

Easy breakfasts

Many people find breakfast a real challenge as there is usually so little time. Here are a few suggestions that are quick and easy and add variety.

Low GL Breakfast Platters

You can use any combination of low GL fresh foods to make a quick, colourful, nutritious continental style breakfast such as:

1 piece mackerel, 2 sliced tomatoes with 1 sliced apple or pear, with 8-10 cashew nuts or almonds and a few cherries.

1 kiwi fruit with 1 slice of cheddar or Swiss cheese, 5 pecans, 5 or 6 cherry tomatoes and 1 fresh apricot

Half a punnet of blueberries or strawberries, a handful of pumpkin seeds, 5 macadamia nuts, sliced cucumber and 1 pear.

2 slices of ~~smoked salmon~~ with 1 oatcake lightly spread with cream cheese, 1 sliced tomato and 2 fresh plums

A large slice of watermelon with 1 slice of Swiss cheese, 1 small apple and a few cashew nuts or almonds

Fruit smoothie

Make with half pint / 284ml milk (coconut, almond or oat milk) and 100g fresh or frozen raspberries, blueberries or summer berry mixture. Add 1 tbsp thick yoghurt and 1 tbsp chia seeds to thicken if required.

Quick & Easy Omelettes

Bacon & cherry tomato (2 eggs)

Use a small amount of bacon with plenty of fresh cherry tomatoes sliced and season with freshly ground black pepper

Organic ham with red and yellow peppers (2 eggs)

Antioxidant rich, tasty and filling

Smoked salmon & cherry tomato & chives (2 eggs)

Fresh mushroom and cream cheese (2 eggs)

Lightly fry the mushrooms in a small saucepan using a little milk and then add 1 tbs cream cheese. Meanwhile, cook the omelette and then add the mushroom filling, sprinkle with freshly ground black pepper, fold and serve. Toss a couple of slices of red pepper or tomatoes & cucumber on to the side of the plate for decoration and fibre! This is also a good option for a quick evening meal when you are tired and don't feel like cooking.

Cooked breakfast

Grilled bacon, 2 grilled tomatoes, mushrooms and 1 poached egg. Add a small slice of wholegrain / whole wheat / rye toast if desired)

Easy lunches

Lunch on the go

You can use any combination of low GL snacks to make a 'meal on the go', combining low GL carbs with a good source of protein. Choose from:

Nuts
Seed mixes
Apples
Pears
Berries
Mini oatcakes
Plums
Small portion cheese
Bag of fresh carrot / celery sticks
Fresh apricots
Cherry tomatoes
Small apple
Small banana

Quick & easy homemade lunches

Eggs & Omelettes

Soups with 2 oatcakes lightly spread with hummus

5 minute salads

Choose one item from the Protein list, at least three items from the Veggie list and combine with 1 tablespoon of up to 2 items from the Optional list. Add a simple dressing of olive oil with either balsamic or apple cider vinegar or lemon juice.

Protein

Chickpeas
Mixed beans
Quinoa
Feta cheese
Smoked salmon
Tuna
Trout fillet
Chicken breast
Prawns
Hummus

Veggies

Avocado
Cucumber
Tomatoes
Lettuce
Rocket
Spinach
Sugar snap peas
Celery
Peppers
Sliced red onions
Mange tout

Optional

Pine nuts
Pumpkin seeds
Sunflower seeds
Sesame seeds
Cashew nuts (unsalted)
Fresh mint
Fresh parsley
Garlic
Olives

Fast food options

Most supermarkets stock a really good range of low GL products suitable for a quick meal or snack. Choose from the following 'type' of options:

Mixed bean salads
Individual hummus dip
Mixed salads
Soups (choose low GL ingredients)
Low GL fruit or fruit salads
Salmon / tuna / mackerel based dip with cruditiés or oatcakes

Jacket Potato/Sweet Potato

If choosing a jacket / sweet potato, ask for a small one, or only eat half. Always eat the skin and have with filling and half a plate of salad.

Good fillings to ask for are:

Hummus
Tuna
Avocado
Roasted vegetables
Lean chicken
Prawn
Mixed bean
Trout
Salmon
Cottage cheese
Mackerel
Sardines
Cream cheese & smoked salmon
Feta cheese
Egg

Hot lunches:

As for dinner, any kind meat / fish with salad / veg with 3 small new potatoes / small jacket potato / small handful brown rice or protein pasta. Pulse or bean dishes are also a good option. Avoid sweet, dressings and sauces.

Easy dinners

Use all the guidance and recipe suggestions in the 'Easy Lunches' handout. When following a low GL eating plan, you will more than likely be changing the proportions of food groups that you are used to. If you are someone who likes to create their own recipes, here's a reminder of the basic rules you need to apply:

One quarter of your plate: any protein option (meat, fish, seafood, eggs, cheese, pulses / beans)

One half of your plate: low GL non starchy veg / salad

One quarter of your plate: 'lower' GL starchy vegetables or starchy carbohydrates such as: pumpkin / squash (185g), carrot (160g), swede (150g), beans & lentils (150g), new potatoes (75g), sweet / baked potato (60g), quinoa (65g), corn on the cob (60g), brown basmati rice (40g), whole wheat spaghetti / egg pasta (40g), parsnip (40g). Note: these are all uncooked weights.

Quick & Easy Dinner Options

Here are some very quick and easy recipes.

Tray Baked Chicken with Peppers.

For 2 people, take 4 skinless, boneless chicken thighs and add to large baking tray with 2 large tomatoes, quartered, one onion cut into wedges, 1 red pepper and 1 yellow peppers roughly chopped, 2 gloves of garlic, a couple of sprigs of thyme, ½ tsp smoked paprika, 1 tbsp balsamic vinegar and 2 tbsps olive oil. Toss everything together and bake in oven for about 60 mins on 180C. Serve with your favourite green veggies.

One Pan Baked Salmon with Veggies.

For 2 people, take 2 salmon fillets (ideally wild), place them skin side down in a roasting tin. Spread generous handful of green beans, 12 cherry tomatoes, head of broccoli florets either side of salmon. Drizzle with olive oil and pepper. Add squeeze of lemon, one garlic clove crushed and sprinkle of fresh dill. Bake in oven on 200C for 20 mins or until salmon is cooked.

Chickpea and Spinach Curry.

For 2 people, heat 1 tbsp coconut oil in large pan and add 1 sliced red onion, cook for 3-4 mins. Add 1 red chilli, deseeded and finely chopped and 1 tbsp mild curry powder. Add 100ml hot veg stock, half can 200ml coconut milk, 400g can of chickpeas, drained and rinsed and half a cauliflower cut into chunks. Simmer for 15 mins and season to taste. 3 mins before serving add 100g spinach and let it wilt. Serve with cauliflower rice and a salad of cucumber, tomatoes and red onion makes a nice accompaniment.

Stir Fry Prawns with Peppers & Spinach.

For 2 people. Heat up 2 tbsp coconut oil in a wok, add 2 sliced garlic gloves, stir fry for 2 minutes. Toss in thinly sliced red pepper and add 200g tiger prawns. Stir fry for another 2 minutes. Add 2tbsp tamari and 1 tbsp fish sauce, throw in 100g spinach leaves and stir until wilted. Serve with large plate of green veg.

Ready meals

General rules for choosing ready meals:

Choose those without starchy carbs (rice, potatoes, pasta, noodles, bread, pastry, breadcrumbs, batter)

Choose sauces that are not based on starch (e.g. Bechamel) and sugar-free

Choose meat / fish in a non sugary, non starch based sauce or marinade.

This is much better for your health and ensures you are getting more of your veggie portions each day.

Here are a few suggestions for 'ready' dinners that can be found in most major supermarkets:

Chicken in white wine sauce
Chicken in tomato and herb sauce
King prawn provençal and veg
Parma wrapped cod with pesto
Chicken topped with tomato, basil and parmesan
Chicken stuffed with mozzarella / goat's cheese and sundried tomatoes
Chicken with garlic and herbs
Harissa spiced chicken

Coriander and lemon chicken
Chicken and cashew nut
Cantonese chicken and mushroom
Thai ginger beef with spring onion and pak choi
Green / red thai curry
Chicken satay
Tom yum prawn / chicken
Sizzling prawns piri piri
Tuna steaks with soy and ginger

Chicken tikka (dry)
Tandoori chicken

Deliciously satisfying snacks

0 - 2 GL

Almonds (small handful)

Cashew nuts (small handful)

Brazil nuts (small handful)

Toasted seeds (small handful)

Celery stick filled with no added sugar peanut butter

Crudités with 1tbsp cream cheese or almond butter

Half an avocado with oil and vinegar dressing and a few toasted pine nuts

Tuna, celery, cucumber and spring onion with oil and vinegar dressing

6 cubes of feta cheese with 6 olives and a handful of cherry tomatoes

Half an avocado, chopped and mixed with toasted seeds

Cup of instant miso soup & 1 rough oatcake

Hard boiled egg & 2 sticks of celery

Top tip!

Be flexible! Spread your GLs out throughout the day, so if your lunch or snack is higher just reduce your carb intake later in the day. This makes it easy for you to stay on track regardless of where you are or what options are available to you

5 GL or under

1 apple / peach / pear / kiwi or orange with 1 tbsp nuts

Hummus & crudités

Plain yoghurt with berries

Half / small carton of soup

6 cubes of hard cheese with 6 grapes

100g berries (any variety) with handful of favourite nuts/seeds

2 oatcakes topped with a layer of the following:
No sugar peanut butter / cashew nut butter / almond butter / pumpkin seed butter / hummus / smoked mackerel pate / Taramasalata / smoked salmon & cream cheese / cream cheese & cucumber

30g nuts covered in dark chocolate

1 small bar dark chocolate (25g)

10 GL or under

2 oat biscuits (berry or ginger)

Cream cheese on thin slice wholegrain / whole wheat / rye toast with mustard or Worcestershire sauce

Small tub of cottage cheese with 1 ryvita or chopped apple

Half a filled wrap

Baked apple with plain yoghurt & sunflower seeds