Add a beaten egg and season with salt and freshly ground black pepper. Cook until the egg is firm.

Mini Frittatas

Tomato (allowance, chopped)
Asparagus (allowance, chopped)
Mushrooms (allowance, chopped)
1 egg (allowance)

Chop the vegetables. Lightly spray a non-stick frying pan and fry the vegetables gently until warmed through. Place 2 egg rings in to the frying pan. Lightly spray with olive oil spray to prevent sticking. Divide the vegetables between the rings. Pour the beaten egg over the top and allow to brown. Turn and cook the other side. Remove the egg rings and serve with salt and freshly ground black pepper to taste.

Breakfast Gourmet Mushrooms

Mushrooms (allowance)
Spring onion (allowance)
Celery (allowance)
Mozzarella cheese (allowance)

Put 3 or 4 mushrooms in a shallow bowl. Finely chop the celery and spring onion and sprinkle on top of the mushrooms. Smother with mozzarella cheese. Grill in the oven until the mushrooms are soft and the cheese is melted and golden.

Spinach Frittata

1 egg (allowance)
Fresh spinach (most of allowance, chopped)
Mushrooms (small part of allowance, chopped)
Red onion (small part of allowance, chopped)
1 cracker (allowance, crushed)
Salt and pepper
Dried herbs (optional)
Paprika

Chop the spinach, steam it and then squeeze out any excess liquid. Place the spinach and the excess liquid in a bowl with a beaten egg, the crushed cracker, and the chopped mushrooms and red onion. Season with salt and pepper and/or dried herbs. Mix well. Place the mixture in a hot frying pan and sprinkle lightly with paprika. Cook until browned and then turn to cook the other side. This can be served hot or cold.

As an alternative you can omit the crushed cracker and slice the frittata to eat on whole crackers.

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Breakfast Salad Melt

Mozzarella cheese (allowance)

Mixed lettuce (allowance)

Cucumber (allowance)

Tomato (allowance)

Mushroom (allowance)

Asparagus (allowance), can be substituted with celery

Balsamic salad dressing (best made the night before)

Mix together:

2 tbsps of balsamic vinegar

2 tbsps of water

1 artificial sweetener

Dried basil

Dried oregano

Curry powder

Garlic powder

Arrange the lettuce, cucumber, tomato, mushroom and asparagus on plate. Pour the balsamic salad dressing over the salad. Top the salad with the mozzarella cheese, cover with cling film and refrigerate overnight. In the morning put the salad melt under the grill until the mozzarella has melted.

Chicken and Cauliflower Soup

Chicken breast (allowance)
Cauliflower (allowance)
Salt and pepper
Garlic powder

Poach very finely sliced cauliflower and chopped chicken in water with seasoning. When cooked, blend. Adjust seasoning and add more water if it is too thick. Serve hot.

Stuffed Roasted Chicken

Chicken breast (allowance)
Mixed dried herbs (or fresh herbs of your choice from allowance)
Onion (allowance)
1 cracker, (allowance, crushed)

Flatten the chicken breast with a meat mallet. Mix the herbs, onion and crushed cracker with enough water to combine. Spread over the chicken and then roll the chicken up into a roast. Bake in the oven for approximately 40 minutes wrapped in foil.

Curried Chicken and Cauliflower Soup

Chicken breast (allowance)
Cauliflower ($\frac{3}{4}$ of allowance)
Onion ($\frac{1}{4}$ of allowance, not exceeding 2 tsp)
Curry powder (approximately 1 tsp or to taste)
Salt and pepper (to taste)
Approximately 250-300mls of water

Chop the chicken into cubes, the cauliflower into florets and the onion into slices. Combine all these ingredients in a saucepan with the water and bring to boil. Simmer until the chicken is cooked through and the vegetables are tender. Blend but leave a few chunkier pieces of the vegetables and chicken. Serve with cracker allowance.

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Spicy Chicken Soup

Chicken breast (allowance)
Cabbage (allowance)
Onion (allowance)
Mushrooms (allowance)
Cauliflower (allowance)
Ground coriander and ground cumin

In a pan lightly sprayed with olive oil spray, fry the chopped onion, sliced mushrooms and chopped chicken. When the chicken has browned, add some water and stir. Transfer to a pot and add more water. Bring to boil. Add the cauliflower, cabbage, coriander, cumin and freshly ground black pepper. Simmer with the lid on to strengthen the flavours.

Mustard Chicken

Chicken breast (allowance, cubed)
Mushrooms (allowance, sliced)
Onion (allowance, chopped approximately 1tbsp)
Zucchini (allowance, grated approximately 2tbsp)
Garlic and mustard powder
Vinegar and water (1tbsp of each)
Sweetener

Spray a non-stick pan with olive oil spray and fry the chicken for 2 minutes. Add the mushrooms and continue frying until the mushrooms are cooked. Remove both from the pan. In the same pan, sauté the onion with the grated zucchini and garlic powder for 2 minutes stirring constantly. Prepare a paste using the mustard powder, vinegar, water and sweetener and add to the onion mixture. This will give it a 'creamy' texture. Finally, return the chicken/mushroom mixture to pan, stir through, season with salt and pepper and cook covered until the chicken is done. Add a bit more water if needed. Serve with remaining vegetable allowance.

Thai Chicken Burgers

Chicken mince (allowance)
Onion (allowance)
Dried garlic
Dried chilli (to taste)
Salt and pepper (to taste)
Fresh coriander (allowance)
½ a tsp of ground cumin

Combine all the ingredients. Shape into burgers (will make approximately 3). Fry in a non-stick pan that has been lightly sprayed with olive oil spray. Serve with a salad from your allowance or with cooked asparagus and zucchini and serve the patties on a bed of lettuce. This easy dressing can also be served with these – low-fat mayonnaise (allowance) mixed with a sprinkle of chilli flakes and chilli powder (to taste) adding a small amount of vinegar to make the dressing thinner.

Chicken San Choy Bow

Chicken mince (allowance)
Mushroom (allowance, finely chopped)
Garlic (allowance, if fresh)
Fresh coriander (allowance, finely chopped)
Iceberg lettuce (allowance)

Combine the chicken mince, mushrooms, garlic and coriander in a non-stick frying pan and cook over a medium heat. Add a small amount of water, if required, to help combine the flavours and prevent the chicken from drying out. Trim 2 lettuce leaves to make 'cups' and place ½ the cooked chicken mixture into each cup. Fold the lettuce leaves over like an envelope to prevent the filling from spilling out. Enjoy!

Also try adding chopped tomato from your allowance on top of the cooked chicken, almost like a Taco!

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Apricot Chicken

Chicken breast (allowance)
Apricot (allowance, cut into small pieces)
Onion (allowance)
Curry powder
Small amount of Sprite Zero

Cut the chicken into squares and cook together with the chopped onion until browned. Add the curry powder, apricot and Sprite Zero and cook for 5 minutes. Serve with veggies from your allowance.

Chicken Stir-fry

Chicken breast (allowance)
Vegetables (allowance)
Dried oregano
Salt and pepper
Chilli flakes

Cut ingredients into strips, using vegetables such as green pepper, onion, bok choy and mushrooms. Fry all the vegetables excluding the mushrooms. Add the mushrooms and chicken. Add salt, pepper, dried oregano and chilli flakes, cook through and serve!



Chicken Tarragon

Chicken breast (allowance)
Gem squash (allowance)
Asparagus (allowance)
Cauliflower (allowance)
1 tbsp of chopped shallots (allowance, optional)
Dried tarragon
Dried basil (or fresh, from allowance)
Garlic powder
Salt and cracked black pepper

For this recipe you can use any of your favourite accompanying vegetables from your allowance.

Cut the chicken breast in half lengthways to create thinner pieces. Place the chicken pieces onto a board and sprinkle liberally with dried tarragon, a pinch of basil, garlic powder, a touch of sea salt and fresh cracked pepper to taste. Heat a non-stick frying pan, lightly coated with olive oil spray. Cook the chicken pieces on a moderate heat until golden brown. At the end of cooking add a splash of Tab or Sprite Zero and the shallots and then reduce to make a jus. Steam the accompanying vegetables. Place the chicken and vegetables on a warmed plate and drizzle with the jus before serving.

Curry Mango Chicken

Chicken (allowance)
Cauliflower (allowance)
Garlic (allowance)
½ of a mushroom (allowance)
¼ of a tomato (allowance)
150g mango (allowance)
2 crackers (allowance)

Spray a pan with olive oil spray and add crushed garlic and diced chicken and stir-fry. When the chicken becomes slightly golden, add the cut up vegetables and stir-fry. Add 1 tsp of curry powder, salt and pepper and continue to stir-fry. After 1 minute add a glass of water (250mls) and simmer. After 10 minutes, add 2 crushed

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crackers, 1 tsp of low-fat mayonnaise (allowance) and 150g of diced mango. Stir occasionally and simmer until all the water has evaporated and then serve.

Mango (or Apricot) Chicken

Chicken breast (allowance, sliced)
Onion (allowance, diced)
Mango (allowance, sliced)
Balsamic vinegar
Sprite Zero
Salt and pepper (to taste)
Dried coriander or dried parsley
Vegetables (allowance)

Stir-fry the onion and chicken until the chicken is almost cooked. (You may need to add a little water). Add a splash of balsamic vinegar, a splash of Sprite Zero, salt and pepper to taste, dried herbs and the mango slices. Stir-fry until the mango softens and the chicken is cooked. Serve with a crisp garden salad.

Apricots can be substituted for the mango. Delicious!

Soupy Chicken Stew

Chicken breast (allowance)
1½ cups of water
1 tbsp onion (allowance, chopped)
Parsley (allowance, if fresh)
1 tbsp celery leaf (allowance, finely chopped)
Shredded cabbage (allowance)
2 cloves
¼ bay leaf

Simmer all the ingredients together for 10 to 15 minutes. Skim off any froth and add more water if desired depending on the strength of broth preferred. Cook until all the ingredients are tender and cooked through. Remove the bay leaf and cloves before serving.

Balsamic Sizzled Chicken

Chicken breast (allowance)
Vegetables (allowance)
Balsamic vinegar
Chilli flakes
Salt and pepper
Sweetener

Dice the chicken. Stir-fry quickly over a high heat in a saucepan sprayed with olive oil spray. As the meat cooks, add a scant pinch of salt, liberal freshly ground black pepper, a pinch of chilli flakes (to taste) and a splash of balsamic vinegar and stir through quickly. Now add sliced and diced vegetables from your allowance – e.g. celery, tomato, onion and zucchini. Add a little water if needed and sweetener (to taste) and continue to stir-fry until the vegetables are cooked. If cooked quickly the chicken does not go dry.

Spicy Chicken Patties

Chicken mince (allowance)
Spring onion (allowance)
Lemon juice (allowance)
Dried garlic
Dried parsley
Dried chilli flakes (optional)
Salt and pepper (to taste)

Combine all the ingredients together and mix well. Shape into patties. Heat a non-stick pan over a medium heat, spray lightly with olive oil spray. Add the patties and cook for about 5 minutes on each side, or until cooked through. Squeeze the lemon juice onto the cooked patties, and serve with a salad from allowance.

POULTRY

Chicken with Mushroom Sauce

Chicken breast (allowance)
2 crackers (allowance, crushed)
Oyster mushrooms (allowance, chopped)
Shallots (allowance, chopped)
Garlic (allowance, finely chopped)
Lemon juice (allowance)

Flatten the chicken breast to make a large thin schnitzel, using the crushed crackers for crumbs. Set aside. Combine all the other ingredients in a saucepan and heat over a medium heat for approximately 15 minutes, stirring often. Only use $\frac{3}{4}$ of the lemon juice (the rest will be used on the chicken). Heat a non-stick frying pan and spray with olive oil spray. Cook the chicken for a few minutes on each side and pour the remaining lemon juice onto the cooked schnitzel. Top with the mushroom mixture and serve.

Baked Mango Chicken

Chicken breast (allowance)
Mango (allowance)
Steamed vegetables (allowance)
Garlic or curry powder

Cut mango into slices. Cut a hole in the centre of the chicken and slide 1 or 2 slices of mango into the chicken. Lightly sprinkle the chicken with garlic powder or curry powder. Put the chicken onto foil and use the rest of the mango to cover it. Close up the foil and bake for 15 minutes. Open the foil and brown for 5 to 10 minutes. Serve with steamed vegetables and let it all melt in your mouth.

Fat Loss Style Risotto

Minced chicken breast (allowance)

Equal amounts of zucchini and squash to make up vegetable allowance minus 15 grams

15g onion (allowance)

Dried herbs (to taste)

Grate the zucchini and squash and thinly slice the onion. Brown the chicken mince in a wok, add the vegetables and herbs and toss the wok until all the ingredients are cooked. Tastes great hot or cold!

Chicken Breast Stuffed with Spinach and Tomato

Chicken breast (allowance)

English spinach (allowance)

Tomato, sliced (allowance)

Dried garlic

Salt and pepper (to taste)

Slice the chicken breast horizontally. Flatten the chicken breast and place a layer of spinach leaves and sliced tomato inside. Sprinkle with dried garlic and salt and pepper. Fold over the chicken to cover the vegetables and secure with toothpicks. Heat a non-stick pan over a medium heat, spray with a little olive oil spray and cook the chicken for 4-5 minutes on each side, or until cooked through and golden brown. Cut into thick slices and serve over steamed vegetables from your allowance.

Chicken-a-la-Jenny

Chicken breast (allowance)

Garlic granules

Chilli flakes

Black pepper

Paprika

Salt

Mixed dried herbs

Mushrooms (allowance, use only one per chicken breast)

Cracker (allowance, crushed)

POULTRY

Mustard powder
Sprite Zero
Vinegar
Toothpicks

Tenderise the chicken breast until it is as flat as possible using a meat mallet. Cut the mushroom into thin slices. Sprinkle mixed herbs, chilli flakes, garlic granules, salt, pepper and paprika onto the flattened chicken breast. Arrange the mushroom pieces on the chicken as well. To prepare the marinade - mix the mustard powder, Sprite Zero and vinegar in a bowl. Brush the marinade onto the chicken breast. Now roll the completed chicken breast and cover completely with the crumbled cracker. Use toothpicks to hold the rolled breast together. Using a non-stick pan lightly sprayed with a cooking spray, fry the chicken until it is golden brown and cooked though. Brush the rest of marinade onto chicken breast as it cooks.

Excellent served with a fresh salad.

Chicken Coleslaw

Skinless chicken breast sliced into strips (allowance)
Cabbage, finely shredded (allowance)
Celery, finely sliced (allowance)
Mixed dried herbs
1 tsp low-fat mayonnaise (allowance)

Sprinkle the mixed herbs into a frying pan that has been lightly sprayed with olive oil spray. Add the chicken strips one by one so they cook nice and flat. Sprinkle more herbs on top and turn them. They will cook very quickly. Place the strips in the fridge to cool.

For the coleslaw, add the mayo to the cabbage and celery. Give it a good mix. Serve the coleslaw in a bowl with the chicken on top.

The cold chicken is great in any salad so you can cook up a second allowance (separately) and have it for another meal the next day.

Warm Chicken Salad

Chicken breast (allowance)
Lettuce (allowance)
Celery (allowance)
Green pepper (allowance)
Cucumber (allowance)
Balsamic vinegar
Cracker (allowance)

Cook the chicken breast and dice into cubes. Cut up and prepare salad and place the chicken salad and vinegar in a microwave bowl and heat to your liking. Once heated, sprinkle a crumbled cracker on top and mix. Enjoy.

Warm Grilled Mango and Chicken Salad

Chicken breast (allowance)
Mango (allowance)
Spinach (allowance)
Red onion (allowance)
Tomato (allowance, diced)
Cucumber (allowance, diced)
Cracked black pepper
Balsamic vinegar
Fresh coriander (allowance, optional)

Cut the mango into cheeks by slicing near the pip. Remove the skin and season with cracked black pepper. Pan fry or grill the chicken and mango. Place the spinach, tomato, onion and cucumber on a plate. Place the chicken and mango on top of the salad. Whilst still warm sprinkle with balsamic vinegar, extra pepper and a little salt (optional). Top with coriander. The dish blends great flavours and textures and makes a super lunchtime meal.

POULTRY

Chicken Kebabs

Chicken breast (allowance)
Zucchini (allowance)
Mushrooms (allowance)
Onion (allowance)
Tomato (allowance)
Dried herbs and spices to taste

Dice the chicken and veggies into cubes. Place the veggies to one side. Put the chicken into a bowl and add salt, pepper, garlic and dried herbs of your choice. Also add some lemon (from allowance, if desired), mix with 2 tbsp of water and place in fridge for an hr. After an hr place the chicken cubes and veggies one by one onto skewers - and either place on the braai or under the grill. Cook on both sides until the chicken is tender.

Chicken Meatballs with Tomato Chilli Salsa

Chicken mince (allowance)
Crushed cracker (allowance)
Lemon rind
Parsley (allowance)
Tomato (allowance)
Onion (allowance)
Vegetables (remainder of allowance)
Chilli flakes
1 tbsp lemon juice (allowance)
1 tsp finely chopped basil (allowance)

Blend the chicken mince, cracker, lemon rind, parsley and salt and pepper in a food processor until smooth. Form into walnut sized meatballs and place in the fridge for 10 minutes to firm up. Combine the remaining ingredients, season and simmer for 5-10 minutes. Pan-fry the meatballs in a non-stick frying pan until golden. Serve with vegetables from the remainder of your allowance.

Curried Chicken

Chicken breast (allowance)
1 tsp onion (allowance)
Curry powder
1 tsp low-fat mayonnaise (allowance)
¼ cup of water
Salad veggies (allowance)
Crackers (1 or 2, allowance)

Dice the chicken. Brown, together with a tsp of finely chopped onion in a pan that has been lightly sprayed with olive oil spray. Once browned sprinkle ½ to 1 tsp of curry powder over the chicken and cook for 1 minute. Add ¼ cup of water and reduce the liquid by half. Add 1 tsp of low-fat mayonnaise and serve on crackers with a salad.

Chicken Salad with Garlic Dressing

Chicken breast (allowance)
Garlic (either fresh as part of allowance or granules)
Lettuce (allowance)
Tomato (allowance)
Zucchini (allowance)
Crackers (allowance, crumbled)

Garlic dressing:
2 tbsp of balsamic vinegar
¼ tsp of mustard powder
1 level tsp low-fat mayonnaise (allowance)
1 garlic clove (allowance)
Dried chives

Make the dressing first by mixing the mayonnaise and mustard powder together and slowly adding the balsamic vinegar and chives. Then pierce the garlic clove several times with a fork or knife and add it to the dressing. Refrigerate until the rest of the meal is prepared. Cut the chicken into slices, lightly spray a frying pan and cook the chicken with the garlic until just cooked through. Add some water (about 4-5 tbsp) to the pan and cook until the water evaporates. Cut up the vegetables to make a salad, remove the garlic clove from the dressing and pour over the salad. Top with the chicken and crumbled crackers and serve.

POULTRY

Chicken Salad with Mango and Tomato Salsa

Chicken breast (allowance)
Lettuce (allowance)
Mango (allowance)
Spring onion (allowance)
Tomato (allowance)
Garlic (granules or fresh as part of allowance)
Coriander (allowance)

Use lettuce to make up half of your vegetable allowance. Then make up the rest of your vegetable allowance by dicing the tomato, chopping the spring onion, tearing the coriander leaves and finely chopping the garlic. Add the diced mango. Cut the chicken into strips and cook in a little water and garlic (add the water when the pan is very hot). Serve the salad, salsa and chicken together. This recipe can also be made with prawns or crayfish.

Crispy Chicken Fingers

Chicken breast (allowance)
2 crackers (allowance)
1 tsp dry mustard powder
Dried basil
2 tbsp water
Salt and pepper

Mix the mustard powder, basil, salt and pepper (to taste) and water in a bowl. Cut the chicken into finger-sized pieces. Place in the mustard mixture and make sure the chicken is coated. Finely crush the crackers. Coat the chicken pieces with the crushed crackers, firmly pressing the crumbs onto the chicken. Either bake in a moderate oven for 15-20 minutes until crispy or pan-fry using a light spray of olive oil. Serve it with a sweet chilli mayonnaise dip (made by combining low-fat mayonnaise (allowance) with dried chilli powder and artificial sweetener) and a fresh salad.

Chicken Ratatouille

Chicken breast (allowance)
Onion rings (2 medium rings/slices makes 1 tbsp)
Zucchini (allowance)
Tomato (allowance)
Green pepper (allowance)
Asparagus, fresh or tinned (allowance)
Dried herbs – chives, garlic powder, marjoram and thyme

Slice all the vegetables thinly. Sprinkle the herbs onto a plate and coat the chicken in the dried herb mixture. Layer the sliced veggies in the bottom of a small casserole dish. Add a splash of water, Sprite Zero or asparagus water. Place the coated chicken on top of the veggie stacks and spray with a little olive oil spray. Cover with the lid of the casserole dish and bake for about 20-25 minutes.

Curried Mango Chicken

Chicken (allowance, mince or strips)
Asparagus (allowance)
Field mushrooms (allowance)
Zucchini (allowance)
Spring onions (allowance)
Mango (allowance, pureed)
Garlic granules
Curry powder
Black pepper

Lightly spray a frying pan with olive oil spray. Add the chicken mince or strips and sprinkle with garlic granules, curry powder and black pepper. Brown the chicken, then add the vegetables. Once the chicken and vegetables are cooked through, add the mango puree, heat through and serve.

POULTRY

Chicken Schnitzel with Gravy

- 1 thinly sliced chicken breast (allowance)
- 1 cracker (allowance)
- Lettuce (allowance)
- Half a tomato (allowance, skin removed and finely chopped)
- Salt and pepper
- Dried rosemary
- Dried thyme
- Half a small clove of garlic (allowance)
- 1 tsp of onion (allowance, finely chopped)
- 2 tsp balsamic vinegar
- 1 tsp low-fat mayonnaise (allowance)
- Half a cup of water

Crush the cracker into tiny crumbs using a mortar and pestle. Add a small amount of salt and pepper to the crushed cracker and mix. Coat the chicken breast with the crumbs, reserving any leftovers. In a small saucepan, slowly heat the onion, garlic, rosemary, a tiny amount of salt, pepper, thyme and tomato until the onion goes glassy. Add vinegar and stir in. Add water and the remaining cracker crumbs (good for thickening the gravy) and stir. Place the chicken breast on a non-stick grill or frying pan. Cook slowly until the crumbs are brown. Simmer the gravy until it thickens and reduces. Add the low-fat mayonnaise and stir quickly into gravy. Simmer until the mixture has the consistency of gravy. Remove from heat. Place the chicken schnitzel on the lettuce and pour the gravy over the chicken. Really tasty and filling!

Christmas Turkey with Mango Surprise

Turkey breast (allowance)
Yellow squash (allowance)
Zucchini, (allowance)
Mushrooms (allowance)
Half a mango (allowance, pureed)
Garlic (allowance)
Fresh coriander (allowance, chopped).

Lightly spray a frying pan with olive oil spray and cook the turkey breast very gently on a low heat. Steam your choice of vegetables from your allowance. Serve hot drizzled with the Mango Surprise Sauce.

To make the Mango Surprise Sauce, liquidise the mango in a blender. In a saucepan, sauté the mushroom and garlic in olive oil spray and a dash of water. Add the liquidised mango and combine over a low heat until warmed through. Serve warm, drizzled over the turkey breast.

POULTRY

Beef Soup

Beef (allowance)
Cauliflower (allowance)
Onion (allowance)
Garlic (if fresh, from allowance) (to taste)
3 tps of mustard powder
2 sweetener tablets

Place all the ingredients in a pot with water and cook for approximately 30 minutes. Can be blended or served as it is. For a variation substitute the beef with chicken.

Miranda's Curried Beef and Savoy Cabbage Soup

Lean rump steak (allowance)
Savoy cabbage (allowance, shredded)
Curry powder
Apple cider vinegar
Sweetener powder
Salt and pepper

Brown thin strips of lean rump steak in a frying pan that has been lightly sprayed with olive oil spray. Add the savoy cabbage to 600ml of water and bring to the boil. Add a heaped tsp of curry powder, a dash of apple cider vinegar, a level tsp of artificial sweetener powder, salt and pepper to the water the cabbage is cooking in and simmer for approximately 15 minutes. Add the browned beef and pan juices to the cabbage. Heat through and serve.

Peppered Steak

Good cut of lean steak (allowance)
Freshly ground dried peppercorns
Garlic granules

Slightly tenderise the steak with a meat mallet and then sprinkle with garlic granules and freshly ground peppercorns. Spray a grill pan with cooking spray and cook to your liking. Serve with some sautéed mushrooms (allowance) and a little onion (allowance) and a side salad.

MEAT DISHES

Quick Sticks

Onion (allowance)
Green pepper (allowance)
Tomato (allowance)
Cauliflower (allowance)
Bok Choy (allowance)
Mushrooms (allowance)
Beef (allowance)
Chilli flakes
Garlic (fresh, allowance)
Cumin
Salt and pepper (to taste)
2 skewers

Combine the beef with the chilli flakes, garlic and cumin and marinade for 24hrs. Break the skewers in half and alternate the vegetables and beef on all 4 skewers. Cook in a heated grill pan or on an electronic grill until cooked to your liking. For a variation substitute the beef with chicken.

Rissoles

Lean minced steak (allowance)
2 crackers (allowance)
1 tbsp onion (allowance, finely diced)
Dried parsley
Garlic powder
Salt and pepper (to taste)

Soak the crackers and all the seasonings in approximately 30ml water. Put the mince into a food processor, add the onion and the soaked cracker mix. Combine well. Shape the minced mixture into rissoles. Lightly spray a frying pan with cooking spray and cook the rissoles to your liking. For a change of flavour omit the garlic and use either a pinch of mace or nutmeg.

Yummy Spinach Rissoles

Beef (allowance, minced)
1 clove of garlic, crushed (allowance)
Onion (allowance, two slices finely chopped)
Spinach (allowance)
Curry powder
Dash of chilli powder
Salt and pepper
Dried mixed herbs (optional)
Crackers (allowance)

Mix all the ingredients in a bowl, and make approximately 8 small rissoles. If they are small they cook faster and stay together better. Cook in a frying pan and serve with crackers. For a special treat, dip the rissoles into mayonnaise (allowance). This can also be made using chicken mince.

Beef Stroganoff

Beef strips (allowance)
Mushroom (allowance, sliced)
Onion (allowance, chopped)
Mixed lettuce (allowance)
Spices (garlic granules, paprika and nutmeg)
Balsamic vinegar
1 level tsp low-fat mayonnaise (allowance)

Spray a frying pan with cooking spray and cook the onion. Add the beef and mushrooms and cook until the beef is well browned. Add some spices and balsamic vinegar and simmer for a few minutes until the balsamic vinegar reduces. Just before serving add the mayonnaise which will give the sauce a creamy texture. Serve with some chopped lettuce.

MEAT DISHES

Beef Yiros on a Plate

Lean beef strips (allowance)
Onion (allowance, chopped)
Lettuce (allowance)
Tomato (allowance, chopped)
Garlic granules

For the garlic mayonnaise sauce:

1 level tsp of low-fat mayonnaise (allowance)
Cucumber (allowance, finely sliced and then chopped)
Garlic granules
Hot water

It is best to make the sauce first so that it can chill in the refrigerator while you prepare the rest of the meal. Put the mayonnaise into a small container. In an egg cup (or similar) put a tsp - tbsp of hot water and soften the garlic granules (also infusing the flavour of the garlic into the water). Add the cucumber to the mayonnaise with the water/garlic mixture, stir, cover and refrigerate.

Then, saute the beef, onion and garlic in a non-stick frying pan with a bit of water to help soften the onion and garlic. Arrange the lettuce and tomato on a plate. Place the meat and onion mix on top and drizzle with the garlic mayonnaise sauce.

Beef/Veal Olives

Beef/Veal (allowance, cut or pounded until very thin)
2 crushed crackers (allowance)
Dried herbs
Salt and pepper

Combine the crackers and herbs with a little water to moisten. Cut the beef/veal into two pieces and spread the cracker and herb mix onto each piece. Roll the beef/veal up and secure with a toothpick. Place in a foil parcel and pour over a mixture of 1 tbsp of water, 1 tbsp of balsamic vinegar, 1 tsp of mustard powder and 1 tsp of sweetener powder. Seal the foil parcel and cook gently in the oven for 15-20 minutes. The sauce will thicken. Pour the sauce over your beef/veal olives and serve with a selection of vegetables from your allowance.

Curried Beef and Cabbage

1 cup of water
Beef (allowance, diced)
Onion (15g from allowance, finely sliced)
Cabbage (allowance, shredded)
Curry powder
Ground coriander
Cumin
Paprika
Dried oregano
Dried sage

Combine $\frac{1}{2}$ tsp of curry powder with a pinch each of ground coriander, cumin, paprika, dried oregano and dried sage. This should make just about a tsp of the herb and spice mix. Heat $\frac{1}{2}$ a cup of water and the herb mix in frying pan or wok over a medium to high heat. Once the water is boiling add the meat and allow it to braise until the meat is almost cooked through. Add the onion and cabbage and cook until the cabbage is cooked through. Season to taste. Make sure to keep adding little bits of water as you're cooking to keep everything moist. You should end up with a bit 'juice' when the dish is served.

Fajita Salad

Beef strips (allowance)
Green pepper (allowance, chopped)
Onion (allowance, chopped)
Tomato (allowance, finely chopped)
Lettuce (allowance)
 $\frac{1}{4}$ tsp each of ground chilli, cumin and coriander

In a very hot pan, sear the beef strips. Add the green pepper and the onion. In a separate bowl, mix the tomato with the spices, adding a small amount of water. Once the onion and peppers have softened with the beef, add the tomato and spice mix. This will create a light sauce. Place the fajita beef on top of the remainder of the tomato mixed with lettuce.

MEAT DISHES

Fillet Steak with Balsamic Tomato

Beef fillet (allowance)
Tomato (allowance)
Onion (allowance)
Garlic (allowance)
Basil or parsley (allowance)
Dried herbs of your choice
1 tbsp balsamic vinegar

Cut the tomato into wedges. Thinly slice the onion and garlic and mix with the balsamic vinegar and fresh herbs. Heat a frying pan and spray lightly with olive oil spray. Sauté the tomato mix for 2-3 minutes so that the onion softens and the balsamic vinegar reduces slightly. Remove from the pan and cover to keep warm. Sprinkle dried herbs over the beef fillet and dry fry to your liking. Serve with the tomato mix on the side.

Hamburger

Lean beef mince (allowance)
1 small mushroom (allowance, finely chopped)
2.5cm piece of zucchini (allowance, grated)
Dried mixed herbs
Salt and pepper (to taste)
1 tsp low-fat mayonnaise (allowance)

Mix all the ingredients together and flatten in a non-stick pan to cook. This makes quite a big hamburger patty. Serve with the rest of your vegetable allowance.

Marinated Steak

Steak (allowance)
Lemon juice (allowance)
Balsamic vinegar
Salt

Combine the lemon juice, balsamic vinegar and salt in a frying pan that is cold. Add the steak, cover with the lemon juice mixture and leave to marinate for 5-10 minutes. Cook the steak slowly over a moderate heat. Serve with a salad.

Meat Loaf

Extra lean beef mince (allowance)
Onion (allowance, chopped)
½ a tomato (allowance, chopped)

Combine the onion and tomato with the mince. Shape into a small oval shape and place in an ovenproof dish using foil to help maintain the shape. Cook in the oven at 150 °C oven for approximately 1hr. Serve with remaining vegetable allowance.

San Choy Bow

Minced extra lean beef (allowance)
One whole lettuce leaf (allowance)
Onion (allowance)
Green cabbage (allowance)
Mushrooms (allowance)
Lemongrass (ground)
Dried ginger (ground)
Dried coriander (ground)
Chilli powder
Garlic powder
Salt
½ a cup of diet soft drink of choice
1 level tsp of low-fat mayonnaise (allowance)

Lightly spray a frying pan with olive oil spray and brown the mince. Heavily spice the meat while cooking. This is essential to achieve a 'peanutty' flavour. Set aside. Dice all the vegetables except the lettuce leaf. Return the mince to a medium heat and add the vegetables and the soft drink. Cover the pan and allow all the liquid to be absorbed. When the mixture is cooked and all the liquid has been absorbed, mix in the mayonnaise. Spoon the mixture into the whole lettuce leaf. Wrap the lettuce leaf around the mince and vegetable mixture and enjoy! For a variation, the beef can be substituted with chicken mince.

MEAT DISHES

Balsamic Mince Chow Mien

Minced extra lean beef (allowance)
Cabbage (allowance, shredded)
Onion (allowance, chopped)
Green pepper (allowance, sliced into strips)
Zucchini (allowance, sliced into strips)
Tomato (allowance, sliced into strips)
Mushrooms (allowance, sliced)
Garlic granules
Balsamic vinegar
Chilli flakes (to taste)
Sweetener
Water
Dried mixed herbs (to taste)

Spray a frying pan lightly with olive oil spray. Add the mince, garlic granules and onion and stir-fry until cooked. Add a pinch of chilli flakes, some sweetener, mixed herbs (to taste), balsamic vinegar and water. Stir-fry until the liquids are absorbed a little. Add the veggies and stir-fry quickly, adding more water and vinegar if needed.

Beef and Paw-paw Stir-fry

Beef (allowance)
Paw-paw (allowance)
Bok choy (allowance)
Green pepper (allowance)
Cabbage (allowance)
Onion (allowance)
Mushrooms (allowance)

Blend the paw-paw into a puree. Cut the beef into strips and add to the paw-paw puree. Refrigerate and allow to marinate all day. Cut the cabbage into narrow strips and chop the bok choy, green pepper, onion and mushrooms into small pieces. Lightly spray your wok with cooking spray. Add the vegetables and when these are nearly cooked add the pawpaw marinade with the beef. Stir-fry until the beef is cooked and a gravy forms from the juices of the beef and paw-paw.

Savoury Mince

Beef (allowance)
 Onion (allowance)
 Mushrooms (allowance)
 Zucchini (allowance)
 Squash (allowance)
 Green pepper (allowance)
 Salt and pepper
 Dried mixed herbs
 Paprika
 Garlic powder (optional)

Place the mince in a freezer bag, finely chop the vegetables and add to the mince along with salt, pepper, dried mixed herbs, paprika and garlic to taste. Mix together. Brown the mince in a frying pan using olive oil spray. For variation chicken can be substituted for the beef and the mince mixture can be shaped into hamburgers before cooking. The mince/hamburgers are delicious hot or cold.

Thai Beef Salad

Rump steak (allowance)
 Mixed lettuce (allowance)
 Tomato (allowance)
 Cucumber (allowance)
 Red onion (allowance, sliced)
 Replace the tomato with celery (allowance) and green pepper (allowance) to add some variety.
 2 tbsp dark balsamic vinegar
 2 tsp sweetener
 ¼ tsp chilli flakes
 1 tbsp chopped fresh coriander (allowance) or 1 tsp of dried coriander.

To make the dressing, combine the balsamic vinegar, sweetener, chilli flakes and coriander. Then grill or fry the steak to your liking and allow to cool. Arrange the salad ingredients on a plate, and top with the thinly sliced steak. Drizzle the dressing over the steak and salad and serve.

MEAT DISHES

Beef Casserole

Beef (allowance, cut into small cubes)
Onion (allowance, chopped)
Mushrooms (allowance, sliced)
Celery (allowance, chopped)
1 cup of water
Salt and pepper (to taste)
Dried herbs (optional)

Combine the ingredients together and cook slowly in a moderate oven for about 1 hr. These can be made ahead of time, cooked and frozen. Serve with the balance of your vegetable allowance.

Thai Beef

Extra lean beef mince (allowance)
Lemon juice and zest (taken from your fruit allowance)
Fresh coriander (allowance)
Lettuce (allowance)
Red onion (allowance)

Cook the mince with the lemon juice and lemon zest. Add chopped coriander leaves. Serve in lettuce cup garnished with finely chopped red onion.

Seasoned Roast Beef

Beef steak (allowance)
¼ of a tomato (allowance, chopped)
Onion (allowance, chopped)
Salt and pepper (to taste)
Garlic granules (optional)
1 cracker (allowance)

Flatten the steak with a meat mallet. Crush the cracker and mix with the salt, pepper, garlic, onion and tomato. Add enough water to keep all the ingredients together. Spread over the steak and roll it up into a roast. Bake in foil for 45 minutes to 1 hr in 150 °C oven. Serve with vegetables from your remaining vegetable allowance.

Beef Curry

Mushrooms (allowance)
Tomato (allowance)
Cauliflower (allowance)
Onion (allowance, chopped)
Cubed beef (allowance)
Curry powder
Salt and pepper
Dried basil, chives and other herbs and spices (to taste)
2 crackers (allowance)
½ a cup of water

Put the crackers, herbs and spices and water in a bowl and allow to stand. Spray a saucepan with a small amount of olive oil spray. Add the cubed beef and brown. Add the vegetables and continue cooking. Break up the soaked crackers with a fork and mix with the herbs and water. Once the vegetables are cooked, add the cracker mix to the saucepan and simmer until it thickens into a curry sauce.

MEAT DISHES

The Best Curry in a Hurry

Beef (allowance)
Cauliflower (allowance, about 50g)
Onion (allowance)
Green pepper (allowance)
Zucchini (allowance)
Squash (allowance)
2 crackers (allowance)
Curry powder
Dried coriander
Cumin

Chop the meat and vegetables into a 1.5cm dice. Spray a saucepan lightly with cooking spray and stir-fry all of the ingredients together with the spices until browned. Grind the crackers to a fine powder (the consistency of flour). Add a cup of water to the saucepan of beef and vegetables and bring to the boil. Stir in the cracker powder. Stir for a further minute or so, and allow to stand for a few minutes before serving. By adding more water this can be made into a delicious soup. Also, the beef can be substituted with chicken.

The Classic

Beef fillet steak (allowance)
Button mushrooms (allowance, halved)
Asparagus (allowance, left whole)

Heat a grill pan over a high heat. Once hot, spray lightly with olive oil spray. Cook the button mushrooms and asparagus spears in the pan for 5 minutes turning them every 2 minutes. Push to the side of the pan. Cook the steak in the centre of the pan and cook for 2-3 minutes each side, or until cooked to your liking. Serve with the asparagus and mushrooms and some freshly ground black pepper.

Wonderful Winter Warmer

Lean beef steak (allowance, diced)
Onion (allowance)
Mushrooms (allowance)
Zucchini (allowance)
1 cup of water
Bay leaf
Bouquet garni
Peppercorns
Garlic powder or granules (to taste)
Salt (to taste)
2 crackers (allowance, processed to fine crumbs)

Heat a frying pan and spray with a little olive oil spray. Brown the onion and the beef and then add some garlic granules and cook for another 30 seconds or so. Add water to the pan. Sprinkle the finely processed crackers into the water and stir over medium heat until the mixture is combined - the cracker powder will thicken the casserole. Place the mushrooms, bay leaf, peppercorns, bouquet garni and salt into small casserole dish. Transfer the meat and onion mixture to the casserole dish and add more water if needed – the meat and vegetables should be just covered. Cover with the lid and cook in a moderate oven for approximately 30 minutes. While the casserole is cooking steam your zucchini and add to the casserole when serving. Cauliflower and/or celery can also add a different flavour to this dish and can be cooked in the casserole dish with the meat.

Beef Fry Up

Beef strips (allowance)
½ a tomato (allowance)
Cabbage (allowance)
Mushrooms (allowance)
Garlic granules
Salt

Slice up the ingredients and fry together in a non-stick frying pan.

MEAT DISHES

Beef Goulash

Beef strips (allowance)
Onion (allowance, diced)
Mushrooms (allowance, sliced)
Tomato (allowance, chopped)
Garlic granules
½ tsp of paprika
Salt and pepper
1 bay leaf
½ a cup of water

Brown the beef in a pan and then remove. Brown the onion and garlic. Add the mushrooms, tomato, paprika, salt and pepper, and a bay leaf. Add the water and return the beef to the pan. Simmer until the liquid reduces by about half. Remove the bay leaf and serve.

Beef and Cabbage ‘Spaghetti’

Extra lean beef mince (allowance)
Cabbage (allowance, shredded)
Onion (allowance, chopped)
Tomato (allowance, chopped)
Dried herbs such as garlic granules, dried basil, dried oregano (to taste)

Lightly spray a non-stick frying pan with cooking spray. Brown the mince with a sprinkle of garlic granules and dried herbs of your choosing. Lightly steam the shredded cabbage in the microwave and add to the pan with the onion and tomato. Cook through and serve. A creative alternative to spaghetti bolognese!

Rissoles with Tomato Salsa

Beef (allowance)
Crackers (allowance)
Salt
Mustard powder
Tomato (allowance)
Onion (allowance)
1 level tsp of low-fat mayonnaise (allowance)

In a food processor, mix the beef, crackers and mustard powder. Season to taste. Shape the processed beef mixture into rissoles and cook. Blend the tomato, onion and mayonnaise into a smooth paste. Serve the rissoles on a bed of salad from the remaining vegetable allowance or serve with steamed vegetables. Pour the tomato salsa over the rissoles and tuck in.

Steak and Fried Vegetables

Steak (allowance)
Zucchini (allowance)
Squash (allowance)
Mushrooms (allowance)
Onion (allowance, 2 tbsps)
Bok choy (allowance)
Garlic granules

Steam the bok choy in the microwave for approximately 1 minute and 30 seconds. Slice the zucchini, squash and mushrooms. Slice the onion into rings. Heat a frying pan and spray lightly with cooking spray. Sprinkle the steak with garlic granules and fry over a high heat until cooked to your liking. Set the steak aside. Lay the zucchini, squash, mushrooms and onion rings in the pan in a single layer and cook until browned. Turn and cook until browned on both sides. Serve together with the steamed bok choy. For a variation, bake the vegetables in the oven and serve with the steak and steamed bok choy.

MEAT DISHES

Salsa Steak

Beef steak (allowance)
Onion (allowance)
Green pepper (allowance)
Tomato (allowance)
Mushroom (allowance)
Garlic granules

Slice the steak into strips and finely chop the vegetables. Lightly spray a frying pan with cooking spray and fry the onion, green pepper, garlic and beef strips. When these are almost cooked through add the rest of the ingredients. Mix well and continue cooking until all the ingredients are done. Serve with crackers (allowance).

Spicy Beef Salad

Beef strips (allowance)
Spices of your choosing - curry powder, mixed herbs, garlic granules
Cabbage (allowance, finely shredded)
Green pepper (allowance, sliced thinly)
Celery (allowance, finely chopped)
1 level tsp of low-fat mayonnaise (allowance)

Sprinkle spices into a heated pan. Lay the beef over the spices and cook. Turn the strips once browned and cook through adding a little water. Cover the pan and allow the beef to steam. Once the beef is cooked pour it into a container with all the juices. Leave to cool. Combine the cabbage, green pepper and celery with the mayonnaise. Warm the beef, chop it up and combine with the cabbage salad. Serve. For a variation, beef strips can be substituted with chicken strips.

Steak Sandwich

Beef steak/veal (allowance, sliced thinly)
Lettuce (allowance, sliced thinly)
Tomato (allowance)
2 crackers (allowance)

Cook the steak/veal in a non-stick frying pan. Shred the lettuce and slice the tomato. Slice the meat into small pieces and pile on top of 1 cracker together with the lettuce and tomatoes. Place a second cracker on top (optional). Serve with vegetables from your remaining allowance.

Steak with Mango Relish

Beef steak (allowance)
Mango (allowance)
Tomato (allowance, peeled, if you prefer)
Red onion (allowance)
White wine vinegar
Sprite Zero
Garlic powder
Chilli flakes
Salt and pepper

Start by making the mango relish. Combine chopped tomato, chopped mango, chopped onion, vinegar, a dash of Sprite Zero, a pinch of chilli flakes and garlic powder in a small saucepan. Bring to the boil and then simmer until the mango has cooked down completely and the mixture has thickened. To cook the steak, heat a grill pan or frying pan and lightly spray with olive oil spray. Season with salt and pepper and cook for 3 to 4 minutes on each side, or until the steak is cooked to your liking. Serve with the mango relish and vegetables from your remaining vegetable allowance. Steamed asparagus and cauliflower work particularly well.

MEAT DISHES

Warm Tofu Salad

Tofu (allowance)
Iceberg lettuce (approx 60% of allowance)
Green pepper (approx 40% of allowance)
Balsamic vinegar

Cut the tofu up into 3cm squares and put it into a non-stick frying pan. Coat generously with balsamic vinegar and toss to ensure even coating. Add about $\frac{1}{4}$ of a cup of water and cook over a high heat. Stir occasionally to avoid sticking and cook until all the liquid has been absorbed. In the meantime, chop the lettuce and green pepper and arrange on a dinner plate. Pile the cooked tofu on top of the salad. The balsamic vinegar gives the tofu a nice flavour that compliments the crispness of the vegetables!

Sweet 'n Spicy

Tofu (allowance)
Onion (allowance, chopped)
Mushrooms (allowance, chopped)
 $\frac{1}{4}$ can of Tab
Curry powder

Fry the tofu quickly together with the onion and mushrooms to seal in the flavour. Sprinkle with curry powder to taste, substituting or adding any other spices of your choosing. Pour over the Tab and cook until all the liquid has been absorbed. Serve with vegetables of your choosing from your remaining vegetable allowance. For non-vegetarians the tofu can be substituted with beef.

VEGETARIAN DISHES

Fish Soup

Fish (allowance)

Assorted vegetables (allowance)

Cut the fish and vegetables into bite size pieces. Place in a small saucepan and cover with water. Season to taste. Bring to a gentle simmer and cook until the veggies are tender and the fish is cooked. Serve with crackers (allowance).

Sweet Curried Tuna

Tinned tuna (allowance)

Shredded cabbage (allowance)

Chopped onion (allowance)

Curry powder (to taste)

Apple (allowance, roughly chopped)

Spray a hot pan with olive oil spray. Fry the onion and curry powder until the onion is translucent. Add the cabbage and tuna, stir to mix with the curry and onion. Add the apple and stir through. Serve warm.

Tuna Curry

Tinned tuna (allowance)

Tomato (allowance, small dice)

Zucchini (allowance, small dice)

Onion (allowance, finely chopped)

Curry powder

Salt and pepper

Dried basil

Dried chives

Other dried herbs and spices to taste

¼ of a cup water

½ - 1 cracker (allowance)

Spray a saucepan with a small amount of olive oil spray. Add the vegetables. Crush the cracker and add to vegetables with the dried herbs and water. Simmer until the liquid thickens to a curry sauce, approximately 5 -10 minutes. Add the tuna and heat until warmed through. Serve with another cracker.

FISH/SEAFOOD

Warm Prawn and Paw-paw Salad

Raw prawns (allowance)
Lettuce (allowance, shredded)
Celery (allowance, chopped)
Cucumber (allowance, chopped)
Paw-paw (allowance)
Garlic granules
2 tsp balsamic vinegar
1 tsp low-fat mayonnaise (allowance)

Combine the shredded lettuce, chopped celery and cucumber in a serving dish. Using 1/3 of your paw-paw allowance slice and arrange over the combined salad. Mix the mayonnaise and vinegar together and pour over the salad. Spray a small frying pan with olive oil spray and add garlic granules. Fry the prawns until cooked then arrange over the salad and the remaining paw-paw allowance.

Fish Wraps

Fish (allowance)
Lettuce (allowance)
Tomato (allowance)
Cucumber (allowance)
Lemon juice (allowance)

Marinate the fish in lemon juice for a short while and then fry in a pan that has been lightly sprayed with olive oil spray. Season to taste. When the fish is cooked, place it inside the lettuce cups. Add sliced tomato and cucumber. Roll up and enjoy.

Garlic Prawns with Steamed Vegetables

Shelled prawn tails (allowance)
Garlic granules
Selection of vegetables (allowance)

Place the prawns in a microwave-proof dish, sprinkle them with garlic granules and add a drop of water. Cover the dish and cook the prawns on high for 3 minutes until they are pink. Serve with steamed vegetables.

Hot and Spicy Seafood

Calamari and prawns (allowance)
Zucchini (allowance)
Green pepper (allowance)
Onion (allowance)
Mushrooms (allowance)
Yellow squash (allowance)
Chilli flakes
Cracked black pepper
Balsamic vinegar

Lightly spray a pan with cooking spray. Add the prawns and calamari and toss for 1 minute. Add the vegetables, spices, balsamic vinegar and a small amount of water. Simmer for 2 minutes until everything is cooked through and tender.

Baked Fish and Mango

Fish (allowance)
Mango (allowance)
3 lemon slices
Garlic granules
Dried parsley
Dried marjoram
Curry powder

Place the fish in foil. Sprinkle with the dried herbs, garlic and curry powder. Lay the lemon slices on top of or under the fish. Slice the mango into strips and place over the fish. Close the foil into a parcel and bake until cooked. Serve with salad or vegetables drizzled with a dressing made of 1 tsp of low-fat mayonnaise (allowance) and balsamic vinegar.

FISH/SEAFOOD

Baked Fish with Lemon

Fish (allowance)
Lemon slices
Salad or vegetables (allowance)

Cut the lemon into slices. Lay the lemon slices in foil and place the fish on top. Close the foil and bake until cooked. Serve with salad or vegetables from your vegetable allowance and drizzle the cooking juices over as a dressing.

Balsamic Tuna or Prawn Stir-fry

Tinned tuna or raw, shelled prawns (allowance)
Mushrooms (allowance)
Cabbage (allowance)
Zucchini (allowance)
Green pepper (allowance)
Tomato (allowance)
Cauliflower (allowance)
Chilli flakes (to taste)
Balsamic vinegar
Dried herbs and spices (to taste)
Sweetener

When making this dish with tuna, chop the vegetables and add to a pre-heated pan which has been lightly sprayed with olive oil spray. Add some balsamic vinegar, chilli, herbs and spices and the sweetener. Stir-fry, adding water if needed. Stir through the tuna just before the veggies are cooked, adding more water if needed.

When making this recipe with prawns, cook the prawns first with some balsamic vinegar, chilli and sweetener. Remove the prawns and stir-fry the chopped vegetables until they are almost cooked. Return the prawns to the pan with the veggies and heat them through before serving.

Chunky Tuna Bites

Raw tuna fillet (allowance)
Fresh garlic (allowance)
Onion (allowance)
Dried herbs
Selection vegetables (allowance)

Dice the onion and garlic, browning them in pan with dried herbs of your choosing. Cut the tuna fillet into cubes and spray the diced tuna and a non-stick frying pan lightly with olive oil spray. Cook the tuna cubes in the pan, turning them over when they are cooked half way through. This makes the tuna tender and stops it from drying out. Add vegetables of your choosing and cook until tender. Serve with some balsamic vinegar mixed with 1 level tsp of low-fat mayonnaise (allowance).

Cold Fish Salad

Fish (allowance)
Bok choy (allowance)
Baby spinach (allowance)
Yellow squash (allowance)
Mushrooms (allowance)
Dried dill
Black pepper
Garlic powder
Balsamic vinegar
Squeeze of lemon juice (allowance)

Slice the vegetables very thinly and season with dried dill, black pepper and garlic powder. Spray a non-stick pan with olive oil spray and stir-fry the vegetables quickly so that they remain crispy. Put the cooked vegetables to one side to cool. Cut the fish into cubes and squeeze over the lemon juice. Season to taste with dried herbs, garlic powder and black pepper. Stir-fry the fish until it is soft and cooked through, adding some water to form a liquid for the fish to cook in. Once cooked, set aside to cool. When the vegetables and fish are cool mix together and sprinkle with balsamic vinegar. Serve cold.

FISH/SEAFOOD

Salt and Pepper Squid

Squid tube (allowance)
Vegetables (allowance)
1 tsp salt
1 tsp cracked black pepper
½ a cup of vinegar
A squeeze lemon juice (allowance)
1 tsp sweetener

Cut open the squid tube, turn it inside out and score lines in diamond shapes into the flesh. Cut the scored squid into strips or squares. Combine the vinegar, sweetener, lemon juice, salt and pepper. Place the squid strips into the lemon juice mixture, coat and refrigerate for 20 minutes. Stir-fry the squid, adding extra salt and pepper if you like. Add the vegetables and cook until tender but crispy.

Prawns and Squash

Prawns (allowance)
Gem squash (allowance)
1 tbsp onion (allowance)
Mushrooms (allowance)
Garlic granules
Crackers (allowance)
Salt

Steam or microwave the gem squash until tender. Scoop out the flesh, mash and set aside. Spray a frying pan with olive oil spray and sauté the onions and garlic granules until tender. Add the chopped prawns and mushrooms and cook until the prawns turn pink. Add 2 tbsp of water and cook until the water is reduced by half. Add the mashed gem squash and mix well. Put the prawn and squash mixture back into the squash shell and cover with 1 crushed cracker. Bake in the oven for 15-20 minutes.

For variations add curry powder or other seasonings to taste.

Crumbed Whiting and Veggie Chips

Fresh whiting fillets (allowance)
2 crackers (allowance)
Dried dill
Fresh asparagus (allowance)
Zucchini (allowance)
1 tsp low-fat mayonnaise (allowance)
The juice of ½ a lemon (allowance)
Salt and pepper (to taste)

Process the crackers until they are fine crumbs and place in a bowl. Sprinkle dried dill over the crumbs and mix through. Fill another bowl with water. Dip the fish fillets into the water and then roll them in the crumbs to coat them. Holding the ends of each asparagus spear, bend it until it snaps. Discard the ends and reserve the tips and then weigh the asparagus you have left as your allowance. Chop the tips into 'chip' sized pieces. Slice the zucchini into 'chips' by cutting them lengthways. Cook the fish and veggie 'chips' in a frying pan sprayed lightly with olive oil spray over a medium heat. When they are almost done sprinkle with lemon juice. Season with salt and pepper and serve with mayonnaise and extra lemon juice if desired.

Curried Prawn Stir-fry

Prawn meat (allowance)
Vegetables of your choosing (allowance)
1 tsp low-fat mayonnaise (allowance)
1 tsp curry powder
½ to 1 cup of water

Dry fry the prawns in a frying pan or spray the pan lightly with some olive oil spray. Remove when cooked and set aside. Stir-fry the vegetables until tender but still crispy. Mix together the curry powder, mayonnaise and water and add to the vegetables. Return the prawns to the pan with the vegetables and bring to the simmer, reducing the liquid if needed. Serve.

FISH/SEAFOOD

Dot's Fish Pizza

Tinned tuna (allowance)
Crackers (allowance)
Tomato (allowance)
Green pepper (allowance)
Onion (allowance)
Mushrooms (allowance)

Drain the tuna and puree together with the crackers. Shape this mixture into a pizza base and place on non-stick baking paper. Top with chopped vegetables and season with dried herbs to taste. Bake or grill until the vegetables are tender.

Fish Parcels

Fish (allowance)
Tomato (allowance)
Green pepper (allowance)
Chives (allowance)
Lemon juice (allowance)

Finely dice the tomato and green pepper. Lightly spray some foil with olive oil spray, wipe the fish over the sprayed foil and then turn over so as to coat both sides. Place the fish in the sprayed foil and put the tomato, green pepper and chives on top. Raise the edges of the foil and squeeze lemon juice over the vegetables and fish. Shape the foil into a parcel leaving an open slit along the top. Put the foil parcel on to the braai or into a frying pan and cook until the fish is done. Serve with the rest of your allowance of vegetables. The juices make a good dressing for the other vegetables.

Nachos

Tomato (allowance)
Zucchini (allowance)
Green pepper (allowance)
Onion (allowance)
Cheese (allowance)
Two crackers (allowance)
Chilli powder

Place onion, zucchini and green pepper in a saucepan with a small amount of water and cook until soft. Add the tomato and cook until they are soft. Add chilli powder to taste. Transfer the mixture into a bowl and sprinkle with cheese. Place the salsa/cheese mixture under the grill and melt the cheese. Break up the crackers and place on top of the salsa/cheese mixture.

Asparagus and Feta

Asparagus (allowance)
Feta cheese (allowance)

Steam the asparagus. Heat a small frying pan and add the feta. Stir the feta until it is almost melted. Add the asparagus and stir through until the feta has melted. Serve with 2 crackers (allowance).

Baked Ricotta

Ricotta (allowance)
Garlic (allowance, crushed)
Parsley (allowance, chopped)
Chives or onion (allowance, chopped)
Chilli flakes (optional)
Salt, cracked black pepper and nutmeg to taste

Preheat the oven to 180 °C. Mix all the ingredients together and fill one cup of a muffin pan. Bake for 30-40 minutes or until set and nicely coloured on top. Delicious with a fresh garden salad (allowance) or served on crackers (allowance).

CHEESE

Bruschetta

Crackers (allowance)
Tomato (allowance)
Onion (allowance)
Feta cheese (allowance)
Basil (allowance)

Place thin slices of feta onto the crackerbread and top with chopped tomato, chopped onion, chopped basil, salt and black pepper. Serve the remaining feta mixed with the rest of your allowance of vegetables.

Cauliflower Cheese Soup

1 clove of garlic, crushed (allowance)
Cauliflower (allowance)
Mozzarella cheese (allowance)
Herbs and spices (to taste, optional)
Salt and pepper (to taste)

Boil the crushed garlic and cauliflower in 1½ cups of water until tender. Pour the cauliflower and water into a blender. Add herbs, spices, salt, pepper and mozzarella. Blend until smooth.

Cappucino Cheesecake

2 crackers (allowance)
Ricotta cheese (allowance)
Sweetener
Sprite Zero
Coffee

Crush the crackers and add a little sweetener and Sprite Zero to moisten. Press the cracker mixture into the base of two muffin pans in a muffin tin. Chill for an hr. Blend the ricotta cheese, sweetener and coffee. Spoon the ricotta mixture on to the cracker base and bake at 200 °C for 10 minutes. Eat your vegetable allowance first and enjoy this cheesecake as a treat.

Cauliflower Cheese

Cauliflower (allowance)
Ricotta cheese (2/3 of allowance)
Mozzarella cheese (1/3 of allowance, grated)
Paprika
Salt and black pepper

Cut the cauliflower florets into small pieces and cook in the microwave for about 2 minutes or until soft. Stir through the ricotta cheese, season with salt and pepper, and place the mixture into a small bowl. Top with mozzarella cheese and sprinkle with paprika. Cook under the grill until bubbling and golden brown.

Creamy Cauliflower and Ricotta Soup

Ricotta cheese (allowance)
Cauliflower (allowance)
1 tbsp celery (allowance, chopped)
1 tbsp onion (allowance, chopped)
Garlic granules
Marjoram (allowance)
Thyme (allowance)
Basil (allowance)
Curry powder
Salt and pepper
Water
Crackers (allowance)

Chop up the vegetables. Lightly spray a saucepan with cooking spray and heat the garlic granules and chopped onion. Add the cauliflower and celery. Add 1 to 1 ½ cups of water. Add some marjoram, thyme, basil and curry powder. Cook until the vegetables are very soft. (Add more water, if necessary, but don't add too much or the soup will taste bland.) Pour the mixture into a blender and puree the soup until smooth. Stir through the ricotta cheese. Season with salt and pepper to taste. Serve with crackers.

CHEESE

Cauliflower and Green Pepper Soup with Cheese

Cauliflower (80% of allowance)
Green pepper (20% of allowance)
Cottage cheese (allowance)
Crackers (allowance)

Roast the green pepper and remove the skin. Boil the cauliflower until tender. Place the cauliflower and green pepper in the blender with some black pepper and some of the water the cauliflower was boiled in. Blend until smooth. Add some feta (allowance) and serve with crackers or leave out the feta and serve with crackers and cottage cheese on the side.

Roasted Tomato Soup with Mozzarella/Ricotta Dumplings

½ a tomato (allowance)
Ricotta cheese and mozzarella cheese (allowance)
½ clove garlic (allowance)
Herbs (parsley/oregano/basil, to taste)
Chilli flakes

Spray a small oven dish and roast the half a tomato with chilli and garlic in low/moderate oven until caramelised. Remove from the oven and cover with hot water. Leave to stand for 10 minutes. Blend the tomato and water in a bowl, and garnish with basil (to taste). Combine the mozzarella cheese (grated) with the ricotta cheese to form small dumplings and serve in the soup.

Spinach and Ricotta Crisps

Crackers (allowance)
Spinach (allowance)
Onion (allowance)
Ricotta cheese (allowance)
Ground cumin seeds, dried basil and dried oregano

Finely chop the spinach and onion and mix with the ricotta cheese. Season to taste using ground cumin, dried basil and dried oregano. Bake in the oven for 20 minutes. Spread over the crackers and serve.

Grilled Cheese and Tomato

½ a tomato (allowance)
Cheese (allowance)
Crackers (allowance)

Slice the tomato thinly and place on the crackers, add salt and pepper (to taste) and then cover with sliced cheese. Place under the grill until the cheese is melted. Serve with a salad to make up the rest of the vegetable allowance.

Lemon Mozzarella Cheese

One lemon (allowance)
Mozzarella (allowance, not grated)
Tomato (allowance)
Fresh basil (allowance)

Cut both ends off the lemon and then cut the lemon in half lengthways to make two thick slices. Cut out the flesh of the lemon, leaving about half a centimetre of flesh for flavour. Chop the mozzarella into four thick slices. Put the lemon rings onto a sheet of baking paper. Put one slice of mozzarella into the lemon ring, add a slice of tomato and a basil leaf and then put a second slice of mozzarella on top. Cover with another sheet of baking paper. Bake in a preheated oven at 200 °C for about 5 minutes. Remove the covering baking paper and cook for a further five minutes or until the mozzarella has melted. Serve on crackers (allowance) with the rest of your vegetable allowance. Discard the lemon ring. You can also add a slice of mushroom (allowance), some diced green pepper (allowance) or any other vegetables (allowance) you may prefer to the tomato layer.

Herbed Cottage Cheese

Low-fat cottage cheese (allowance)
Fresh chives (allowance)
Spring onion (allowance)

Mix all of the ingredients together and serve with crackers (allowance) or wrap in lettuce leaves (allowance).

CHEESE

Feta and Zucchini Bake

Feta cheese (allowance)
Zucchini (allowance, grated)
Tomato (optional) (allowance, diced)
Cracked pepper
2 crackers (allowance)

In a non-stick frying pan gently fry the feta cheese, zucchini and cracked pepper until the feta cheese has just melted. Place the melted cheese mixture between your two crackers and then bake in the oven for approximately 5 minutes, until the crackers are warm. You can top this with a little diced tomato or have as it is.

Cauliflower Cheese Surprise

Cauliflower (allowance)
Granny Smith apple (allowance, diced)
Mozzarella cheese (allowance)
Dried herbs (optional)
Crackers (allowance)

Steam the cauliflower together with a diced Granny Smith apple. Add a small amount of dried herbs (to taste). Place in a small casserole dish. Cover the cauliflower and apple mixture with 2 crushed crackers and your mozzarella cheese allowance. Place uncovered in the microwave and cook until the cheese has melted.

Light Lunch

2 crackers (allowance)
4 slices of Mozzarella cheese (allowance)

Eat and enjoy as cheese and cracker, followed by vegetables of your choice (allowance), e.g. steamed asparagus (allowance) with a little salt and cracked black pepper.

Cheese and Vegetable Bake

Mozzarella cheese (allowance)
Cauliflower (allowance)
Green pepper (allowance)
Zucchini (allowance),
Salt and pepper (to taste)
Dried oregano (to taste)
Garlic granuals (to taste)

Lightly spray an oven or microwavable bowl with cooking spray. Arrange the vegetables in the bowl. Grate the mozzarella cheese over the vegetables and sprinkle with garlic and herbs. Bake in the oven or cook in the microwave until the vegetables are tender.

Stuffed Mushrooms

One large mushroom or three or four smaller ones (allowance)
Green pepper (allowance)
Onion (allowance)
Tomato (allowance)
Garlic (allowance)
Zucchini (allowance, very finely diced)
Low-fat cottage cheese (allowance)

After weighing the mushroom(s), weigh out your remaining vegetable allowance using a selection of the other vegetables, according to your taste. Chop the vegetables (excluding the mushrooms) and cook until the vegetables reach a salsa-like consistency. Allow to cool and then add to the cottage cheese and mix. Fill the mushroom(s) with the cheese and vegetable mixture and bake in a low oven until the mushroom is cooked through. By using three smaller mushrooms this meal seems to go a long way! Can be served hot or cold.

CHEESE

Cheesy Vegetable Bake

Tomato (allowance, chopped)
Onion (allowance, chopped)
Cauliflower (allowance, chopped)
Asparagus (allowance, chopped)
Spinach (allowance, chopped)
Cheese of your choice (allowance, grated)

In a pan lightly fry the tomato and onion. Cook the other vegetables until they are tender. Combine all the vegetables on an oven tray and top with grated cheese. Grill until the cheese is melted and golden.

Garlic 'Bread'

Cheese (allowance)
Garlic granuals (to taste)
A pinch of dried parsley
1 tsp low-fat mayonnaise (allowance)
Crackers (allowance)

Combine the cheese, garlic, parsley and mayonnaise in a microwave bowl and cook until all the cheese is melted. Mix well and pour over two crackers. Wait until the cheese has set a little before separating. This is delicious served with some fried tomato, onion and zucchini (from your vegetable allowance).

Grilled Cheese and Veg

Mozzarella cheese (allowance)
Tinned asparagus (allowance)
Tomato (allowance)
Mushrooms (allowance)
Salt and pepper (to taste)

Cut the asparagus and put onto a plate. Thinly slice the tomato and place on top of the asparagus. Thinly slice the mushrooms and put them on top of the tomato. Place under the grill until the mushrooms are brown. Top with the mozzarella cheese and place back under the grill until the cheese is melted and slightly browned.

Mediterranean Vegetables

Zucchini (allowance, sliced)
Roma tomato (allowance, sliced)
Onion rings (allowance, finely sliced)
Yellow squash (allowance, sliced)
Mozzarella cheese (allowance, grated)
Dried mixed Italian herbs

In small ovenproof dish place alternating slices of zucchini, tomato, squash and onion. Sprinkle with herbs and mozzarella cheese. Place in the microwave or the oven and cook until cheese is melted and the vegetables are cooked.

Mini Pizza

Crackers (allowance)
Tomato (allowance)
Green pepper (allowance)
Mushroom (allowance)
Onion (allowance)
Mozzarella cheese (allowance)

Preheat the grill. Finely chop the vegetables and and put them on top of the biscuits. Place under the grill until dried. Cover with mozzarella cheese (or mozzarella cheese/cottage cheese or mozzarella cheese/ricotta cheese combination). Grill until the cheese is melted.

Mushroom Pizzas

Beef steak mushrooms (½ of allowance)
Green pepper, onion and tomato (½ of allowance)
Mozzarella cheese (allowance)

Grill the mushrooms. Finely chop the green pepper, onion and tomato. Put the chopped vegetables into the mushroom caps, top with mozzarella and grill.

CHEESE

Nic's 'Surprise Toast'

Mozzarella (allowance)

1 tsp low-fat mayonnaise (allowance)

Vegetables - Chinese cabbage, onion, tomato and zucchini (allowance)

Dried basil (to taste)

Garlic powder (to taste)

Crackers (allowance)

Spread the mayonnaise over the crackers and sprinkle the herbs over the mayonnaise. Sprinkle the cheese on top and place under the grill. While the cheese is grilling, stir-fry the other vegetables adding salt and pepper to taste. Once the cheese has browned place on a plate and pour the stir-fried vegetables over the grilled cheese crackers.

Quiche Florentine

Smooth ricotta cheese (allowance)

Spinach (allowance, finely chopped)

Garlic (allowance, crushed)

Lettuce (allowance)

Tomato (allowance)

Cucumber (allowance)

Salt and pepper

Balsamic vinegar

Combine the ricotta cheese, spinach, garlic and salt and pepper. Lightly spray a muffin tin with olive oil spray. Spoon the mixture into the muffin tin and bake in moderate oven for 12-15 minutes until it starts to brown. Serve with a salad made up of the remaining vegetables and drizzled with balsamic vinegar.

Ricotta and Spinach Lasagne

Ricotta cheese (allowance)
Mozzarella cheese (allowance)
½ tsp garlic (allowance, crushed)
Spinach (allowance)
Tomato (allowance)
2 leaves of fresh basil (allowance)
Cracked pepper (to taste)
Pinch of nutmeg
2 crackers (allowance)

Steam the spinach for approximately 1 minute in the microwave. Drain and squeeze out the excess liquid. Chop the spinach and allow to cool. Mix together the ricotta cheese, 1/3 of the mozzarella cheese, the garlic, the pepper, the nutmeg and the spinach. Put one cracker in an ovenproof dish, cover with the ricotta mixture and put a 2nd cracker on top. Blend together the tomato and basil leaves. Cover the crackers with the tomato mix and top with the remainder of the mozzarella cheese. Bake at 180 °C for approx 10 minutes or until the cheese is golden brown.

Greek Salad (without the olives!)

Feta (allowance)
Cucumber (allowance)
½ a tomato (allowance)
Red onion (allowance)
Fresh basil leaves (allowance)
1 tbsp balsamic or red wine vinegar
1 tsp low-fat mayonnaise (allowance)
Pepper
Dried mixed herbs

Chop the feta cheese into cubes. Dice the tomato, cucumber and onion and put into a bowl. Chop the basil leaves and sprinkle over the top of the salad. Add the feta cheese. To make the dressing, shake the vinegar, mayonnaise, pepper and dried herbs together in a small bottle. Pour over the salad and enjoy!

CHEESE

Spinach and Ricotta Canneloni

- 1 spinach leaf with the stalk removed (allowance)
- ½ a small tomato (allowance)
- 1 tsp onion (allowance, chopped)
- Garlic granules/powder
- Mushrooms and zucchini (allowance)
- Ricotta cheese (½ allowance)
- Mozzarella cheese (½ allowance)

Finely dice the tomato and onion and sauté in a pan that has been lightly sprayed with olive oil spray together with the garlic. Add a small amount of water to make a tomato sauce. Set aside. Dice the mushrooms and zucchini and sauté. Pour boiling water over the spinach leaf to soften. Remove and drain excess water. Lay the spinach leaf flat and cut it into 2 long pieces. Spread the ricotta cheese along the last 2/3 of each spinach leaf and cover with the mushrooms and zucchini. Sprinkle with ½ of the mozzarella. Starting at the end with the ricotta cheese, roll the spinach leaf up into a tight roll. Place the 2 spinach rolls close together on baking tray, cover with the tomato sauce and sprinkle with the remaining mozzarella. Bake in the oven at 180 °C for 20-30 minutes until the cheese has melted and is golden brown.

Greek Style Salad

- Feta cheese (allowance)
- ½ a tomato (allowance)
- Lettuce (allowance)
- Cucumber (allowance)
- Onion (allowance)
- Salt and pepper
- Balsamic vinegar

Dice the feta cheese into small pieces. Also dice the tomato, onion and cucumber. Finely slice the lettuce. Mix all the ingredients together in a bowl and stir through 1-2 tbsps of balsamic vinegar. Season with salt and pepper and serve.

Cheese Stuffed Mushroom

Ricotta cheese (2/3 of allowance)
Mozzarella cheese (1/3 of allowance)
1 large field mushroom (allowance)
Tomato (allowance)
Onion (allowance)

Wash and de-stalk mushroom before weighing. Spoon the ricotta cheese into the mushroom and level it off. Add tomato and onion on top of the ricotta cheese and then sprinkle with the mozzarella cheese. Lightly spray on ovenproof dish and place the mushroom on to it. Cook in a hot, pre-heated oven until brown and bubbly. Season with a salt and pepper and serve.

Easy Spinach and Ricotta Frittata

Smooth ricotta cheese (allowance)
Tomato (1/3 of allowance, finely chopped)
Spinach (allowance)
Onion or shallots (1 tbsp from allowance, finely chopped)
Parsley (allowance)
1 clove of garlic, finely chopped (allowance)
Basil (allowance)
Dried herbs - basil, oregano, chilli and nutmeg
Salt and pepper
Olive oil spray

Steam the spinach until it is just limp and then chop finely. In a mixing bowl blend the ricotta with all the other ingredients including the spinach. Mix well. Spoon the mixture into a shallow baking pan sprayed lightly with olive oil or lined with a baking sheet. Bake in a moderate oven for 30 minutes or until it is golden brown on top. The frittata is cooked when it is firm to touch and is not runny when the pan is tilted. Remove from the pan and serve hot or refrigerate to eat chilled later.

These can be baked ahead of time for a convenient instant meal and are an ideal breakfast or lunch on the run.

CHEESE

Feta and Asparagus Crackers

Tinned asparagus (allowance)
Feta cheese (allowance)
Crackers (allowance)
Mixed herbs (to taste)
Balsamic vinegar

Lightly spray an ovenproof dish with olive oil spray. Drain the tinned asparagus well and place in the ovenproof dish. Sprinkle with mixed herbs and place the feta cheese over the top. Pour some balsamic vinegar over the top. Bake in the oven until the feta cheese has melted and is golden. Remove from the oven and serve on crackers.

Stir-Fried Cheezy Veggies

Tomato (allowance)
Green pepper (allowance)
Onion (allowance)
Mushrooms (allowance)
Zucchini (allowance)
Ricotta cheese (2/3 of allowance)
Mozzarella cheese (1/3 of allowance)
Chives (allowance)
2 crackers (allowance)

Chop and stir fry all the vegetables and the chives in a non-stick frying pan. When cooked, add the ricotta cheese and the mozzarella cheese and cook until melted and slightly browned. Place on top of crackers and serve.

Cheesy Frittata

Spinach (allowance)
Ricotta cheese (allowance)
Mozzarella cheese (allowance)
Spring onion (allowance)
Mushroom (allowance)
Spices to taste (e.g. coriander, cumin, cassia, cloves, cardamom and celery seeds)

Chop the vegetables finely and microwave for 30 seconds or cook on the stove until softened. Combine all the other ingredients with the vegetables and mould into a pattie. Fry in a non-stick frying pan until brown and crispy.

Feta and Spinach Field Mushrooms

Field mushroom(s) (allowance)
Feta cheese (allowance)
English spinach (allowance)
Garlic, fresh (allowance) or granules (to taste)
Dried coriander (to taste)

Microwave the field mushroom(s) until they steam. This will take approximately 30-60 seconds on high. Steam the spinach, garlic and feta and place on top of the mushroom(s). Sprinkle over dried coriander to taste. Bake in the oven at 180 °C for 5 minutes until the feta is golden. A once a week treat that is worth the wait!

Tabouli Cheese

Tomato (allowance, chopped)
2 thin slivers of garlic, fresh coriander and fresh parsley (allowance)
Ricotta cheese or low-fat cottage cheese (allowance)
Crackers (allowance)

Finely chop the garlic and herbs. Mix with the tomato and cheese. Season to taste and serve with crackers.

CHEESE

Ricotta Tzadziki

Half a small to medium sized green pepper (allowance)
Ricotta cheese (allowance)
English cucumber (approximately 40g of allowance, de-seeded and grated)
Squeeze of lemon juice (allowance)
1 small garlic glove (optional) (allowance, crushed)
1 tbsp mint or basil (allowance, chopped)
Sprinkle of black pepper
Crackers (allowance)

Mix all the ingredients together and place inside the green pepper shell. Serve with crackers.

Spring Dip

Spring onion (allowance)
Tomato (allowance)
Low-fat cottage cheese (allowance)
Salt to taste
Crackers (allowance)

Combine all the ingredients to make a delicious dip. Serve with crackers.

Cheesy Stuffed Tomatoes

Cottage cheese (half of allowance)
Mozzarella cheese (half of allowance, grated)
½ a tomato (allowance, deseeded)
Mushrooms (allowance, diced)
Chives (allowance)

Mix the grated mozzarella, cottage cheese, mushrooms and chives together. Stuff the ½ a tomato with the cheese mixture. Bake in the oven until the cheese is melted.

Ricotta Blend

1 tbsp of orange juice (allowance)
Smooth ricotta cheese (allowance)
Pinch of cinnamon

Blend all the ingredients together until smooth and creamy. A sweeter treat!

Vegetable Cottage Cheese

Low-fat cottage cheese (allowance)
½ a tomato (allowance, chopped)
Spring onion (allowance, chopped)
Dried basil (to taste)

Mix all of the ingredients together and serve with crackers (allowance) or wrapped in lettuce leaves (allowance). For a variation substitute some of the cottage cheese with some mozzarella (allowance). This gives a stronger cheese flavour.

Foil Wraps

Take 2 layers of foil. Spray 1 layer with a light coating of cooking spray. Place your meat, chicken or fish allowance on the foil, and then top with your vegetable allowance. Then add any spices you choose. Wrap the foil up and twist the foil together at the end so it looks like a set of horns. This allows the steam to escape.

You can cook the wraps on the braai, on a camp fire or in the oven.

You can eat directly out of the foil as you get the juices as well and it is easy to stick to your allowance.

You can also try this with apples. Core an apple, sprinkle with nutmeg and cinnamon. Wrap them in foil and cook in the barbeque fire or camp fire for about 15 minutes. You can also slice the apple and then cook it on the braai.

Delicious!

SALADS & SALAD DRESSINGS

Orange Salad

Orange (allowance)

Balsamic vinegar

Salt

Cut orange into bite size pieces. Dress with salt and balsamic vinegar. This is a nice accompaniment to your meal.

Tomato and Zucchini Salad

Sliced tomato (allowance)

Sliced zucchini (allowance)

Sliced spring onions (allowance)

White wine vinegar

Fresh basil (allowance)

1 garlic clove (allowance)

Ground black pepper

Place the tomato, basil, garlic clove (remove before eating as it is for flavour only) and white wine vinegar in bowl. Quickly cook the spring onions and zucchini in boiling water. Remove and add to tomato mix. Season with salt and ground black pepper. Refrigerate for as long as you like to allow flavours to infuse. Serve with crackers and your protein allowance. This is also really tasty mixed with chopped chicken (allowance) or cheese (allowance).

Flavoursome Salad Dressing

1 level tsp of low-fat mayonnaise (allowance)

1 tsp of apple cider vinegar

½ tsp of curry powder and mustard powder

Squeeze of lemon juice (optional, part of fruit allowance)

Mix all of the ingredients together for a flavoursome salad dressing.

Coleslaw

Cabbage (allowance)
Apple (allowance)
Celery (allowance)
Spring onion (allowance)
Green pepper (allowance)
Low-fat mayonnaise (allowance)
Sweetener

Finely dice all the vegetables and the apple, making sure that you have more cabbage than the other vegetables and fruit – 2/3 to 1/3 ratio. Mix the mayonnaise and sweetener together and stir through the vegetables. Serve with your protein allowance. For some variation you can substitute the apple with nectarine or mango.

Tomato and Cucumber Salad with Mint Leaves

Weigh tomato and cucumber according to your allowance. Add a splash of white vinegar and a sprinkle of sweetener powder. Toss through some mint leaves (allowance) and refrigerate until ready to use.



VEGETABLE SIDE DISHES

Roasted Veggies

Cauliflower (allowance)
Zucchini (allowance)
Mushroom (allowance)
Green pepper (allowance)

Coat the veggies with garlic powder and mixed herbs. Spray lightly with olive oil spray and place in a non-stick oven tray. Cook veggies in a 180-200 °C oven for about 20 minutes or until done. These veggies can be frozen with other meals and reheated in the microwave.

Dutch Red Cabbage

Red cabbage (allowance)
1 apple (allowance)
Cloves
Cinnamon
Salt
Vinegar

Roughly chop the cabbage and slice the apple. Combine in a saucepan, add spices and cook slowly. When the cabbage and apple are cooked add small amount of vinegar and serve with your protein allowance.

Yummy Mushrooms

Mushrooms (allowance, sliced)
Nutmeg
Balsamic vinegar

Spray a non-stick frying pan lightly with olive oil spray. Gently cook the sliced mushrooms with a little nutmeg. When you can smell the nutmeg add a dash or two of balsamic vinegar and cover. Cook the mushrooms until tender and serve with your protein allowance.

Fruit Punch

Honeydew melon (1/3 of allowance)
Mango (1/3 of allowance)
Kiwi fruit (1/3 of allowance)
Can substitute apple, orange or lemon (allowance)
500mls Sprite Zero
250mls Diet Fanta

Chop the fruit into small pieces and add to the soft drinks.

Kiwi and Mango Ice Cubes or Punch

60g of kiwi fruit (½ of allowance)
75g of mango (½ of allowance)
Sprite Zero
Plastic cups or ice cube trays

Blend the kiwi fruit and mango together to make a puree. Put 1½ tbsp of the puree into the bottom of the plastic cups. Add the Sprite Zero and stir. Stand a spoon in the cups, freeze and enjoy.

This recipe will also make a lot of ice cubes. For a further variation use the leftover puree to make a delicious punch but you will need to use more puree per 250mls of Sprite Zero.

Kiwi Fruit Shake

2 small kiwi fruit (allowance)
3 ice cubes
½ a tin of Lemon Lite
Yoghurt (allowance)

Blend all the ingredients together and serve.

DRINKS

Peach Shake

Plain low-fat or fat-free yoghurt (allowance)
1 soft peach (allowance)
1 sweetener tablet
1/3 of a cup of Sprite Zero
A handful of ice cubes

Blend all the ingredients together until smooth and serve.

Mango Frappe

150g mango (allowance)
A full tray of ice cubes
One glass of chilled water

Blend all the ingredients until smooth. Drink through straw. This makes the mango go a long way. Delicious!



Apple Crumble

1 apple
Cinnamon (limited amount)
2 crackers

Core, peel and slice the apple. Stew in the microwave for 2 to 4 minutes. Sprinkle with cinnamon and add crushed crackers. Great on a cold day, instead of cold fruit!

Melon Poles

Ice lolly moulds or cups and ice lolly sticks
Melon (allowance)
250mls Sprite Zero

Blend all the ingredients together and pour into the moulds. Freeze and serve!

Dianne's Delicious Orange and Mango Sorbet

Mango (allowance)
250mls of Diet Fanta

Place the mango and Diet Fanta into a food processor and liquidize. Place in a container and freeze. Once nearly frozen, put the mango mixture back into the food processor and blend until it is smooth. Serve and enjoy!

Kiwi and Green Tea Sorbet

Kiwi fruit (allowance)
2 cups of green tea
Sweetener powder

Brew the green tea and allow it to cool. Peel the kiwi fruit and then mash it with a fork making sure it is not too fine. Sweeten the green tea to taste with powdered sweetener. Add the mashed kiwi fruit. Pour into a shallow dish and freeze, mixing occasionally to allow the ice to set evenly. When frozen, scoop out sorbet and serve in a tall glass with a sprig of mint!

DESSERTS

Mango and Melon Fruit Salad

90g paw-paw (allowance)
90g honeydew melon (allowance)
50g mango (allowance)
(other fruit according to allowance)

Cut or ball the melon and mango and combine with any other fruit from allowance. (Hint: use $\frac{1}{4}$ pieces of fruit to give more variety e.g. $\frac{1}{4}$ of an apple, $\frac{1}{4}$ nectarine, $\frac{1}{4}$ orange or mandarin and $\frac{1}{4}$ apricot).

Dried Apples

1 apple (allowance)
Dash of cinnamon

Turn the oven on as low as it will go. Peel and core the apple. Then slice the apple into thin slices or rounds. Place on a wire rack in the oven. Prop the oven door open a bit and heat the apple pieces in the oven for 2-3 hrs or until they are dried. Remove from the oven and allow to cool. Sprinkle with a dash of cinnamon.

Salt 'n' Vinegar Chips

Coat the bottom of a flat bowl with vinegar, and add a sprinkle of salt. Dip crackers (allowance) into the vinegar, making sure that they are thoroughly coated. Break the crackers into small pieces, and place in the oven until brown and dry.

SNACKS



Contact Lara Swanepoel on 083-626-3877 (Head Office)