



I'VE GOT THE
POWER!



Tummy ATTACK Recipe Ebook



Ebook I created the Tummy ATTACK program back in 2015, this recipe book was part of this program that I thought would be helpful as a bonus resource to the “I’ve got the POWER!” program – as it’s packed full of great ideas and simple recipes!

- Part 1: Reference page
- Part 2: Breakfast ideas
- Part 3: Toppings, Garnishes & Sauces
- Part 4: Lunch
- Part 5: 4pm snacks
- Part 6: Dinner
- Part 7: Super light meals & top Tummy ATTACK meals

PART I - Reference page

I’m a big of mish-mashing and making things up, but the places I go for recipe ideas and inspiration includes:

- Flash Cooking by Laura Santtini
- Deliciously Ella by Ella Woodwood
- I quit Sugar by Sarah Wilson
- Hemsley & Hemsley by the Hemsley sisters

If I have used any exact recipes, I reference where it comes from.

For those who want lots of salad ideas, check out my 30 Day salad bible on the bottom of the blog section of – janeyholliday.com where there are 30 different tasty salad ideas using 99% of the TA principles!



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PART 2 - Breakfast Suggestions

Homemade muesli – 1

Ingredients

- Few handfuls of organic Scottish oats
- Handful of coconut flakes
- Small handful of cacao nibs
- Small handful of sunflower seeds
- Small handful of chopped almonds
- Small handful of chopped hazelnuts

Information

This recipe is sugar-free, super-delicious AND easy!

There is no need to get the scales out, all you need to do is, mix up the ingredients in a tub and store in a dry place.

Either serve with oat milk, (warm or cold) or you can soak it overnight in some oat / almond milk or coconut yogurt if you prefer!

Homemade muesli – 2

Ingredients

- Few handfuls of organic Scottish oats
- Handful of walnuts
- Small handful of chia seeds
- Small handful of poppy seeds
- Small handful of chopped brazils

TIPS!

A good serving size idea is a child's beaker (this is also good for general carb portion guide) Make sure the oats are only 50-60% of the ratio of these mueslis!

Information

You can mix and match both these homemade mueslis, or even make a small bowl of them in the morning using leftover cooked quinoa instead of oats.

Do not add dried fruit!

Either serve with oat milk, (warm or cold) or you can soak it overnight in some oat / almond milk or coconut yogurt if you prefer!



Egg based breakfasts

Ingredients

- Scrambled egg – 2 organic eggs, coconut oil or organic butter
- Poached / boiled egg – boil on the hob
- Fried egg – use coconut oil or organic butter

Do NOT be afraid to eat eggs! Eating up to 2 organic eggs each day is absolutely fine – enjoy!

Information

I'm going to assume that you'll all know how to cook eggs!

But what you want to do is get the ratio right, so we suggest 2 eggs & 1 WF toast.

If you wish, add some wilted spinach on the side.

My favourite is 2 poached eggs on 1 WF toast with a little bit of butter on the toast and in the top of my yolks, served with salt, pepper and lemon juice!

Fish based breakfasts

Ingredient ideas

Choose between mackerel, smoked salmon or mashed left over poached salmon works well too

Serve on top of 1 WF toast with a little butter and/or a bag of wilted spinach or some sliced raw cucumber

Information

My favourite fish brekkie is warmed smoked mackerel, flaked over a bit of wilted spinach on a slice of WF toast (this makes a great lunch too!).

A slice of smoked salmon works well on a slice of rye & a sliced boiled egg with chopped chives.

Adding a few slices of avocado or watercress really makes this breakfast super-nutritious!

Porridge

Ingredients

Organic Scottish oats

Almond milk or Oat milk

A topping could include one or some of:

Cinnamon, nutmeg, coconut oil, cacao powder, Maca powder

Or Baobab, some coconut flakes, nuts or seeds

Just flavour it with taste NOT sugar!

Information



I personally find porridge too carb-heavy and hot porridge doesn't sit well in my tummy. Having said that I know many women who are fine with porridge, and I'm better with cold porridge (cooked on the hob the night before and eaten cold the next morning). It can take time to wean yourself off honey/sugar/fruit so if you need to, do that gradually. Choose a hot or cold version and mix & match the flavour ideas suggested here!

Breakfast salad

Ingredient ideas

Just get hold of any salad leftovers or use some of your favourite salad ingredients ! A good combo is spinach, fennel, basil and cucumber and you could even put this inside a big Iceberg leaf with some hummus as a salad brekkie wrap!

Information

To me, if you can eat a fruit salad for brekkie, you can eat a 'normal' salad and I have this quite a lot!

Add it on top of 1 x WF toast, (hummus or even on top of marmite on WF works well under salad).

Make it easy by using left over from salad the night before or crudit . I just throw it all together with some hummus or on top of some mashed avocado

Breakfast soup

You can choose one of the TA lunch soup recipes:

- Alkalizing green soup
- Asparagus soup
- Garden vegetable soup
- Choose another healthy soup you like to make

If you want to buy soup, I choose some of the Covent Garden soup range as back up. I like kale & nutmeg and butternut squash & carrot

Information

Again, if you can drink a fruit smoothie (not advised on the TA!), a veg smoothie or juice, what's wrong with having soup?!

I know clients who love Gazpacho in the summer and I've had a thick veggie soup before in winter!

Some people who want to do a real 'weight loss' blitz can just eat veg smoothies, veg juices and healthy soups for a couple of days. It's not advisable long term but they are nutritious, low in calorie and water based so will fill you up.



Popped Amaranth

Ingredients

Choose from

- Raw Amaranth
- Cacao powder

Or

- Raw Amaranth
- Course almonds
- Unsweetened shredded coconut

Method

This is like a healthy version of chocolate sugar puffs!

You literally pop amaranth like you would pop corn, Then add some cacao powder to make it.

Order online or buy at somewhere like Whole Foods

Double coconut granola

Taken from a feature called 48 homemade breakfast cereals -

<http://willowbirdbaking.com/2010/08/11/48-homemade-breakfast-cereals>

Ingredients

- 3 cups rolled oats
- 1 cup shredded unsweetened coconut
- ¼ cup of clover honey (or organic honey)
- ½ cup virgin coconut oil (double this & take out the honey if you want a sugar-free brekkie!)
- 1 tablespoon of vanilla extract

Method

This is taken from the amazing willowbirdbaking.com

Not all recipes fit in with the TA principles, but there are fab ideas!

- Heat oven to 300 degrees F. Combine oats and shredded coconut in a large bowl. In a small saucepan over medium heat, cook honey, coconut oil, vanilla, and salt until just simmering.
- Pour honey mixture over the oat mixture, stirring well with a wooden spoon until fully combined. Spread this mixture out over a large sheet pan, place in oven, and bake for 10 minutes before stirring the granola. Repeat 10 minute baking time,



followed by stirring, until granola is well-toasted (takes about 4 cycles, or about 40 minutes).

- Cool the granola on the baking sheet, stirring occasionally. When cooled, you can store granola in an airtight container in the refrigerator for a few weeks, or at room temperature for two days

PART 3 - Toppings, Garnishes and Dressings

These are taken from the FLASH cook book and are great for using to top chicken, fish, seafood, salads and veggies to add flavour & goodness!

Classic Pesto Recipe – p45

- 2 large handfuls of basil leaves
- 1-2 gloves garlic
- 1-2 tsp. toasted pine nuts
- Salt & pepper
- 30g of grated organic pecorino cheese
- 30 g of organic parmesan cheese
- Extra olive oil

Leave out the cheese if you want to watch dairy / calories

Either crush the ingredients in a pestle / mortar or use a nutribullet / food processor

Ma-Yo WF crust – p38

- ½ tbsp. of mayonnaise
- 1 ½ tbsp. organic yogurt
- Grated zest of 1 lime
- ½ tbsp. of sesame seeds
- ½ tbsp. chopped chives

Mix all these ingredients in a bowl & place on top of fish etc. before cooking

Cherry tomato & herb toppings – p53

- Olive oil
- Lemon juice
- Dash of Worcester sauce
- Splash of Balsamic vinegar
- Handful chives, basil & flat leaf parsley
- 30g of wild rocket
- 2 garlic gloves halved
- 250g of cherry tomatoes



Mix all ingredients except the rocket and pour over cooked fish & greens when ready. Top plate with rocket for serving.

Garlic butter – p55

- 100g organic butter
- 1 tbsp. chopped flat leaf parsley
- 3 garlic cloves
- Grated zest of 1 lemon (optional)
- Salt & pepper

This is great to go over some fish / chicken fillets, ideally serve with wilted greens if using this butter to keep calories down!

Salas Verde – p63

- Handful each of finely chopped flat leaf parsley, basil & mint
- 3 anchovy fillets (optional)
- 1-2 crushed garlic cloves
- 2tbsp capers, rinsed & drained
- Juice of ½ a lemon
- ½ tsp. Dijon mustard
- 5tsp of olive oil
- Salt & pepper
-

This is my absolutely favourite thing to throw on most things and you literally mix all these together in a bowl! Add more olive oil / lemon to make it more a salad dressing than sauce

Chimichurri Salsa – p 76

- Large handful of flat leaf parsley & coriander (2 handfuls in total)
- 4 garlic cloves, chopped
- 4tbsp olive oil
- Juice of 2 lemons
- ½ medium red onion chopped finely
- Salt & pepper

This is so versatile & goes with most things, great with the TA tuna burger & salad

Here is a summary of the FLASH Seasonings, Glazes, Rubinades, Pastes, Finishing yogurts, Finishing Salts, Props & Dressings, perfect for the TA!

Get the book for all the recipes that are super-simple, easy, flavorsome, adaptable and healthy!



Lick the World

Flash	Western	Middle Eastern	Indian	Far Eastern	Umami
Seasoning	Herbes de Provence	Baharat	Garam Masala	Five-spice Powder	Taste #5 Umami Dust
Glaze	Balsamic	Pomegranate	Tamarind	Soy	Taste #5 Umami Paste
Rubinate	Rosemary & Sage	Mint, Lemon & Harissa	Curry & Coriander	Ginger & Chilli	Paprika & Taste # 5 Umami Paste
Paste	Artichoke & Caper	Red Pepper & Orange	Tomato & Tamarind	Sweet Satay	Prosciutto & Parmesan or Taste #5 Umami Paste
Finishing Salt	Vanilla & Black Pepper	Pink Peppercorn & Sumac	Coriander & Fennel	Tea & Sichuan Peppercorn	Mushroom & Garlic
Finishing Yogurt	Pesto & Parsley	Harissa & Mint	Turmeric & Chutney	Matcha & Lime	Umami Paste & Walnut
Prop	Dried Lavender Gremolata	Dried rose petals	Dried marigold petals & edible gold	Furikake	Toasted chopped walnuts
Dressing	Mustard	Pomegranate	Mango	Ginger	Umami

My favourite salad dressings

I like to keep things really simple so most of my salad dressings are olive oil based. I avoid balsamic 99% of the time & it has a high sugar content.

- Olive oil, lemon juice, Dijon mustard, salt & pepper
- Olive oil, lemon juice, red or green pesto
- Olive oil, lemon juice, freshly chopped chives, parsley & basil
- Olive oil, fresh coriander & lime juice
- Olive oil, dried oregano

I also like full fat mayonnaise which I buy & have plain or with added flavour from herbs / sauces.

- Full fat mayonnaise with fresh dill
- Full fat mayonnaise with freshly chopped chives, parsley & basil
- Full fat mayonnaise with coriander
- Full fat mayonnaise with mustard
- Full fat mayonnaise with red or green pesto

My favourite herb crusts

I really like putting home made crusts on fish, chicken & prawns. You can make WF bread crumbs in a food processor & adapt what you want to go with it. Here are my top two:



- 2 tbsp. of fresh WF breadcrumbs
- 2tbsp of mixed herbs – chives, parsley, coriander
- 1 clove garlic, crushed finely
- 2tbsp of olive oil
- Salt & pepper
- 2tbsp of fresh WF breadcrumbs
- 25g of organic parmesan
- Grated zest of 1 lemon
- 2tbsp Chopped fresh parsley
- Salt & pepper

Just mix the toppings up and then sprinkle over the crust, it works well on skewered prawns too!

PART 4 - Lunch Suggestions

Alkalizing green soup

Ingredients

- 500ml stock
- 1tsb coconut oil
- coconut oil
- 2 cloves Garlic
- Thumb sized piece of ginger
- ½ tsp. of ground coriander
- 1 inch of turmeric root
- Pinch of Himalayan salt
- 200g of courgettes roughly sliced
- 85g of broccoli
- 100g of kale
- 1 lime zested & juiced
- Small pack of parsley roughly chopped
-

This soup is tasty, light & healthy & I don't follow the recipe exactly & adapt it too sometimes

Method

Really easy to make!

- Fry off the garlic, coriander, turmeric and salt in the coconut oil for 2 mins
- Add the courgettes, cook for a 3 mins
- Add 400ml of stock, simmer for 3 mins
- Add broccoli, kale & lime juice & rest of the stock, leave for 3-4 mins until veg soft
- Take off the heat & add chopped parsley, then whizz in a blender!



<http://www.bbcgoodfood.com/recipes/alkalising-green-soup>

Easy asparagus soup

Ingredients

- 25g organic butter
- Little coconut oil
- 350g of asparagus chopped
- 3 shallots finely chopped
- 2 garlic cloves, crushed
- 2 large handfuls of spinach
- 700ml of WF veg stock
- Olive oil for drizzling (optional)

You could make this into a main meal, by adding chopped chicken into it or adding some quinoa & pesto

Method

- Heat butter in sauce pan
- Add shallots, garlic and asparagus, cook for 5-10 minutes
- Stir through spinach, pour over the stock and then blitz with a blender

I like to add other herbs to this such as chives, parsley and basil and I like this with a few shavings of organic parmesan!

<http://www.bbcgoodfood.com/recipes/3084679/asparagus-soup>

Garden veg soup

Ingredients

You can basically substitute any veg ingredient with one you prefer / have to hand!

- Coconut oil
- Handful of carrot strips/slices
- Small chopped onion
- 2 cloves garlic
- Pint of vegetable stock
- 2 handfuls of chopped cabbage
- Handful of green beans
- 1 tbsp. tomato paste
- Handful of sliced courgettes
- Handful of mixed fresh herbs like basil, parsley & chives
- Little salt & pepper to taste

Method



This soup has fewer than 100 cal's per serving so good to have as a snack or for lunch on the side of a salad!

- In a large saucepan lightly fry the carrots, onions and garlic in some coconut oil, soften for 5 minutes
- Add the stock, cabbage, beans tomato paste, herbs, salt & pepper, bring to the boil
- Lower heat & simmer for about 15 minutes
- Stir in courgettes & heat for a further 3-4 minutes
- Serve as it is chunky, or whizz up for a smoother soup!

Poached Salmon & Watercress Salad

(NB - I adapt this to make it much easier by using the salad base suggested here but using plain / left over poached salmon!)

Ingredients

- 1 celery stalk, cut into 2-inch pieces
- 1 bunch spring onions, greens sliced into 1/2-inch pieces, whites left whole, divided
- 1 lemon, halved: cut half into slices, zest and juice remaining half (1/2 teaspoon zest, 1 tablespoon juice), divided
- 1 teaspoon kosher salt, divided
- 3/4 teaspoon freshly ground black pepper, divided
- 4 (6-ounce) salmon fillets, skinned (about 2 inches thick)
- 1/2 cup plain full fat yogurt or full fat mayonnaise
- 2 tablespoons chopped fresh dill plus 1/2 cup fennel, divided
- 1/2 teaspoon grated fresh horseradish
- 1 tablespoon extra-virgin olive oil
- 2 bunches watercress, thick stems removed (about 8 cups)
- 1 cup sugar snap peas, thinly sliced crosswise (3 ounces)
- 1 small bunch radishes, sliced (1 1/2 cups)

Method

1. Fill a high-sided skillet or large pot with 6 cups water; add celery, scallion whites, and lemon slices to pot. Add 1/2 teaspoon salt and 1/2 teaspoon pepper. Bring to a boil over high heat; cover, reduce heat, and simmer. Cook until fragrant (8-10 minutes). Add salmon (water should just cover fillets) to pot; cover and gently simmer until fish is opaque (5-8 minutes). With tongs or a fish spatula, remove salmon from broth; set aside on a cutting board to cool.

2. While fish is poaching, make the dressing: In a medium bowl, combine yogurt, chopped dill, horseradish, lemon zest, lemon juice, oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper, whisking well. Arrange watercress, snap peas, radishes, and dill fronds on 4 plates; top with salmon, and sprinkle with scallion greens. Drizzle with dressing; serve

This is taken from www.health.com although there is some yogurt in the dill dressing, it's a small amount so it's fine!



FLASH Baby gem, fennel, prawns & mint salad

Ingredients

- 4 Baby Gem lettuce hearts
- 2 heads of fennel
- 300g cooked king prawns
- 1 large bunch of mint roughly chopped
- Extra virgin olive oil
- Lemon juice
- Sea salt & freshly ground black pepper

Method

You can eat this without the prawns & use as a side dish too!

- Cut lettuce hearts into quarters lengthways, quarter the fennel bulb & cut into crunchy slices, put in salad bowl
- Add prawns & mint & dress with oil & lemon juice, season to taste

This is without a doubt one of my favourite salads and you can find it on page 127 of the FLASH cook book!

WF Toast and topping

Ingredients

- Slice of rye bread or WF bread
- Spread hummus, pesto, marmite, thin slices of feta, sliced boiled egg
- Add some raw food like sliced celery, fennel, basil, artichokes, peppers, anything you can find!
- Drizzle with olive oil, fresh herbs & lemon
- You can use chicken if you like but many women's guts are aggravated by mixing protein and carbohydrates together
- Information
- Sometimes, you just need to grab a super-quick lunch & one of my staples is a slice of WF toast with a topping!
- This is a good one to make at home, or take into work in separate pots & add together when you're ready to eat!

Brown rice vegetable salad

Ingredients

- Rice - brown, wild or basmati
- Something crunchy – peppers, diced raw carrot, spring onions
- Something green – cold lightly steamed broccoli, cold left over kale, runner beans
- Something nutty – Cashews, walnuts, hazelnuts



- Something seedy – pumpkin, sunflower
- Optional protein – Some diced organic feta, left over poached salmon, chopped egg works well
- Herbs – parsley is my favourite
- Olives – I like a few black olives chopped up
- A sauce or dressing drizzled over it, I like olive oil & lemon, or a sauce viege, or pesto mixed with olive oil

Information

This used to be a staple lunch recipe of mine, I tend to eat this in a quinoa version nowadays, but rice salad is great to have as a side to a salad, baked fish etc.

Make sure the rice is only about 40-50% of the ingredients and avoid eating a whole plateful! Vary your ingredients depending on what you fancy, what's in season, what you have in your fridge. It's a great meal to put together when you're low on ingredients and need to whip something together fast!

WF Pasta with basil pesto & greens

Ingredients

- WF Pasta
- Homemade pesto (see sauces section) or I like the Sainsbury's own version
- A variety of greens steamed (kale, broccoli, spinach)
- I love to chop up fresh basil, parsley & chives over the top
- A little organic parmesan to top

I also make this with Dolmio shop bought sun-dried tomato sauce & mix in artichokes & asparagus....

Information:

I do like a bit of WF pasta from time to time, I buy the 'Free from' range in Sainsbury's. I aim for 30-40% WF pasta and the rest veggies and herbs & this is definitely where I like to have a pinch of organic parmesan!

As a rule I prefer eating pasta at lunch time or if I have an early tea with my twins around 5pm. I find I can get bloated with evening pasta meals evening like this

Different ways to serve roasted Butternut Squash

Ingredients

- Whole organic butternut squash
- Coconut oil
- Organic feta
- Oregano
- Spinach
- Or



- Whole organic butternut squash
- Coconut oil
- Organic feta
- Basil
- Sundried tomatoes
- Broccoli

Information

- Half the Butternut squash & scoop out the seeds
- Place on a baking tray, cover with some coconut oil & oregano and bake for 45 minutes
- Take out & add the feta cubes & chopped spinach
- Place back in the oven for 15 minutes
- With option two, I just bake the squash & then add the other ingredients on top when serving.

Make your own up!

Super quick frittatas

Ingredients

- 2 tbsp. coconut oil or olive oil
- 1 small onion, peeled and finely sliced
- 2 garlic cloves, peeled and minced
- 9 oz./ 250g mixed, diced, cooked vegetables of your choice
- 6 large organic eggs, lightly beaten
- 1 tbsp. flat leaf parsley, finely chopped
- 4 oz./ 125g soft goats' cheese, crumbled or 4oz of organic feta or leave this out
- Sea salt and freshly ground black pepper

Good combos are:

Red & yellow pepper with goats cheese

Courgette, asparagus, broccoli & feta

Serve warm with a side salad & his makes a GREAT left overs lunch or on the go breakfast!

Method

- Heat the oil in a 9 in/23cm frying pan and cook the onion on a low heat for about 5 minutes until soft. Add the garlic, stir, then add the cooked vegetables. Cook for a further 2 mins.
- Season the beaten eggs with the salt & pepper & tip the eggs into the cooked vegetables in the frying pan and stir. Add the parsley and stir well.
- Turn the heat down to low and cook until the sides and center of the omelette is barely set. Turn the frittata onto a large plate, then transfer back to the frying pan uncooked side down.



- Sprinkle the goats cheese over and cook for a further 5 minutes (alternatively transfer the frittata to the grill and cook for 10 minutes) or until the frittata is golden and firm. Remove from the heat, and leave to cool slightly.

Green and crunchy chicken salad

Ingredients

- Boiled chicken in stock & herbs
- Lettuce leaves
- Sliced fennel
- Walnuts
- Red & yellow peppers
- Green olives
- Dried oregano
- Olive oil & lemon

You can obviously vary these ingredients by mixing & matching them, but this is one that gets a lot of praise when I cook it for others.

Plus you can keep the crudité's for snacking the next day!

Information

I love a good chicken salad & this is one of my faves!

I sometimes buy marinated artichokes and mushrooms if I want to turn this into a dinner party salad.

You can also do chicken on the BBQ and have the rest of the salad ideas here on the side.

Boiled chicken is great for chopping into salads / using in frittatas too!

Chicken / fish parcels

Ingredient ideas

Chicken or fish fillets (cod & salmon work well) or even prawns work well in parcels

Choose a sauce or garnish from the sauces section or use any of the FLASH toppings if you have the book

Or choose from freshly herbs & thinly sliced veggies

Bake in foil or greaseproof paper and fish takes around 15 minutes, chicken a little longer.

A really great idea it to

Information

This is a staple in my house, I either make individual parcels (then I can do different toppings for me & my twins) or I bake them all together.

I serve them with salad, greens, roasted veggies, sweet potato mash & with the skewers I like to serve on a bed of Quinoa salad

Be as creative as you like, use herbs to flavour & adapt ingredients to match the season / what you fancy!



Olives work well in this & sometimes a 'pinch of' Parma ham around the cod/chicken is a must!

Quinoa salad

Ingredients

Feel free to adapt my favourite combo with your own ingredients!

- Quinoa - either merchant gourmet pre-cooked or prepare your own
- Greens - Cooked cold broccoli florets & shredded spinach leaves
- Alliums – spring onions & chives are faves of mine!
- Protein – Prawns go really well with quinoa as does flaked salmon/mackerel
- Topping – My favourite dressing for quinoa with prawns/fish is olive oil, chopped fresh parsley & lime juice
- Information
- Like the rice salad, you can be really flexible with ingredients!
- My favourite combo is the Oz salad in the top five TA meals, but the great thing about quinoa is that it goes with everything.
- Please note that if you're preparing your own, you must rinse it properly, otherwise it can create stomach pains.
- Some women are not good with quinoa, if you eat it & you don't feel good, swap the quinoa for rice or buckwheat (like a WF couscous)

Easy iceberg lettuce wraps

Ingredients

Large Iceberg lettuce leaves

My favourite fillings include:

- Avocado, feta & mint mash
- Prawns with dill mayonnaise
- Pesto chicken strips & avocado
- Roasted vegetables & hummus
- Salmon & sweet potato mash
- Tuna mayo & roasted red onion
- Organic vegetable chili
- Mozzarella, basil & avocado slices
- Ham & sliced artichoke
- Feta strips & steamed asparagus

Information

I've been a fan of these for years & you can use them with cold or hot fillings.



Prepare the fillings that you want and use the Iceberg wraps like a fajita!
These make great dinner parties (you can provide normal tortilla wraps or WF wraps if you wish too) and put a variety of toppings in the middle.
It always goes down a treat!



PART 5 - 4 O'Clock Snack Ideas

FLASH Broccoli and lemon soup

Ingredients

- 1 unwaxed lemon
- 2tsp olive oil (or coconut oil)
- 4 garlic cloves, chopped
- 1 leek thinly sliced
- 1 large onion, roughly chopped
- 1kg broccoli, cut into small florets
- 2 organic veg stock cubes crumbled
- Sea salt (or Himalayan) and freshly ground black pepper

This is taken from the FLASH cookbook & can be found on page 138.
It is a perfect 4pm pick me up or makes a great lunch or starter!

Method

- Pare the zest off the lemon in strips top to bottom, you should have about 5 or 6 strips
- Heat the oil & when hot add garlic, leek & onion & cook for a few minutes
- Add the broccoli & 2 litres of water, the stock cubes & the lemon zest strips, with plenty of pepper
- Cover & bring to the boil, then lower heat & simmer until the broccoli is tender enough to blend with a hand blender, but still green. Remove from the heat & blend, adjust seasoning if required & the lemon juice
- Depending on how thick you want you can add water to make it thinner

Raw nuts and seeds

Ingredient ideas

Rather than just eating nuts or seeds out of a packet, I really like to make up jars of tastier mixed up versions

If you like a chocolate fix a good combo to try is walnuts, hazelnuts, pumpkin seeds & cacao nibs

I like cashews, sunflower seeds & coconut flakes

Toasted them also makes them tasty, see the next recipe!

Information

Make things super easy for yourself by bathing up in Tupperware boxes.

Buy some smaller boxes to take with you on the go, I get mine from Asda who do loads of nice colourful ones.



These are great to have in meetings when there are loads of biscuits going round and these are perfect pre-exercise snacks too!

Home roasted nuts and seeds

Ingredients

- Almonds
- Pumpkin seeds
- Worcester sauce
- Soy sauce
- Knob of butter (optional)
- Paprika (optional)

Heat oven to 180c, spread the nuts on baking tray & roast for 15 minutes. Take out the nuts & mix in a bowl with the butter & sauces and then pop back in the oven for 2 minutes. Cool & store in an air tight container.

Feel free to try other spices and flavours!

Information

My best friend & her husband batch up roasted nuts & seeds on a Sunday afternoon and use as snacks & salad toppings throughout the week & they are soooooo tasty!

You need to be careful because as they taste so good, they are very more-ish! And you can google 'roasted nut ideas' for different alternatives!

Sugar free granola bar -

Taken from the I quit sugar recipe book – adapt ingredients to suit you!

Ingredients

- 1/2 cup coconut oil, extra for greasing. 1/4 cup nut butter of your choice
- 1/4 cup rice malt syrup, plus 1 tablespoon extra
- 1/4 teaspoon sea salt
- 2 cups rolled oats (if you're avoiding gluten add extra coconut or quinoa flakes)
- 1/2 cup shredded coconut
- 1/4 cup Vanilla Vital Protein powder. 3/4 cups coarsely chopped activated walnuts or almonds
- 1/2 cup activated sunflower seeds
- 1/2 cup activated pumpkin seeds
- 1/3 cup sesame seeds
- 1-2 tablespoon chia seeds.

Method



- Preheat oven to 160°C / 325°F / Gas Mark 3
- Line a medium baking pan with baking paper and generously rub coconut oil on the paper and set aside
- In a medium-sized saucepan, combine coconut oil, nut butter, rice malt syrup and salt
- Cook on low heat stirring until well combined
- Remove from heat and add the oats, coconut, Vital Protein Powder and half the nuts and seeds. Combine well
- Spread the mixture into the prepared baking pan and smooth the top
- Spread remaining nuts and seeds over the mixture and drizzle with 1 tablespoon of rice malt syrup
- Bake for approximately 20-30 minutes until golden brown around the edges and the middle is semi set. Check bars after 15 minutes to see if the top is browning too quickly. Cover with baking paper, if required
- Remove from oven and cool completely in the pan. Lift from pan by pulling up on the baking paper
- Transfer to a chopping board and cut into desired sized squares. Remove the baking paper

Sugar free snack balls

Taken from the I quit sugar recipe book – adapt ingredients to suit you!

Ingredients

- 1 cup mixed raw nuts.
- 1 cup oats.
- 1/4 cup cacao powder.
- 1 teaspoon ground cinnamon.
- 1 teaspoon maca powder.
- 1 tablespoon vanilla protein powder.
- pinch sea salt.
- 2 tablespoons rice malt syrup.
- 2/3 cups nut butter.
- 2-3 tablespoons unsweetened almond milk.
- Desiccated coconut (for rolling).

Method

1. Place nuts and oats in a food processor and process until coarsely chopped. The mix should be slightly chunky to help hold the balls together.
2. Place nut and oat mixture in a large mixing bowl and stir through the cacao, cinnamon, maca, protein powder and salt.
3. In a separate bowl, combine the nut butter and rice malt syrup. Add this to the dry ingredients, using your hands to rub the ingredients together.
4. The mix should be quite dry and will not stick together. Gradually add in the almond milk, using your hands to work the moisture through the mixture.



5. Once mix starts to come together, shape mixture into balls. 6. Roll in desiccated coconut and store in an airtight container in the fridge.

Crudités and dips

Ingredient ideas

Here are some of my favourite combinations:

- Oval carrot slices & sliced fennel with hummus
- Oval cucumber slices & left over cold broccoli with avocado mint mash
- Red peppers & spinach leaves with red pesto hummus
- Yellow peppers & spring onions with spicy guacamole
- Cucumber & avocado rolls (these I tried from Deliciously Ella where you wrap cucumber slices around avocado chunks, yum!

Information

Not just carrot sticks!

Be creative with your crudité & even slicing it differently can make a difference!

Practice flavour combinations that work with your taste buds & dips!

For more interesting dips, I just add some fresh herbs or a sauce like pesto into a dip like hummus.

You can make all sorts of dips out of chick peas & beans but I tend to buy organic hummus & add fresh herbs myself as I'm so busy!

Rye bread with a selection of toppings

Ingredient ideas

1 slice of rye or homemade seeded bread (see top TA recipes section)

These are my common ones:

- Almond butter / peanut butter
- Sliced boiled eggs with sliced cucumber & chives
- Hummus & sliced fennel & celery
- Avocado mash
- Mashed mackerel & cucumber
- Organic butter & marmite
- Poached egg with rye soldiers

Information



At 4pm you often need something more substantial (& less calorific than a coffee & a kitkat!) & a slice or rye bread with a savory topping is a perfect 'see-you-through-til-dinner' idea! I often have this if I want to eat later on but need something that stops me snacking at the kids' tea

Cold sweet potato snack ideas

Ingredients

At 4pm I like to keep things simple, so I grab any form of sweet potato left overs I have & add one of these:

- Mashed egg with chives & a bit of mayo
- Feta, broccoli & sun dried tomatoes
- Hummus & fresh parsley
- Some mashed smoked mackerel & chives
- Smoked salmon strips & dill / little dill mayo
- Left over wedges I like to dunk in hummus or a herb sauce like salsa Verde & some fresh spinach

Method

You can use a variety of sweet potato left overs for this 4pm snack:

- Left over wedges
- Left over cold mash
- Left over cold baked
- Left over cold chunks
- Or even a warm baked one

If you're baking sweet potatoes, always bake a few extra so you have them in your fridge! Do keep portions down, having a massive 4pm sweet potato snack is great if you're having salads for lunch / dinner

Roasted veg 'picky bits'

Ingredients

Here are my fave 3 combos!

- Red, yellow & orange peppers, carrots, celery & red onion cooked in coconut oil & oregano & drizzled with olive oil & fresh parsley
- Fennel, broccoli, green beans & flaked almonds, drizzled with coconut oil



- Whole garlic & beetroot– these go sweet when baked so are quite nice when you fancy a sweeter pick-me-up, these taste best roasted in coconut oil

Information

I love roasted veggies & these are great for having in your fridge to top on salads, add to last minute meals and eat at 4pm!

I use a lot of the different FLASH toppings / sauces to make them even nicer, so definitely check this book out if you're bored of roasted veggies in olive oil!

I use coconut oil & fresh herbs for most of mine, although I do like olive oil, make sure you roast veggies at a lower temperature as the oil can become damaged & toxic if cooked too high!

Avocado ideas

- Avocado halves with a French style vinaigrette (or one of my dressing ideas)
- Mashed avocado with anything chopped in it (spring onion, feta & mint is my favourite)
- Avocado chunks wrapped in cucumber or carrot strips

My favourite is:

Baked avocado with an egg (crack an egg into an avocado half with the yolk at the bottom & white on top ideally, and put in the oven for 15-20 minutes, temp around 425 degrees), top with salt, pepper & fresh chives

Information

Avocados are soooooo good as a 4pm snack, they give your body what it needs this time of day & they are so versatile

The baked egg & avocado is also a great lunch or supper idea, serve one or two with a herby side salad

Micro salads

Ingredient ideas

I do this so much & it is super easy as well

When you make a main meal salad, make sure you make a mini version in a Tupperware box to have another time!

It can be one of the TA salads or even something really basic.

Be creative or keep it simple, just give your body some yummy fresh food to take you through to your next meal

Information



At 4pm, our body often needs refueling but this doesn't have to be with stimulants! Mini salads, especially with things like added walnuts, avocados and herbs are the ultimate 4pm snack in my view!

Ice lollies

Ingredients

There are two main types of lollies I like:

- Coconut lollies made from Coconut milk, juice of 2 limes, 20g of unsweetened shredded coconut
- Coconut lollies made from coconut water with lemon juice

If you like berries, you can add berries to these too, but watch your tummy as fruit can aggravate it.

Method

You literally mix up the ingredients and place in homemade lolly molds or small paper cups and stick a lolly stick in them.

These are good 4pm snacks and an after dinner 'thing' if you really like something in the evening.

They also make nice 'puddings' for a BBQ!

Coconut yogurt with seeds

Ingredient ideas

Mix a coconut yogurt (such as one like the COYO brand) and add:

- Unsweetened coconut flakes
- Chia seeds
- Nuts & seeds
- Cacao powder
- Baobab / Maca powder
- Any combo of your choice using the TA sugar free flavourings!

Mix it up, serve in a bowl or even add this to some oat/almond milk to make a smoothie!

Information

I find these also work well for clients who like desserts!

Keep out the honey / dried fruit though and be careful of portion size and also check the COYO ingredients as some can have artificial sweeteners that are not good for you!



Oat milk and peanut butter smoothie

Ingredients

My favourite smoothie of all time!

- Oat milk or almond milk
- Peanut butter or almond butter
- Cacao powder
- Coconut milk (optional)
- Coconut yogurt (optional)

Mix it all up in a blender & enjoy this sugar free Reese's peanut butter & chocolate type indulgence, only GUILT-FREE!

Information

Even better, find some coconut based ice-cream to make this a more indulgent smoothie. And you could even freeze these to make ice lollies as well!

PART 6 - Dinner Suggestions

Rosemary baked fish/chicken

Ingredients

- 1 aubergine cut into chunks
- 2 courgettes sliced into semi-circles
- 3 mixed peppers
- Tbsp. of chopped rosemary
- 2 large garlic cloves
- 3 tbsp. of olive oil or coconut oil
- 4 skinless boneless chicken breasts or fish fillets
- Optional handful of baby plum tomatoes halved
- Optional black olives
- Optional red onions quartered

Method

- Literally place all the veg in a baking tray and roast at 180/200c / gas mark 6 for 20 minutes with half the chopped rosemary, garlic, oil & seasoning
- Mix the remaining mixture & slash the chicken / fish fillets & brush over with the oil & herbs
- Add the fillets to the veg after 20 minutes & cook for a further 20 minutes



This is a one pot/tray meal super easy, I prefer mine without the tomatoes though

Stir fry

Ingredient ideas

Stir –fry dinners are great as they are easy to cook, simple to do & full of fresh ingredients, BUT, you need to watch eating really big stir fries & as a rule, I prefer mine without carbs. My faves include:

- Prawn, broccoli, pak choy, ginger, coriander & celery cooked in coconut oil
- Chicken, garlic, cashew nut, broccoli & red pepper stir fry cooked in some coconut milk & freshly chopped chili
- Veg medley with a shop bought sauce like seeds of change organic korma sauce & I do this with any veg I've got left over

Information

- Whilst stir fries are healthy, make sure you chew the veg properly as from experience, people can eat massive portions of stir-fries without chewing it properly, late at night!
- If you haven't had lots of carbs throughout the day, then adding some brown rice or quinoa is fine. But watch mixing protein & carbs.
- You can make your own sauces, I keep mine mega simple & if you buy shop bought ones, check the labels for sugar!

Omelettes

Ingredients

My favourite omelette combos are:

- Smoked salmon & shredded spinach
- Cooked red onion, feta & avocado
- Peppers, parsley & goats cheese
- Chicken & pesto
- Crab meat & coriander
- Artichoke hearts, basil & sundried tomato
- Poached salmon & dill

Cooking an omelet couldn't be easier. Basically you whisk some eggs together, cook them in a nonstick pan with a little oil, add the filling of your choice and then fold it and serve!

Ideally serve with a nice green / mixed salad, some sweet potato wedges on the side also work well if you're hungry.

You can adapt these recipes into frittatas too!



Thai curry

Ingredients

- Coconut oil
- 6 medium shallots
- 2 cloves crushed garlic
- 500g of chicken breast (or prawns)
- 5 stems of lemon grass
- 2 teaspoons of root ginger or fresh ginger
- 400ml of full fat coconut milk
- 1 WF veg stock cube in 150ml of water
- 4 teaspoons of green curry paste
- 2 tablespoons of fish sauce
- 2 tbsp. of fresh coriander
- Salt & pepper
- Coriander for garnish finish

Method

Heat a wok or large frying pan & add coconut oil.

Add the shallots, garlic and chicken and cook over a medium-high heat for 4 - 5 minutes, or until the chicken is sealed and browned. (if using prawns don't put prawns in yet).

Add the lemongrass, ginger, coconut milk, chicken stock and curry paste. Stir in the fish sauce or soy sauce and coriander. Simmer for 20 - 25 minutes, until the chicken is cooked and the sauce has reduced a little. Season with salt and pepper, if needed.

Serve with steamed greens or wilted spinach for a light meal or a small portion of wild/basmati rice or quinoa works quite well too!

Healthy fish and chips

Ingredient ideas

I don't know about you but I love fish & chips! I love the chip shop ones as a cheat meal, but I really like having a healthier version at home!

All you need to do is choose one of the baked / herb crusted fish recipe ideas from here & serve with sweet potato or roasted celeriac chunks.

I like to mix cooked peas into wilted spinach with shredded mint, lemon juice & capers for a tasty light side

Information

You can also do a fish & chip baked parcel, using any fish, herbs & then making sweet potatoes into very thin French fries or finely sliced circles.

You just add everything into a foil / grease proof paper parcel & bake as one dish.



This is great if you like different things as you can cook different amounts in parcels & of course if you want to give your other half something more hefty than what you want to have!

Artichoke and almond stuffed chicken

Ingredients

- 1 can of artichoke hearts or fresh cooked artichoke pieces
- Handful of chopped baby spinach
- 2tbsp roasted almonds
- 2 tbsp. of grated organic parmesan
- 1 grated orange zest
- 4 boneless chicken breasts
- 2 tbsp. of olive oil
- Salt & pepper

You can adapt this recipe to use other ingredients like peppers, goats cheese, other fresh herbs, nuts etc.

Serve with greens

Method

- In a small bowl, combine the artichokes, spinach, almonds, Parmesan, orange zest, and 1/4 teaspoon each salt and pepper.
- Cut a 2-inch pocket in the thickest part of each chicken breast. Stuff a quarter of the artichoke mixture into each breast. Season the chicken with 1/2 teaspoon each salt and pepper.
- Heat the oil in a large skillet over medium-high heat. Cook the chicken breasts until golden brown and cooked through, 5 to 7 minutes per side.

Ways of serving sweet potato

My favourite ways of using sweet potato are:

- Mashed with kale & pine nuts stirred in
- Mashed sweet potato on top of any baked veggies which I put in little pots & add some grated parmesan on top
- Using instead of normal potatoes in a casserole
- Using the stuffed pepper recipe toppings and having them on top of 2 halves sweet potatoes

Information

Sweet potatoes are usually very calming on the gut & so versatile, they really are a TA staple.



Keep the left over mash to use in Iceberg wraps or even add herbs & use as a topping for fish & chicken.
Enjoy!

Stuffed peppers

Ingredients

- 1 large red & yellow pepper
- 100g of cooked quinoa
- 25g of pine nuts
- Handful of black olives chopped
- 50g organic feta cheese
- 50g sundried tomatoes or artichokes
- 2tbsp of shredded fresh basil and/or parsley

Method

Brush the peppers (halve them) with olive oil or coconut oil

Roast under a grill for 5 mins each side

Meanwhile mix up all the other ingredients in a bowl

Take the peppers out from under the grill & fill with the topping

Grill or bake for another 5-10 minutes

This is great served with some chicken or fish or just some greens or a side salad

Main meal soup

Ingredient ideas

This is a mish mash of anything you want, but use any of the soup recipes & turn them into main meal stews.

My favourites are:

- Alkalising green soup with prawns
- Asparagus soup with chicken
- Broccoli & lemon with chicken or prawns
- Garden vegetable with quinoa

Method

- Make the soup from one of the TA recipes or your own favourite one.
- Add chicken, fish, prawns, quinoa, anything that you fancy
- Add to the soup when heating gently on the hob
- Top with fresh herbs and voila, a super-quick, easy tasty main meal in minutes!



Seafood frenzies

Ingredients ideas

M & S do really good deals on prawns, squid & calamari, so when they're on offer (usually 3 for £10, I get them to make my seafood frenzies!

I choose a variety of seafood & cook in either:

- Coconut milk & coriander
- Sundried tomatoes & roasted vegetables
- Basil pesto & chopped up broccoli

You can do whatever you want!

Method

If you want to follow a more complex recipe, just google healthy seafood recipes & there are loads out there.

Because I only really cook for myself, I make things as easy as I can with ingredients I have in the fridge!

Tuna burger

Ingredients & method

- 200g fresh tuna steaks
- 1 garlic clove chopped
- Small knob fresh ginger finely chopped
- 1tbsp soy sauce
- Handful of coriander leaves
- Coconut oil or organic butter for cooking

Mince the tuna yourself by chopping it into small chunks again & again

Mix in a bowl with all the other ingredients, shape into two patties & freeze for 10 minutes to firm up

Heat the oil in a non-stick pan & cook for 1-2 mins each side (or more if you prefer)

Adaptations

This can be done with organic chicken breast with an array of herbs & spices to your taste
Chicken & rosemary works well as does Salmon & dill

Serve these with some greens, a mixed salad, sweet potato wedges or with a quinoa style salad

Gillian McKeith's veggie burgers



Ingredients

I've been making these for years & my boys love them too

- 14.5 oz. chickpeas, drained and rinsed
- 14.5 oz. red kidney beans, drained and rinsed
- 1 carrot, trimmed, peeled and finely grated
- 1 small onion, peeled and finely grated
- 1 oz. sunflower seeds, unsalted
- 2 tbsps. tahini, drained of any excess oil before measuring
- 1 garlic clove, peeled and chopped
- 1 handful chopped fresh coriander
- 1 tbsps. wheat-free vegetable bouillon powder

Method

- Place all the ingredients in a food processor and blend for 5-10 seconds, until the mixture is fairly coarse (you can use a hand-held blender). Push the mixture down with a spatula and blend for a further 10 seconds
- Remove the blades from the processor, wet your hands under a cold tap and shape the mixture into 20 small balls.
- Line a large baking tray with greaseproof paper. Place the balls on the tray and flatten slightly with the back of the spoon.
- Bake for 15-18 minutes until lightly coloured. Remove from the oven and allow to rest.
- I serve mine with a crunchy salad like radishes, sugar snap peas, grated celery & fennel with olive oil & lemon juice.
- These also work well as 4pm snacks!

Provençal Casserole

Ingredients

This is from my wonderful friend Honor who lives in France. It's a Provençal dish that I LOVE!

- Organic chicken breasts halved and lightly fried in garlic
- Lay in a dish
- Add fresh tomatoes, a tin of tomatoes, jar of sundried tomatoes, red and/or yellow peppers, black & green olives, red onions & Provençal seasoning & bake slowly until ready.
- Serve with greens for a light meal

Information

Although I advise women to be careful about eating tomatoes, the cooked version like this seems to be fine for those who are sensitive to mixing fresh tomatoes with other things.



If you don't want to use tomatoes, use stock & other vegetables.
The idea is that it is easy & you can throw it together in one dish
Sautéed sweet potato chunks or wild rice & broccoli are another serving option!

PART 7 - Super Light Meals

Spinach and eggs

Ingredients

This is my ultimate light meal that I eat at least twice a week!
I poach 2 organic eggs & wilt a bag of organic spinach in coconut oil
I serve the poached eggs on top of the spinach & add a little organic butter on top of the eggs
Sometimes I add fresh chives too

Information

These types of meals are perfect to have when you really want to drop the pounds, yet also want to have a filling meal.
I use a 150g bag of spinach wilted down & it really fills me up.
It's a great post-exercise meal & can also be had as a 4pm snack/meal, maybe with 1 egg rather than two.
NEVER leave out the yolks to save calories! We need both parts of the egg for optimum health 😊

Feta, mint and avocado mash

Ingredients

Inspired by a trip to Australia, I now live on this stuff!
Mash up avocado with fresh mint, some crumbled feta, spring onions & optional other herbs like basil & parsley.
Eat with an Iceberg wrap or put on celery sticks for a super light meal.
I've also topped this with some prawns for a more substantial meal

Information

In Australia this type of thing is used on most brunch dishes, so it also makes a great 4pm snack on ½ slice of rye.
I've also put it on some of a roasted salmon fillet before and used it on top of a home made tuna / chicken burger
Be creative with the avocado mash, it works well with so many things!



Prawn skewers

Ingredients

Easy peasy!

Grab some cooked prawns, whack them on a wooden skewer. Lightly warm with a garnish / dressing of your choice & bombs away!

I eat these on the side of a green salad or sometimes by themselves, or even along side crudités & hummus for a mish mash healthy, light meal!

Information

These are fab for taking on the go with you and also as a 4pm snack.

These are great hot or cold & you can do with chicken, but watch having too much meat. Do prawn & veggie ones too!

Greens and toppings

Ingredients

If I want something really light and easy, one of my favourite things is to make a greens & toppings meal!

My faves include:

- Left over cold broccoli, avocado chunks & alfalfa sprouts
- Courgette strips (raw or blanched in boiling water for 1 minute or so) with lemon & fresh parsley
- Warm broccolini with a sauce poured over it

Information

- I typically have these in the evening if I want something light after eating main meal at lunch time.
- These are great to have on the side of chicken / fish dishes too & as always, make them up to work for you!

Asparagus and broccoli

Ingredients

I'm a massive fan of asparagus because it's so filling & versatile.

Here's my favourite ways of using it in light meals

- Bunch of steamed asparagus & poached egg



- Steamed asparagus with olive oil & lemon
- Steamed asparagus on an avocado mash
- Roasted asparagus with garlic slices
- Steamed asparagus with a few shavings of organic parmesan

Information

I use all these ideas with broccoli too!

And you can use these ideas for sides as well.

Add nuts & seeds for texture & serve on a bed of salad for a bigger light meal

You can't get enough greens!

After Dinner Add-On Ideas

- Oat Milk
- Almond Milk
- Peppermint tea
- Fresh mint tea
- Snack Balls
- Sugar free granola square
- Lolly
- Peanut butter mixed with cacao powder & coconut chunks

TA Top 5 Meals

Carb free fajitas

This is perfect for those who don't like to feel like they're on a diet or those who have hungry partners / kids to cook for!

- Prepare Fajitas fillings like chicken, prawns and vegetables using fajita seasoning mix or fresh herbs
- Make up some avocado mash of your choice, perhaps with red onions & diced tomatoes
- Instead of using wheat or even WF tortillas, use Iceberg lettuce wraps instead to keep this meal nice & light

Information

These are great when you are cooking for lots of people to make it easy (and guilt-free!) for you.

- Just have all the fajita fillings ready



- Have a variety of add-ons like mashed avocado & even some organic sour cream/yogurt / organic mature cheddar cheese (remember the pinch of principle!) and whoever wants what for the wraps can choose lettuce or tortillas!

Carb free salmon fishcakes

Ingredients

- 2 x 50oz salmon fillets
- Piece of ginger peeled & grated
- Zest of 1 lime
- 3tsp of olive oil / coconut oil
- ½ bunch of spring onions
- Optional tbsp. of full fat mayonnaise with either wasabi or pesto or dill
- Serve with green salad & sweet potato wedges if you want a carbohydrate!

Method

- Chop the salmon as finely as you can and place in a bowl with the ginger, lime zest and seasoning
- Heat 1 tsp. oil in a non-stick pan and soften the spring onions for 2 mins
- Stir into the salmon, mix well and shape into 4 patties.
- Heat remaining oil in the pan and cook the patties for 3-4 mins each side until golden and cooked through
- Cover with a lid and leave to rest for a few mins.

Vegetable spaghetti

Ingredient ideas

Using either a spiralizer mandolin/julienne peeler or a potato peeler, make some veg strips out of all or either of these:

- Carrots
- Courgettes
- Leeks
- Sweet potatoes
- Pumpkin

Blanch in water for 1-3 minutes depending on taste & top with whatever you fancy

Information

Toppings I've done/seen are:

- Tuna steak with salsa Verde sauce
- Prawns & a sauce viege sauce



- Chicken pieces with peanut butter/coconut mill & spices
- Salmon & pesto
- Use any FLASH sauce too!

But just try anything and if you fancied a healthier version of spag bol, you could have the mince with this as a base instead of pasta!

Janey's Oz salad

Ingredients

- White or red quinoa cooked and cooled
- Cooked butternut squash/pumpkin cut into chunks cooled
- Fresh mint cut into tiny strips
- Spring onion cut into small pieces
- Organic goats cheese (or feta)
- Cooked cold kale
- Sunflower seeds
- Pumpkin seeds
- A zesty olive oil based dressing with lemon / lime juice & any herbs you fancy as they all go quite well.

Method

I had this so often when I was in Australia & it's become a staple meal in my home!

Just place all the ingredients in a bowl and serve!

It's great with a piece of chicken or fish on the side too and PERFECT as a left over lunch to take into the office.

Feel free to adapt with other ingredients but this is my favourite one!

Fennel and cucumber salsa

Ingredients

- Cucumber diced
- 1 large fennel bulb diced
- 1 avocado peeled, pitted & diced
- ½ red onion chopped
- A handful of radishes chopped
- 1 bunch of coriander (and/or parsley/basil)
- Small handful of fresh mint
- Olive oil & lime
- Salt & pepper



Method

I wanted to end with one of my favourite salad/sides/accompaniments that I use with fish and seafood

It is a perfect TA meal/side as it's packed full of gut soothing ingredients and super easy to make!

It's light, tasty, lifts your energy almost instantly as you eat it & I highly recommend it!

You have the **POWER!**

Janey_x

