

*The beginner's guide to*

# FOODS THAT FIGHT INFLAMMATION

*Easy  
Healthy  
Fast*

**What to eat**

**(and what not to eat!)**

- a complete guide  
to anti-inflammatory  
foods

Foods that protect  
you from illness,  
injury and stress

All the tools  
you need to  
get started

Quick fresh meal ideas  
to make you feel better  
and live longer

**65**

**SIMPLE  
RECIPES**

- Breakfast
- Lunches
- Snacks
- Dinner



£9.95





# Welcome to the anti-inflammatory diet

Anti-inflammatory food ... Yes, it sounds a little extreme and the science behind it involves a complex palette of fatty acids, dietary fibre, antioxidants and other powerful plant compounds, each of which prevents or reduces inflammation in your body.

But don't worry – thankfully, the anti-inflammatory diet is incredibly easy to follow!

The raw ingredients are common foods such as salmon, nuts, avocado, berries, olive oil and cabbage. Anti-inflammatory food is easy and quick to make, because it has a shorter cooking time, so more of the healthy stuff remains in the finished meal.

Look forward to getting your teeth into the tasty and super-healthy dishes in this beginner's guide – and experience what the anti-inflammatory diet can do for your body.

Bon appétit!



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Chapter 1

# Getting started



**Meet the five  
staples of an anti-  
inflammatory diet**

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# Getting started with an anti-inflammatory diet

Are you passionate about boosting your immune system through a nourishing diet? Then the anti-inflammatory diet is for you. Behind the mysterious-sounding name lies **a fantastic dietary regime that's proven to contribute towards better health**. However, the results only come if you get it right. Our guide teaches you everything you need to know about anti-inflammatory diets and their physical benefits.

**A**nti-inflammatory diet is the term on everyone's lips right now, particularly those of medical researchers. They're excited about the topic, with new evidence emerging daily that food can strengthen your immune system and thus benefit your overall health. It may sound crazy that proper nutrition can take the edge off everything from osteoarthritis and eczema to diabetes and repetitive ►



strain injuries, but the fact is that with the right dietary regime, you can support the immune system in its work and keep your body healthy. In practice, this happens through a series of complicated physiological processes, all of which combine to make you more resilient.

### **Prepare your body for battle**

Every day, tissues and cells are destroyed and worn down by exercise, mental strain, UV rays, unwanted chemicals and more, which means the immune system has to work around the clock to maintain the status quo.

Your immune system does its best to deal with all the damage and injuries that life throws at you. However, the strength of this personal defence system varies from individual to individual and is especially challenged when you become ill. If your immune system isn't strong enough to cope with the disease or injury that strikes you, there's a high risk that the condition will take hold, negatively affecting your health and quality of life.

Therefore, one of the main goals of an anti-inflammatory diet is to reduce the immune system's everyday workload so that it can better cope with health challenges.

That's where fruit and veg come in. Every time you eat an apple, a handful of berries or a bowl of coleslaw, you add countless microscopic plant substances, known as antioxidants, to your body. Some of these become food for the beneficial bacteria in your gut; those that escape are absorbed elsewhere in your body, where they act as an additional defence against unnecessary damage.

Studies show that after consuming fruit or vegetables, you can find these restorative substances throughout

the body: inside cells, in cell walls and beyond. The best example of how antioxidants benefit you is beta-carotene, which is famously found in carrots. If you eat lots of carrots, your complexion will eventually develop an orange glow, indicating that some of the beta-carotene has been deposited in the skin. Once there, it protects your body against harmful UV rays and prevents skin cells from being destroyed.

Similarly, the blue-violet antioxidants in blueberries can be detected in your brain and muscles, the phytochemicals present in tomatoes in your eye fluids and ginger's microscopic substances in the tissue surrounding your joints.

Regularly eating a generous helping of antioxidants is like putting on a suit of armour against everyday traumas. The less damage you suffer during the day, the less effort

your immune system has to put into healing minor ailments.

This frees up resources to deal with other problems, such as osteoarthritis in your hip or a strained circulatory system. In essence, eating a lot of fortifying fruit and vegetables relieves the immune system of some of its burdens, allowing it to channel more energy towards repairing previously sustained damage.

### **Turbocharge your healing**

Facing the rigours of the day, wearing a suit of antioxidant armour is a boon to your health. However, to realise the full potential of an anti-inflammatory diet, it's essential to consume nutrients that can help you heal from minor or major injuries as well. In particular, healthy fats from nuts, avocados, good plant oils and fatty fish play a key role in strengthening the immune system. Research shows ▶

**Regularly eating a generous helping of antioxidants is like putting on a suit of armour against everyday traumas**



**The best thing about eating an anti-inflammatory diet is the abundance of vegetables. I can feel the boost of energy and vitality they give me. At the same time, eating so many vegetables does wonders for my stomach.**

**Mette, age 47**

**After about a fortnight on the anti-inflammatory diet, I noticed a clear effect. The arthritis in my fingers, which had previously caused swelling and pain when I knitted, began to subside. And after less than a month, I was pain-free.**

**Lisa, age 56**



If you only do one thing  
Start eating fruit and veg in the morning. This can be anything from some berries on your cereal or yoghurt to veg in your scrambled eggs.

# 1 Fruit, berries and vegetables

Fruits and vegetables provide the body with a wealth of microscopic plant substances that benefit your gut flora and protect the body's cells from unnecessary stress. At the same time, plant fibres contribute to healthy digestion, which, in turn, boosts energy, vitality and health.

### THREE FOCUS AREAS:

**Include fruit or veg in all meals.** They are most effective in the hours after you eat them. If you put all your fruit and veg in one meal, you'll get less benefit than if you spread them throughout the day.

**Eat a variety of colours.** Each colour represents a specific antioxidant, each with its own particular effect on the body. By eating different colours, you maximise your protection throughout the body.

**Include berries and cabbage in your daily diet.** All types of fruit and vegetables are healthy, but their potency varies. Berries and different varieties of cabbage have proven particularly potent in experiments. Therefore, it's a good idea to eat them daily.



Combining an anti-inflammatory diet and minor weight loss has done wonders for my cholesterol levels. In 12 weeks, I've gone from a level requiring medication- to completely normal. My doctor says there's no way diet can make that much difference, but I KNOW it works. And the fact is, I'm off the medication!  
Soren, age 51

that a diet rich in these fat sources contributes to a fortified immune system, empowered to respond to physical ailments. Many runners swear by fish oil capsules to heal them when they have knee pain, for example, because the oils can boost the immune system's capabilities.

### In particular, healthy fats play a key role in strengthening the immune system.

However, maximising the benefits of healthy fats is about more than just swallowing a spoonful of cod liver oil or a few fish oil capsules when you're injured. You have to give healthy plant fats a central place in your diet. It's also crucial that the amounts of fat are optimised to deliver a proven effect.

#### Every bite counts

A complete anti-inflammatory diet contains several other important foods. Examples include ginger and turmeric, which bridge the gap between fruit and veg and oils by protecting cells AND boosting the immune system's strength.

Fermented vegetables, like kimchi sauerkraut, and yoghurts with live cultures also play a vital role in an anti-inflammatory diet because they strengthen gut bacteria, which is critical in building up the immune system.

Finally, watch out for potentially harmful foods. These include fruit and vegetables sprayed with pesticides; sauces, dressings and ready meals loaded with e-numbers; and fish contaminated with heavy metals. These should all be minimised as they contribute towards physiological stress, leading to a strained immune system. □



## 2 Omega-3 from fatty fish

**There are numerous good reasons to eat fatty fish such as mackerel, herring, salmon, trout and swordfish. However, from an anti-inflammatory perspective, the overriding argument is the content of so-called omega-3 fatty acids, a subgroup of fish oils. Studies show that regular consumption of omega-3 fatty acids strengthens the immune system. That's why it's crucial to have oily fish on the menu regularly..**

#### THREE FOCUS AREAS:

**Prioritise fatty fish.** While the official recommendation is 200 grams of oily fish per week, it can make sense to eat 3-4 times that amount from an anti-inflammatory perspective.

**Choose healthy versions.** Analysis shows that large predatory fish often contain a lot of heavy metals. Therefore, you are better off eating mackerel and herring rather than swordfish and tuna. The latter is relatively low in omega-3 in any case.

**Use supplements if necessary.** If you find eating 100 grams of oily fish a day difficult, you can take fish, plankton, seaweed or algae omega-3 supplements. These provide the same healthy fatty acids.

## 3 Healthy plant fat

**Many researchers consider Mediterranean cuisine to be the epitome of an anti-inflammatory diet. This is due to the abundance of sun-ripened fruit and vegetables and the way in which healthy fats from nuts, avocados and olives are incorporated into the dishes. Like fish oils, healthy plant fats can boost the immune system's strength, so it's essential to include them in your daily diet.**



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## 4 Beneficial gut bacteria

**Robust gut flora has a significant impact on the overall power of the immune system. Among other things, the bacteria in your gut sort out friend from foe when food and other substances you swallow enter the gut, and they also help regulate your immune system. Gut flora is strengthened by fruit, vegetables and other healthy foods that act as nutrients for the bacteria present. However, these can be given a helping hand if you consume probiotics, which reinforce beneficial bacteria.**

### THREE FOCUS AREAS:

**Eat and drink yoghurt with live cultures and probiotics.** Several types are available at your local supermarket, including Activia-type yoghurts and kefir. Consume them in the morning for breakfast or add them to homemade smoothies or dressings.

**Experiment with fermented foods.** Kimchi, sauerkraut and pickles are just a few examples of foods that your gut would love you to put on the menu more often.

**Consider supplementing with lactic acid bacteria if your tummy is upset.** You can also supplement with dietary fibre, such as psyllium husks, which both nourish gut bacteria and softens stool in the intestines and easing digestion and constipation.



If you only do one thing

**Add healthy fat to every meal. Options include nuts, avocado, olive oil, hummus or oily fish.**

---

### THREE FOCUS AREAS:

**Include a source of healthy fats in every meal.** This way, you'll almost ensure a sufficient daily intake. For example, add almonds to your yoghurt or cereal in the morning, spice up your lunch with avocado and drizzle olive oil over your evening salad.

**Choose oil wisely.** Much of the nutritional power is hidden in the botanicals that accompany the oils. Therefore, choose those that are as naturally powerful as possible, for example, use cold-pressed virgin olive oil rather than a more processed variety, and fresh avocado, whole nuts and almonds rather than oils made from them.

**Make room for calories from fat.** In most cases, it is a good idea to create a calorific space for healthy plant fats by removing other sources of fat in your cooking. For example, use pesto instead of butter on your bread, fry with a good vegetable oil instead of butter or margarine and skip creamy salad dressings in favour of an oil-and-vinegar ones.



If you only do one thing

Increase fibre by looking for wholegrains when buying bread, rice and pasta and add root vegetables to your dinner.

## 5 Powerful immune system boosters

A diet rich in fruit, vegetables and healthy fats goes a long way. However, you can use other powerful ingredients to boost your immune system. In particular, ginger and turmeric are favoured by researchers because they provide protective antioxidants and can boost the immune system.

### THREE FOCUS AREAS:

**Eat ginger and turmeric every day.** It doesn't matter if you take them raw, dried or in supplement form as long as you get them in your diet. Shots, smoothies and supplements are all legitimate forms of consumption.

**Adjust for the loss of ingredients when making shots.** You only get about half the amount if you run the raw ingredients through a sieve or filter. Therefore, you should be extra generous with the quantities.

**Be careful:** ginger and turmeric are VERY powerful foodstuffs that can sometimes cause the immune system to go into overdrive. Check how your body reacts when consuming them, and stop if it responds negatively.



### How do I know if I have inflammation in my body?

You can't directly measure inflammation without using blood tests and lab equipment. However, there will typically be signs in the form of diseases or conditions known to be driven by inflammation. These include diabetes, osteoarthritis, psoriasis, cardiovascular disease, eczema, asthma and repetitive strain injuries. Often, inflammation manifests as swelling, warmth, redness and pain around the affected area.

### How quickly does the anti-inflammatory diet work?

The effect is pretty much immediate. As soon as you start putting healthy food into your stomach, it has a favourable impact on the rest of your body. That's not to say that you can expect noticeable results after just 24 hours: it usually takes several days, if not weeks, for the benefits to become apparent.

### Is it all for nothing if I deviate from the diet for a day or two?

No, your body is unlikely to suffer from the odd day of deviation – at least if your health challenges are mild to moderate. However, the more severe your condition, the more important it is to stay on track. Even one day off or even a single unhealthy meal can weaken your body for days. If you frequently fall off the wagon, you risk missing out on the soothing effects of your diet.



## Do all meals have to be based on fresh ingredients for the diet to work?

There's nothing wrong with using frozen or tinned food. It's often easier and cheaper when it comes to fruit and veg, for example. For fish, marinated white herring and tinned mackerel are good choices.

## What oil can I use for frying?

It's a persistent myth that you can't fry in vegetable oils. The fact is that both olive oil and rapeseed oil are suitable for frying. Just avoid heating the oils so much that they start to smoke.

SEE MORE QUESTIONS & ANSWERS ON PAGE 20



## ... and a couple of don'ts

An anti-inflammatory lifestyle isn't just about what you do and don't eat. Other factors also play a part in boosting your immune system. Some of the most important are:

**SLEEP.** A solid night's sleep contributes to the body's healing and has a crucial impact on the immune system's strength.

**EXERCISE.** Regular exercise helps to fortify the immune system. But don't overdo it if you're already sick. You need to cut back on exercise if you are ill to give your immune system a chance to return to normal.

**STRESS.** Chronic stress contributes to inflammation. Try to avoid sources of stress and consider meditative practices and other activities that foster mental well-being.

# The beginner's guide to Foods that fight inflammation (and ones that don't...)

Is it OK to drink milk? Is coconut anti-inflammatory? And what about that coffee you love so much? There are loads of questions when it comes to working out **what is anti-inflammatory and what is not.**

It's no picnic trying to work out what is anti-inflammatory and what you should avoid eating. To help you out, we've compiled a list of a wide range of foods and ranked them based on their anti-inflammatory qualities, or lack thereof.

Please note that the lists are only intended to give a quick overview of the topic. Obviously, they cannot take individual needs into account, so it's important that you always bear your body's specific requirements in mind.

For instance, if you are gluten intolerant, it doesn't matter that rye bread is an anti-inflammatory gem. For you, any bread that contains gluten causes problems. Similarly, a nut allergy sufferer isn't interested in the fact that

nutritionists love hazelnuts and their ilk.

If you get stomach ache whenever you eat certain vegetables, you should listen to your body rather than slavishly follow the recommendations on the list. In general, we advise that you base all food choices on your body's personal tolerances. If your body tells you via abdominal pain, bloating, fatigue, eczema or other signs that certain foods are bad for you, remove them from your diet.

The anti-inflammatory diet is first and foremost about eating health-boosting foods that are good for the body. If certain foods don't work for you, simply replace them with others that do. This is a crucial step on your anti-inflammatory journey. □

**We have selected a wide range of foods and divided them into the following categories:**

#### **Highly anti-inflammatory**

Foods that are at the top of the category and have well-documented effects on strengthening the body.

#### **Light to moderately anti-inflammatory**

Foods that are healthy and possess several qualities that make them anti-inflammatory – but not quite on a par with the best.

#### **Neutral to light**

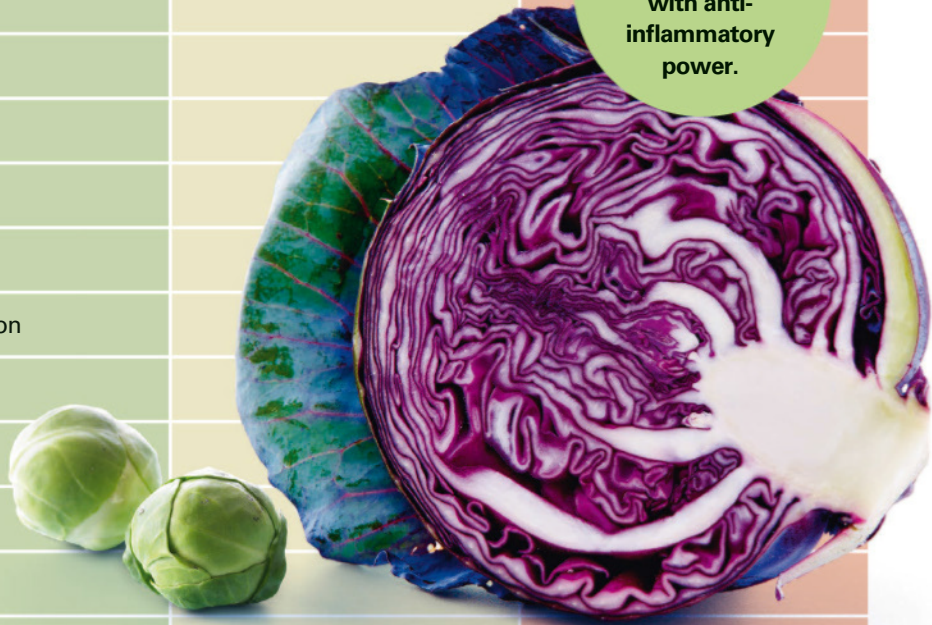
Foods that do not have significant anti-inflammatory qualities per se, but are not harmful to health.


#### **Weak to downright unhealthy**

Foods that potentially feed inflammation in your body. This category also covers foods that are completely devoid of any nutritional value.

Highly anti-inflammatory	Light to moderate	Neutral to light	Weak to unhealthy
<b>Fruit and vegetables</b>			
Blueberries, blackberries, raspberries and other berries	Beetroot	Iceberg lettuce	Jam and marmalade
Broccoli	Parsnip	Butterhead lettuce	Sweetened dried fruit
Cauliflower	Black salsify	Cucumber	Chips/other fried potatoes
Brussels sprouts	New potatoes	Other potatoes	
White and red cabbage	Sweet potato	Pumpkin	
Sweetheart cabbage	Carrot	Turnip	
Kale and cavolo nero	Tomatoes	Bananas	
Savoy cabbage	Sweetcorn	Juice	
Cherry tomatoes	Squash		
Olives	White asparagus		
Sauerkraut and kimchi	Celery		
Green asparagus	Dried figs and dates		
Garlic	Dried spices		
Red onion	Dried beans and lentils		
Brown onion	Chickpeas		
Spring onions	Green beans		
Chilli	Aubergine		
Fresh herbs	Mushrooms		
Oranges, lemons and limes	Apples		
Kiwi	Pears		
Pomegranate	Watermelon		
Black grapes	Honeydew melon		
Ginger	Green grapes		
Turmeric	Raisins		
Spinach, rocket and other green leafy vegetables	Pineapple		
Peas	Mango		
Avocado	Smoothies		

**Cabbages big and small are packed with anti-inflammatory power.**



Highly anti-inflammatory	Light to moderate	Neutral to light	Weak to unhealthy
<b>Fats</b>			
Virgin olive oil	Cold-pressed rapeseed oil	Regular rapeseed oil	Butter
Walnut oil	Hummus/pesto made with rapeseed oil	Sunflower oil	Lard
Avocado oil	Emulsifier-free mayonnaise made with rapeseed oil	Grapeseed oil	Corn oil
Peanut oil	Sesame oil		Safflower oil
Hummus/pesto made with olive oil			Palm oil
			Emulsifier-rich dressings
			Margarine

**Olives**  
– especially the oil from them – are bursting with beneficial monounsaturated fats (MUFAs).

### Nuts and salty snacks

Hazelnuts	Linseed	Brazil nuts	Sugar- and chocolate-coated nuts
Walnuts	Hemp seeds	Coconut	Crisps
Almonds	Sunflower seeds	Pistachios	Cheese puffs
Peanuts	Pumpkin seeds	Unsalted popcorn	Sweet or salty popcorn
Macadamia nuts	Salted almonds	Salted peanuts	Pretzel sticks
Pecans			

### Dairy products

Kefir	Feta cheese	Milk (<2% fat)	Whole milk
Yakult	Extra mature cheese	Semi-hard cheese	Crème fraîche
Lactose-free milk	Natural skyr	Soya drink and yogurt	Cream
Actimel	Greek yogurt (2% fat)	Greek yogurt (10% fat)	Ice cream
	Goat's cheese	Low-fat cottage cheese	Processed cheese
	Buttermilk	Oat drink	Coconut milk
	Parmesan and other hard cheeses	Almond drink	Fruit yogurt
			Rice drink

Highly anti-inflammatory	Light to moderate	Neutral to light	Weak to unhealthy
<b>Fish and meat</b>			
Mackerel	Tinned cod roe	Chicken	Deep-fried fish
Herring	Eggs	Turkey	Halibut
Salmon	Plaice	Free-range, organic beef and pork	Swordfish
Turbot	Coley	Game	Tuna in water
Trout	Cod	Tuna in olive oil	Bacon
Sardines	Prawns, mussels, lobster and other seafood		Classic ready meals
Anchovies			Pizza and other junk food
Whitebait			Sausages and other processed meats
Smoked cod roe			Grain-fed beef and pork
Lumpfish caviar			
<b>Grain-based products</b>			
Sourdough-based wholemeal rye bread	Plain rye bread	White rice	Cake
Barley grains and flakes	Bulgur wheat	White pasta	Coco Pops, Frosties and other sugar-filled cereals
Chia seeds	Sprouted grain bread	Wholemeal flour	Plain biscuits and cookies
Quinoa	Pearled spelt	All-Bran, Cheerios and so on	
Rolled oats	Wholewheat pasta		
	Brown rice		
	Pearl barley		
	Wholegrain crispbread		
<b>Miscellaneous</b>			
White tea	Black tea	Red wine and beer in small quantities, max two units	Sugar
Herbal tea	Green tea	Coffee	Sweets
Chamomile tea	Water	Dark chocolate (<65% cocoa)	Sugary soft drinks
	Dark chocolate (>65% cocoa)	Honey	Sugar-free confectionery and diet soft drinks
		Stevia	Red wine and beer in larger quantities
			Spirits and alcopops
			Milk chocolate and white chocolate



**Rolled oats are an excellent source of anti-inflammatory goodness.**



**If you crave something sweet, a small piece of dark chocolate is a great choice.**

# The beginner's guide to the anti-inflammatory diet

When you embark on an anti-inflammatory lifestyle, it can raise many questions. **Here are the experts' answers** to some of the most common.



**Should I choose a specific rye bread – and what about a wholemeal bun, can I choose one of those instead?**

The ultimate rye bread is a sour-dough-based wholemeal rye filled with whole rye grains. It's blood sugar-friendly and packed with gut-boosting fibre.

However, other varieties can also be used, including a wholemeal bun, but you should make sure that it is made with wholegrains. Check the label or ask your baker.

Usually, breads contain a small amount of wholegrain, 30-35 per cent, with the ideal content being around 50 per cent of total weight.

## Are there heavy metals in canned fish?

Yes, it often happens. The metals are not typically ones that are released from packaging, but rather ones that the fish have absorbed through their food. Large predatory fish such as tuna, halibut, skates, pike, swordfish, perch and sand eels are, therefore, more affected than smaller fish.





## I'm still not sure what antioxidants are?

In an anti-inflammatory dietary approach, these are microscopic plant compounds that protect cells from damage. A good example is the carrot's orange pigment, beta-carotene, which you can see on the skin with the naked eye. It protects cells from UV damage, among other things. But antioxidants are also found in many other sources, such as ascorbic acid in your cold meats, which increases shelf life. You're sure to have used their properties yourself when you drizzle lemon juice over guacamole to stop the avocado from oxidising to an unattractive grey colour.

### CAN YOU SLEEP TOO MUCH?

Basically, no. When statistics show an increased mortality among people who sleep too much, it's because illness heightens the need for sleep. It is not the amount of sleep, but the underlying causes that are dangerous.



## Is turmeric as healthy as ginger?

The colourful root is closely related to the ginger. Here, however, it is not gingerols, but curcumin – the yellow substance in turmeric – that works miracles.

Ginger tends to get more attention because there's been a lot more research into ginger's health-promoting properties and it's currently used much more widely in cooking.

Ginger can be eaten raw, whereas turmeric is used primarily as a dry ingredient. To reach clinically significant amounts, you can't avoid taking capsules, and not everyone is willing to do that.

If you want to test the properties of turmeric, we recommend that you consume 500-1,000 mg of dry weight daily.

## What does belly fat have to do with inflammation?

Too much belly fat can itself cause inflammation. This is because the fat inside the abdominal cavity produces enzymes and hormones that act pro-inflammatorily. As a guideline, a waist measurement of less than 88 cm for women and 102 cm for men is most healthy. Measure between the top of the waist and the bottom rib (feel the side – it is not necessarily where you are the slimmest). The good news is that by following the anti-inflammatory dos and don'ts in this programme, you'll have the most positive effect on your waistline.





## What should I look for when buying muesli bars?

Look for natural, healthy ingredients. The ingredient list should include things like dried fruit, nuts, grains and not much else for the muesli bar to qualify as a healthy snack.

### ARE POWER NAPS BENEFICIAL?

Yes, a power nap, defined as 10 to 25 minutes rest during the day, can recharge mental batteries. Set an alarm so you don't oversleep. Otherwise, you run the risk of waking up drained instead of recharged.

## Can I have too much ginger?

You can, but in practise it only happens if you take a supplement. The fresh root is so pungent tasting that this in itself will act as behaviour-limiting for most people.

If you're one of those who can eat a lot of ginger, it might be a good idea to take some advice. In most studies, researchers have given subjects 500-1,000 mg of dried powder, equivalent to 2-4 g of fresh ginger. There are only a few studies where higher doses were used, but based on animal studies, researchers conclude that up to 10-15 g a day should be harmless for adults. However, some

researchers are more conservative and recommend an upper limit of 4 g per day, taken over a week.

Pregnant women and children should reduce their intake, just in case. An advisable upper limit is 1 g a day for pregnant women, while young children should be totally dissuaded from consuming significant amounts of ginger.



## What if I can't afford to buy organic?

Eating 100 per cent organic is not a prerequisite for your success with an anti-inflammatory diet. So, if money is tight, you can still follow the dietary principles.

If there is some room in your budget to prioritise a few organic produce, make them wholegrains, fruit and vegetables, eaten with their skins, e.g. apples, pears, broccoli, wholegrain bread, brown rice etc. Unfortunately, there can be a lot of hidden pesticide residues, which are virtually impossible to get rid of by washing alone. By going organic, you automatically eliminate this potential health hazard.



## A good granola... what is it?

It's a granola based primarily on wholegrains, preferably oatmeal, nuts, fatty seeds, dried fruit and honey. A less beneficial granola is a cheap commercial variety full of sugar, chocolate and all sorts of other junk.

### ANTI-INFLAMMATORY GRANOLA

You can make your own by mixing the following ingredients and baking them 20-25 minutes at 150°C/300°F/ Gas Mark 2:

- 100 g/3½ oz almonds
- 100 g/ 3½ oz hazelnuts
- 150 g/5¼ oz sun-dried cranberries (sweetened with apple juice, not sugar)
- 150 g/5¼ oz dried goji berries (or other berries, e.g. dried blueberries)
- 50 g/1¾ oz chia seeds
- 150 g/5¼ oz rye flakes
- 50 g/1¾ oz sesame seeds
- 3 tbsp clear honey

## Can I eat salted nuts without question?

Yes, and no. Unsalted nuts are the healthiest choice. If you choose salted nuts, they will usually also be oil-rich. The oil varies from health-neutral to slightly questionable, and adds a lot of unnecessary calories. It doesn't matter too much if you only eat them occasionally, and you can be happy knowing that behind the salt and oil lies a healthy nut.

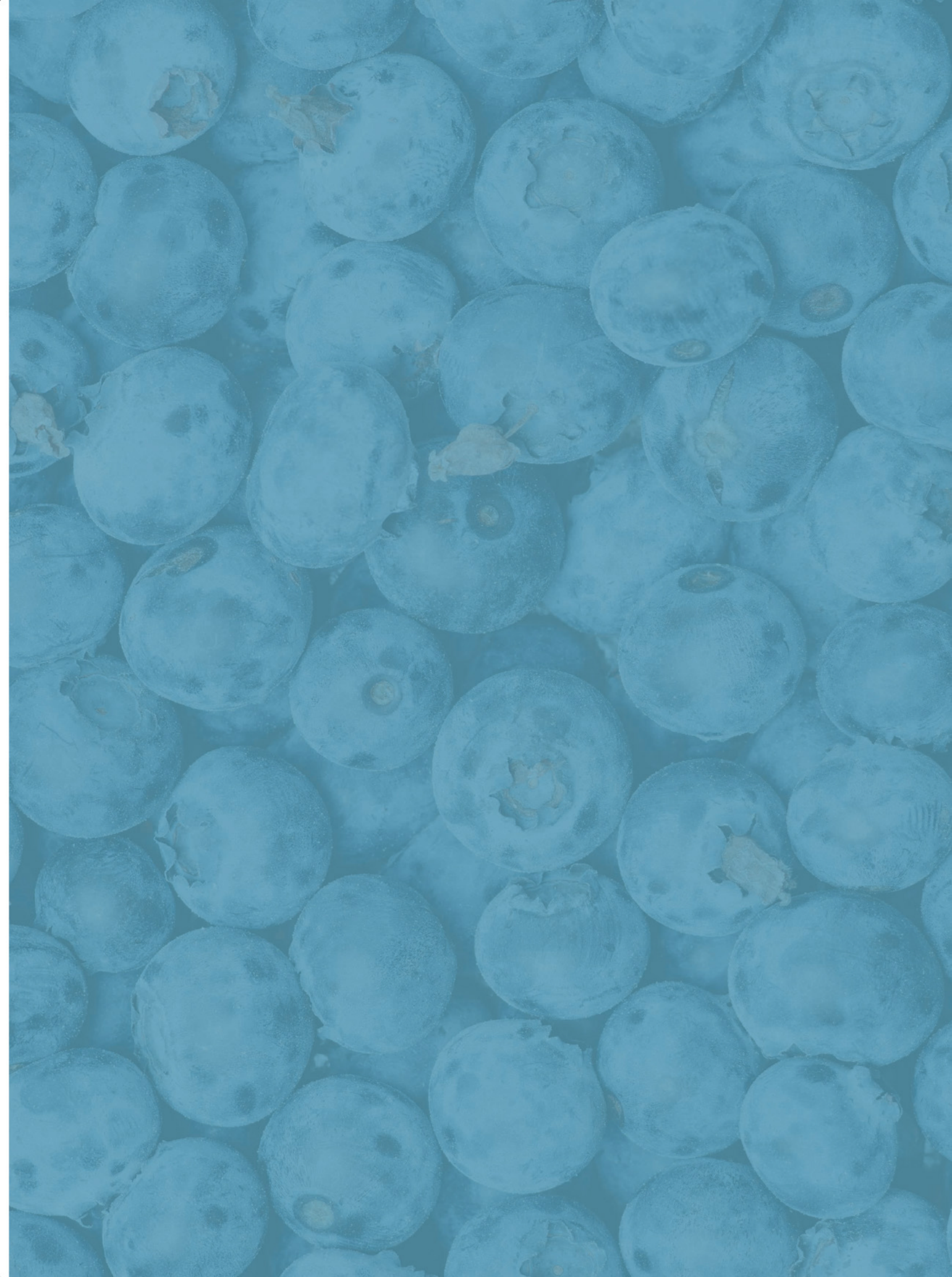


### AS A VEGAN, HOW DO I GET FISH OIL?

Vegans can benefit from supplements based on seaweed and algae. They contain the same "fish oils" as the fatty fish. The quantity needed is identical to fish oil capsules.

## Which is better — eating fish or taking supplements?

Assuming the fish is of reputable quality, it will always be the best choice. You can get all the good Omega-3 fatty acids from supplements, but fish also provides vitamin D, satiating proteins, selenium and many other good things. It often replaces some potentially unhealthy things like fatty, processed cold meats.





Chapter 2

# Anti-inflammatory superfoods



# AVOCADO

Avocado is a fruit, but unlike bananas, oranges and grapes, it contains almost no sugar. In contrast, it is packed with healthy fatty acids, proteins, vitamins, antioxidants and minerals.

## WHAT IS IT GOOD FOR?

### TAKES AWAY SNACK CRAVINGS

If you eat half an avocado for lunch, your desire for food is reduced for the next three hours. The avocado, with its fibre and healthy fatty acids, takes a long time to digest.

### HELPS THE SKIN

Avocado blended with egg white and lemon provides a perfect face mask for both oily skin and fine wrinkles. The fat in the avocado gives skin elasticity and the antioxidants counteract damage from the sun's UV rays.

### BALANCES BLOOD SUGARS

The many fibres and healthy fatty acids in avocado flesh slow down the absorption of carbohydrates from your gut and stabilise blood sugar.



## Avocado is perfect...

- ★ ... **sliced in salads**, sandwiches and on rye bread
- ★ ... **mashed** to make a guacamole dip

- ★ ... **puréed** in chocolate mousse, custard and soup
- ★ ... **eaten** straight from the shell

**Avocado oil** can be used in sauces and dressings. **The stone** can be dried and blended into powder to add to your smoothies

## BEST FRIEND WITH: TOMATOES

A classic tomato avocado salad is a perfect match as the healthy fatty acids in the avocado make the tomatoes' antioxidants more readily available to you.



## HOW TO TELL IF YOUR AVOCADO IS RIPE

Remove the stalk

Light green = perfect!

Brown = over ripe



● *TIP! Drizzle lemon over your avocado slices and they won't discolour so easily. If you have half an avocado left, leave the stone in. It also helps to preserve the colour.*



**MUFAS  
(MONOUNSATURATED  
FATTY ACIDS)**

A special type of fat that, in numerous studies, has been shown to reduce inflammation in the body's fatty tissue but also in and around the joints and in the cardiovascular system.

**DIETARY FIBRE**

Indigestible plant residues that keep your gut healthy by protecting the intestinal walls from toxins and positively benefiting your gut flora.

**ANTIOXIDANTS**

Microscopic plant compounds that protect the body's cells from harmful oxygen damage.



# BLUEBERRIES

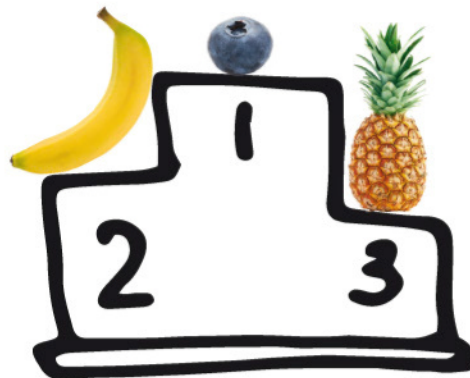
The taste is mild and sweet. The texture is delicate and the colour is... ooh la la! Read more about the little berry with the big health benefits, and become as passionate about blueberries as we are!

## ARE BLUEBERRIES A SUPERFOOD?

If you're asking if blueberries are healthy, the answer is a loud and resounding YES!

Blueberries have a healthy content of dietary fibre, which aids digestion. They are also rich in vitamins and minerals, but their real trump card is their antioxidant content.

Blueberries are simply packed with antioxidants in the form of anthocyanins, which give the berries their bluish-purple colour.



### **PACKED WITH ANTIOXIDANTS**

Antioxidant levels in food are most often measured in what is called ORAC (oxygen radical absorbance capacity). In a database from the US Food and Drug Administration, American blueberries have an ORAC value of around 4,500, while wild Nordic blueberries have around 9,500. By comparison, bananas have an ORAC value of about 800, mangoes around 1,300, pineapples about 550, and raspberries circa 5,000.

## HOW DO I STORE BLUEBERRIES?

### **IN THE FRIDGE**

Wild berries only keep for two to three days, while the big American blueberries will stay fresh for one to two weeks if you leave them in their original packaging.

**TIP!** Rinse the blueberries in diluted vinegar for a while – it kills surface bacteria and keeps them fresh for longer! Dry them, then store in the fridge with some kitchen roll at the bottom of the bowl. Take them out an hour before you want to eat them, they'll taste even better.

### **IN THE FREEZER**

Blueberries can be frozen, and their vitamin and antioxidant content will remain high once they are defrosted. Frozen berries have been known to cause infections, and for this reason the Food Administration recommends that you always give frozen berries a one minute boil before using them.

However, this does not apply to home-grown berries where you have checked the hygiene yourself. Frozen blueberries are great in crumbles and jams, but are not really suitable for fruit salads as the consistency will be mushy. Blueberries that you freeze yourself will keep well for about four months in the freezer.

### **DRIED**

Dried blueberries are delicious in a homemade muesli bar or on top of yoghurt and porridge. The taste is intense and they are also visually appealing. When fruit is dried, the nutrient content is concentrated, so dried blueberries contain more carbohydrates, a few more calories, protein and fibre than fresh berries. However, the vitamin content will typically be slightly lower.

**TIP!** It is easiest to dry blueberries using a dehydrator designed for the purpose.



### **VITAMIN C**

Blueberries contain substantial amounts of this powerful antioxidant which promotes strong connective tissue and immune defence.

The active compounds in berries, like anthocyanins, protect cells from destruction by the damage caused by free radical oxidative stress when you exercise.

### **ANTHOCYANINS**

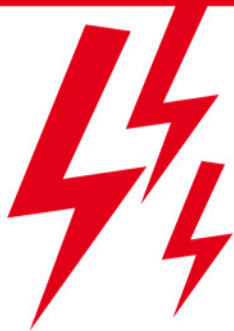
belong to the group of flavonoids. These are colour pigments that make blueberries blue (and make blackberries and elderberries black and strawberries red). There are more than 4,000 different kinds. They act as powerful antioxidants and have an anti-inflammatory effect. They also provide protection against cancer and cardiovascular diseases.

Blueberries are naturally covered with a thin layer of wax, which gives them a slightly dewy, silvery sheen.



# CHILLI

This little super spice will heat up your winter dishes, warm you up on even the coldest day and pep up your overall health.



## TREATS PAIN

Chilli makes overly sensitive nerve fibres hibernate, so your brain simply doesn't recognise that you're in pain. That's why people have started experimenting using chilli in ointments and remedies.

## WHAT IS IT GOOD FOR?

### PROLONGS LIFE

If you eat spicy food just twice a week, you have a 10 per cent reduced risk of dying over the next 10 years, so feel free to be liberal with your chillies.



### A POWERFUL SLIMMING AID

Capsaicin gives chilli its strong flavour, and acts on muscle cells to produce heat. This way, even if you don't move much, your metabolism will be fuelled.

## SUITABLE FOR...

- ... giving your crispy salads an Asian flavour.
- ... getting into exotic dishes like Thai, stir fries, Mexican classics and Chinese hot pot.
- ... spicing up salsa, guacamole and pesto.

## STORAGE

- Chillies will stay fresh if you wrap them in kitchen roll and put them in a plastic bag in the vegetable drawer of the fridge.
- Dry chillies in the oven for 6-24 hours at around 50°C/120°F. Then, store them in a tightly sealed jar – this helps ensure they're ready to grind when you need a bit of spice.
- You can freeze your chillies. They will keep their strength, but the texture will be slightly softer than a fresh chilli.

## ● DID YOU KNOW...

*If you have eaten a really hot chilli, drink milk to cool down as capsaicin binds to the fat in milk.*

### HOW HOT IS YOUR CHILLI?

No heat



Red pepper

Mild



Jalapeno

Strong



Cayenne

Quick hot hit



Bird's eye

Hot




Habanero

Scorching hot



Naga viper



A chilli's **POWER** is not, as many people think, in the seeds, but in the lamellae (membranes) where the seeds are attached.

**CHILLI FLESH**

is hottest at the base of the stem and mildest at the tip. The riper the chilli, the hotter it is.

Chillies are **VITAMIN C** bombs. In fact, their vitamin C content is three times higher than that of oranges. One of the wonderful things you get from vitamin C is that it helps produce collagen, which is important for keeping your skin plump, and elastic.

The **VITAMIN A** content of this pungent plant is very high, which is necessary for both your mucous membranes and your eyesight.



# GINGER

With its aromatic scent and fresh flavour, ginger is known for being peppery, sour and sweet. The coarse tuber has also been used since ancient times to treat all sorts of ailments, from colds and aches to asthma and digestive issues. Today it is incredibly popular.

## WHAT IS IT GOOD FOR?

### FIGHTS CANCER

Ginger limits the growth of cancerous nodules. This showed in cell trials in rats whose tumours became smaller when fed the healthy tuber. Ginger disrupts the processes that help develop cancer.

### RELIEVES STIFFNESS

Ginger relieves stiffness and reduces the pain of osteoarthritis in the knees and hips. In the studies where it's been effective, people have typically been given 250-1,000 mg daily.

### CURBS NAUSEA

Whether the nausea is due to motion sickness, a hangover or side effects from medication, ginger counters nausea. A single slice is enough, but take it before you go for a drive, for example.



## USE IT...

- ... Fresh in tea, smoothies and shots
- ... Dried and crushed in bread, biscuits and cakes
- ... Freshly grated as a sushi accompaniment, in soups, stir-fries and marinades \*

\* Ginger contains an enzyme that tenderises meat.

### ♥ BEST FRIEND WITH: A TEASPOON



Scrape off the peel with a teaspoon instead of a potato peeler, so you don't have to throw half of the root in the rubbish bin.

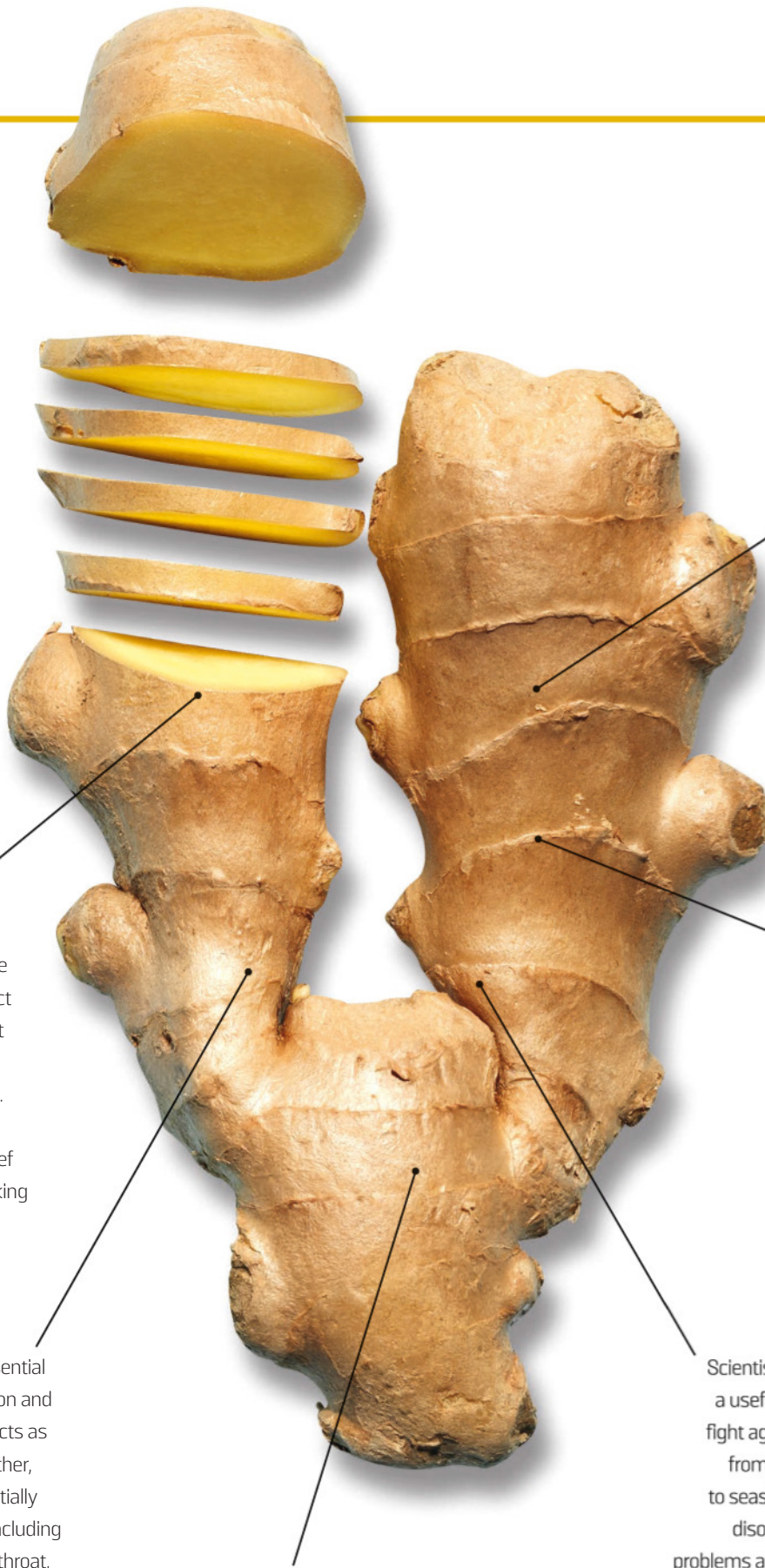
## CONJURE UP A TEA WITH THE HEALING ROOT

Here, we go to Starbucks for a latte on the go, but in Japan, they always have ginger tea - whether they're in the office or behind the wheel of their car.

- Rinse fresh ginger root and cut it into slices and put in a cup
- Pour boiling water over
- Let it soak for five minutes
- If wanted, add freshly squeezed lime or a little honey



● **TIP!**  
*Peel a handful of ginger at a time and freeze it, so you always have a healthy sprinkle to hand when you're busy.*



Peel fresh ginger. Over **95%** of the beneficial substances are in the flesh, so there is no need to eat the skin.

The active ingredients are called gingerols, which act as a powerful antioxidant that helps the body fight inflammatory conditions. **75%** of all rheumatic patients experienced relief from knee pain when taking ginger supplements.

Ginger is rich in essential oil that aids digestion and at the same time acts as an antiseptic. Together, this helps kill potentially harmful bacteria, including those found in the throat.

You don't have to stuff yourself with ginger to get the benefits. For example, mix a few centimetres into your supper dish or **10-15 GRAMS** into a vegetable smoothie and you're off.

**100%** Ginger becomes much more fiery if you boil it. Boiling converts gingerols to shogaols which are characterised by a stronger taste.

Scientists see ginger as a useful addition in the fight against everything from various cancers to seasickness, arthritic disorders, circulatory problems and liver damage.



# TURMERIC

This yellow root, which can be enjoyed fresh and powdered, is a clear winner because it's full of the colourant curcumin, which has anti-bacterial properties and is a powerful antioxidant.



## WHAT IS IT GOOD FOR?

### FIGHTING INFLAMMATION

Curcumin combats substances that increase inflammation in the body.

So, turmeric can prevent all diseases that are caused by chronic inflammation, arthritis, cancer and cardiovascular diseases.

### TAKING THE PAIN

The curcumin in turmeric is credited with soothing muscle ache. In a study in which test subjects received turmeric supplements, it alleviated soreness in muscles after training and also helped prevent muscle damage.



### HELPING DIGESTION

Turmeric has always had the reputation of helping digestion, because it stimulates the gallbladder to secrete bile that helps us to digest food. Studies have also shown that turmeric helps combat bloating.

### USE IT TO...

... give a nice, yellow colour to baked goods, juices, smoothies, soups and rice. Use either freshly-grated or powdered turmeric.

... spice up roasted root vegetables and some baked cauliflower.

... make tea: let a few slices of turmeric root brew in boiled water. Sweeten with honey.

### HOW TO STORE IT

● Fresh turmeric will keep for a few weeks in the fridge and stays best when kept in a plastic bag or sealable tub or container.

● You can also freeze the turmeric root. Peel it first

so you'll always have fresh turmeric ready to go.

● Turmeric powder stores best in a place where it is dry, dark and not too hot. So, place it in an airtight jar and keep it in your kitchen cupboard.



● **DID YOU KNOW...**  
*Overheating reduces turmeric's healthy effects significantly. Do not heat it to over 80 degrees Celsius.*

### FRESH OR POWDERED?

2½ cm fresh turmeric root = 1 tsp powdered





### THE SKIN

can be eaten just like with ginger, but many prefer to peel the root because peeled it has a cleaner, less earthy taste.

### ITS BRIGHT YELLOW COLOUR

is fierce, but also very healthy. Best use gloves when handling fresh turmeric, otherwise the skin on your hands will turn yellow.

### ITS TASTE

is not very strong, but has a slight bitterness to it.

### THE PIGMENT,

curcumin is a powerful antioxidant that combats so-called "free radicals", harmful substances which, among other things, are found in smoke and pollution.



# SALMON

Great for all meals, this fatty fish is packed full of vitamins and healthy fatty acids. Salmon can make a big difference to your health.

## WHAT IS IT GOOD FOR?



### RELIEVING JOINT PAIN

The healthy Omega-3 fatty acids in salmon curb joint inflammation. They also reduce both pain caused by arthritis and stiffness in the morning.

### PROTECTING YOUR HEART

The more fish you eat, the less likely you are to be affected by cardiovascular disease. Salmon is bursting with heart-healthy Omega-3 fatty acids that benefit blood pressure as well as circulation.



### FIGHTING BACTERIA AND VIRUSES

Salmon is rich in vitamin D, which most of us lack after a long winter, as we usually get it from the sun. Vitamin D activates the immune system's white blood cells.



### SUITABLE FOR...

- ... providing a healthy and blood sugar stabilising start to the day. Eat with eggs and vegetables.
- ... mincing and using for fish meatballs, burger and pâté.
- ... to replace meat in lasagne, pies and stir fries.

### HOW TO STORE IT

- Fresh salmon should be kept as cool as possible and cooked on the day of purchase. Most fridges are coldest on the bottom shelf.
- Prepared salmon must be stored in the fridge where it will keep for one to two days.
- Salmon can be frozen. The fish will last for around three months in the freezer. Thaw it in the fridge.

## ● DID YOU KNOW?

*If you want to avoid dry and dull fish, keep your cooking temperatures low. About 120°C/250°F for 25 minutes.*

### HOW MANY OMEGA-3 FATTY ACIDS ARE IN YOUR SALMON

Farmed salmon	Organic farmed salmon	Wild salmon
<p>is fed on pellets that don't always contain much fish. Reflected by the fish fat, farmed salmon won't contain as much Omega-3.</p>	<p>is fed with feed made from smaller fish, so there will typically be more Omega-3 fat than in conventionally farmed salmon.</p>	<p>typically contains more Omega-3 fatty acids than farmed fish, as they feed on a mixture of seafood, crustaceans and other organisms.</p>



**PROTEIN,**

of which there is plenty in salmon. Protein helps you rebuild muscles after fitness training and hard exercise.

**THE FRESHNESS**

of salmon can be determined using your eyes and nose. Fish eyes must be clear, the gills must be blood red, and the smell must be fresh.

**SELENIUM** is one of nature's most powerful antioxidants, and salmon is rich in this important mineral that both strengthens the immune system and prevents cancer.

**DIOXINS**

are, unfortunately, part of the deal when eating fatty fish because the oceans are so polluted. However, if you remove the skin you rid some of the harmful substances.



# ORANGES

They can be a pain in the neck to peel. On the other hand, oranges are packed with healthy vitamin C, and at this time of year, they're also heavenly sweet and full of juice.

## WHAT IS IT GOOD FOR?



### PREVENTS CANCER

Oranges are a source of flavonoids, a type of antioxidant that provides lots of protection. Studies on rats have shown, for example, that orange juice can increase the blood's ability to cleanse the body of so-called free radicals.

### KEEPS COLDS AT BAY

The juicy fruit is packed with hundreds of phytochemicals and vitamin C to keep your immune system in tip-top shape. Great for avoiding colds during the winter months.



### STRENGTHENS YOUR BONES

The sunshine-loving fruit contains decent amounts of calcium, which in combination with vitamin C has been shown to reduce the risk of osteoporosis.



## SUITABLE FOR...

... cutting into slices or small pieces as a topping for your yoghurt or skyr.

... using the grated peel in dressings, jams, hot dishes or baked goods.

... salads with cabbage. For example, try a cabbage salad with orange segments, cranberries, pine nuts and vinaigrette.

## HOW TO STORE THEM

- As a general rule, fruit from warm countries is best stored outside the fridge. Here the shelf life is around 1-2 weeks.
- If you want to increase their shelf life, store oranges in the fridge at 2-6°C/35-40°F,

but be aware that they may lose flavour and aroma.

- Oranges can't be frozen whole, but you can squeeze the juice and freeze it. If the fruit is organic, grate the peel, and freeze that too.

● **DID YOU KNOW?**  
The Dutch used to refer to oranges as 'appelsien'. This translates as 'apple from China', which is where the fruit originated.

### IN SEASON IN SOUTHERN EUROPE



IN SEASON

IN SEASON

January February **March** April May June July August September October **November** December



The refreshing citrus fruit is 86.5 per cent **WATER**, which makes it ideal for squeezing and a great source of liquid.

Under the thick outer shell is a spongy inner shell with a high **PECTIN** content, a soluble fibre that can be used as a thickening agent in jam, for example.

When you break the orange's peel, the juice sprays out at up to 38 km/h (24 mph). For this reason, the fruit's familiar **AROMA** can often be smelled from a distance.

The peel and white inner skin contain the flavonoid **HESPERIDIN**, which has a positive effect on blood pressure and cholesterol levels, among other health benefits.



# PECAN NUTS

The nuts have a gentle and almost caramel-like sweetness that goes perfectly with winter's root vegetables, and they're great for your digestion, your heart and your sleep too.

## WHAT IS IT GOOD FOR?



### GET YOUR GUT WORKING

Pecans are rich in dietary fibre, which triggers the rhythmic movement of the gut, which helps to push food through your system faster.

### LULLS YOU TO SLEEP

There's plenty of magnesium in pecans. This important mineral's many qualities include making it easier for you to fall into a comfortable, deep and restful sleep.



### TAKE CARE OF YOUR HEART

If you eat 30 g/1 oz of pecans or other nuts every day, you reduce your risk of cardiovascular disease. Nuts are rich in potassium, which lowers blood pressure.



### SUITABLE FOR...

- ... breakfast – for example, on top of yoghurt or mixed into granola.
- ... lunch and dinner – sprinkle on cabbage salads, in a stir-fry or with fish dishes.
- ... snack – eat straight from the bag when you're hungry or when it's a long time until dinner.


### HOW TO STORE THEM

- Pecans remain at their best if stored in a dry place that's not too hot: for example, in a kitchen cupboard that's not right next to the cooker.
- Avoid exposing the nuts to light and oxygen by storing them in a tightly sealed container in a dark space.
- If you rarely use pecans, you can significantly extend their shelf life by placing them in the freezer. There they'll keep for at least a year.

● **DID YOU KNOW?**  
 You only benefit from the high fibre content of nuts if you drink at least 1½-2 litres (3-3½ pints) of water a day.

### HOW MUCH DIETARY FIBRE IS IN 100 GRAMS OF NUTS

Cashews	Walnuts	Hazelnuts	Pecans
			
3 g fibre	5.6 g fibre	8.2 g fibre	9.6 g fibre



These little treats are rich in the mineral **ZINC**, which is important for your immune system to function.

Pecans are rich in **MONOUNSATURATED FATTY ACIDS**, which reduce the amount of bad cholesterol in your blood.

### **PROTEIN CONTENT**

is high and the nuts therefore give you an excellent feeling of satiety.

### **30 GRAMS.**

That's how much nuts it's recommended to eat every day. However, on average we only eat 6.6 grams.



# PRAWNS

Delicious prawns have so many good nutritional qualities that they should be a staple in the healthy kitchen all year round.

## GOOD FOR



### THE HEART

Omega-3 fatty acids in prawns reduce inflammation and so benefit the cardiovascular system along with selenium, which is also found in the shellfish.

### AFTER TRAINING

Prawns are full of proteins that build muscles after a training session while the Omega-3 fatty acids found in prawns help your muscles to recover.



### PERFECT DIET FOOD

Protein-rich prawns boost and keep your metabolism high but also are very low in calories. Therefore, prawns are great if you want to lose some weight.



## SUITABLE FOR...

... lunch – fill half an avocado or make a delicious omelette.

... homemade sushi – fill a maki roll or top nigiri with prawns and a little wasabi.

... warming up – don't overcook, otherwise they will dry out. Use as a topping on soup, or stir fry with chilli and garlic.

## HOW TO STORE THEM

- If you're not cooking live prawns immediately you can keep them fresh in the fridge. Check that they are still alive before cooking.

- Fresh prawns, prawns from an open tin and thawed frozen

prawns will not keep for more than a day in the fridge.

- In the freezer, prawns will keep for six months or so. However, they will lose a little moisture and as such they won't taste as good as fresh ones.



● **DID YOU KNOW?**  
Prawns are easier to peel if you add a small teaspoon of sugar to the boiling water.

## IN SEASON FROM THE NORTH ATLANTIC



### IN SEASON

January February March **April May June July August September October** November December



**ZINC**

is concentrated in prawns which can help keep your skin healthy.

**GLUCOSAMINE**

is a substance found in the shell of shellfish. Make stock for soup from the shells to really get the benefit. Glucosamine may help with arthritis.

Prawns contain cholesterol.

**BLOOD CHOLESTEROL**

levels shouldn't rise, however, because your body produces less of its own cholesterol when they're eaten.

The shell can be eaten. It contains the red dye

**ASTAXANTHIN,**

which is a powerful antioxidant.



# CHIA SEEDS

Chia is the Mayan word for strength. And it's a fitting name for the small round seeds that, despite their tiny size, provide significant health benefits.

## WHAT IS IT GOOD FOR?



### AIDS DIGESTION

Chia seeds bind a lot of fluid, causing your intestinal contents to swell. This shortens the time it takes for food to pass through your system. In this way, the tiny seeds prevent constipation.

### KEEPS YOU FEELING FULL

The protein content of chia is sky-high compared to other seeds, and since protein is filling, it's easier not to overeat when you fill up on chia.



### CARES FOR YOUR HEART

Chia seeds are high in healthy unsaturated fatty acids. They're also the world's best plant source of Omega-3 fatty acids, which help stabilise heart rhythm and benefit blood pressure.



### SUITABLE FOR...

- .... sprinkling on your favourite salad, yoghurt or smoothie.
- ... increasing the fibre content in baked goods, pancakes and breading.
- ... soaking in liquid overnight for a fresh and cool breakfast porridge that you can spice up with fruit and nuts.

### HOW TO STORE THEM

- Chia seeds are best stored in tightly sealed packaging at room temperature - for example, in a tin can in a kitchen cupboard.
- Chia seeds can last for years, so stock up when the popular little seeds are on sale.
- Food and baked goods with chia can be frozen. Freezing doesn't compromise either flavour or health.

## ● DID YOU KNOW?

You can use chia to thicken jams because the seeds bind liquid. As a bonus, the sweet stuff is packed with healthy fatty acids.

### CHIA'S FIBRE CONTENT COMPARED TO OTHER SEEDS

1 tbsp  
sunflower  
seeds  
0.4 g  
fibre



1 tbsp  
flaxseed  
1.8 g  
fibre



1 tbsp  
sesame seeds  
2.7 g  
fibre



1 tbsp  
chia seeds  
5 g  
fibre



**CALCIUM CONTENT** is five times higher than milk, so your bones love chia seeds.

**THE CONSISTENCY**

of your chia porridge will be perfect if you use one part chia to four parts liquid.

**THE FATTY ACIDS** are maximised if you crush the seeds in a mortar and pestle.

Chia seeds are packed with **DIETARY FIBRE**. This slows down the absorption of other carbohydrates in the meal, keeping your blood sugar levels stable.



# KALE

Kale is one of the healthiest things you can sink your teeth into. The crisp leaves are bursting with healing nutrients and they taste heavenly.



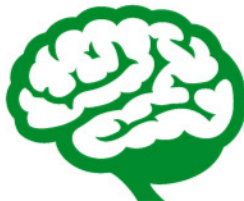
## NATURALLY DETOXING

Kale contains a substance called sulforaphane, which protects mucous membranes from pollutants such as exhaust fumes and second-hand smoke. It's also full of fibre, which binds to and expels toxins.

## GOOD FOR

### PROTECTING YOUR BRAIN

People who eat one or two servings of leafy greens like kale per day have brains that are 11 years younger than those who never eat leafy greens.



### PREVENTING CANCER

Kale contains nutrients that stop cells from dividing uncontrollably, thereby preventing cancer. You get more of these substances when you eat kale raw – in a salad, for example.

## SUITABLE FOR...

...eating raw. Finely chop and top with nuts. The fat in the nuts will help you absorb the kale's vitamins.

...boosting the health benefits of pesto, soup, risotto and smoothies.

...adding to treats such as cakes, crisps, waffles and pancakes.

## STORAGE

- Store kale in a plastic bag in the fridge to keep it fresh for up to three weeks.
- You can store kale by blanching and then freezing it. Kale will keep for about ten months in the freezer.
- When using frozen kale, thaw it and then squeeze out any excess water before use.

## ● DID YOU KNOW?

*You can buy prepared kale in many shops, which means you don't have to fuff about removing the small curly leaves.*

### KALE IS IN SEASON HERE

IN SEASON

IN SEASON

January February March April May June July August September October November December



**LEAVES** need to be cleaned really well. The curly texture can hide soil debris and insects.

**ANTIOXIDANTS** and vitamins are plentiful in kale, which contains more nutrients than most other vegetables.

**FIBRE** is present in spades. In fact, this curly cabbage contains twice as much fibre as broccoli.

**CENTRAL STALK** can be steamed and eaten as an appetiser with a little vinaigrette.



# OLIVE OIL

If you want to make a big difference to your health, stock up on olive oil. It tastes great, can be used hot or cold and is good for your health.



## LOOKING AFTER YOUR BONES

Incidences of osteoporosis are much lower in Mediterranean countries where they're big fans of olive oil. People who consume plenty of olive oil have higher levels of the bone-building substance osteocalcin.

## GOOD FOR

### PROTECTING YOUR HEART

Studies show that people who consume a lot of olive oil are less likely to suffer from blood clots. Olive oil lowers bad cholesterol levels and has an anti-inflammatory effect.



### KEEPING YOU FULL

Olive oil is very filling, German researchers have discovered. You simply eat less when you use olive oil compared to other types of fat.



## SUITABLE FOR ...

- ... eating cold in salad dressing, pesto or with a good bread.
- ... frying meat and vegetables, as the oil isn't spoiled by heating.
- ... baking bread and buns with a little olive flavour - for example, Focaccia bread.
- ... dishes containing garlic, tomatoes, herbs, lemon and fish.

## HOW TO STORE IT

- Olive oil keeps best at around 15° C/60° F. If you don't have a pantry, just make sure the oil doesn't sit right next to the stove.
- Oxygen makes the oil taste bad, so remember to put a lid on it right away and go for a bottle size that you can get through relatively quickly.
- The oil can be frozen, but it goes rancid quickly after thawing, so freeze in small quantities.

## ● DID YOU KNOW?

Olive oil can also be used as a skincare product? The oil can moisturise dry hair ends or remove stubborn makeup.

## HOW GOOD IS THE QUALITY OF YOUR OLIVE OIL



### Extra virgin olive oil

Beautiful and full of flavour and vitamins. The extra virgin olive oil comes from pressing completely flawless olives.



### Virgin olive oil

Here, up to 20% of the olives used are allowed to have flaws, such as having previously been frozen.



### Olive oil

If only olive oil is labelled on the bottle, up to 25% of the olives used are allowed to contain impurities.



**A DARK BOTTLE**

is better than a clear bottle, as light quickly turns the oil rancid, ruining the flavour.

**VITAMIN E**

is abundant in olive oil. It repairs damage to your DNA, helping to prevent ageing and cancer.

**STUDY THE LABEL**

if you want to know where the oil comes from. An Italian-sounding name doesn't mean it originates from the land of the boot.

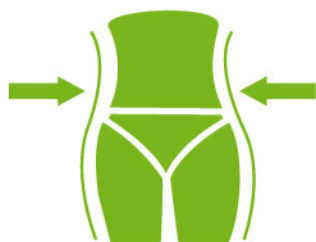
Olive oil is packed with **MONOUNSATURATED FATTY ACIDS**,

which is good for both cholesterol levels and lowering your risk of developing type 2 diabetes.



# ASPARAGUS

Green, white and purple asparagus easily take the top spot among healthy spring vegetables. But they're only in season for a short while, so you need to hurry if you want to enjoy them.



## SLIMMING DOWN

Asparagus is low in calories but has a lot of dietary fibre, which keeps you feeling full. Green, white and purple asparagus are all brilliant if you're looking to lose weight.

## GOOD FOR

### LOOKING AFTER YOUR HEART

Asparagus's plentiful supply of potassium helps regulate blood pressure, making it a heart-friendly food if you have it on the menu regularly.



### FEEDING THE BRAIN

All asparagus contains a good dose of vitamin E, which promotes blood circulation in the brain, helping to keep your brain fed and your mind sharp.

## SUITABLE FOR...

- ...steaming for a few minutes then serving with lemon zest and olive oil.
- ...slicing and adding raw to salads or stews just before serving.
- ...eating with prawns and savoury products such as Parma ham or Parmesan cheese.

## STORAGE

- Eat fresh asparagus as soon as possible. The longer you store it, the less flavour it has.
- Asparagus can keep for over a week. Cut 1 cm off the bottom, place in a glass of water with a plastic bag over and refrigerate.
- You can freeze asparagus if you first blanch it for a few minutes and let it cool. White asparagus should be peeled before blanching, but there's no need with the green and purple types.



## ● DID YOU KNOW?

The sulphur compound aspartic acid is what makes your urine smell funny after you eat fresh white asparagus.

## ASPARAGUS IS IN SEASON HERE

IN SEASON

January February March April **May June** July August September October November December





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## PREBIOTICS

These help healthy gut bacteria multiply, keeping your digestion and stomach healthy and strong.

## ANTIOXIDANTS

There are plenty of antioxidants in green and purple asparagus, but few in the white sort that grows underground. This is the only nutritional difference between the three varieties.

## PROTEIN

The protein in asparagus allows them to deliver one of the five basic tastes, the savoury umami, which is usually reserved for meat and cheese.

## LIGNIN

This dietary fibre is abundant in asparagus stalks. The fibre is good for the digestion and allows the stem to become hard and woody on the surface.



# POMEGRANATE

When the pomegranate with its ruby-like seeds is in season, you should go crazy for the sweet and sour fruit, because it's far more than the sum of its good looks.



## SLOWING DOWN CANCER

Several laboratory studies suggest that certain substances in pomegranate seeds can kill cancer cells or prevent them from spreading.

## GOOD FOR

### INCREASING FERTILITY

In ancient Greece, the pomegranate was a symbol of fertility, and a recent Danish study showed that pomegranate supplements actually increase the amount of viable sperm by over 60 per cent.



### HELPING THE HEART

Pomegranate seeds contain an extraordinary amount of antioxidants in the form of ellagitannins, which lower blood pressure to your heart's benefit.



## SUITABLE FOR ...

... squeezing into a healthy, antioxidant-rich juice or blending with other fruits for a delicious pink smoothie.

... adding exotic flavour to your breakfast yoghurt, salads, pancakes and desserts.

... reducing to a syrup to sweeten your waffles, drinks or porridge.

## HOW TO STORE THEM

- Pomegranates will stay juicy for several weeks if you store them in the fridge.
- If you don't want the hassle of prising the seeds from the stubborn skin, you can buy ready-to-use pomegranate seeds in many places. These will keep for about five days in the fridge.
- If you have leftover seeds, they can easily be frozen for later use. The seeds will keep for about a year in the freezer.

● **DID YOU KNOW?**  
The grenadine we use in drinks like Tequila sunrise and Singapore sling was originally made from pomegranates – hence the name!

### WHEN THE FRUIT IS IN SEASON



IN SEASON

IN SEASON

January February March April May June July August September **October November December**

Tap on the **SHELL** with a spoon to loosen the cores. Consider doing this under the tap or in a plastic bag so it doesn't get too messy.

Remove all the white **PARTITIONS**, before sprinkling the seeds over your food. Otherwise, the result will be very bitter.

The small juicy kernels contain the mineral **POTASSIUM**, which helps to keep blood pressure healthy.

Pomegranates contain **VITAMIN C**, which is important for the immune system and for your body's ability to absorb iron.



# CAMOMILE

With its aromatic scent and relaxing effect, this delicate flower is a classic in natural medicine. Simply switch on the kettle if you need to slow down or prevent a cold.



## GINGER SHOT WITH CAMOMILE

Makes 1 litre (around 1¾ pints)

- 800 ml/27 fl oz water
- 4 tbsp camomile flowers, dried
- 200 g/7 oz ginger
- 5 tbsp acacia honey
- 100 ml/3½ fl oz lemon juice

Nutrients per shot (400 ml/13½ fl oz):

- Energy: 18 kcal • Protein: 0 g
- Fat: 0 g • Carbohydrate: 4 g
- Dietary fibre: 0 g

1. Bring the water to the boil, then remove from the heat.
2. Add the camomile flowers when the temperature has dropped slightly. Infuse for 10 minutes. Remove the flowers and cool.
3. Peel the ginger and cut it into small pieces. Blend with honey, lemon and the completely cooled tea.
4. Store in the fridge, where it should keep for about 2 weeks.

## BEST ACCOMPANIMENTS



### HONEY

A little sweet honey adds to the flavour of the camomile..



### LEMON

The aroma and flavour of the slightly neutral flower is intensified with a splash of tangy lemon juice.

## BEST WAY TO PREPARE

- It's easy to make your own tea. Simply pick a bouquet of fresh camomile flowers, remove the bottom leaves, tie the bouquet together with twine and hang it upside down for a couple of weeks.
- Once the flowers are dry, store them in an airtight jar. Here the dried goodies will retain their flavour for a year.
- Camomile contains plant substances that inhibit the absorption of the mineral iron, so drink camomile tea between meals rather than with them.

## ● DID YOU KNOW?

Camomile is a favourite ingredient in skincare products - and with good reason. Experiments have shown that the flowers have an anti-inflammatory effect.

## WHEN CAMOMILE IS IN SEASON

IN SEASON

January February March April May June July August September October November December



## AVOID A SNOTTY NOSE

If you have a runny nose, make a pot of steaming hot chamomile tea and lean your head over the heat. The chamomile vapour will open up your sinuses to help keep your nasal canals clear and help prevent sinusitis.

## 1 TEASPOON

of dried chamomile flowers makes one cup of tea.

## BE RELAXED

Chamomile has a calming effect. So if you need something warm before bedtime, a nightcap of warm milk, chamomile and maybe a little sugar is a great choice to help you sleep.

## STRENGTHEN IMMUNITY

UK research shows that chamomile boosts the immune system. The effect can actually be measured in the urine of the test subjects several weeks after drinking chamomile tea.

## EDIBLE BEAUTY

Chamomile flowers aren't only used for tea, but can also be eaten fresh. Here, the white petals are the most delicate part of the herb. Use them in schnapps or on top of fish.





Chapter 3

# Powerful switch ups

# Swap pasta for **COURGETTE**

Green and almost no calories! That's the win if you swap your pasta for spiralsised courgette. There are fewer than 20 kcal in 100 g of courgette, so **for every 100 g of cooked pasta you swap, you save 130 kcal**. Many people eat a whopping 200 g of pasta for dinner, so there really are calories to be saved here. You can use spiralsised courgette raw, heat it in a microwave, turn it in a hot pan or put it in a sieve and pour boiling water over it. You could also use carrots, mooli or an orange spaghetti squash instead of courgette if you prefer.



### THREE TOOLS

If you want to make spaghetti-like strips, you can buy spiraliser tools online. The hand-held type works brilliantly. You can also make flat, wide strips with a regular vegetable peeler or just use a standard hand-held grater.

# Swap lettuce for **SPINACH**



The next time you make a salad, consider replacing your usual lettuce with fresh spinach leaves. This swap lets you **stock up on iron and calcium as well as vitamins A and C**. The oxalic acid in spinach can slow down the absorption of iron and calcium, but if you eat it with dairy or cook the spinach, you'll avoid this issue. You can also add spinach to omelettes, pasta dishes, pies, smoothies and mixed into waffle or pancake batter.

**LETTUCE**, raw  
(per 100 g)

**Dietary fibre:** 1.1 g  
**Iron:** 0.3 mg  
**Calcium:** 15.5 mg  
**Vitamin A:** 12.5 RE  
**Vitamin C:** 5.5 mg

**SPINACH**, raw  
(per 100 g)

**Dietary fibre:** 1.9 g  
**Iron:** 4.5 mg  
**Calcium:** 129 mg  
**Vitamin A:** 349 RE  
**Vitamin C:** 54 mg

# Swap CORNFLAKES for **ROLLED OATS**

Many of us eat the same breakfast every day, so it's good to have a go-to dish that is good for you. Switching to rolled oats instead of cereal will give you a positive health boost. **The calories are pretty much the same, but oatmeal gives you more than three times the amount of dietary fibre and far more magnesium.** Your heart will love the trade-off, too, because you'll get more potassium, which helps your blood pressure, and **you'll avoid the hefty amounts of salt** typically added to cornflakes.



#### **THREE OPTIONS TO MAKE OATS EVEN HEALTHIER**

- **Choose steel-cut oats**, which undergo less processing and are more filling.
- **Choose skimmed milk** over semi-skimmed or whole milk
- **Avoid sugar**, instead top with fresh berries or a handful of nuts.

# Swap CHIPS for **FRIED BEANS**

OK, granted, they're not as crispy as real chips, but fried beans are **super tasty and both healthier and easier to make than potato chips**. Green beans have half the calories of potatoes and more than twice the fibre. What's more, you don't have to peel and slice them first. Simply shake the frozen beans from the bag.



## HOW TO MAKE FRIED BEANS

- Toss frozen beans in olive oil and season with salt. If you like, also sprinkle over sesame seeds, chilli or grated Parmesan.
- Spread the beans in a single layer on a baking tray lined with greaseproof paper.
- Bake at 200°C/390°F/Gas mark 6 for 25-35 minutes turning regularly until they become crispy and golden.

# CAULIFLOWER MASH

## INSTEAD OF MASHED POTATOES

If you make homemade cauliflower mash instead of traditional mashed potatoes, there's much more to enjoy than just the great flavour. **You'll get about twice as much dietary fibre and vitamin C and much more folate** when you choose this member of the brassica family. At the same time, you only get a third of the calories that the potato version contains. Another option is to make a mash that's half cauliflower and half potato.



### Easy cauliflower mash

- Steam the cauliflower until tender. (You can boil it, but the florets will absorb a lot of water and you'll end up with a more mushy mash.)
- Mash the cooked cauli with salt, pepper and a knob of butter. (You can use a food processor if you like.)
- If you like, switch it up by adding chopped herbs, crushed garlic, parmesan or chopped nuts.



# Swap sunflower oil for **RAPeseed OIL**

Light-coloured sunflower oil is found in many homes, but it's a good idea to swap it for its golden cousin, rapeseed oil. The reason is that rapeseed oil has a much better distribution of polyunsaturated fatty acids in the form of omega-3 and omega-6 than sunflower oil. Omega-3 and omega-6 are both vital, but an excess of omega-6 in relation to omega-3 is thought to lead to increased inflammation. Avoiding sunflower oil – along with corn and grapeseed oil – can help to correct this imbalance. You should also check which oils are used in any processed foods you buy.



## OMEGA-3 AND OMEGA-6

(per 100 g)	Rapeseed	Sunflower
<b>Omega-3:</b>	9.0 g	0.6 g
<b>Omega-6:</b>	20.3 g	62.9 g

Source: National Food Institute of Denmark



# SWAP POTATO WEDGES FOR ROASTED ROOTS



Have you ever tried throwing root vegetables in the oven instead of potatoes when making a side dish? Whether you roast a single type of root veg or go for a mix, they always taste great. Plus, **you get more vitamins and minerals and fewer calories.** But the biggest benefit is the dietary fibre. For example, if you choose parsnips, the most fibre-rich root veg, **you get more than three times as much fibre,** making you feel fuller for longer.

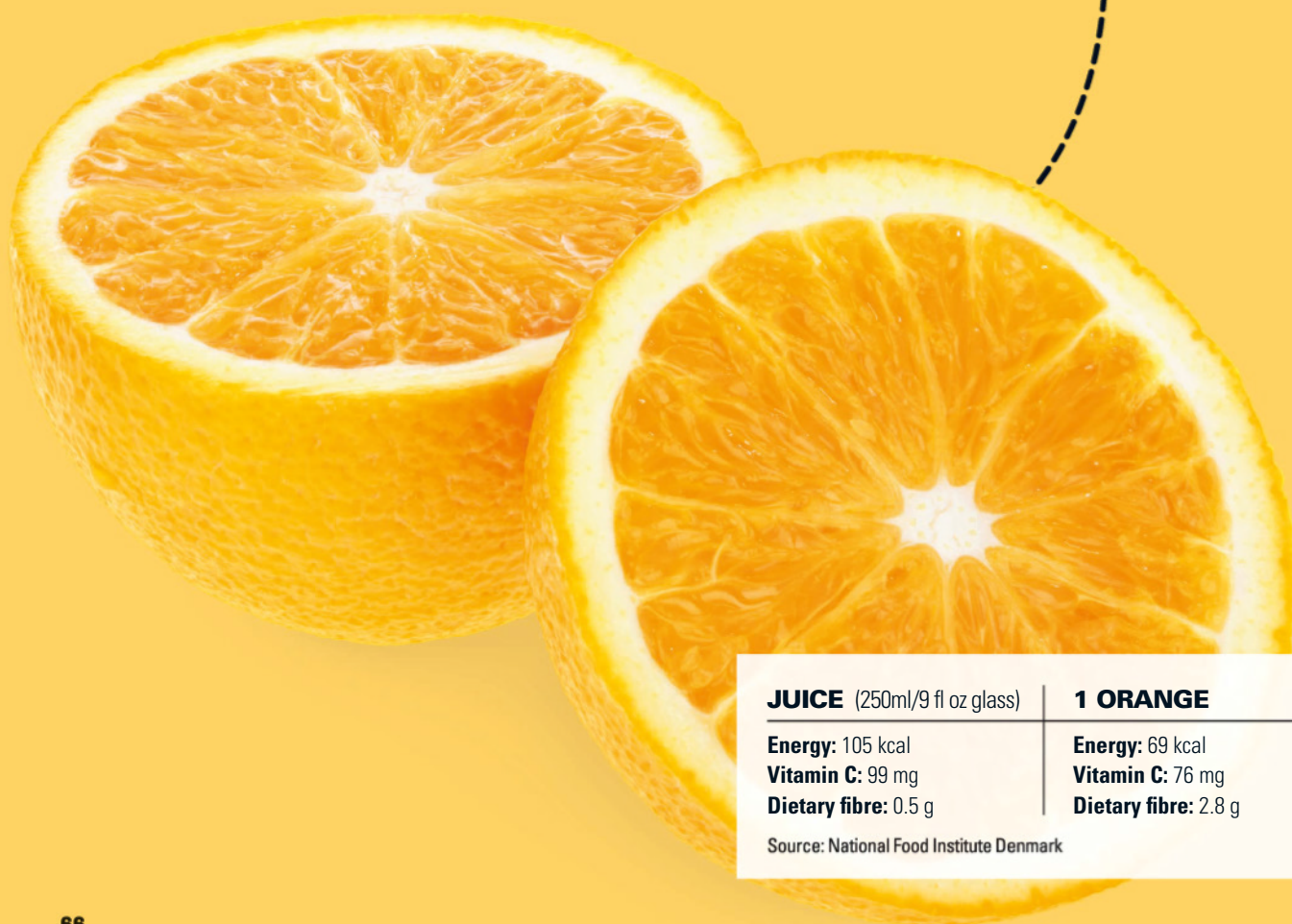
## FIBRE AND CALORIES IN ROOT VEGETABLES:

(per 100 g)	Fibre	Calories
<b>Parsnip</b>	4.5 g	63 kcal
<b>Celeriac</b>	3.9 g	34 kcal
<b>Carrot</b>	2.7 g	38 kcal
<b>Sweet potato</b>	2.7 g	72 kcal
<b>Beetroot</b>	2.3 g	52 kcal
<b>Potato</b>	1.4 g	77 kcal

Source: National Food Institute of Denmark

# Swap juice for **FRUIT (& WATER)**

Juice can be a great shortcut for getting enough fruit into your diet – especially when you can't eat much, but most of the time, it's better to chomp on whole apples and oranges and drink water instead. In addition to vitamins, juices contain large quantities of fruit sugar giving them as many calories as fizzy drinks. Juice is also less filling than whole fruit. **You get more fibre when you eat a whole orange, for example.** The fibre gives you something to chew on and makes your stomach feel full – both of which activate the brain's satiety centres. In addition, **fibre helps keep your blood sugar levels stable,** making it easier to overcome sweet cravings.



## **JUICE** (250ml/9 fl oz glass)

**Energy:** 105 kcal  
**Vitamin C:** 99 mg  
**Dietary fibre:** 0.5 g

## **1 ORANGE**

**Energy:** 69 kcal  
**Vitamin C:** 76 mg  
**Dietary fibre:** 2.8 g

Source: National Food Institute Denmark

# SWAP ICE CREAM FOR BANANA CREAM

If ice cream is good, is **banana ice cream with half the calories** twice as good? While you're chewing on that, think about this: banana ice cream also has double the amount of both potassium and magnesium and **provides dietary fibre and avoids saturated fat**. Plus banana ice cream – also known as 'nice cream' – is easy to make.



## HOW TO MAKE BANANA ICE CREAM

### 2 SERVINGS

#### • 5 fully ripe bananas

1. Remove the peel and freeze the bananas.
2. Allow the bananas to thaw for 20-30 minutes, cut them into pieces and place them in your food processor. The longer you whizz them, the fluffier the ice cream becomes – just don't let it to melt. If you use a blender, add a little milk.
3. Serve the ice cream as is or mix in a little vanilla, berries, peanut butter, liquorice powder or chopped-up chocolate.

# SWAP COLD CUTS FOR FISH – and eat less meat



Most of us eat too much meat and too little fish. A good place to start correcting this imbalance is by switching your lunch toppings from sliced meats to fish. There are plenty of benefits to this. You'll eat less red meat, which can increase your risk of cancer, and get **healthy substances like selenium, iodine, vitamin D and omega-3 fats**. You'll also lower your carbon footprint. Topping three half slices of bread with fish will give you around 100g of the 350g of fish that experts recommend we eat weekly.



● Smoked salmon with cream cheese, spinach, zingy pickled red onions and avocado – yum!

## 10 X DELICIOUS FISH TOPPINGS

- Tuna
- Smoked or tinned salmon
- Cooked prawns
- Salmon or trout pate
- Pilchards in oil or sauce
- Mackerel in oil or sauce
- Smoked mackerel
- Marinated herring
- Cooked fish cakes

& Leftovers from dinner, such as oven-baked salmon

# Swap white rice for **BROWN RICE**

White rice is a frequent guest at the dinner table, but why not invite the brown kind? Also known as wholegrain rice, brown rice retains the bran layer, meaning it contains **six times as much fibre as white rice**. This makes brown rice more filling, and the fibre aids digestion. Try **mixing in veg, such as peas or peppers**, for extra benefits.



## DIETARY FIBRE IN...

Brown rice: 4.2g

White rice: 0.7g

(Per 100g  
raw rice)

# Swap BUTTER for **PESTO**



If you eat butter on your bread every day, you're eating a lot of saturated fat, which is bad for your vascular system. Why not try pesto instead? You can make your own or buy it ready-made, but **choose a pesto made with a healthy oil like olive or rapeseed oil**. These are often refrigerated and a little more expensive. A good pesto adds lots of flavour to your sandwich, and **the monounsaturated fat from the oil and pine nuts used to make the pesto is better for your circulatory system.**

## **HOMEMADE PESTO**

- 40 g/1½ oz pine nuts
- 3 handfuls of basil
- 50 ml/1¼ fl oz extra virgin olive oil
- 40 g/1½ oz parmesan cheese, finely grated
- 1-2 cloves of garlic
- Optional. Juice of ¼ lemon

Toast the pine nuts, blend all ingredients and season to taste. Keep refrigerated.

# SWAP BISCUITS FOR **CRISPbread**



If you tend to snack on biscuits, try swapping your cookies for crispbread next time you go shopping.

**You'll save on sugar and fat and get more fibre**, so you'll feel fuller, which means crispbread is a more sensible choice when afternoon hunger pangs creep in.



## **THE COARSER, THE BETTER**

Go for wholemeal crispbread with lots of dietary fibre – the more, the better. Fibre strengthens your digestion and keeps you fuller for longer.



The background of the entire page is a dense, overlapping pattern of fresh orange slices. The slices are cut into thin, circular rounds, showing the characteristic segments and white pith. The color is a vibrant, warm orange, creating a bright and appetizing visual.

Chapter 4

# Breakfast recipes

# GREEN SMOOTHIE WITH SPINACH, BROCCOLI AND BANANA

1 SERVING

- ½ ripe banana
- 1-2 medjool dates
- 100 ml/28 fl oz of your preferred juice
- 1 handful of fresh spinach or 2 chunks of frozen chopped spinach
- 2 small broccoli florets, preferably frozen
- 1 tbsp edamame beans, preferably frozen
- 1 tsp peanut butter or other nut butter
- 1 pinch of ground cinnamon
- 1 pinch of ground cardamom
- A little lemon juice
- Iced water as required

Slice the banana and then, if desired, chop the dates into small pieces.

Whizz all the ingredients together in a blender, adding a few ice cubes if using fresh spinach.

Add iced water to get your desired consistency.

Serve immediately.

**TIP!** If you have a few over-ripe bananas, chop them into small pieces and put them in the freezer to use in smoothies at a later date.

## Nutritional content per serving:

• Energy:	180 kcal
• Protein:	5 g
• Fat:	4 g
• Carbohydrate:	29 g
• Dietary fibre:	5 g





## BANANA PANCAKE WITH SKYR AND BERRIES

1 SERVING

- 1 ripe medium-sized banana
- 1 large egg
- 1 tbsp oatmeal
- 1 tsp cinnamon
- 1 tsp vanilla powder
- 1 tsp ground cardamom
- 1 pinch of sea salt
- 1 tsp olive oil
- 1-2 tbsp skyr or natural yoghurt
- 1 handful of fresh berries

Mash the banana with a fork. Whisk in the eggs, oatmeal and spices until the batter is smooth. (You can use a blender if you prefer.) Heat the oil in a small pan over medium heat. Pour the batter into the pan and fry the pancake for a couple of minutes on each side. Serve warm with ice-cold skyr and fresh berries.

**TIP!** Always use fully ripe bananas because they make the pancake sweet enough to eat without sugar.

Nutritional content per serving:

• Energy:	291 kcal
• Protein:	14 g
• Fat:	11 g
• Carbohydrate:	33 g
• Dietary fibre:	3 g

# PORRIDGE WITH BERRIES AND NUTS

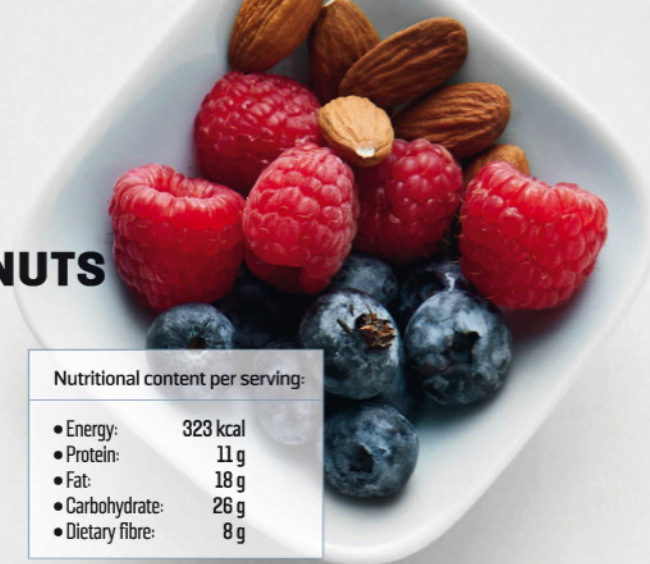
1 SERVING

- 100 g/3½ oz porridge oats
- 200 ml/7 fl oz water
- 1 pinch of cinnamon
- 1 pinch of vanilla powder
- 1 handful of chopped almonds
- 1 handful of fresh berries

Bring the oats, water and spices to the boil in a saucepan, stirring all the time. Turn the heat down to medium and continue stirring until the porridge has the desired consistency. Serve the porridge with coarsely chopped nuts and fresh berries.

## Nutritional content per serving:

• Energy:	323 kcal
• Protein:	11 g
• Fat:	18 g
• Carbohydrate:	26 g
• Dietary fibre:	8 g



**TIP!** For an extra filling breakfast, you can cook your porridge with milk instead of water or stir in an egg when the porridge is cooked but still piping hot.



## OMELETTE WITH SPINACH AND TOMATOES

1 SERVING

- 2 large eggs
- 2 tbsp skimmed milk
- 2 large handfuls of spinach
- Sea salt
- Black pepper, freshly ground
- 1 tsp olive oil
- ½ red bell pepper
- Handful of cherry tomatoes

Whisk the eggs and milk together. Chop half the spinach and add it to the egg mixture along with salt and pepper. Heat the oil in a small, non-stick pan. Add the egg mixture to the pan and allow it to set without stirring. When the egg mixture begins to set, fold and finish cooking. Serve the omelette warm with the remaining spinach, sliced pepper and halved cherry tomatoes.

**TIP!** Try frying sliced mushrooms in the pan before pouring in the spinach and egg mixture.

Nutritional content per serving:

• Energy:	243 kcal
• Protein:	17 g
• Fat:	16 g
• Carbohydrate:	7 g
• Dietary fibre:	2 g



## TOAST WITH AVOCADO AND POACHED EGG

4 SERVINGS

- 4 slices of wholemeal bread
- 1 tbsp vinegar
- 4 fresh medium eggs
- 2 ripe avocados
- Juice of ½ lemon
- Sea salt
- Black pepper, freshly ground
- 2 tsp sunflower seeds
- 2 tsp pumpkin seeds
- 1 tsp chia seeds
- 1 tsp sesame seeds

Toast the bread.

Boil 1 litre/1¾ pints of water in a saucepan and add vinegar.

Crack the eggs into a cup, one at a time.

Whisk the water vigorously and carefully add the eggs.

Cook for 3½ minutes at low heat. Remove the eggs and dip them briefly in cold water.

Halve and slice the avocados and

arrange them on top of the toasted bread.

Add the eggs, season with salt and pepper, and sprinkle with seeds. Garnish with herbs of your choice and serve immediately.

Nutritional content per serving:

• Energy:	381 kcal
• Protein:	14 g
• Fat:	20 g
• Carbohydrate:	39 g
• Dietary fibre:	7 g

**TIP!** It's best to poach fresh eggs because the whites on older eggs tend to spread out in the water rather than collect around the yolk.

# OVERNIGHT BLUEBERRY OATS

4 SERVINGS

- 60 g/2 oz rolled oats
- 2 tsp chia seeds
- 200 ml/7 fl oz boiling water
- 150 g/5 oz blueberries
- 300 g/10 oz low-fat Greek yoghurt
- 10 hazelnuts
- 10 almonds
- 1-2 tbsp honey

Place the oats and chia seeds in a bowl, pour over boiling water, stir and then leave to refrigerate overnight.

The next morning, mash half the blueberries and stir them into the porridge with the Greek yoghurt. Chop the nuts.

Divide the overnight oats into 4 glasses and top with the remaining berries, nuts and honey. Serve immediately.

## Nutritional content per serving:

• Energy:	168 kcal
• Protein:	9 g
• Fat:	4 g
• Carbohydrate:	24 g
• Dietary fibre:	3 g



# BLUEBERRY SMOOTHIE BOWL WITH SPINACH & GRANOLA

2 SERVINGS

## Smoothie

- 2 ripe bananas
- 500 ml/2 cups blueberries, frozen
- 2 handfuls of spinach
- 2 tbsp kefir
- 2 tbsp 2% Greek yoghurt
- 1 tsp vanilla powder

## Topping

- 200 ml/7 fl oz granola
- 120 g/4½ oz fresh berries

Blend all the smoothie ingredients until you

have a creamy mix. Divide into bowls and serve immediately with granola and fresh berries.

**TIP!** You can make the smoothie more filling by adding a little fat, such as nut butter.

## Nutritional content per serving:

• Energy:	382 kcal
• Protein:	10 g
• Fat:	6 g
• Carbohydrate:	74 g
• Dietary fibre:	12 g





## RASPBERRY-CHIA PORRIDGE WITH SKYR AND OATMEAL

2 SERVINGS

### Chia porridge

- 100 ml / 3½ fl oz milk
- 3 tbsp chia seeds
- ½ tsp vanilla powder
- 1 tbsp acacia honey
- 100 ml / 3½ fl oz raspberries
- 100 ml / 3½ fl oz skyr

### To serve

- 100 ml / 3½ fl oz oats
- 150 ml / 5 fl oz skyr

- 100 ml / 3½ fl oz raspberries

Pour the milk, chia seeds, vanilla and honey into a bowl and mix well. Chill in the fridge for half an hour (or overnight) to allow the milk to absorb. Feel free to stir as it chills.

Once the porridge has reached the right consistency, mash the raspberries. Add the raspberry puree and skyr to the chia porridge and mix well.

Layer the oatmeal, skyr and pink chia porridge in two glasses, top with fresh raspberries and serve.

### Nutritional content per serving:

• Energy:	305 kcal
• Protein:	22.2 g
• Fat:	6.8 g
• Carbohydrate:	41.3 g
• Dietary fibre:	9.4 g

**TIP!** The chia porridge part can easily be prepared the night before for a quick and delicious breakfast on a busy morning.

# TURMERIC OVERNIGHT OATS WITH COCONUT AND FRUIT

2 SERVINGS

## Porridge:

- 150 ml/5 fl oz skimmed milk
- 100 ml/3½ fl oz skyr
- 100 ml/3½ fl oz oatmeal
- 2 tbsp chia seeds
- ¼ tsp cinnamon
- ¼ tsp vanilla powder
- 1 tsp acacia honey
- ½ tsp turmeric
- Freshly ground black pepper
- 1 ripe banana

## To serve

- 100 ml/3½ fl oz skyr
- 100 ml/3½ fl oz blueberries

- 50 ml/2 fl oz kiwi berries or kiwi fruit
- 1 passion fruit
- Sorrel

Mix all the porridge ingredients except the banana. Refrigerate the mixture for half an hour (or overnight if you prefer) to allow it to absorb the milk and take on a thick and porridge-like consistency. Feel free to give the mixture a stir once or twice while it's chilling in the fridge.

When the porridge is ready, blend it with the banana until it's smooth and creamy. (You can also mash the banana into the porridge with a fork if you prefer.) Divide the porridge between two bowls and add skyr, blueberries, kiwi berries (or kiwi slices) and passion fruit. Garnish with some sorrel and serve immediately.

## Nutritional content per serving:

• Energy:	313 kcal
• Protein:	20.3 g
• Fat:	5.3 g
• Carbohydrate:	50 g
• Dietary fibre:	8.3 g





## BEETROOT, CHIA SEED AND CASHEW SMOOTHIE BOWL

1 SERVING

- 5 frozen beetroot cubes, (see tip) or 100 ml/3½ fl oz beetroot juice
- 125 ml/4 fl oz raspberries, frozen
- 1 ripe banana
- 100 ml/3½ fl oz oat milk (you can use less if using beetroot juice)
- 1 tbsp hemp seeds (optional)
- A little ginger, if desired

### Topping:

- 7 raspberries
- ¼ pomegranate, seeds
- 6 cashew nuts
- Mint leaves
- 1 tsp chia seeds

Blend all ingredients until the smoothie has the desired consistency. It should be slightly thicker than a normal smoothie. Pour the smoothie into a bowl and add the topping.

**TIP!** Whether you buy beetroot juice or make it yourself, it's a good idea to pour it into ice cube trays and freeze it (a large batch is ideal). Then you'll always have a portion ready when you want to make this smoothie.

### Nutritional content per serving:

• Energy:	354 kcal
• Protein:	7.5 g
• Fat:	8.1 g
• Carbohydrate:	68.1 g
• Dietary fibre:	10.9 g



## QUINOA MUESLI

10 SERVINGS

- 120 g/4 oz red quinoa
- 400 ml/14 fl oz water
- 60 g/2 oz hazelnuts
- 40 g/1½ oz raisins
- 40 g/1½ oz pumpkin seeds
- ½ tsp vanilla powder
- ½ tsp ground cardamom
- 45 g/1½ oz agave syrup

Rinse the quinoa, cook it for 20 minutes in 400 ml/14 fl oz water, drain it and leave it to cool.

Chop the hazelnuts and mix them with raisins and pumpkin seeds. Add to the quinoa. Then mix in the vanilla, cardamom and agave syrup. Spread the mixture on a baking sheet and

bake at 150°C/300°F/Gas Mark 2 for 30–40 minutes.

Turn the muesli over halfway through, and check it is fully dry before you take the mixture out. Once ready, you can store the cooled muesli in an airtight tub and use it when you like.

### Nutritional content per serving:

• Energy:	291 kcal
• Protein:	3.7 g
• Fat:	5.6 g
• Carbohydrate:	15.8 g
• Dietary fibre:	1.7 g

# SCRAMBLED EGGS WITH VEG

1 SERVING

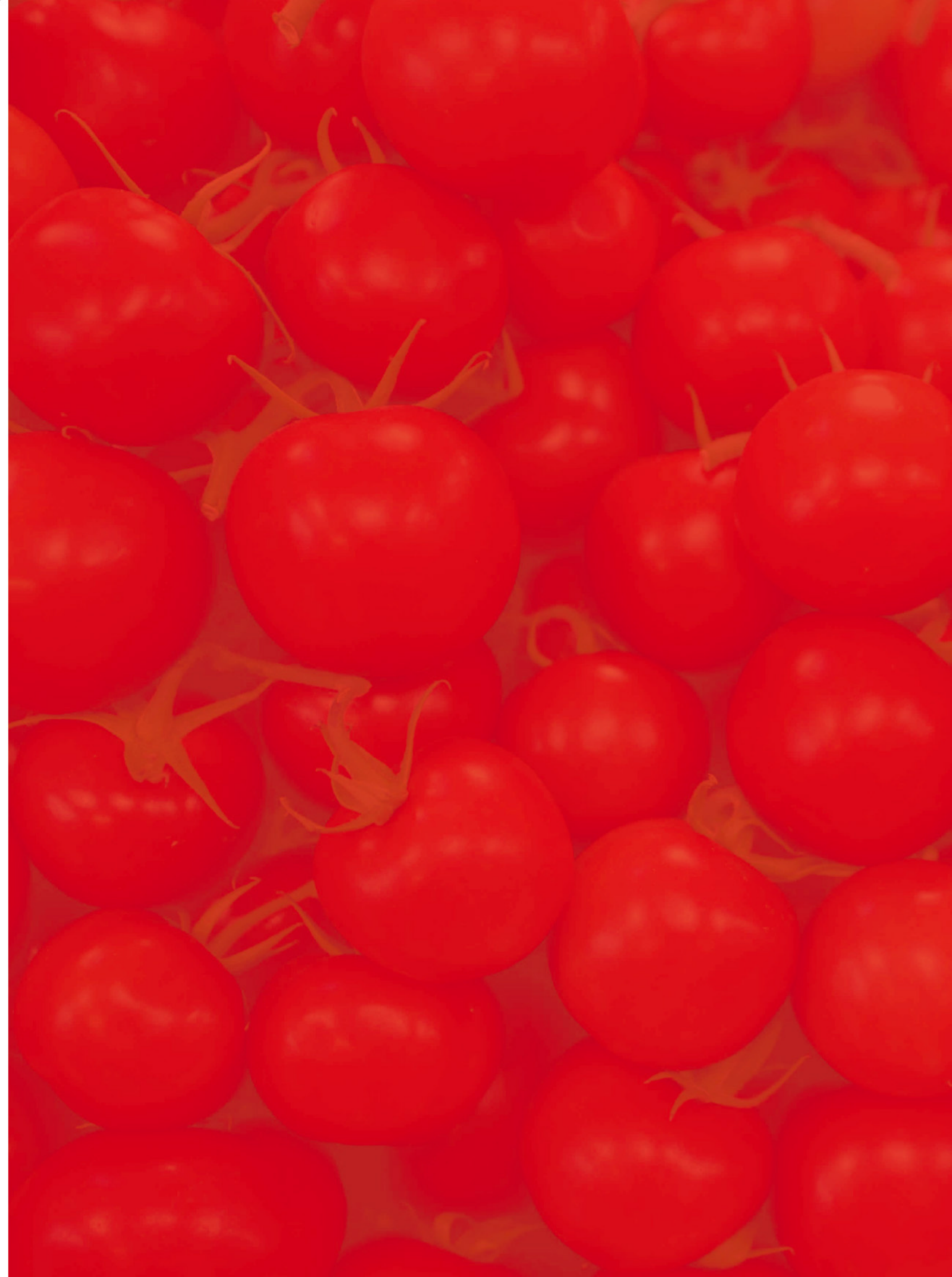
- 2 eggs
- ½ onion
- ½ carrot
- 25 g/1 oz white cabbage (or Savoy cabbage)
- ¼ red pepper
- 20 g/¼ cup peas
- ½ tomato
- ½ tbsp olive oil
- ½ tsp salt
- Pinch of pepper
- 1 tbsp chopped chives

Finely slice the onions, carrot, cabbage and pepper. Sauté the sliced vegetables in olive oil in a warm preheated pan for two to three minutes. Add the eggs, salt and pepper. Once the egg is almost cooked, add the peas to warm them. Garnish with sliced tomatoes and chopped chives. Serve with wholegrain bread.

## Nutritional content per serving:

• Energy:	302 kcal
• Protein:	17.8 g
• Fat:	20.2 g
• Carbohydrate:	15.2 g
• Dietary fibre:	4.4 g







Chapter 5

# Lunch & snack recipes

# NOODLE SOUP WITH MISO, CHICKEN AND VEGETABLES

4 SERVINGS

- 2 chicken breast fillet
- 200 g/7 oz whole grain noodles
- 1 carrot
- 2 spring onions
- 75 g/2¾ oz mushrooms
- 50 g/1¾ oz sugar snap peas
- 4 tbps miso
- 4 tsp soy sauce
- 1-2 tsp ginger, finely chopped
- 1-2 tsp chopped turmeric root
- 200 g/7 oz edamame beans

Fry the chicken fillets. Boil the noodles according to the package instructions, but for a minute or so less than usual. Rinse the noodles with cold water, cut the chicken into slices, and set both aside.

Wash and cut the vegetables into bite-sized pieces. Divide miso and soy into 4 jam jars.

Fill the jars with the cooked, cooled noodles, the sliced vegetables, chicken, ginger, turmeric and edamame beans. Adjust the amount of ginger and turmeric to your taste, and possibly add a little spice, such as chilli. Put the lid on. Your homemade cup noodles are now ready to take with you. Keep them in the fridge until you want to eat them.

Prepare the homemade noodle soup by pouring boiling water into the glass – there must be enough water for all the ingredients to be covered. Then put the lid on the jar and let it stand for five minutes.

Remove the lid and stir thoroughly to dissolve the miso.

## Nutritional content per serving:

• Energy:	345 kcal
• Protein:	24.7 g
• Fat:	6.2 g
• Carbohydrate:	49.8 g
• Dietary fibre:	5 g

**TIP!** Take the jar with your healthy, homemade cup noodles to work with you, and add boiling water, five minutes before you want to eat.





## TUNA MEATBALLS WITH CRUNCHY VEGETABLES AND A DIP

4 SERVINGS

### Tuna meatballs

- 2 tins of tuna, in water
- 2 carrots, finely grated
- 1 red pepper, finely sliced
- 5 spring onions, finely chopped
- 2 eggs
- 200 ml/7 fl oz oatmeal
- 1 tsp smoked paprika
- ⅓ tsp cayenne pepper
- ½ tsp garlic powder
- ½ tsp salt
- A pinch of pepper

### Crunchy vegetables

- 4 carrots
- 1 cucumber
- 2 peppers
- ¼ cauliflower
- 12 cherry tomatoes
- Dip of your choice

Drain the water off the tuna and pour the tuna into a bowl. Mash lightly with a fork, add the other meatball ingredients, and stir thoroughly. If the mince is too

wet, add a little extra oatmeal. Form the mince into 24 small meatballs and place them on a baking tray lined with parchment paper. Bake the meatballs in a hot oven at 180° C/350° F/Gas Mark 4 until lightly golden.

Serve the tuna meatballs with cucumber, peppers, cherry tomatoes and cauliflower cut into slices and pesto or a dip of your choice.

### Nutritional content per serving:

• Energy:	318 kcal
• Protein:	29.9 g
• Fat:	7.5 g
• Carbohydrate:	37.8 g
• Dietary fibre:	10.3 g

# SPINACH WRAP WITH SMOKED SALMON

1 SERVING • 10 minutes

- 100 g/3½ oz baby spinach
- 2 small eggs
- Extra virgin olive oil
- Sea salt and black pepper
- 75 g/2¾ oz thinly sliced salmon
- 1 apple
- 1 organic lemon
- 1 carrot
- A handful of blueberries
- A stem of mint
- 4 walnut halves

Rinse the spinach and toss it until it's dry. Blend the eggs with half of the spinach. Spray or brush a non-stick pan with oil. Put the egg mix in and fry on one side. Turn it over and fry it on the other side. Season with salt and pepper. Set aside to cool. Meanwhile, prepare the fruit box. Cut the apple and carrot, and serve with blueberries, mint and walnuts. Roll the wrap tightly with the salmon and spinach, and halve.

Nutritional content per serving:

• Energy:	489 kcal
• Protein:	32.9 g
• Fat:	28 g
• Carbohydrate:	31 g
• Dietary fibre:	7.7 g



**TO-GO TIP!** Drizzle lemon over your fruit and vegetables. It gives a zingy freshness and prevents the fruit and veg from turning brown.



## AVOCADO MASH WITH PRAWNS AND TOMATO SKYR

1 SERVING • 10 minutes

- 1 slice of rye bread
  - 1 avocado
  - 100 g/3½ oz prawns
  - Sea salt and black pepper
  - A small bunch of chives
- Dressing
- 50 ml/1¾ fl oz skyr
  - 1 tsp mayonnaise
  - 1 tsp concentrated tomato purée, or a good ketchup
  - ½ tsp Worcester sauce

- 1 organic lemon
- Tabasco
- Sea salt and a pinch of black pepper

Stir the skyr with mayonnaise, tomato purée and Worcester sauce. Season the dressing with grated lemon zest, lemon juice, tabasco, salt and pepper.

Toast the bread. Mash the avocado flesh with a little lemon juice, and season with salt. Spread it on the bread, and serve with prawns, chopped chives, dressing and a lemon wedge.

Nutritional content per serving:

• Energy:	444 kcal
• Protein:	28 g
• Fat:	20.9 g
• Carbohydrate:	42.1 g
• Dietary fibre:	11 g

**TO-GO TIP!** Take the whole avocado with you, and mash it just before you're going to eat it. Take the dressing with you in a small tub or jar.



**TO-GO TIP!** Put the dressing in a small tub or jar with a lid, shake it, and drizzle it over the salad just before eating.

## CHICKEN SALAD WITH CABBAGE, TOMATOES, PEPPERS AND MANGO

1 SERVING • 10 minutes

- 1 chicken breast fillet
- Extra virgin olive oil
- Sea salt and a pinch of black pepper
- 75 g/2¾ oz finely chopped green cabbage
- 75 g/2¾ oz finely chopped red cabbage
- 50 g/1¾ oz salad leaves
- 3 San Marzano tomatoes
- ¼ red pepper
- ¼ mango

### Dressing

- 1 tbs Dijon mustard
- 50 ml/1¾ fl oz white wine vinegar
- 100 ml/3½ fl oz cold-pressed rapeseed oil
- 100 ml/3½ fl oz Extra virgin olive oil
- A few parsley stalks
- 1 organic lemon

Cut the meat into cubes, fry it in olive oil, season with salt and pepper – or use leftover chicken from the night before.

Whisk the main ingredients for the dressing: mustard, vinegar and oil – and season with salt, pepper and grated lemon zest. Add finely chopped parsley. Toss the cabbage and the salad with one to two tbs of dressing.

Cut the tomatoes, peppers and mangoes. Serve the greens with the chicken.

### Nutritional content per serving:

• Energy:	409 kcal
• Protein:	30.9 g
• Fat:	21.5 g
• Carbohydrate:	26.9 g
• Dietary fibre:	6.7 g

# ASIAN BOX WITH CHICKPEAS, EGG AND PEANUT DRESSING

1 SERVING • 10 minutes

- 50 g/1¾ oz soaked and boiled chickpeas (about 25 g/1 oz), or from a can
- Sea salt
- 50 g/1¾ oz edamame beans
- Cold-pressed rapeseed oil
- 100 g/3½ oz tenderstem broccoli/finely chopped broccoli or cauliflower
- 1 egg
- 1 carrot
- 100 g/3½ oz Chinese radish
- 1 kiwi
- 50 g/1¾ oz strawberries – or other fruit

## Peanut dressing

- 2 tsp peanut butter
- 1 tsp oil: sesame oil, rapeseed oil or olive oil
- 1 tsp soy sauce
- ½ tsp rice vinegar
- Lime juice
- A pinch of black pepper

Dry-fry the chickpeas in a pan and sprinkle with salt (you could season it with a little garlic and chilli).


Blanch the edamame beans with a drop of rapeseed oil and salt, and let them drain. Put the cabbage in the same boiling water and give it a minute. Let it drain in a sieve.

Boil the egg for seven minutes. Peel and cut carrot, Chinese radish, kiwi and strawberries.

Put it all in a couple of good size tubs. Stir in the dressing and season it with some salt and pepper.

## Nutritional content per serving:

• Energy:	478 kcal
• Protein:	26.5 g
• Fat:	22.4 g
• Carbohydrate:	50.3 g
• Dietary fibre:	13.8 g



**TO-GO TIP!** Boil the egg (seven minutes) and leave the shell on. Peel it at the last minute before you eat.

# GOMA SALAD WITH EDAMAME BEANS AND TIGER PRAWNS

2 SERVINGS

- 150 g/5¼ oz edamame beans
- 200 g/7 oz sugar snap peas
- 300 g/10½ oz broccoli
- 200 g/7 oz baby spinach
- 200 g/7 oz feta cheese

## Dressing:

- 25 g/1 oz sesame seeds
- 1 tbsp soy sauce
- 1½ tbsp rice vinegar
- ½ tsp sesame oil
- 25-50 ml/1-2 fl oz water

## Prawns:

- 300 g/10½ oz tiger prawns
- 1 tsp olive oil
- 1 clove of garlic
- ½ tsp freshly chopped chili
- A sprinkle of sea salt

Toast the sesame seeds for 5-10 min in a pan. Place the seeds in a coffee grinder and grind them until very fine.

Mix all the ingredients for the dressing together.

Steam the broccoli and sugar snap peas, then place the vegetables, beans, feta and dressing in a bowl and mix well, pouring the dressing on top.

Fry the prawns in the oil for 1-2 minutes with the spices, and place on skewers if you wish, or add them to the salad.

## Nutritional content per serving:

• Energy:	537 kcal
• Protein:	48.5 g
• Fat:	25 g
• Carbohydrate:	33 g
• Dietary fibre:	14 g





## SPINACH PANCAKE WITH SMOKED SALMON AND DRESSING

1 SERVING

- 2 eggs
- Large handful of spinach
- 1 tsp. psyllium husk
- ¼ tsp sea salt
- 1 tsp olive oil for sautéing

### Filling:

- 50 g/1¼ oz smoked salmon
- Handful of lettuce leaves
- Handful of sprouts

### Citrus dressing:

- ¼ organic lemon (juice and zest)

- ¼ organic orange (juice and zest)
- 2 tsp olive oil
- 1 tsp mustard
- 1 tsp freshly chopped dill
- 1 tsp water
- Sea salt and freshly ground pepper

Sauté the spinach in a pan for 5 minutes. Place the spinach and


eggs in a blender and blend the ingredients until smooth.

Add the psyllium and salt and sauté the pancake in olive oil over a low heat for 5–7 minutes.

Flip it as you cook. Stir all the ingredients for the dressing together. Serve with the salmon and vegetables.

### Nutritional content per serving:

• Energy:	400 kcal
• Protein:	28 g
• Fat:	28 g
• Carbohydrate:	9.7 g
• Dietary fibre:	2.8 g



**TIP!** Be careful not to overcook the lentils, as they'll become mushy. Lentils can be replaced with quinoa if you prefer.

## LENTIL SALAD WITH BAKED CARROT, POMEGRANATE & AVOCADO

2 SERVINGS • 45 minutes

- 50 g/1¾ oz lentils
- 5 carrots
- 1 tbsp olive oil
- Sea salt
- Pepper, freshly ground
- Handful of parsley leaves
- ½ avocado
- ½ pomegranate
- 50 g/1¾ oz baby spinach
- Juice from ½ lemon

Cook the lentils according to the instructions on the packaging. Rinse in cold water and drain in a sieve. Peel the carrots and cut them into bite-sized pieces. Toss them in oil, season with salt and pepper and bake at 180° C/350° F/Gas Mark 4 for 20 minutes.

Coarsely chop the parsley and cut the avocado into small cubes. Toss with the lentils, pomegranate seeds, baked carrots and spinach. Squeeze lemon juice over the dish and then sprinkle salt and pepper to taste.

### Nutritional content per serving:

• Energy:	301 kcal
• Protein:	10 g
• Fat:	13 g
• Carbohydrate:	41 g
• Dietary fibre:	9 g

# WHOLEWHEAT WAFFLES WITH VEGETABLES AND SALMON

4 PORTIONS • 20 minutes

- 150 g/5½ oz broccoli
- 100 g/3½ oz courgette
- ½ small onion
- Handful of fresh herbs
- 50 g/1¾ oz grated parmesan
- 2 eggs
- 100 g/3½ oz wholemeal flour
- ½ tsp baking powder
- Sea salt
- Pepper, freshly ground

## Topping:

- 60 g/2 oz cream cheese
- 200 g/7 oz smoked salmon
- ½ avocado
- Handful of fresh herbs such as coriander

Finely grate broccoli, courgette and onion. Chop the herbs. Turn on the waffle maker and mix the grated vegetables with the

other ingredients required for the waffle batter.

Bake 4 thick waffles.

Let the waffles rest on a wire rack before serving.

Serve the waffles while still warm with cream cheese, smoked salmon, avocado slices, chopped herbs and freshly ground pepper.

## Nutritional content per serving:

• Energy:	399 kcal
• Protein:	24 g
• Fat:	27 g
• Carbohydrate:	19 g
• Dietary fibre:	5 g



# SUPER-HEALTHY SHOTS

## HERE'S HOW TO MAKE YOUR SHOTS

All of the ingredients (other than citrus) are thrown in the slow juicer – with stems, peel and core. If you do not have a slow juicer, use a juicer. It works fine, but generally does not squeeze as much liquid from the fruit and vegetables as a slow juicer.

**Say goodbye to colds and energy-lost days with a shot of liquid health.** These colourful shots give you a shot of antioxidants that boost both energy levels and your immune system.

### THESE SHOTS ARE GOOD FOR

Starting the day with a health boost! Matcha powder provides antioxidants that prevent cardiovascular disease, and chia seeds abound with Omega-3 fatty acids that strengthen both brain and body.

### ● CHIA SHOT

8 SHOTS

- 2 organic limes, (without peel or pith)
- ½ tsp matcha powder
- 2 tsp agave syrup
- 2 tsp chia seeds
- 200 ml water / 7 fl oz water

Nutritional content per shot:

- Energy: 16.25 kcal
- Protein: 0.31 g
- Fat: 0.23 g
- Carbohydrate: 3.25 g
- Dietary fibre: 0.75 g





## ● BEET YOU UP

8 SHOTS

- 270 g / 9½ oz beetroot
- 45 g / 1½ oz organic lemon, (without peel and pith)
- 3 g chilli

Nutritional content per shot:

- Energy: 19.1 kcal • Protein: 0.61 g
- Fat: 0.16 g • Carbohydrate: 4.25 g
- Dietary fibre: 0 g

### DRINK THEM FRESH FOR THE MOST VITAMINS

You get most vitamins if you drink your shots perfectly fresh. There are, however, still benefits from shots the following day if you keep them cool in a bottle with a lid.

**THESE SHOTS ARE GOOD FOR**  
Strengthening both immune system and muscle function. Beetroot is high in fibre, vitamins, minerals and iron. In addition, beets are good for those who suffer from a sluggish stomach.

# SUPER-HEALTHY SHOTS

## ● GREEN SHOT

8 SHOTS

- 80 g/2¾ oz kale
- 80 g/2¾ oz spinach
- 1½ apples
- 1 organic lime  
(without peel or pith)

Nutritional content per shot:

- Energy: 21.5 kcal • Protein: 0.83 g
- Fat: 0.25 g • Carbohydrate: 4.62 g
- Dietary fibre: 0 g

**THESE SHOTS ARE GOOD FOR**  
Kale strengthens your heart and acts to help prevent cancer and is also anti-inflammatory. Its curly leaves are packed with antioxidants, which prevent wrinkles.





**THESE SHOTS ARE GOOD FOR**

This shot is served in spas in Bali where they call it jamu. The Balinese consider it a cleansing drink that strengthens your immune system. Ginger is anti-inflammatory and as such prevents diseases and relieves pain in the body and joints. Turmeric discourages the development of cancer cells.

● **BALI DETOX**

8 SHOTS

- 2 organic oranges (without peel or pith)
- 15 g/½ oz turmeric
- 20 g/¾ oz ginger
- 1 organic lime (without peel or pith)
- 2 tsp agave syrup

Nutritional content per shot:

- Energy: 31.75 kcal • Protein: 0.47 g
- Fat: 0.27 g • Carbohydrate: 7.25 g
- Dietary fibre: 0 g

# Super-snacks

to get you through the day

Use daily snacks to improve your energy, de-stress, recover faster and fall asleep more easily! Here are **eight sumptuous snacks** that can make the big difference when everyday life becomes a challenge.

## ● QUICK PICK-ME-UP VEGETABLES WITH DIP

1 person

Dip:

- 125 ml tahini
- 1 tbs olive oil
- 2 tbs agave syrup
- 3 tbs lemon juice
- Peel of ½ lemon
- 1 tsp sea salt
- Freshly ground pepper
- 1-3 tbs water

Vegetables:

- 10 cm cucumber
- ¼ red pepper
- 1 carrot

Put the ingredients for the dip in a food processor, and blend them. Cut the vegetables into sticks and serve with 1 large tablespoon of dip.

**Why it works:** if you are worn out by a stressful day or late at night, you need extra fluid – and you get that from cucumber. The peppers are rich in vitamin C, which treats a damaged body, and sea salt provides you with minerals.

Nutritional content per serving: Kcal: 170 kcal

- Protein: 5.75 g ●
- Carbohydrate: 14.6 g ● Fat:
- 10.5 g ● Dietary fibre: 3.7 g



## ● STABILISE BLOOD SUGARS SIMPLE APPLE PIE

### 1 serving

- ½ apple
- 1 tbs peanut butter
- ½ tsp cinnamon

Cut an apple into slices, spread it with peanut butter, and sprinkle with cinnamon.

**Why it works:** cinnamon keeps your

blood sugar stable throughout the day. The apple contains dietary fibre, which keeps you full, while the peanut butter's proteins both saturate and stabilise blood sugar.

**Nutritional content per serving:** Kcal: 128 kcal • Protein: 4.1 g • Carbohydrate: 9.9 g • Fat: 8.3 g • Dietary fibre: 1.1 g

## ● ENERGY FOR EXERCISE EDAMAME BEANS WITH CRANBERRIES AND NUTS

### 1 serving

- 100 g frozen edamame beans (without pods)
- 1 tbs dried cranberries
- 10 g unsalted peanuts

Thaw the frozen edamame beans and mix them with the other ingredients.

**Why it works:** edamame beans are rich in protein

and carbohydrate, so they keep you full and give you energy to exercise. Cranberries are loaded with vitamin C, which protects your body from inflammation and helps it recover quickly. At the same time, peanuts keep blood sugar stable.

**Nutritional content per serving:** Kcal: 209 kcal • Protein: 14 g • Carbohydrate: 21 g • Fat: 8.6 g • Dietary fibre: 0 g

## ● GOOD START TO THE DAY CHOCOLATE CHIPS WITH SKYR

### 5 servings

#### Muesli:

- 200 g rye flakes
- 1 tsp extra virgin olive oil
- ½ tsp stevia
- 50 g finely chopped chocolate (min 70 %)
- 1 pinch of fresh chilli

#### Topping:

- 50 g natural low fat yoghurt
- 100 g skyr

Soak the rye flakes in coconut oil for 2-3 min, and sprinkle on stevia. Stir the chocolate and chilli in a pan for 1 min. Let the muesli cool and divide it into five servings. Serve each portion with skyr mixed with the natural yoghurt.

**Why it works:** rye flakes provide fuel for the brain and muscles in the form of carbohydrates, while the fat in the coconut oil and the protein in the curd keep you full for a long time. Chilli and dark chocolate contains phenylethylamine, which gives you a happy rush, so you start the day in good spirits.

#### Nutritional content per serving:

Kcal: 151 kcal • Protein: 14 g • Carbohydrate: 14 g • Fat: 4.1 g • Dietary fibre: 1.2 g





## ● SAY GOODBYE TO TIRED MUSCLES BANANA SMOOTHIE

### 1 serving

- 1 frozen banana
- 2 pitted dried dates
- 1 handful of spinach leaves
- 25 g natural protein powder
- ¼ tsp vanilla powder
- 100 ml water
- Rind from ¼ organic lemon

Cut a banana into small pieces and freeze the day before. Blend them together with the other ingredients until smooth. Garnish with herbs, eg. watercress. Enjoy it as ice cream,

eaten with a spoon – or pour on water, and drink it as a smoothie through a straw.

**Why it works:** dates and spinach are rich in both iron, protein and carbohydrates, which provide your muscles with plenty of oxygen and energy so they can optimally rebuild themselves. The banana is rich in potassium, which restores fluid balance after exercise.

### Nutritional content per serving:

Kcal: 231 kcal • Protein: 21 g • Carbohydrate: 32 g  
• Fat: 2 g • Dietary fibre: 2.6 g

## ● SLEEP WELL COTTAGE CHEESE WITH POMEGRANATE AND MINT

### 1 serving

- 150 g cottage cheese
- 50 g pomegranate
- Mint leaves

Pour the cottage cheese into a bowl. Scrape the kernels out of the pomegranate and sprinkle them over the cottage cheese. Garnish with mint leaves.

**Why it works:** cottage cheese contains magnesium, which has a calming effect on the body. The same goes for mint. Pomegranate is a rich antioxidant that helps the body recover better during the night.

### Nutritional content per serving:

Kcal: 134 kcal • Protein: 13 g • Carbohydrate: 15 g  
• Fat: 2.4 g • Dietary fibre: 0.3 g





## ● KICKSTART YOUR BRAIN BANANA PANCAKES

### 1 serving

- ½ ripe banana
- 2 eggs
- 1 tbs oatmeal
- ¼ tsp nutmeg
- ½ tsp vanilla
- ¼ tsp stevia
- 1 tsp cinnamon
- Water
- Salt
- 1 tsp extra virgin olive oil
- 50 g berries (black currants)

Stir oatmeal and water together in a saucepan over low heat, and add salt. Put the mix in a bowl and stir in the other ingredients (except the coconut oil). Make the batter into four pancakes and fry in the oil. Eat two as a serving along with 50 g of berries.

**Why it works:** nutmeg acts as a brain booster as it contains myristicin, which keeps you mentally sharp and improves your memory. Eggs contain choline, which also increases concentration and improves memory. Oatmeal is rich in dietary fibre, which satisfies, while banana carbohydrates provide fuel for the brain. Cinnamon helps keep blood sugar stable.

### Nutritional content per serving:

- Kcal: 169 kcal
- Protein: 9 g
- Carbohydrate: 1.5 g
- Fat: 8.5 g
- Dietary fibre: 2.2 g

## ● ANTI-STRESS CHOCOLATE DIP WITH FRUIT

### Chocolate dip (15 portions):

- 200 g hazelnuts
- 3 tbs cocoa powder
- 1 tsp stevia
- 2 tbs agave syrup
- 50 ml olive oil
- 100 ml water (possibly a little more)
- ½ tsp vanilla powder

### Accompaniment:

- 1 piece of fruit (or two halves)

Bake hazelnuts for 15 min at 175° C and let them cool. Blend them until smooth in a food processor together with the other ingredients – for at least 2 min. Spread 1 tbs on top of the pieces of fruit.

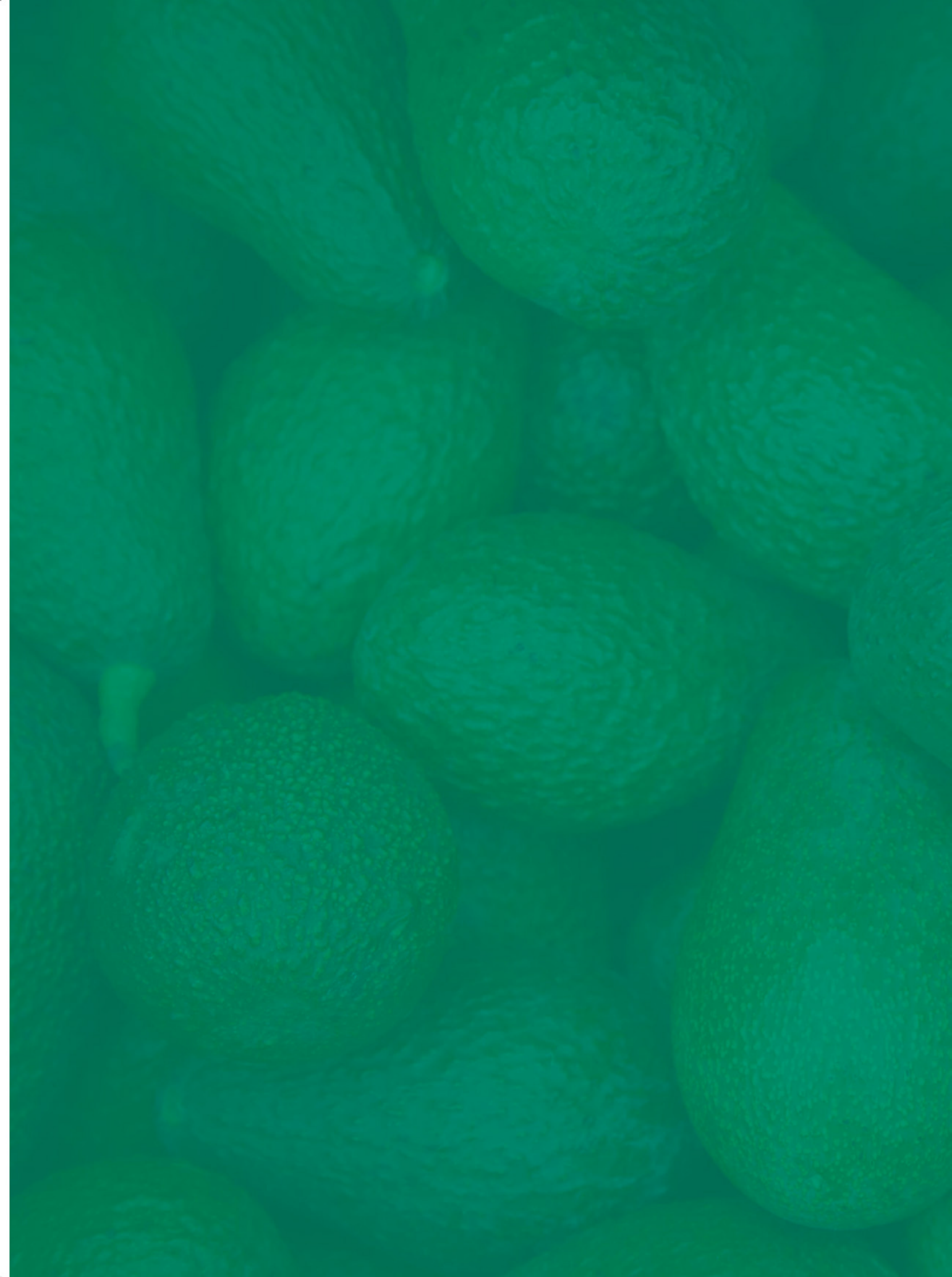
**Why it works:** both cocoa and hazelnuts contain magnesium, which has a calming and relaxing effect on your nervous system and muscles. Cocoa also contains a happiness stimulator, phenylethylamine, which lends a helping hand during particularly stressful times.

### Nutritional content per serving (including a pear):

- Kcal: 176.4 kcal
- Protein: 2.4 g
- Carbohydrate: 21.7 g
- Fat: 9.9 g
- Dietary fibre: 5 g

Also enjoy the delicious chocolate dip as dessert served with a fruit platter.





Chapter 6

# Dinner recipes

# Treat your body to an

# explosion of colour

Stimulate your senses by turning your plate into an explosion of colour.

**And get a wide range of nutrients and antioxidants.**

Here are four dishes that make a bang!

**S**ome vegetables are better than others, but no single vegetable – no matter how healthy it is – will provide you with all you need. But you can combine them for maximum health effect. It's easy; you just have to use your eyes.

It's recommended that we eat five a day. Other countries opt for quality over quantity and recommend a variety of different coloured fruits and vegetables. That advice is not given lightly because when you eat in all the colours of the rainbow, there is a chance that your body gets what it needs. Primarily because you do not end up eating just salad

and cucumber seven days a week. So, for example, you automatically get a wealth of different health-promoting substances when you supplement grass-coloured kale with ink-black berries and ruby-red radishes. But variety is not the only benefit.


### **Several benefits**

In fact, alluring colour foods are also healthy in themselves. Tomatoes are bright red because of their high content of the antioxidant lycopene. Anthocyanins give blue-purple berries their colour and orange carrots are packed with carotenoids. In other words, the bright colours occur

because fruits and vegetables are rich in powerful antioxidants that, for example, can keep your cells healthy and free of inflammation.

Our immune system needs some inflammation, but when it becomes chronic it's hard to cope with. Studies indicate that many diseases such as diabetes, dementia, depression, arthritis and cardiovascular disease originate in or are exacerbated by mild chronic inflammation of the body and brain.

Use the entire colour palette in the kitchen. Over the following pages, we make it easy for you to serve an array of delicious, appealing dishes in a range of sparkling colours!



**Rice paper rolls  
with chicken**

**TIP**

Vegetables will keep their colour if you don't overcook them. For example, just blanch them briefly – or eat them raw.



**TIP**

Unlike most other nutrients, the red dye lycopene is best absorbed if the tomatoes are heated up.

**Vegetarian  
lentil stew  
with tomato**



**TIP**

These waffles are guaranteed to turn your Instagram followers green with envy. If you do not like broccoli, you can get the same healthy colour using spinach or kale.

**Broccoli waffles with pea hummus, avocado and dukkah**



**Fish tortilla with a tropical salsa**

**TIP**

Just because it is a little pale, there is no need to leave white cabbage in the back of the vegetable rack. It fills you up with dietary fibre, vitamin C and heart-friendly potassium – and it contains virtually no calories.



## Rice paper rolls with chicken

### 2 SERVINGS

- ½ red chilli, small
- 1 tsp ginger
- ½ tbs extra virgin olive oil
- 1 chicken fillet
- 75 g red cabbage
- ½ mango
- ½ avocado
- 1 carrot
- ½ cucumber
- 1 red pepper
- 2 large handful spinach
- Fresh herbs, like coriander
- 10 sheets rice paper

#### Dip:

- ½ tsp ginger
- 4 tbs sweet chilli sauce
- 1 tbs fish sauce
- ½ lime, juice
- Sea salt
- Black pepper, freshly ground

1. Finely chop the chilli and ginger. Mix with oil. Grease the chicken with the marinade and refrigerate for 30 minutes.
2. Fry the chicken, and cut into thin strips.
3. Cut fruit and vegetables into thin strips.
4. Grate ginger finely, and stir with the other ingredients for the dip.
5. Fill a dish with warm water and dip the rice paper for a few seconds until softened. Place it carefully on a cutting board. Place fruit, vegetables and chicken in the middle of the paper. Fold the side facing you towards the middle and over the filling. Then fold the sides in over the middle and roll gently but tightly until the rice paper roll is completely closed. Repeat the process.
6. Cut the rice paper rolls and serve with dip.

#### Nutritional content per serving:

Energy: 446 kcal • Protein: 18 g • Fat: 6 g • Carbohydrate: 81 g • Dietary fibre: 8 g



## Vegetarian lentil stew with tomato

### 4 SERVINGS

- 1 onion
- 2 cloves of garlic
- ½ red pepper
- ½-1 red chilli
- 1 tbs extra virgin olive oil
- 50 g sun-dried tomatoes
- 400 ml chopped tomatoes
- 150 g red lentils
- 400 ml water
- 1 cube vegetable stock
- 2 tsp sweet paprika
- 1 tbs light tahini
- Sea salt
- Black pepper, freshly ground
- 350 g lentil pasta
- Broad-leaf parsley

1. Finely chop onion, garlic, red pepper and chilli and sauté in a pan with the oil.
2. Add the other ingredients, except the pasta and parsley. Let the dish simmer over medium heat for 20-25 min.
3. Cook the lentil pasta according to the instructions on the packet.
4. Serve the stew with pasta and roughly chopped parsley.

#### Nutritional content per serving:

Energy: 494 kcal • Protein: 34 g • Fat: 8 g • Carbohydrate: 78 g • Dietary fibre: 11 g

### TIP

If you can't find lentil pasta, the dish also tastes delicious with naan bread or rice.



## Broccoli waffles with pea hummus, avocado and dukkah

### 4 SERVINGS

#### Waffles:

- ½ broccoli, small
- 2 eggs
- 1 spring onion
- 100 g grated cheese
- 100 g buckwheat flour
- 1 tsp baking soda
- Sea salt
- Black pepper, freshly ground

#### Pea hummus:

- 240 g cooked chickpeas
- 300 g peas, thawed from frozen
- 1 clove of garlic
- 1 tbs light tahini
- 1 tbs extra virgin olive oil
- ½ lemon, juice
- 1 handful of fresh herbs, like broad-leaf parsley
- Sea salt
- Black pepper, freshly ground

#### Dukkah:

- 100 g pistachios
- 50 g pumpkin seeds
- 4 tbs sesame seeds
- 50 g almonds
- 2 tsp ground cumin
- 1 tsp chilli flakes
- ½ tsp sea salt
- Black pepper, freshly ground

#### Garnish:

- 1 handful of fresh herbs
- Lime or lemon, juice

1. Blend all ingredients for the batter. Let it rest for 10 mins.
2. Turn on the waffle iron.
3. Pour the batter into the waffle iron and bake 4 lightly golden waffles.
4. Blend all the ingredients for the hummus.
5. Roughly chop nuts and almonds. Fry all ingredients for the dukkah in a dry pan over medium heat for 5 min.
6. Serve the waffles warm with hummus, herbs, dukkah and a drizzle of lemon juice.

#### Nutritional content per serving:

Energy: 497 kcal • Protein: 25 g • Fat: 25 g • Carbohydrate: 49 g • Dietary fibre: 10 g



## Fish tortilla with a tropical salsa

### 2 SERVINGS

#### Fish:

- 250 g white fish, like cod
- 1 tbs extra virgin olive oil
- ½ ts garlic powder
- ¼ tsp chilli powder
- Sea salt
- Black pepper, freshly ground

#### Salsa:

- ½ mango
- 1 slice of pineapple 1 cm thick
- ½ yellow pepper
- 8 yellow cherry tomatoes
- ½ red onion, small
- 1 chilli
- ½ lime, juice
- 1 tsp extra virgin olive oil
- 1 handful of fresh coriander
- Sea salt
- Black pepper, freshly ground

#### Accompaniments:

- 100 g white cabbage
- 1 handful of fresh coriander
- 4 wholegrain tortillas
- 2 tbs crème fraîche

1. Heat the oven to 175° C.
2. Cut fish into bite-sized chunks. Mix oil with the spices, and roll the fish into the mixture. Distribute in an ovenproof dish, and bake for 15 minutes.
3. Cut fruit and vegetables finely for the salsa. Pour into a bowl along with lime, oil and coriander. Stir together thoroughly and season with salt and pepper.
4. Cut white cabbage and coriander finely. Warm the tortillas in the pan, and serve with cabbage, baked fish, tropical salsa, crème fraîche and coriander.

#### Nutritional content per serving:

Energy: 532 kcal • Protein: 33 g • Fat: 16 g • Carbohydrate: 65 g • Dietary fibre: 9 g

# Satisfying salads



● **SUSHI SALAD**  
with spinach, edamame  
beans and miso dressing

The one  
with  
salmon

***If you're one of those people who can't get full from 'just' eating a salad, try these recipes.*** Here are three salads packed with filling ingredients such as chicken, quinoa, cabbage, avocado, salmon and eggs.



● **CHICKEN SALAD**  
with quinoa, broccoli,  
peas and green pesto

*The one  
with  
chicken*

● **VEGAN SALAD**  
with sweet potato,  
chickpeas and  
tahini dressing



The  
veggie  
one



● **SUSHI SALAD**  
with salmon, edamame beans  
and miso dressing

2 SERVINGS

- 75 g/2½ oz chestnut mushrooms
  - 1 tbsp soy sauce
  - 225 g/8 oz salmon fillet\*
  - 50 g/1¾ oz spinach
  - 100 ml/3½ fl oz red cabbage, finely chopped
  - 100 g/3½ oz edamame beans
  - 1 carrot, shredded
  - 1 avocado, diced
  - 1 spring onion, finely chopped
  - 1 tsp black sesame seeds
  - 10 dried cranberries
- Miso dressing:
- 1 tbsp white miso paste
  - ½ tbsp sesame oil
  - Juice from ¼ lime
  - ½ tbsp soy sauce
  - ¾ tbsp sesame seeds, toasted

1. Fry the mushrooms over high heat in the soy sauce for a few minutes.
2. Next, make the miso dressing by thoroughly mixing all the ingredients together. If it's too thick, add a little water until you reach the desired consistency.
3. Dice the salmon and arrange in two bowls with the rest of the salad ingredients and add ½ tbsp of miso dressing to each.

Nutritional content per person:

- Energy: 559 kcal • Protein: 35.1 g
- Fat: 35 g • Carbohydrate: 32.6 g
- Dietary fibre: 11 g

\* Completely fresh and bought specifically for the purpose, preferably from a fishmonger or from a well-stocked supermarket and then frozen at -20°C/-4°F for at least 24 hours.

**INGREDIENTS  
TO MAKE YOUR  
SALAD MORE FILLING**

**PROTEIN:** Choose chicken, tuna, salmon, chickpeas, dried beans/lentils, eggs or parmesan cheese.

**FAT:** Choose salmon, parmesan, avocado, nuts or oil dressing.

**FIBRE:** Choose any kind of cabbage, carrots or green peas.



● **CHICKEN SALAD**  
with quinoa, broccoli,  
peas and green pesto

2 SERVINGS

- 2 chicken breast fillets
  - 100 ml/3½ fl oz quinoa
  - ¼ broccoli, 100g/3½ oz in small florets
  - ½ avocado, finely sliced
  - 100 ml/3½ fl oz peas
  - 100 ml/3½ fl oz blueberries
  - 100 ml/3½ fl oz red cabbage, finely chopped
  - 1 handful of fresh basil
  - 8 green olives
- Green pesto:
- 40 g/1½ oz pine nuts
  - 3 large handfuls of fresh basil
  - 50 ml/1¾ fl oz olive oil
  - Juice from ¼ lemon
  - 40 g/1½ oz Parmesan cheese, finely grated
  - ½-2 cloves of garlic, adjust amount to taste
  - 1 tsp wheatgrass powder or spirulina or matcha (optional)
  - Sea salt
  - Ground black pepper

1. Fry the chicken fillets and cook the quinoa according to the packet instructions.
2. Meanwhile, make the pesto. Place all the ingredients, except the garlic, in a food processor or mini chopper. Process until you have a delicious and creamy pesto. Flavour with crushed garlic and extra salt, pepper and herbs, if desired.
3. Prepare the salad by mixing all the ingredients. Add 2 tbsp pesto and toss the salad well. Serve the salad in two bowls with extra pesto on the side.

Nutritional content per person:

- Energy: 515 kcal • Protein: 38.9 g
- Fat: 22.7 g • Carbohydrate: 43.9 g
- Dietary fibre: 9.7 g



● **VEGAN SALAD**  
with sweet potato, chickpeas  
and tahini dressing

2 SERVINGS

- 1 tin of chickpeas, drained and rinsed
  - 250 g/8¾ oz sweet potatoes, diced
  - 1 tbsp olive oil
  - 1 tsp ground cumin
  - 1 tsp paprika
  - ⅓ tsp garlic powder
  - ¼-½ tsp cayenne pepper
  - Sea salt
  - Ground black pepper
- Salad:
- 50 g/1¾ oz kale, finely chopped
  - 50 g/1¾ oz mixed salad leaves
  - ½ orange, thinly sliced
  - 1 carrot, shredded
  - 1 small beetroot, finely grated
  - 1 tsp black sesame seeds
- Tahini dressing:
- 1 clove garlic, finely chopped
  - Juice from ½ lemon
  - 2 tbsp tahini (ground sesame seed paste)
  - 1 tsp maple syrup or acacia honey
  - Sea salt
  - Ground black pepper
  - 50 ml/1¾ fl oz water

1. Spread the chickpeas on a clean tea towel and dry them carefully. Place them in a bowl with the diced sweet potatoes. Add the oil and spices and stir well.
2. Spread the sweet potatoes and chickpeas on a baking tray lined with baking paper. Bake at 200°C/400°F/Gas Mark 6 for about 25 minutes until the chickpeas are crispy and the sweet potatoes are tender. Feel free to turn them over during this time.
3. Make the dressing by blending all the ingredients until they take on a delicious, creamy consistency.
4. Serve chickpeas and sweet potatoes with kale, salad leaves, orange, carrot, beetroot, sesame seeds and 1 tbsp tahini dressing. Serve immediately.

Nutritional content per person:

- Energy: 479 kcal • Protein: 16.7 g
- Fat: 19.2 g • Carbohydrate: 68.6 g
- Dietary fibre: 16.4 g

# Cabbage

## ON THE MENU



Cabbage is the kitchen garden's darling – cheap and bursting with dietary fibre and vitamins. For every bite you eat, you are one step closer to a longer life, as cabbage is one of the healthiest vegetables you can eat.

Pointed  
cabbage

● **CABBAGE-HOTDOG**  
with courgette falafel  
and chilli cream



Brussels  
sprouts  
and kale

● 2 TYPES OF  
CABBAGE  
with quinoa,  
avocado and egg



Kale

● **CABBAGE SALSA**  
on toast with avocado  
and poached eggs

● **CABBAGE ROLLS**  
with mushrooms, rice and  
teriyaki

Savoy  
cabbage



**Palm  
cabbage  
and kale**

**● CABBAGE SOUP  
with greens, pesto and  
parmesan**

**● CABBAGE SOUP  
with greens, pesto and  
parmesan**

2 SERVINGS

- **100 g palm cabbage and kale**, chopped
- **75 g leeks**, finely chopped
- **50 g celery**, chopped
- **75 g green beans**, chopped
- **800 ml vegetable stock**
- **50 g edamame beans**, frozen
- **Sea salt**
- **Black pepper**, fresh ground
- **1 tbs green pesto**
- **15 g parmesan**, grated
- **2 large slices of wholemeal bread**, 150 g in total

- 1.** Prepare the cabbage, leeks, celery and green beans.
- 2.** Boil them in stock for around 5 minutes, so they keep a slight bite. Add the edamame beans 30 seconds before the rest of the veg is cooked.
- 3.** Season with salt and pepper.
- 4.** Serve the soup piping hot, topped with pesto and parmesan and warm bread on the side.

Nutritional content per serving:

- Energy: 353 kcal • Protein: 20 g
- Fat: 9.5 g • Carbohydrate: 46.2 g
- Dietary fibre: 10 g

**CLEAN  
CABBAGE**

**When you cook  
cabbage, always discard  
the outer leaves. This is  
where most bacteria from  
hands and soil hide.**



## ● CABBAGE-HOTDOG with courgette falafel and chilli cream

2 SERVINGS

- **200 g chickpeas**, cooked (equivalent to 80 g dried). You can also use canned chickpeas
- **125 g courgettes**, grated
- **50 g spinach**, steamed
- **½ green chilli**, seedless
- **½ tsp cumin**
- **1 small clove of garlic**
- **50 g wheat flour**
- **Sea salt**
- **Black pepper**, freshly ground
- **Oil** for frying

Chilli cream:

- **½ green chilli**, finely chopped without seeds
- **1 tsp tahini**
- **1 pinch of organic lime peel**, finely grated
- **2 tsp lime juice**
- **100 ml Greek yoghurt**, 2%
- **Sea salt**
- **Black pepper**, freshly ground

For serving:

- **2-4 pointed cabbage leaves** or savoy cabbage
- **Sugarsnap peas**, sliced
- **Pea shoots**

1. Rinse the cooked chickpeas in cold water and drain. Blend them with courgettes, spinach – drained – and the chilli.
2. Add cumin, crushed garlic, flour, salt and pepper to the chickpea mix.
3. Shape the mixture into small falafel balls, and fry them in oil until crisp and golden. Place the balls on a piece of kitchen roll.
4. Make up the chilli cream.
5. Rinse the cabbage leaves and fill them with falafel, chilli cream, sugarsnap peas and pea shoots.

Nutritional content per serving:

- Energy: 353 kcal • Protein: 15.8 g
- Fat: 11.7 g • Carbohydrate: 42.8 g
- Dietary fibre: 8 g

## ● 2 TYPES OF CABBAGE with quinoa, avocado and egg

2 SERVINGS

- **125 g quinoa**
- **1 tbs olive oil**
- **¼ organic lemon**, peel
- **2 tbs lemon juice**
- **Sea salt**
- **Black pepper**, freshly ground
- **250 g Brussels sprouts**
- **150 g kale**
- **2 eggs**
- **1 ripe avocado**
- **1 tbs salted pistachio nuts**, shelled and chopped

1. First rinse, then boil quinoa in lightly salted water as directed on the package. Cool, then toss it in a marinade of olive oil, grated lemon peel, lemon juice, salt and pepper.
2. Discard the outer leaves of the Brussels sprouts. Then cut the sprouts into thin slices.
3. Finely chop the kale and mix both cabbages with the quinoa.
4. Boil the eggs for 7 minutes.
5. Halve the avocado, remove the stone and peel, and cut the flesh into slices.
6. Plate up 2 servings of quinoa salad and avocado. Peel and halve the eggs and add them. Sprinkle with pistachios and serve.

Nutritional content per serving:

- Energy: 549 kcal • Protein: 26.7 g
- Fat: 28.1 g • Carbohydrate: 71 g
- Dietary fibre: 7 g

## ● CABBAGE SALSA on toast with avocado and poached egg

2 SERVINGS

- **100 g kale**, finely chopped
- **25 g green olives**, finely chopped
- **1 tbs pumpkin seeds**, roasted
- **2 tsp lime juice**
- **2 tsp olive oil**
- **Sea salt**
- **Black pepper**, freshly ground
- **2 large slices wholemeal bread**, 150 g in total
- **A few drops of vinegar**
- **2 eggs**, m/l
- **1 ripe avocado**
- **A little lime juice**

1. Mix kale, olives and pumpkin seeds, and add lime juice, olive oil, salt and pepper.
2. Toast the bread.
3. Bring a pot of lightly salted water to the boil. Add a few drops of vinegar and allow the water to simmer.
4. Crack an egg into a cup before pouring it into the pan. Use a slotted spoon to keep the whites gathered around the yolk. Let it simmer in the water for 3 minutes. Repeat with the other egg.
5. Halve the avocado, and remove the stone and peel. Mash half an avocado on each slice of bread.
6. Place an egg on top of each slice, and sprinkle well with cabbage salsa. Serve immediately.

Nutritional content per serving:

- Energy: 463 kcal • Protein: 17 g
- Fat: 23 g • Carbohydrate: 45 g
- Dietary fibre: 12 g

## ● CABBAGE ROLL with mushrooms, rice and teriyaki

2 SERVINGS

- **8 savoy cabbage leaves** or pointed cabbage
  - **250 g shiitake mushrooms** or regular white mushrooms
  - **A little oil** for frying
  - **1 onion**, finely chopped
  - **1 clove of garlic**, finely chopped
  - **2 spring onions**, sliced
  - **1 green chilli**, finely chopped and without seeds
  - **250 g rice**, cooked
  - **50 g roasted cashew nuts**, chopped
  - **50 ml teriyaki sauce**
- For serving:
- **1 tbs sesame seeds**
  - **Cress** or other herb
  - **Add extra rice if wanted**

1. Blanch the cabbage leaves by immersing them in boiling water for 30 seconds. Lift them, then dip them quickly in cold water and let them drain off on a tea towel.
2. Slice the mushrooms into small pieces and sauté them gently in oil together with the onion and garlic, until the onions are ready.
3. Add spring onions and chilli, and sauté briefly.
4. Mix with rice and cashews.
5. Spread the rice mixture on the cabbage leaves and wrap each leaf around the filling.
6. Place the cabbage rolls with the fold facing down in a baking tray. Add boiling water so that the bottom of the tray is covered. Cook in the oven for 15 minutes at 200° C. Pour over teriyaki sauce, and bake for a further 5 minutes.
7. Garnish with sesame seeds and watercress.

Nutritional content per serving:

- Energy: 491 kcal • Protein: 19.6 g
- Fat: 16.2 g • Carbohydrate: 65.7 g
- Dietary fibre: 4.3 g

# Sumptuous soups

There's a tradition of serving soup to the sick, but we hope you're feeling well! In any case, our soups are delicious – both when you have a sore throat and when you're just looking for something that's **healthy and flavoursome, while being both environment and budget-friendly.**

Easy curry soup with chicken and coconut milk

## TIP

You can use leftover cooked carrots in the soup, and shrimp instead of chicken – just stir it in at the end.

**TIP**

If the soup's a little too thin, add a pinch of cornflour to thicken it.

**Tomato and pepper soup  
with roasted chickpeas**

A spoonful of Greek yogurt on top provides a delicious contrast between hot and cold.

**TIP**

If you're vegetarian, try diced apples garnished with roasted pumpkin seeds.





## Kale soup with potatoes, salmon and rye bread croutons

### SERVES 4

- 1 tbsp extra virgin olive oil
- 1 large onion
- 3 cloves of garlic
- 250 g/9 oz potatoes, diced
- 1 litre (1¼ pints) vegetable stock
- 250 g/9 oz kale
- 200 ml/7 fl oz skimmed milk
- Sea salt
- Black pepper, freshly ground

#### Rye bread croutons:

- 100 g/3½ oz rye bread
- 1 tbsp extra virgin olive oil
- 1 tsp dried herbs

#### Salmon:

- 300 g/10½ oz salmon fillet
- 1 tbsp extra virgin olive oil

#### Serve with:

- Fresh basil

1. Place the oil, chopped onion and crushed garlic in a pan and sauté for a few minutes.
2. Add the peeled potatoes and stock, then bring the soup to the boil. Simmer for 20 min.
3. Cut the rye bread into thin, bite-sized pieces. Place on a baking sheet and sprinkle the pieces with oil, salt and pepper.
4. Put the salmon in an ovenproof dish, brush with oil and sprinkle with salt and pepper.
5. Bake both the rye bread and salmon for around 175° C/345° F/Gas Mark 4 in a fan oven.
6. Add the coarsely chopped kale and let the soup boil for a few min. Blend the soup and add milk, salt and pepper. Let the soup simmer for a few minutes.
7. Serve the soup with salmon, rye bread croutons and fresh basil on top.

 **Cooking time:**  
30 minutes.

#### Nutritional content per person

Energy: 411 kcal • Protein: 24 g • Fat: 21 g  
• Carbohydrates: 36 g • Dietary fibre: 7 g



## Easy curry soup with chicken and coconut milk

### SERVES 4

- 1 red onion
- 2 cloves of garlic
- 1 tbsp ginger
- 1 tbsp extra virgin olive oil
- 2 carrots
- 1 red pepper
- 3 tbsp yellow curry paste
- ½ tsp turmeric
- 400 g/14 oz chicken breast fillet
- 1½ litres/2¾ pints chicken stock
- 150 g/5½ oz wholewheat noodles
- 1 can light coconut milk
- 125 g/4½ oz sugar snap peas
- Handful of fresh coriander
- Sea salt
- Black pepper, freshly ground
- Juice from ½ lime

#### Serve with:

- 2 spring onions
- ½ chilli
- Fresh coriander

1. Coarsely chop the onion and finely chop the garlic and ginger. Sauté the ingredients in oil in a large pan for a few minutes.
2. Add finely chopped carrot and red pepper. Sauté for a few min more.
3. Add curry paste, turmeric, chicken, and stock. Bring to the boil, cover, and then simmer for 20 minutes.
4. Remove the chicken and shred it with two forks. Pour back into the soup with the coconut milk, sugar snap peas cut in half, coriander, and noodles. Simmer until the noodles are ready (see package instructions).
5. Season the soup with salt, pepper and lime juice and then serve with finely chopped spring onions, chilli, and coriander.

 **Cooking time:**  
30 minutes.

#### Nutritional content per person

Energy: 413 kcal • Protein: 30 g • Fat: 14 g  
• Carbohydrates: 45 g • Dietary fibre: 9 g



## Tomato and pepper soup with roasted chickpeas

### SERVES 4

- 1 tbsp extra virgin olive oil
- 2 onions
- 2 cloves of garlic
- 1 red pepper
- 2 cans chopped tomatoes
- 140 g/5 oz tomato paste
- 500 ml/18 fl oz vegetable stock
- 1 tbsp acacia honey
- 2 tbsp balsamic vinegar
- ½ tsp thyme
- Sea salt
- Black pepper, freshly ground

#### Roasted chickpeas:

- 1 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar
- 1 tsp acacia honey
- 1 tsp salt flakes
- 1 can chickpeas

#### Serve with:


- 4 tbsp low-fat Greek yoghurt
- Fresh thyme

1. Heat the oven to 200° C/400° F/Gas Mark 6.
2. Start with the chickpeas. Mix the oil, vinegar, honey and salt together.
3. Add the drained chickpeas and stir until they're covered in the marinade.
4. Pour the chickpeas onto a baking sheet lined with baking paper and roast for approximately 25 minutes until crispy. Stir a few times.
5. Place the oil, onion and crushed garlic in a pan and sauté.
6. Add the coarsely chopped peppers and sauté for a few min.
7. Add the tomato, stock, honey, vinegar and spices to the soup and bring to the boil. Simmer for 20 min. Blend and bring to the boil briefly.
8. Serve the soup with yoghurt, roasted chickpeas and fresh thyme.

 **Cooking time:**  
30 minutes.

#### Nutritional content per person

Energy: 386 kcal • Protein: 12 g • Fat: 12 g  
• Carbohydrates: 50 g • Dietary fibre: 10 g



Green lentils taste heavenly in salads or vegetarian dishes.


You get lots of FIBRE from:

- Lentils
- Hazelnuts
- Root veg

# Fibre-rich favourites

If you think self-righteous and soul-destroying when we say dietary fibre, you need to think again. We've upgraded four of our favourite dishes to **offer a feast of fabulous fibre** – and still taste amazing.

Buddha bowl with salmon, lentils and roasted root vegetables



Quinoa casserole  
with beans, peas  
and basil

This dish provides  
almost all the fibre  
you need for one day.

You get lots  
of FIBRE from:

- Beans
- Quinoa
- Peas

Pasta salad with grilled chicken, cabbage and raspberries



You get about three times as much fibre when you choose wholewheat pasta over regular.

You get lots of FIBRE from:

- Wholewheat pasta
- Almonds
- Avocado



Remember to drink plenty of water – otherwise the fibre can be counterproductive and cause constipation.

**Moroccan chickpea stew with bulgur wheat and mint**



**You get lots of FIBRE from:**

- Chickpeas
- Bulgur wheat
- Carrot



## Buddha bowl with salmon, lentils and roasted root veg

### SERVES 4

- 800 g/1lb 12 oz root vegetables of your choice, such as carrots, beetroot and parsnips
- 1 tbsp extra virgin olive oil
- 2 tsp rosemary
- Sea salt
- Black pepper, freshly ground
- 1 tin green lentils
- 350 g/12 oz hot smoked salmon
- 50 g/1¾ oz hazelnuts
- 125 g/4½ oz lamb's lettuce

#### Dressing:

- 2 handfuls of fresh herbs, such as basil, chives or parsley
- 150 ml/5 fl oz Greek yoghurt
- 1 tsp lime juice
- 1-2 tsp wholegrain mustard
- Sea salt
- Black pepper, freshly ground

1. Heat the oven to 200°C/400°F/Gas Mark 6.
2. Peel the root vegetables and cut into pieces. Place in an ovenproof dish. Drizzle with oil, rosemary, salt and pepper. Roast for around 25 minutes.
3. Prepare the dressing: finely chop the herbs and mix with the Greek yoghurt, lime juice, mustard, salt and pepper.
4. Arrange the lentils, root vegetables, salmon, nuts, lettuce and dressing in four bowls and serve immediately.

#### **Nutritional content per serving:**

Energy: 486 kcal • Protein: 37 g • Fat: 19 g • Carbohydrate: 47 g • Dietary fibre: 11 g



## Quinoa casserole with beans, peas and basil

### SERVES 2

- 1 onion
- 1 clove of garlic
- ½ sweet pepper
- 1 tin chopped tomatoes
- 1 tin cannellini beans
- 250 ml/8 fl oz water
- 1 vegetable stock cube
- 1 tsp oregano
- ½ tsp thyme
- 115 g/4 oz quinoa
- 1 handful of basil
- 1 handful of flat-leaf parsley
- 110 g/4 oz frozen peas
- 2 slices of crusty bread, optional

1. Finely chop the onion, garlic and sweet pepper.
2. Add all ingredients except peas, herbs and bread to a saucepan and bring to the boil. Turn down the heat, cover and simmer for around 20 minutes.
3. Roughly chop the herbs and add them along with the peas. Simmer for five more minutes.
4. Serve with crusty bread on the side.

#### **Nutritional content per serving**

(excluding bread): Energy: 490 kcal • Protein: 27 g • Fat: 5 g • Carbohydrate: 93 g • Dietary fibre: 19 g



## Pasta salad with chicken, cabbage and raspberries

### SERVES 4

- 250 g/9 oz wholewheat pasta
  - 3 chicken fillets
  - 50 g/1¾ oz almonds
  - 2 avocados
  - 1 small sweetheart cabbage
  - 125 g/4½ oz raspberries
- Dressing:
- 150 ml/5 fl oz kefir
  - 1 or 2 cloves of garlic, crushed
  - 2 tbsp lemon juice
  - Sea salt
  - Black pepper, freshly ground

1. Cook the pasta according to the instructions on the packet and refrigerate.
2. Grill the chicken fillets.
3. Mix all the dressing ingredients together.
4. Stir the dressing into the pasta.
5. Roughly chop the almonds, slice the avocado and finely chop the cabbage. Divide the pasta mix, chicken, almonds, avocado and fresh raspberries between four bowls.

#### **Nutritional content per serving:**

Energy: 595 kcal • Protein: 39 • Fat: 21 g • Carbohydrate: 72 g • Dietary fibre: 15 g



## Moroccan chickpea stew with bulgur wheat and mint

### SERVES 4

- 120 g/4¼ oz wholegrain bulgur wheat
- 2 onions
- ½ aubergine
- ½ squash
- 1 carrot
- 2 tbsp ginger
- 3 cloves of garlic
- 1 tbsp extra virgin olive oil
- 1 tin chopped tomatoes
- 3 tbsp tomato purée
- 1 tbsp acacia honey
- 500 ml/16 fl oz vegetable stock
- 1½ tsp cinnamon
- 1½ tsp ground cumin
- 1 tsp paprika
- Sea salt
- Black pepper, freshly ground
- 2 tins chickpeas
- 6 dried apricots, roughly chopped
- 12 pistachios, roughly chopped
- 1 handful of fresh mint

1. Cook the bulgur wheat according to the instructions on the packet.
2. Roughly chop the onion, aubergine, squash and carrot, and finely grate the ginger and garlic.
3. Put oil in a large pan and sauté the vegetables for 5-10 minutes. Add the chopped tomatoes, tomato purée, honey, stock and spices, and bring to the boil. Turn down the heat, cover and simmer for 30 minutes.
4. Add the chickpeas and simmer for five more minutes or until vegetables are tender.
5. Serve with bulgur wheat, apricots, pistachios and mint.

#### **Nutritional content per serving**

Energy: 488 kcal • Protein: 20 g • Fat: 10 g • Carbohydrate: 87 g • Dietary fibre: 17 g

## DIETARY FIBRE

is filling, keeps blood sugar levels stable and prevents lifestyle diseases, so the more the better. It is recommended that you get a minimum of 25 grams daily.

# PASTA WITH AVOCADO PESTO AND BAKED TOMATOES

2 SERVINGS • 15 minutes

- 150 g wholemeal pasta
- Sea salt
- 10 San Marzano tomatoes
- 20 g peanuts, or pumpkin seeds/  
peeled almonds
- 1 avocado
- 20 g finely grated peccorino,  
or parmesan
- 1 small bunch of basil, save a little  
for serving
- 1 lemon
- A pinch of black pepper

Nutritional content per serving:

• Energy:	495 kcal
• Protein:	18.1 g
• Fat:	17.2 g
• Carbohydrate:	74.1 g
• Dietary fibre:	13.5 g

Cook the pasta according to the package instructions. Cut the tomatoes in half, and bake them at 200° C for 10 minutes. Toast the nuts in a dry pan and blend them with avocado flesh, cheese, basil and a little lemon juice. Season the pesto with lemon, salt and pepper. Flip the hot pasta with the pesto. Serve with tomatoes and basil.

**TIP!** Use 1 tsp salt per litre of water, when cooking pasta.





## ORANGE GLAZED SALMON WITH FENNEL CRUDITÉS

2 SERVINGS

- 2 salmon pieces about 125 g/4½ oz each
  - 1 fennel bulb
  - 2 lime
  - 1 lemon
  - Sea salt
  - A handful of fresh mint leaves
  - 1 tbs extra virgin olive oil
- [Salmon marinade](#)
- 2 tbs soy sauce

- 4 tbs orange juice
- 1 tbs maple syrup
- 1 tsp ground ginger
- A pinch of black pepper

Pick out any bones from the fish. Mix the marinade and brush it over the top of the salmon. Dip the fish in the marinade too. Cover with film and refrigerate for an hour.

Cut the fennel finely on a chopping board and marinate it in the juice from one lime and a half lemon. Season with salt and pepper, taste it. Fry fish in olive oil in a non-stick pan, first on the upper side for about three minutes, then turn the fish and finish on the skin side. Check the flesh to see when it is cooked. At the last minute of frying, spoon the rest

Nutritional content per serving:

• Energy:	334 kcal
• Protein:	25.8 g
• Fat:	18.7 g
• Carbohydrate:	16.7 g
• Dietary fibre:	1.9 g

of the marinade over the fish. Serve with lime and lemon slices, fennel crudités and mint.

# CHICKEN WITH MASHED SWEET POTATO AND GREEN BEANS

2 SERVINGS • 20 minutes

- 1-2 sweet potatoes, 300 g net weight
- Water or chicken or vegetable stock
- 2 chicken breast fillets
- Extra virgin olive oil
- 2-4 cloves of garlic
- Sea salt
- 200 g green beans
- Cold-pressed rapeseed oil
- 1 organic lemon
- 1 stem broad-leaf parsley
- A pinch of black pepper

Peel the potatoes, and cut them into cubes. Put them in a saucepan and cover them with water or broth. (If you use water, add a sprig of thyme, a shallot and a bay leaf. Remove them before blending). Cook the potatoes for around 10 minutes.

Pat the chicken fillets dry; spray, brush or rub with olive oil. Then rub the surface with finely crushed garlic. Grill or fry the chicken, and give it a light sprinkle of salt.

Prepare the beans and soak them in lightly salted water with rapeseed oil drip for 3 minutes.

Drain the potato cubes and blend with 1 tbs olive oil and 1 tbs rapeseed oil – and add water until you get your desired consistency. Season with salt.

Julienne the lemon, and lightly chop the parsley leaves.

Serve the chicken fillets with lemon and parsley – beans and mash.

Garnish with black pepper.

## Nutritional content per serving:

• Energy:	433 kcal
• Protein:	30 g
• Fat:	20.8 g
• Carbohydrate:	27.8 g
• Dietary fibre:	8.3 g





## BAKED SALMON WITH PESTO, BEANS AND PARMA-CRISP

2 SERVINGS • 30 minutes

- 250 g new potatoes
- 2 slices Parma ham
- 1 tbs pine nuts
- 2 salmon fillets 125 g
- 3 tbs pesto\*
- 150 g green beans
- 150 g sugar snap peas
- A small handful dill tips
- 1 lime

Scrub the potatoes, and soak them in lightly salted water for about 12 minutes. Fry the ham in the oven until crispy at 200° C for about 7 minutes. Let it cool and chop it. Toast the pine nuts. Take the skin off the salmon, cut it into small pieces, coat it with pesto, and bake it at 200° C for 12 minutes. Prepare beans and sugar snap peas. Fry the beans in lightly salted water with a little rapeseed oil for 3 minutes. Add the peas at the last minute. Drain. Serve the salmon with potatoes and top with dill, beans, peas, crispy ham, pine nuts and lime on the side.

Nutritional content per serving:

• Energy:	538 kcal
• Protein:	37.5 g
• Fat:	29.7 g
• Carbohydrate:	34.1 g
• Dietary fibre:	6 g

**\*PESTO**  
 2 bunches of basil • 60 g toasted pine nuts • 2 cloves crushed garlic • 100 ml extra virgin olive oil • 50 g grated parmesan – blend and season with lemon juice and some sea salt and freshly ground pepper.



## TOMATO SOUP WITH BAKED TOMATOES, PEARL BARLEY AND CHILLI

2 SERVINGS • 20 minutes

- 100 g pearl barley
- 14 San Marzano tomatoes or alternative small tomatoes
- Sea salt and a pinch of black pepper
- 500 ml stock
- 400 g chopped tomatoes
- 2 tbs extra virgin olive oil
- Crushed chilli
- Finely chopped/grated garlic
- Fresh basil

Rinse and cook the pearl barley according to the instructions on the packaging.

Cut the tomatoes in half, place them in an oven-proof dish, give them a light sprinkle of salt and a grind of pepper.

Bake the tomatoes in the oven at 190° Celsius for 10 minutes.

Stir stock with chopped tomatoes and simmer for 5 minutes.

Add the oil. Season the soup with salt, pepper, chilli and garlic.

Top the tomato soup with pearl barley and oven-baked tomatoes, and serve with fresh basil.

Nutritional content per serving:

• Energy:	421 kcal
• Protein:	12.9 g
• Fat:	18.2 g
• Carbohydrate:	59.1 g
• Dietary fibre:	14.2 g

### SOUP FROM THE FREEZER IS A HIT ON BUSY DAYS!

Make a batch of soup when you are cooking, and freeze the rest in portions. Then you have easy, healthy food for busy days.

# SALAD WITH PEAR AND EDAMAME BEANS

2 SERVINGS • 15 minutes

- 6 halved walnuts
- 100 g salad, like frisé, radicchio and coleslaw
- 150 g cabbage: pointed cabbage, white cabbage and red cabbage
- 80 g edamame beans shelled
- 1 pear
- Lemon
- A small handful of pea shoots
- 20 g shaved parmesan
- 2 tbs Dijon vinaigrette – see recipe\*

Toast the walnuts in a dry pan. Prepare the salad – rinse and toss it dry. Cut the cabbage finely, preferably with a mandoline. Whisk the dressing. Mix the salad and cabbage in a bowl with 2 tbs of dressing and the edamame beans, finely sliced pear, drizzled with lemon, pea shoots, walnuts and parmesan.

EDAMAME BEANS are available in the freezer section of your supermarket with and without pods. In fact, you can buy both conventional and organic.

**\*DIJON VINAIGRETTE** whisked with 1 tbs Dijon mustard, 50 ml white wine vinegar, a pinch of Sea salt and 200 ml extra virgin olive oil. Season with Sea salt and freshly ground black pepper.

Nutritional content per serving:

• Energy:	255 kcal
• Protein:	9.2 g
• Fat:	17.5 g
• Carbohydrate:	18.4 g
• Dietary fibre:	4.9 g



# EGG ROLL WITH SPINACH AND SALMON

2 SERVINGS • 10 minutes

- 200 g baby spinach
- 3 tsp extra virgin olive oil
- Sea salt and a pinch of black pepper
- 2 large eggs
- 100 g smoked salmon
- A small handful dill
- A large handful watercress

Rinse the spinach thoroughly and let it drain. Put it in a saucepan with 1 tsp olive oil and a little salt. Warm through. Once the spinach has wilted, place it in a sieve to drain. Before serving, press it with a spoon so that the moisture is squeezed out of it.

Make two rounds of egg rolls. Beat each egg with a little salt and pepper. Fry each thin omelette in a non-stick pan with 1 tsp olive oil. Fry it on one side, then turn using a pot lid, and fry the other side. Place the omelettes on baking paper, and spread the spinach, salmon and dill on top. Roll the rolls tightly and cut them in half. Serve the rolls on a bed of watercress.

Nutritional content per serving:

• Energy:	236 kcal
• Protein:	20.8 g
• Fat:	15.6 g
• Carbohydrate:	4.6 g
• Dietary fibre:	2.1 g





## BOUILLON WITH CHICKEN, PEAS, BEANS AND HERBS

2 SERVINGS • 20 minutes

- 6 green beans
- Cold-pressed rapeseed oil
- Sea salt
- 500 ml veal stock/bouillon
- 2 cooked chicken breast fillets (boiled in lightly salted water for 15 minutes)
- 100 g freshly shelled peas or thawed, frozen baby peas
- 1 stick of celery
- ½ fennel bulb

- ½ green chilli
  - A small handful coriander
  - A small handful basil
- Accompaniment: 60 g cooked quinoa or brown rice

Cook your chosen accompaniment, quinoa or rice, and set it aside. Cook the beans in lightly salted water with a drizzle of rapeseed oil for 2 minutes, and cut them

into smaller pieces. Heat the stock. Shred the chicken into pieces and add it to the soup. Add peas, celery and fennel. Serve the hot soup in bowls, place the cooked quinoa/rice on top, and garnish with chilli rings, coriander and basil.

Nutritional content per serving:

• Energy:	391 kcal
• Protein:	36,8 g
• Fat:	10,3 g
• Carbohydrate:	41,5 g
• Dietary fibre:	8 g

**MAKE YOUR OWN STOCK!** Make your own stock with veal bones and leek, onion, celery, carrots, parsley root and thyme – cook for 8–10 hours. Or buy the stock ready-made from your butcher or local deli.



## COURGETTE PASTA WITH PRAWNS, WHITE BEANS AND TOMATOES

2 SERVINGS • 20 minutes

- 300 g courgettes
- Sea salt and a pinch of black pepper
- Cold-pressed rapeseed oil
- 4 tbs soaked and cooked white beans, or frozen or tinned
- 300 g large prawns
- ½ tsp dried chilli flakes
- 2 tbs extra virgin olive oil
- 1 clove of garlic
- 1 lemon
- 10 small tomatoes

Cut courgettes into curls on a spiraliser, or into thin strips with a mandoline or peeler. Boil a pot of water with a little sea salt and a splash of rapeseed oil. Poach the squash and beans in the water for about 30 seconds, and pour them into a sieve to drain. Wipe off the prawns with a paper towel. Fry them in one tablespoon of olive oil in a non-stick pan together with chilli and

garlic. Cut a couple of lemons – one for the side dish – and squeeze some of the juice over the prawns. Season with salt and pepper.

Cut the tomatoes into wedges. Serve the courgette and beans with prawns, the last tablespoon of olive oil, tomato and the lemon wedges.

### Nutritional content per serving:

• Energy:	305 kcal
• Protein:	26.8 g
• Fat:	15.3 g
• Carbohydrate:	18 g
• Dietary fibre:	5.5 g

# CHICKEN WITH GREMOLATA AND FRIED SPICY BLACK CABBAGE

2 SERVINGS • 20 minutes

- 2 chicken breast fillets
- Extra virgin olive oil
- Sea salt and a pinch of black pepper
- 1 organic lemon
- 1 small bunch broad-leaf parsley
- 3 cloves of garlic
- 1 bunch/300 g black cabbage, savoy cabbage or green cabbage
- ½ tsp dried chilli flakes

Pat the chicken dry, rub with olive oil, and grill or fry it. Season with salt and pepper.

Make the gremolata: cut/grate the lemon peel finely, and cut/squeeze 1 clove of garlic, and mix it with 2 tbs chopped parsley.

Rinse the cabbage and cut off the lower part, around 5 cm. Remove the central core and cut the cabbage into large cubes.

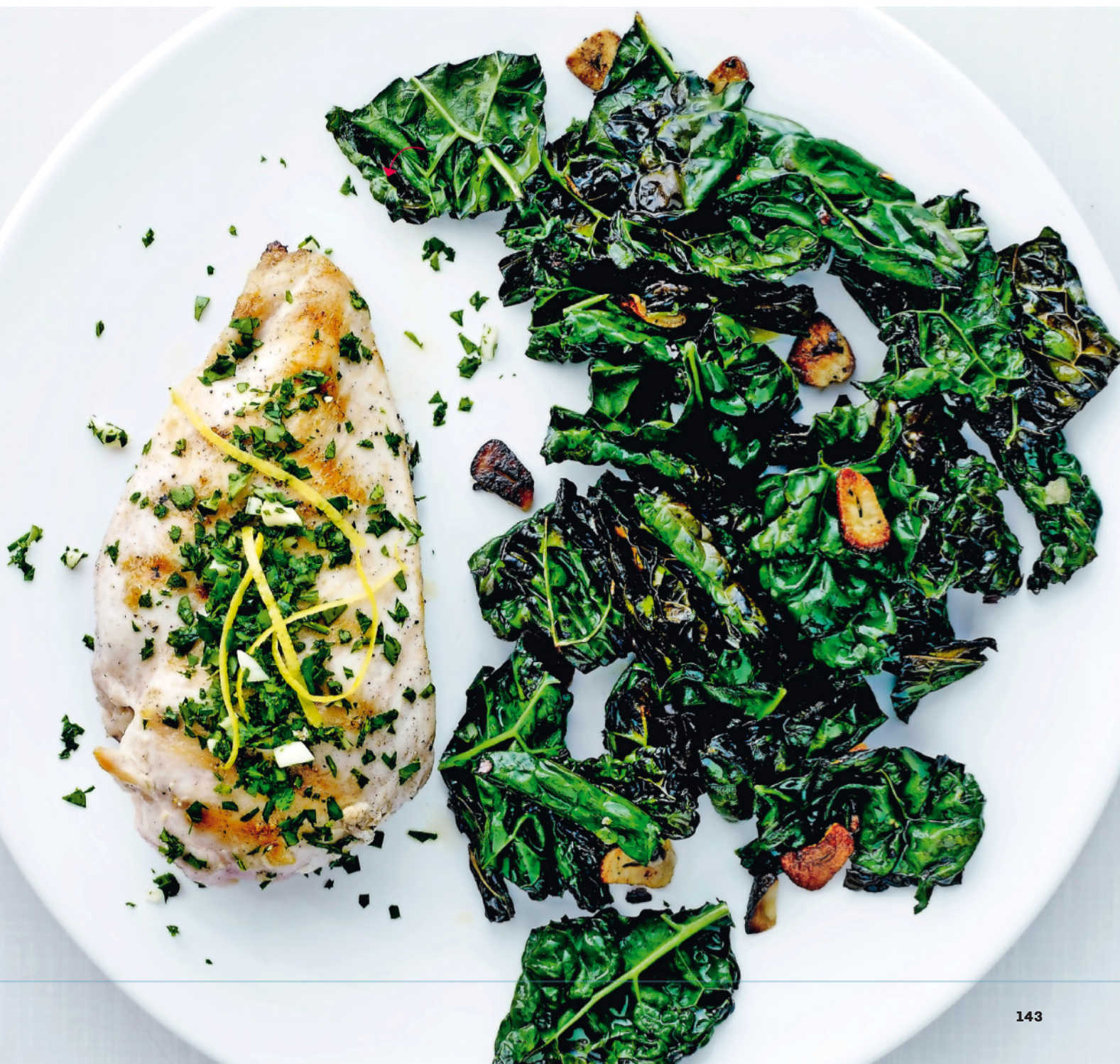
Rinse it again and toss it dry. Cut the last 2 garlic cloves into thin slices. Fry them until golden in 1 tbs olive oil, put them aside on some kitchen roll.

Fry the cabbage in the same oil, season with chilli and salt. Mix cabbage and garlic.

Serve the chicken with gremolata and cabbage with garlic chips and chilli.

Nutritional content per serving:

• Energy:	271 kcal
• Protein:	29.3 g
• Fat:	12.3 g
• Carbohydrate:	12.1 g
• Dietary fibre:	2.1 g



# LEEK AND POTATO SOUP WITH CRISPY BACON AND CHIVES

2 SERVINGS • 20 minutes

- 2 leeks, about 200 g
- 1 tbs extra virgin olive oil
- 1 baked potato, 200 g without skin
- 400 ml chicken/vegetable stock
- 2 slices turkey bacon
- 1 tbs cold-pressed rapeseed oil
- 200 ml skimmed milk
- Sea salt
- A pinch of black pepper

Prepare the leeks; cut them into rings, rinse thoroughly, and let them drain in a sieve or colander. Heat the olive oil in a saucepan. Fry the leeks until soft and shiny. Add 1 tsp salt.

Peel and dice the potato. Put these in the pan, diluted with stock. Simmer for 15 minutes. Cook bacon for a few minutes in a

frying pan over medium heat. Let it cool and then cut it into small pieces.

Mix the soup with rapeseed oil and skimmed milk – and place the pan back on the burner. Let it simmer for a few minutes. Rinse, dry and chop chives. Season the soup with salt and pepper and serve it with chives and bacon.

## Nutritional content per serving:

• Energy:	309 kcal
• Protein:	14.4 g
• Fat:	14.6 g
• Carbohydrate:	32.1 g
• Dietary fibre:	3.9 g





## WHITE FISH WITH SPINACH AND TENDERSTEM BROCCOLI

2 SERVINGS • 30 minutes

- 300 g small new potatoes
- Cold-pressed rapeseed oil
- Sea salt
- A pinch of black pepper
- 100 g spinach
- 2 plaice fillets
- 200 g tenderstem broccoli, or broccoli
- A handful watercress
- A handful pea shoots
- Lime

Scrub the potatoes, pat them dry, and cut them into quarters. Toss them in cold-pressed rapeseed oil, salt and pepper in a bowl or a plastic bag. Place them on baking paper on a baking tray, and bake them at 200° C for 25 minutes. Rinse and toss spinach clean and dry, put it in a pan with 1tsp rapeseed oil, let it reduce, put it in a sieve, and press lightly so that the moisture runs off. Spread spinach on the fish and roll it. Bake in the

oven at 200° C for 8-10 minutes, depending on the thickness of the fillets. Prepare broccoli. Pour water into a pot with a little salt and rapeseed oil, add the broccoli, and cook for 1-2 minutes. Pour off the water. Prepare watercress and pea shoots. Mix the warm potatoes with the watercress. Serve the fish with broccoli, potatoes and pea shoots. Drizzle with lime juice.

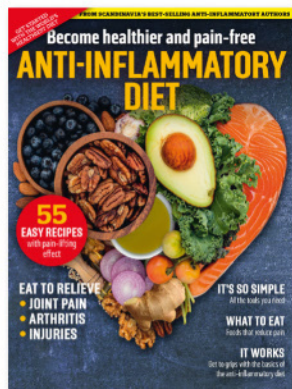
### Nutritional content per serving:

• Energy:	471 kcal
• Protein:	38.2 g
• Fat:	10 g
• Carbohydrate:	61 g
• Dietary fibre:	8.3 g

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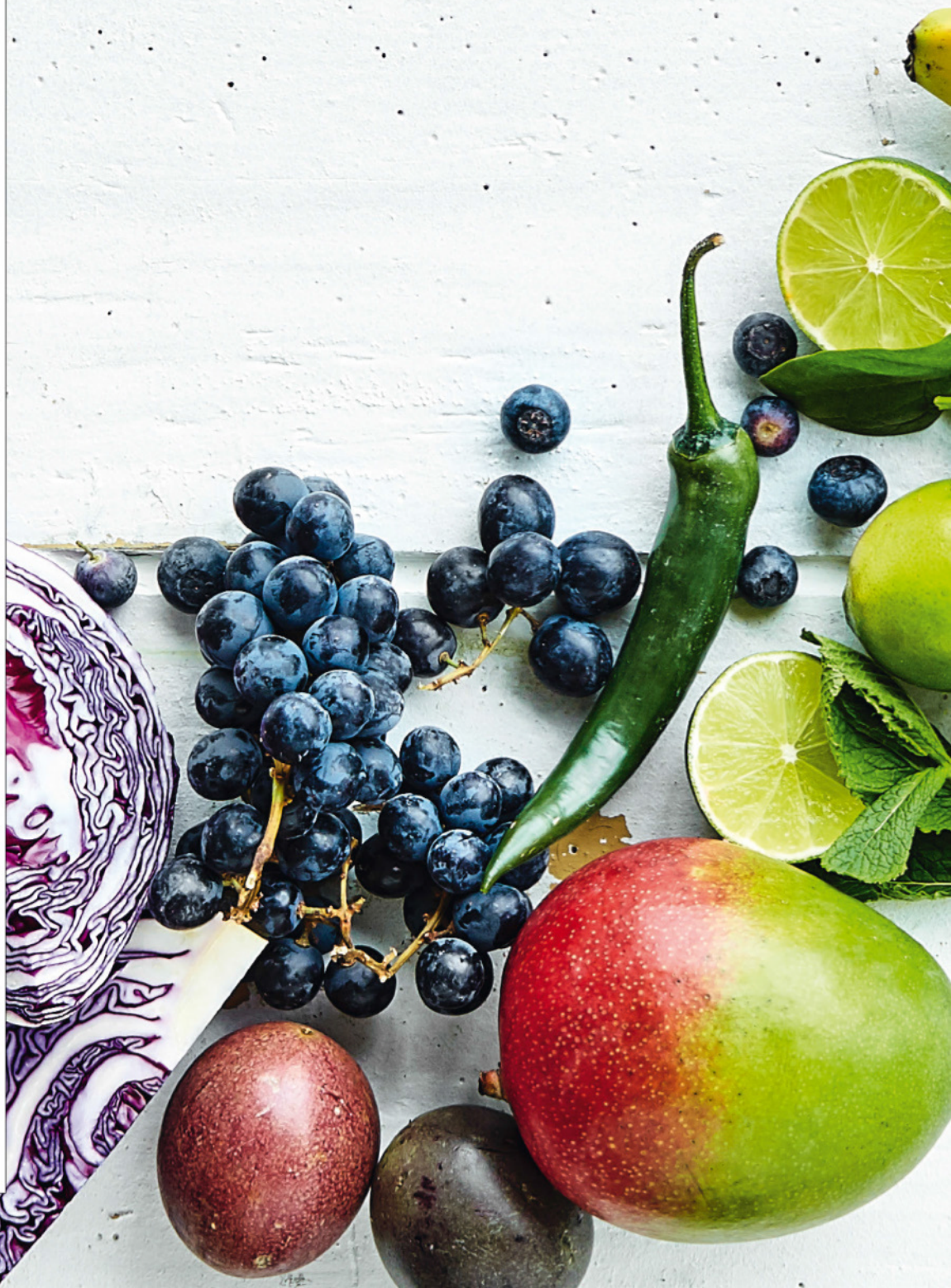
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## GET STARTED WITH THE ANTI-INFLAMMATORY DIET

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