

# GETTING STARTED WITH **BLOOD SUGAR BALANCING**

An Introduction to Blood Sugar  
Balancing and Low GL Eating



MOONBEAM THERAPIES

# GETTING STARTED

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Do you remember when you or your child learned to ride a bike? The actual moment when you 'got' balance, after endlessly falling to the left or right? That's exactly what it is like to learn the blood sugar balancing way of eating.

This new distinction called 'blood sugar balance' or Glycaemic Load (GL), is a better way of gauging the effect of foods on your blood sugar levels (and thus your energy, well-being and weight) than the more familiar Glycaemic Index (GI). The menu plans will show you how very easy it is to get to grips with this concept in practice. You will learn not only which foods have a low GL, but you'll also develop a new sensitivity to your own blood sugar levels. The result? You will feel better and more energetic than you have done in years.

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## Jane's story is a perfect example

Jane was a typical stressed out 42 year old working woman in Buckinghamshire, UK. She had tried everything (so she felt) but was dragging herself through everyday and was now very used to people asking her when the baby is due – which upset her greatly.

She was initially very surprised that the blood sugar balancing eating plan meant she was eating more food, although she acknowledged that the choices were different. She fully committed to the changes, loved the food and within two weeks felt she had much more energy. After 10 weeks, she was a different woman, vibrant, full of energy and 6kg (14lbs) lighter and these were her results after 6 months.

	JANUARY	JUNE
	12st 3lbs (78kg)	10st 5lbs (65kg)
<b>FAT MASS</b>	4st 4.8lbs	2st 11.6lbs
<b>METABOLIC AGE</b>	54	33
	25.8	23.2

### Here's what she said...

Today I am happy!!  
I feel the best I have ever felt  
I love the new me, inside and out  
I do feel happy  
I look after me – I am important  
I have loads more energy  
I exercise a least 5 times a week  
My husband says I am less moody  
I see food more as fuel rather than something to make me feel better.  
I cope with stress – finding situations amusing rather than ending in tears of frustration  
I feel young and gorgeous

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It really is that easy. How you feel and how you look are the direct consequences of the action you take today. If you feel hopelessly embedded in eating habits that you know are hampering your full enjoyment of life, what you'll find by following this programme is a surprisingly simple plan for taking action. It doesn't involve rigid discipline, hunger pangs, expensive foods or boredom. We've worked it out to be a completely easy and enjoyable transition to a new life, and within weeks it will become a habit, a positive, life changing one that has you waking up full of energy and free of cravings.

# WHY THE BLOOD SUGAR BALANCING DIET WORKS

The blood sugar balancing diet is the best way of helping you lose weight and gain health, easily and enjoyably, because it works with your body's natural design. It has been tested over decades, and is backed by hundreds of scientific trials.

All you have to do is get your blood sugar balance back to normal to kick start your body's own formidable fat burning ability. Here's how.

## 3 SIMPLE RULES

1. Eat regularly, every 3-4 hours
2. ALWAYS eat protein at every meal/snack
3. Be selective about the amount and type of starchy carbohydrates

## 1 simple diet – blood sugar balancing

The blood sugar balancing diet has one controlling principle: If you gain blood sugar control, you lose weight, feel satisfied and full of energy; If you lose blood sugar control, you gain weight and feel hungry and tired. Sound simple? It is!

## WHAT ARE THE ADVANTAGES OF FOLLOWING THE BLOOD SUGAR BALANCING DIET

- It works both in the short and the long term
- You never feel hungry
- It's enjoyable
- It's safe
- It makes you feel great
- There's no rebound weight gain when you follow the principles
- It's easy to follow
- Within 7 days you will start to lose weight as quickly as you'll gain energy
- Within 20 days you'll notice your skin has dramatically improved
- Within 30 days you'll be starting to feel like a new you
- And within 3 months?
- You will have seriously undamaged your health!

Following this programme is the most effective way to reduce body fat, lose excess weight, gain health and turn your body's metabolism from storing fat to burning fat. You will become a fat burner and feel more energetic than you have done for years.

The Blood Sugar Balancing Diet is not just a weight loss plan, it's a diet for life. It takes just 30 days to experience a dramatic difference in how you look and feel.

## Imagine this....

You've just woken up. You feel full of energy. Your mind is clear. You get up, have a healthy breakfast and, throughout the day, your energy is good, your mood is stable, you're mentally sharp and your concentration is good. You haven't had energy dips, become irritable or experienced a single craving. You feel on top of your life.

But that's just the inside story. You look good, your weight is more or less where you want it to be. You're well toned and your skin has a healthy glow. People often comment on how well you are looking. You feel young, both physically and mentally. And this is how you feel every day!

Welcome to the new you!  
This is not only how you could be, this is how you should be. And all it takes is 30 days.....

# GL : WHAT IS IT & WHY IS IT SO GOOD?

## GL stands for Glycaemic Load.

It is a measure of the quantity and quality of carbohydrate in any given food. It shows us the effect each type of food has on our blood sugar. Keeping your blood sugar stable is the secret to losing weight. Foods with a high GL rating encourage the body to store fat. Foods with a low GL rating encourage the body to burn fat.

The science behind the blood sugar balancing diet is very simple. Your body is designed to burn glucose for energy. Carbohydrates such as grains (bread, pasta, rice) and fruits are broken down into glucose in the body.

But in today's typical western diet, the wrong types of carbohydrates are consumed excessively resulting in too much blood glucose. The excess is stored as fat leaving the body craving even more food to meet its energy requirements.

The body has lost blood sugar control and weight gain becomes inevitable. If your blood glucose levels are even, you'll have a steady supply of energy and a healthy but balanced appetite. This is the reason you'll have no problem maintaining the right weight on this diet. But, if your blood sugar levels are too high, you'll lay down fat and if they are too low, you'll feel tired and lethargic. Balance is key.

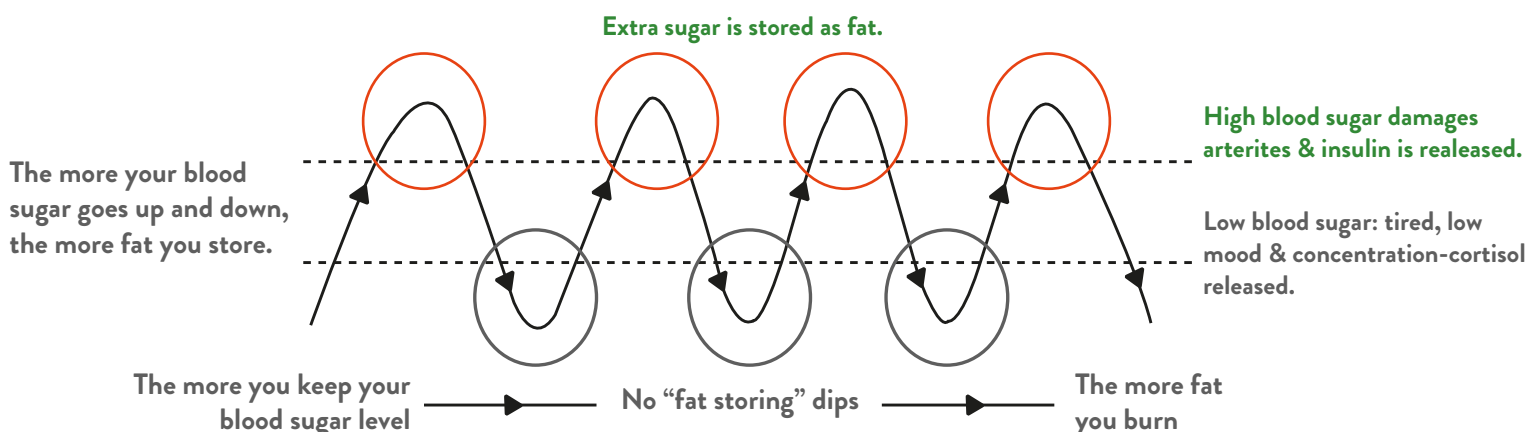
A quarter of all people, and nine out of ten people with weight problems, have difficulty keeping their blood sugar level balanced. The result is exhaustion and weight gain.



And this is just the beginning. Obese people, are 77 times more at risk of developing diabetes than non obese people, a statistic that alone tells you how strongly linked weight gain is to blood sugar control. So, the best way to lose weight is to regain blood sugar control, which heralds the return of your body's ability to burn fat.

You'll lose weight effortlessly without having to starve and gain health and vitality at the same time. Keeping your blood sugar balanced depends on choosing foods with a low GL; you might be amazed by some of the foods that have a high GL rating. Cornflakes have a very high GL whilst peanuts do not!

## THE MORE YOUR BLOOD SUGAR GOES UP & DOWN, THE MORE FAT YOU STORE



# THE GROUND RULES

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**It is a myth that you can only lose weight by eating fewer calories!** Calorie intake has not risen over the last 50 years whereas obesity levels have. The main reason for this is the dramatic increase in the amount of sugar we consume. You'd be amazed at the amount of hidden sugar in common foods. Today's western diet is based predominantly on high GL (fast releasing) foods which play havoc with our blood sugar levels. This, as we now know, is why we gain weight. Two groups of 15 volunteers each, took part in a study which compared a low GL diet to a low calorie diet. Those following the low GL diet lost 40% more weight than those following the low calorie diet! In addition to losing weight, followers feel more satisfied, energised and alert. **So, what are the ground rules?**

## DRINKS - OUT

### **Avoid or reduce alcohol.**

Ideally, drink no more than 5 glasses of wine or half pints / 284ml of beer / lager or measures of spirits a week. But even if you can't always manage this, any reductions will have a positive effect.

### **Limit or avoid caffeinated drinks.**

Ideally, drink no more than 1 regular coffee or tea a day.

### **Avoid all caffeinated fizzy drinks.**

## EXERCISE

**Exercise at least 15 minutes a day or 35 minutes 3 times a week.**

## FOOD - OUT

### **Avoid sugar and foods that contain fast releasing carbohydrates**

i.e. those with a GL rating above 10 GL per serving

### **Avoid bad fats**

such as processed vegetable oils and hydrogenated fat, e.g. in sausages, fried food and junk food.

## DRINKS - IN

**Drink the equivalent of 8 glasses of water a day,** including non caffeinated herbal teas,

## FOOD - IN

### **Eat no more than 45 GLs per day**

**Eat low GL carbohydrates** with protein. Combining carbohydrates with protein lowers their GL even further.

**Eat whole, unprocessed, food high in soluble fibre** e.g. oats, beans & lentils

**Eat foods high in essential fats** (the good fats Omega 3 and 6) such as fish, seeds and their oils. It is another myth that low fat leads to greater weight loss.

Our bodies crave fats and need them in order to function properly when you give your body the right fats you'll stop craving fatty foods.

## Ground rules

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Combine all of these rules and amazing things can happen!

This weight loss and nutrition programme has been designed to show you how to do this every step of the way. Follow these simple rules, experiment with new foods, recipes and cooking methods and above all, enjoy it!

## During Weeks 1 and 2

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Plan your food for the week

Eat regularly

Choose the right type and quantity of carbs

Eat a tablespoon of seeds every day

Have less wheat, more oats

Minimise refined food and sugar

Drink 8 glasses of water (including teas) every day

Have at least half your diet raw or lightly steamed

Minimise alcohol and caffeine

Keep a food diary

## Top tip

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Concentrate on getting to know the high and low GL carbs in the first weeks: fruit, bread, pasta, rice, potatoes, pastry, cakes, sweets, etc.

## Daily allowance: 35 - 45 GLs

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Breakfast - 10 GLs

Lunch - 10 GLs

Dinner - 10 GLs

Snacks/Drinks - max of 3 x 5GLs

# BREAKFAST

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When you are just beginning to balance your blood sugar, it is important to start the day with a slow release, blood sugar balancing, low GL breakfast. Choose from the following low GL breakfasts. They will satisfy you for longer and you'll eat less later!

## Fruits & Yoghurt

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The following fruits show the quantities that equate to 5 GLs, which means that you don't need to worry about portion control for these fruits.

Strawberries	1 large punnet
Raspberries	1 large punnet
Pear	1 medium
Grapefruit	1 medium
Apple	1 small
Banana	1/2 small
Cherries	1 punnet
Watermelon	1 large slice
Orange	1 large

Yoghurt and fruit (with ground almonds or seeds added) makes a delicious, filling breakfast.

## Bread: choose wisely!

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Oatcake 2GL	Croissant 17GL
Rye (1 slice) 6GL	Muffin 17GL
Wholemeal (1 slice) 9GL	Ryvita 6GL
White (1 slice) 10GL	Rice cake 6GL

## Breakfast Carbohydrate comparisons

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Porridge (whole oats)	90g	1 v. large bowl
Granola / Muesli (low carb)	60g	1 large bowl
All Bran	30g	1 small bowl
Granola / Muesli (regular)	20g	1 v. small bowl
Raisin Bran / Bran Flakes	15g	1 v.v. small bowl
Weetabix / Shredded Wheat	15g	1 biscuit
Special K	15g	1 v.v. small bowl
Cheerios	10g	1 v. small handful
Frosties	10g	1 v. small handful
Grapenuts	10g	1 v. small handful
Cornflakes	10g	1 v. small handful
Rice Crispies	10g	1 v. small handful
Puffed Rice	10g	1 v. small handful

## Breakfast Cereals

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As you can see, the best 'value' in terms of your appetite are oats, either cooked as in porridge or eaten raw.

## Eggs

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Some egg producers give their chickens healthy feed such as flax seeds. They are rich in Omega3 fats and are much better for you than ordinary eggs. Make sure you don't fry them as this damages the essential fats.



## Breakfast ideas

Variety is important; here are some other tasty, healthy and filling '10 GL or under' breakfast options:

4 oatcakes with cream cheese and slices of apple.

2 scrambled eggs with mushrooms, tomatoes and grilled peppers served on 1 slice wholegrain / whole wheat / rye bread

Smoked salmon and cream cheese with 1 slice wholegrain / whole wheat bread and 1 sliced tomato

1 slice wholegrain / whole wheat bread with 1 slice ham and 2 sliced tomatoes

2 poached eggs with one slice of wholegrain / whole wheat or rye toast.

Plain yoghurt blended with fresh blueberries sprinkled with lightly toasted seeds or almonds.

1 very large bowl of porridge sweetened with lightly cooked apples or pears

## Top tip!

If you have a sweet tooth, use Xylitol in place of cane sugar; it is a natural sugar (found in plums) which is actually good for your teeth and has a very low GL!



# LUNCH & DINNER

Main meals are really something to look forward to on the blood sugar balancing eating plan, as you'll see from all the different meal plans. But how do you put it all together? The easiest way to get the right nutritional balance is to imagine all the different foods on a plate:

## More fish

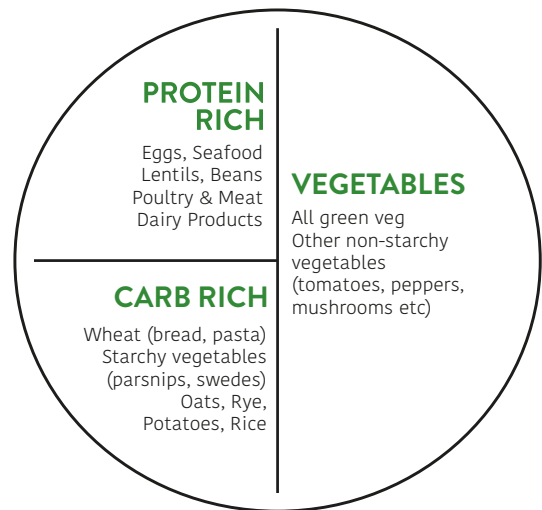
Most of us are not getting enough omega-3 fats, particularly of the kind contained in oily fish. If fish is not already a regular on your menu, use this opportunity to welcome more of it into your diet. Have 3 servings of oily fish per week.

Protein plays a vital role in the blood sugar balancing diet. Eggs, meat, fish and cheese help us lose weight because they have virtually no effect on blood sugar, yet fill us up. High protein diets have shown us this, but they're problematic. High protein diets, particularly those based on a high dairy intake, are associated with increased risk of breast, prostate and colorectal cancers. We need the phytonutrients good quality carbohydrates offer!

So the best way to go is to eat protein with the low GL carbohydrates we've been exploring. That way, you stabilise blood sugar, feel less hungry, lose more weight and stay optimally healthy.

So for lunch or dinner, eat a protein rich food (e.g. chicken, fish, eggs) with a 7 GL serving of any starchy carb rich food, shown in the table below. You can also add a large salad or 'unlimited' vegetables: e.g. green veg (broccoli, spinach, kale, runner beans, peas, courgettes, cabbage, Brussels sprouts, mange tout, asparagus); salad veg (tomatoes, lettuce, watercress, alfalfa, cucumber, celery, peppers, endive, radish, rocket); and other non-starchy veg such as cauliflower, onions, garlic, mushrooms, fennel, aubergine, bean sprouts, spring onions. Their GL count is so low there's no need to count them.

What you'll probably find is that you'll be eating more protein in relation to your carbs, and more fruit and veg, than you're used to. It makes a nice change to eat more, not less, and still lose or maintain weight!



## Starchy Carb comparisons Target: 7GL

Pumpkin	185g	1 serving
Carrot	160g	1 large carrot
Quinoa	65g	2 handfuls
Beetroot	110g	1 large
Pearl Barley	40g	1 handful
Whole wheat Pasta	40g	1 handful
White Pasta	35g	1 small handful
Brown Basmati	40g	1 handful
White Rice	25g	1 small handful
Cous Cous	25g	1 handful
Broad Beans	30g	1 small handful
Corn on the Cob	60g	half a cob
Baked Potato	60g	half a potato
French Fries	50g	3 fries



## Menu Plans

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The menu plans have been carefully balanced for nutrition and we recommend that you stick to these for the first week; this will give you a clear idea of the quantity and balance of foods on the diet.

You can swap meals around from one day to another or use your imagination to create completely new gastronomic delights!

## To Count or Not to Count

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Understanding how different foods affect blood sugar balance is the purpose of this guide.

Those who like tracking numbers can count their daily GLs, but those who prefer can estimate the Glycaemic Load of what they are eating and follow some general guidelines, e. g. fill half your plate with non-starchy carbohydrates such as salad, mushrooms, green beans, broccoli etc.

## Good Fats

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The diet is not low fat! You'll be able to eat enough essential fat to keep you completely satisfied. What is important is eating the right fats.

**Salad dressings:** make your own with olive / omega oils and vinegar / lemon juice.

**Cooking oils:** for frying, use a small amount of butter or coconut oil. Coconut oil adds a great flavour to dishes and is not damaged at high temperatures.

**Dairy:** No need to choose low fat options, full fat fills you up and is less processed. Butter is also ok.

**Nuts & seeds:** Up to 50g per day.

**Avocado:** a good source of healthy fats, eat regularly.

## Vegetarians

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If you are a strict vegetarian, you will need to eat more tofu, beans, lentils, and soya produce than usual to achieve the target for protein intake.

Many of the recipes that contain fish or chicken can be adapted by replacing them with tofu or tempeh.





# SNACKS

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The blood sugar balancing diet is all about enjoying your food while losing weight and boosting health. If you are not enjoying the diet or go hungry, you are not likely to be able to stick to it. So for those who feel hungry between meals, we have put some ideas for healthy snacks together.

Ideally though, we would like you to reduce your snacking between meals as soon as you feel you have gained blood sugar balance. This is because every time you eat, the pancreas is stimulated to produce insulin, which immediately stops any fat burning and starts the process of fat storage. In addition, your digestive system welcomes a break from the work of processing and digesting more food. So once you have established blood sugar balance, you may feel comfortable with longer gaps between eating.

## Mid morning & Mid afternoon snack

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For most of us the gap between breakfast and lunch is shorter than the one between lunch and dinner, which can be quite long, especially if you have a long commute and then cook your dinner from scratch. You may just need a mid-afternoon snack to tide you over.

Of course, the key learning here is knowing what you should eat. A snack should provide no more than 5 GLs and include some protein. The simplest snack is fruit combined with some nuts or seeds (see the chart below):

## Other snack options

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**Cottage cheese**  
**hummus**  
**guacamole**  
**sugar free nut butters** (e.g. peanut, almond, cashew)

These are excellent and almost zero GLs. You could have them with oat cakes, or a raw carrot, or a stick of celery.



## What does 5 GL of fruit look like?

Berries	600g	1 large punnet
Cherries	200g	1 punnet
Grapefruit	200g	1 small
Pear	150g	1 large
Melon	150g	1/2 small / 1 slice
Peach	120g	1 regular
Apricot	120g	4 regular
Orange	120g	1 large
Plum	120g	4 regular
Apple	100g	1 small
Kiwi	100g	1 small
Pineapple / Mango	80g	1 thin slice
Grapes	75g	10 regular
Banana	50g	1/2 small

As you can see, berries (whatever's in season, or frozen mixed berries), plums and cherries are your best 'value' fruit snacks. You can further slow down the GL score of these fruits by eating them with five almonds or a dessert spoon of pumpkin seeds.

Other than **chestnuts**, **almonds** are the best nut because they have the most protein for their calorific value.

**Pumpkin seeds** are also high in protein, beneficial omega-3 and omega-6 fats.

**Flax seeds** are the highest for omega-3's, but are also too small and too hard to make good snacks, so you'll need to grind them up (a coffee grinder is ideal for this) or buy milled flax seeds, which are now available in most supermarkets. Once you have opened the package, keep it in the freezer as milled flax seeds are vulnerable to oxidation, i.e. they can go rancid.

**Nuts and seeds** eaten raw retain all of their goodness; but if you prefer their flavour when cooked, you can lightly roast them in the oven on a baking tray, for a few minutes only.

## Savoury Snack Ideas

Half slice of wholegrain / whole wheat bread or 1 thin slice of rye bread or 2 oat cakes and either 1/2 a small tub of cottage cheese (150g), 1/2 a small tub of hummus (150g) or peanut butter

Crudités (a carrot, pepper, cucumber or celery) or 2 oatcakes and either 1/2 a small tub of hummus (150g), guacamole or 1/2 a small tub of cottage cheese (150g)

1 boiled egg with 2 oat cakes

Smoked salmon and cream cheese on 1 thin slice of wholegrain / whole wheat or rye toast

Tamari toasted nuts and seeds: create your own mix of any nuts and seeds. Place in a baking tray and drizzle with tamari. Stir well & bake for 5 to 10 minutes. Eat a handful as a snack.

## Sweet Snack Ideas

1 piece of fruit, plus 5 to 10 nuts or a dessert spoon of seeds

Berries and either 1 small plain yoghurt (150g) or 1/2 a small tub of cottage cheese (150g)



# DRINKS

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## 0 GL rating

(can be consumed throughout the day)

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Still or sparkling mineral water  
Herbal teas  
Coffee alternatives (e.g. chicory)

(best limited to 1 cup a day)

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Decaf tea  
Green tea  
Decaf coffee  
Coconut water

## Alcohol

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The effect of alcohol is similar to that of sugar and if you want to burn fat fast, it is best to limit or avoid it during the weight loss phase of the diet. Choose purer spirits (e.g. tequila, vodka) over wine or beer and steer clear of sugary mixers.

The following values shows how alcohol can differ greatly in GL values:

1 small glass of wine (115ml)	5 GL
Half pint / 285ml beer	5 GL
Half pint / 285ml cider	10 GL
Half pint / 285ml pimm's & lemonade	10 GL
Vodka & tomato juice	2 GL
Vodka, soda & fresh lime	1 GL

## Tea & Coffee

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Stimulants such as those found in tea and coffee (and caffeinated drinks) stir up adrenalin and interfere with blood sugar balance. Millions of us are caught up in the vicious cycle of blood sugar highs and lows and feel exhausted much of the time. Stimulants such as caffeine seem to promise instant energy whilst, in fact, they do the complete opposite.

If you are addicted, it is best to cut them out altogether, particularly in the weight loss phase or limit to 1 cup a day (taken at the same time as food). Change to decaf options. You'll be amazed how much better you feel just by making this change.

## Fruit juices

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Fruit juices have a relatively high GL because the fibre has been removed making the sugar in them much more readily available. The best is apple juice although this should still be diluted with water (half and half). Here's how much you can drink for 5GLs:

Tomato juice	1 pint / 568ml
Carrot juice (diluted 50/50 with water)	Half glass
Grapefruit juice (diluted 50/50 with water)	1 Glass
Apple juice (diluted 50/50 with water)	1 Glass
Orange juice (diluted 50/50 with water)	1 Glass

Stay away from all fizzy, sweetened and caffeinated drinks and limit juice to 1 diluted glass a day for maximum weight loss.

## Sugar

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If you use sugar to sweeten any drinks, this will raise the GL. Artificial sweeteners are not healthy and should be avoided. Substitute sugar in drinks or in foods with xylitol, a natural sugar from plums which looks and tastes like the real thing, contains no chemicals and has a low GL rating. 9 - 10 tsps equals 5 GLs compared to 1 tsp of sugar! You can buy xylitol from supermarkets & health food shops. It is such a great product for reducing sweet cravings, is an extremely healthy alternative to sugar and is also good for your teeth!

It is ideal for baking as well - but beware: It is highly toxic to dogs.

## Top Tip!

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**If you drink a lot of tea and coffee, reduce your intake (or stop altogether) and see what improvements you feel in your mood and energy levels.**

# 7 DAY MENU PLAN

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These menu plans are designed to be quick and easy to prepare some have simple recipes and some are straightforward without.

You can also choose many of them when out and about at restaurants and shops (e.g. soups, salads, etc.) Some branded items are included. If these are not available to you locally, simply choose an option from a different day as these plans are designed for you to pick and mix from (although you can just follow them as they are if you wish).

Each breakfast, lunch and dinner is around 10GL. Each snack is around 5GL. Approximate GL counts are shown.

## DAY 1

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### Breakfast (8GL)

Plain yoghurt (cow's, goat's, sheep's or coconut) - 200g topped with berries (of choice), 1 tbsp. Mixed seeds (pumpkin, sunflower, flax) and / or 1 tbsp. ground flax and / or 1 tbsp. Mixed chopped nuts (e.g. walnuts / brazils / almonds).

### Lunch (9GL)

Wrap filled with shredded chicken, pesto and salad

### Dinner (10GL)

Baked salmon fillet with green beans, roasted baby tomatoes, with chopped black olives and 3 new potatoes

### Snacks

Celery sticks filled with 50g crunchy (no added sugar) peanut butter & a small glass of fruit juice, diluted 50/50 with water (6GL)  
1 green apple and 3 brazil nuts, walnut or almonds (5GL)

## DAY 2

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### Breakfast (10GL)

50g rolled oats with berries, skimmed milk & a handful of seeds soaked overnight

### Lunch (5GL)

Mushroom omelette with green salad & 2 rough oatcakes

### Dinner (10GL)

Grilled lean lamb steak, with ratatouille & 50g quinoa

### Snacks

Hard boiled egg with 1 stick of celery & a kiwi fruit (5GL)  
2 oat cakes spread with pumpkin seed butter or smoked salmon or mackerel pate topped with cucumber slices (5GL)

## DAY 3

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### Breakfast (9GL)

2x Boiled or poached eggs on 1 slice wholegrain / wholewheat toast

### Lunch (10GL)

Mixed bean soup, with chopped celery on the side spread with hummus

### Dinner (6GL)

Tuna steak with shop bought tapenade and watercress salad. Orange / apple juice diluted half and half with water

### Snacks

1 plain yoghurt (150g) with a few berries (5GL) 1 orange & 5 almonds (5GL)

## DAY 4

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### Breakfast (10GL)

Energising Shake – blend half banana, handful of berries, tbsp of ground flax seeds or chia seeds, 1tsp cinnamon and cup of chosen milk (cow's, goat's, almond, coconut, oat)

### Lunch (12GL)

1 small tin sardines mashed with a little balsamic vinegar & black pepper, topped with sliced tomatoes on 2 rye crackers

### Dinner (5GL)

Grilled pork medallion with chopped stewed apple, broccoli and peas

### Snacks

2 oatcakes with 100g cottage cheese & chopped green apple (9GL)  
2 apricots & 4 walnuts (3GL)

## DAY 5

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### Breakfast (10GL)

50g whole porridge oats with chopped apple, 1 tbsp flaxseed and cinnamon

### Lunch (8GL)

Grilled halloumi cheese with a big rocket, tomato and cucumber salad with olive oil and balsamic dressing & small toasted wholewheat pitta bread

### Dinner (8GL)

80g spiralised zucchini, with tomato based sauce (tin of chopped tomatoes, a few black olives, basil and pine nuts) topped with grilled halloumi or feta.

### Snacks

Peach and a handful of seeds (5GL) Plain yoghurt (150g) with 1 teaspoon mixed seeds and a few berries (4GL)

## DAY 6

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### Breakfast (10GL)

2 rashers grilled bacon, grilled tomato and mushrooms & 1 slice wholegrain / wholewheat toast

### Lunch (11GL)

Open sandwich: wholegrain / whole wheat bread spread with pesto & topped with sliced turkey, rocket and grated carrot

### Dinner (10GL)

Grilled fish served with stir fried veg seasoned with soy sauce & garlic & 40g brown basmati rice

### Snacks

Crisp pear and 4 walnuts (5GL) 5 olives and a satsuma (5GL)

## DAY 7

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### Breakfast (5 GL)

Scrambled eggs with smoked salmon & apple juice diluted half & half with water

### Lunch (9 GL)

Roasted chicken breast, 1/2 jacket sweet potato (60g), red cabbage and peas

### Dinner (10 GL)

Roast tomato soup with parmesan shavings, 2 cheese flavoured oat cakes

### Snacks

Baked apple with plain yoghurt (150g) and tsp sunflower seeds (8GL)  
Small bowl of mixed fruit salad sprinkled with tsp mixed seeds (5GL)

# 7 DAY VEGETARIAN MENU PLAN

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These menu plans are designed to be quick and easy to prepare some have simple recipes and some are straightforward without.

You can also choose many of them when out and about at restaurants and shops (e.g. soups, salads, etc.) Some branded items are included. If these are not available to you locally, simply choose an option from a different day as these plans are designed for you to pick and mix from (although you can just follow them as they are if you wish).

Each breakfast, lunch and dinner is around 10GL. Each snack is around 5GL. Approximate GL counts are shown.

## DAY 4

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### Breakfast (6GL)

Chia porridge with coconut, vanilla & berries. Pour 200ml unsweetened almond / hazelnut / coconut milk over 1 tbsp chia seeds, add drop of vanilla essence, soak for at least 10 minutes. Add blueberries and desiccated coconut.

### Lunch (6GL)

Vegetable and lentil soup. Heat 2 tbsp olive oil in a large, lidded pan and saute 1 large chopped onion, 1 crushed clove of garlic, 2 chopped sticks of celery and 1 sliced leek and 1 chopped carrot over a medium heat, turning frequently, until turning soft (about 8 minutes). Add a 200g tin chopped tomatoes, 1 tsp dried mixed herbs, 200g dried brown / green lentils, 1 litre vegetable stock and freshly ground black pepper. Bring to the boil, turn the heat down, cover and simmer for 30 to 40 minutes until tender. Blend and serve

### Dinner (11GL)

Savoy cabbage parcels: 1 medium cabbage, 100g chopped mushrooms, 2 chopped shallots, 1 crushed clove garlic, 125g ricotta (or tofu) & 50g toasted pine nuts, 350g tomato & basil sauce. Remove and steam 8 outer cabbage leaves. Chop rest of cabbage. Fry rest of ingredients and mix with tomato sauce. Fill outer leaves with mixture and bake in oven for 20 minutes. Serve with 45g brown rice.

### Snacks

2 oatcakes with houmous and toasted pine nuts (6GL)  
4 smoked tofu cubes with red and yellow pepper strips (3GL)

## DAY 1

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### Breakfast (10GL)

2 poached eggs on bed of spinach served with small rye toast

### Lunch (11GL)

Chickpea, cherry tomato & quinoa salad. Third of a tin of chickpeas, marinated artichoke hearts, cherry tomatoes (halved), spring onions, fresh parsley and basil, ground black pepper. 30g quinoa. Lemon, olive oil, mustard and garlic dressing.

### Dinner (2GL)

Tofu tapenade. Mix 1 tbsp tapenade and 2 tsp lemon juice. Cut tofu into cubes and marinate in tapenade mixture. Gently cook in pan with olive oil for 2 minutes each side. Serve with sautéed cherry tomatoes and broccoli

### Snacks

1 x apple with 6 macadamia nuts (5GL) 2 rough oatcakes topped with tapenade (5GL)

## DAY 5

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### Breakfast (10GL)

2 scrambled eggs on 1 slice wholegrain / wholewheat toast with panfried tomatoes, mushrooms & wilted spinach

### Lunch (12GL)

3 bean salad with celery. 1/3 tin kidney beans, 1/3 tin chickpeas and green beans mixed with chopped celery and placed on salad leaves. Feta optional. Olive oil, cider vinegar dressing

### Dinner (9GL)

Stir fry curry with smoked tofu & lentils. With 1 chopped onion, half teaspoon curry powder, half teaspoon turmeric, 1 can lentils, 200ml stock, chopped broccoli, cauliflower, mangetout, red pepper. 100g smoked tofu. Add lime juice and serve with 45g brown rice or 65g quinoa

### Snacks

1 apple and 8 roasted almonds (roast on low heat in oven for 20-30 minutes) (5GL)  
1 scoop vanilla ice cream (5GL)

## DAY 2

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### Breakfast (6GL)

Scrambled tofu with mushrooms, tomatoes and spinach.

### Lunch (8GL)

Vegetarian sausage with cauliflower mash, green beans and roasted tomatoes.

### Dinner (6GL)

Shaved zucchini, walnut & citrus salad with halloumi. Using a potato peeler, shave zucchini into ribbons. Mix with toasted walnuts, spring onion, chopped flatleaf parsley. Dress with lemon zest and juice, sea salt & black pepper. Serve with 4 thin slices of grilled halloumi.

### Snacks

2 oatcakes with cream cheese and 4 chopped walnuts (5GL)  
300g blueberries and small handful toasted pumpkin seeds (3GL)

## DAY 6

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### Breakfast (10GL)

40g low carb granola with small pot (150g) Greek yoghurt and 3 soaked prunes.

### Lunch (12GL)

Small wholemeal pitta with hummus, avocado and salad.

### Dinner (6GL)

Tofu frittata / omelette with roasted kale Snacks

### Snacks

4 cherry tomatoes and 4 cubes of cheddar cheese (2GL)  
Peach or Nectarine and 4 brazil nuts

## DAY 3

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### Breakfast (10GL)

60g lowcarb muesli with natural yoghurt, frozen mixed berries (defrosted overnight)

### Lunch (12GL)

Small tin of low sugar baked beans on 1 slice wholegrain / wholewheat toast

### Dinner (10GL)

Vegetable chilli served with 20g brown basmati rice

### Snacks

80g spicy chickpeas simply coat in mixed spices and bake in the oven (5GL) 2 cheese oatcakes (4GL)

## DAY 7

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### Breakfast (6GL)

Coconut yoghurt with blueberries and mixed seeds

### Lunch (10GL)

Vegetarian kedgeree: Mix 45g brown basmati rice with smoked tofu, hard boiled eggs, a little curry powder, finely chopped spring onions, peas, a squeeze of lemon juice, chopped coriander and freshly chopped chilli to taste.

### Dinner (9GL)

Zucchini in chickpea sauce. Fry zucchini slices until browned. Blend 100g chickpeas with garlic, 1 tbsp lemon juice, 1/4 tsp Tabasco, ground cumin and 2 tbsp yoghurt. Mix sauce with zucchini and sizzle for couple of minutes. Top with tomatoes, coriander or parsley & toasted seeds

### Snacks

Half an avocado with 2 tbsp of cottage cheese & chives (3GL)  
2 plums & mixed seeds (5GL)