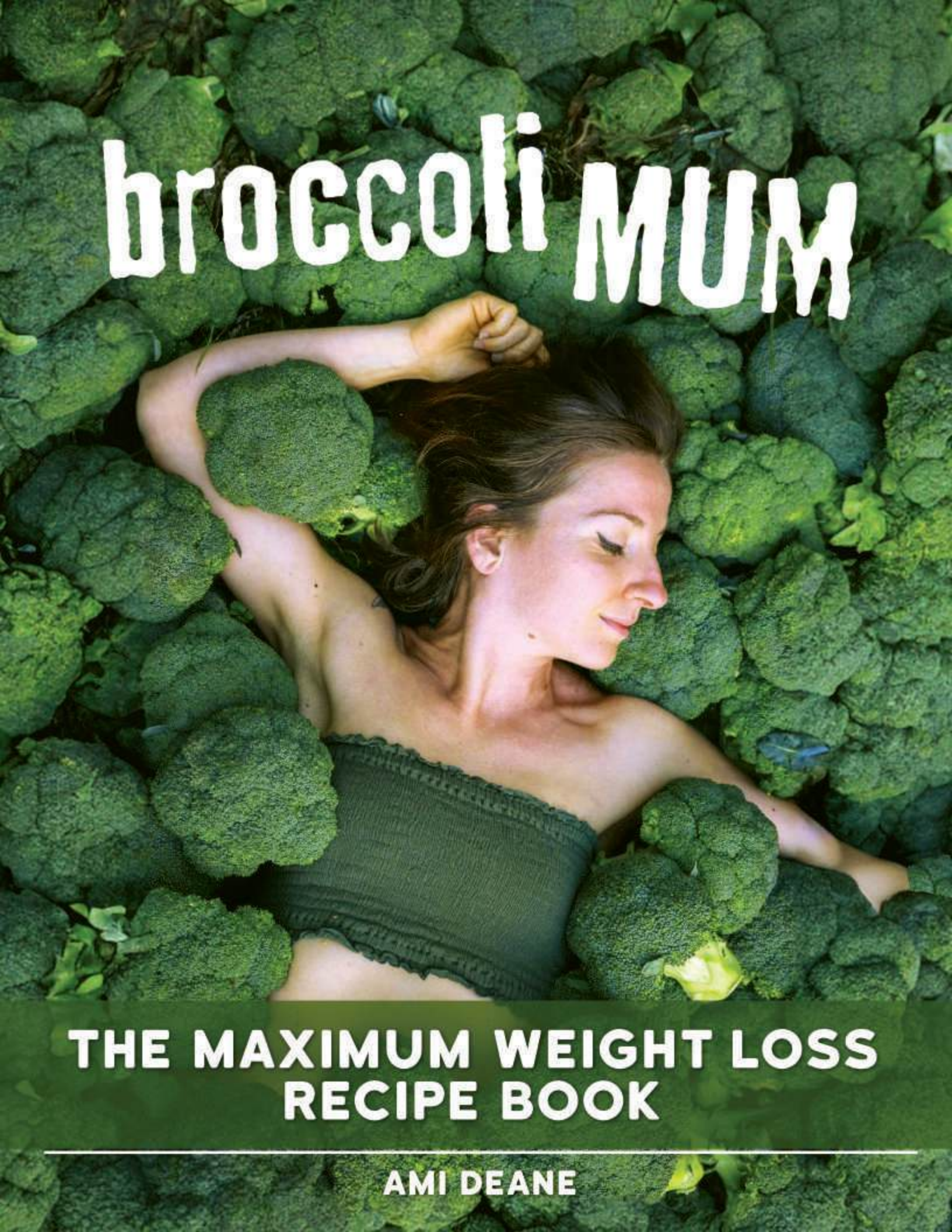


A woman with brown hair, wearing a dark green strapless top, is lying down surrounded by a vast field of fresh, green broccoli florets. She is looking down with a gentle smile, her arms slightly raised. The background is a dense, textured sea of green broccoli, creating a surreal and healthy environment.

broccoli MUM

**THE MAXIMUM WEIGHT LOSS
RECIPE BOOK**

AMI DEANE

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broccoli MUM



THE MAXIMUM WEIGHT LOSS RECIPE BOOK

AMI DEANE



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1. ABOUT ME

HELLO! MY NAME IS AMI DEANE - YOU MAY ALREADY KNOW ME AS BROCCOLI MUM - AND I COULDN'T BE MORE EXCITED AND DELIGHTED TO WELCOME YOU TO MY MAXIMUM WEIGHT LOSS RECIPE BOOK!

Since I started sharing the journey which has taken me from being a yo-yo dieter, who was either feasting or famished; to a healthy mum of two, who is 66lbs lighter - and staying that way! - I have been so inspired by the response from people all over the world who have connected with my story. Aside from being asked "which blender do you use?" and "do you *really* eat all that food yourself?", one of the questions I hear most is, "when are you going to bring out a Broccoli Mum recipe book?" And while I have already knocked up a handful of [7-Day Meal Plans](#), [a mini desserts manual](#) and [a mammoth oil free Indian cookbook](#) - produced with my excellent sister-in-law Snighda Asirvatham - I feel particularly thrilled to be introducing the book you are reading right now.



Being able to share what I've learned and how I've used it to transform my life is literally my favourite thing about being Broccoli Mum... well, maybe aside from broccoli, bananas and chickpeas.

SO LET'S GET CRACKING!

THE BROCCOLI MUM BACKSTORY

I've been vegan all my life but, contrary to popular misconception, a plant-based diet doesn't always equal a healthy one - especially since the likes of Ben and Jerry's and Dominoes began milking the non-dairy market (pun intended). When my teenage years kicked in, I began a near two-decade struggle with my weight, founded in the reality that I am a person who needs to eat a lot of food. And will often come back for seconds.

I was locked in a cycle which saw me bouncing from one 'quick fix' to the next without really finding anything that worked for me. I tried eating 100% raw, intermittent fasting, crazy exercise regimes, juice cleanses, calorie counting, vegan Slimming World and skipping meals.

And while I could lose 20lb for my wedding; drop 10lb for a summer holiday; or clock up three months of 'being good' and losing the extra weight I'd put on over the holidays, the truth was that none of it was done in a sustainable way. This was mostly because I was miserable while I was losing weight - and that's no way to live a healthy life. So as soon as I reached my target, I treated it like a finish line... which meant I could go back to the start again and fill up my plate!



By the time I became a mum and should have been on top of the world, I was actually pretty low. I wasn't happy with the way I looked or how I felt. Being overweight was affecting my confidence and self-esteem, and I didn't feel like I had the energy I needed to succeed as a new mum alongside running a small, but burgeoning business.

SOMETHING HAD TO CHANGE.

During the Covid lock down of 2020, I decided enough was enough. By then, my son Abe, was two years old and I realised I owed it to us both to be the healthiest and happiest version of myself. I dedicated some serious time to finding out all I could about dieting and nourishment; why we gain and lose weight, which particular foods and habits were holding me back, and how I could release weight healthily on a plant-based diet whilst also feeling bouncy. Along the way I learned a whole lot about nutrition and food, and quite a bit about myself too!

Embracing the fact that counting calories, depriving myself of my favourite dishes and/or limiting my portion sizes was never going to work for me, was a total game changer. And thankfully, I found a way of eating which meant I never had to do any of those things again. I had known about [The Starch Solution](#) for around a decade, but it wasn't until I understood the principles of calorie density and how you can use it to enjoy HUGE portions while still getting lean, that something clicked.

I'm not saying I can eat anything I want, whenever I want, but I can absolutely eat big quantities of delicious food whenever I'm hungry... and coming up with endless recipes that satisfy my sweet tooth and any other cravings I might have has become a daily passion - as well as a new career!

I've discovered that small tweaks can make a big difference to help me stay on track, such as making sure I always have healthy and wholesome treats to hand for me and the kids (Abe's younger sister Romi arrived in 2021) when we're out and about, and always having certain staple ingredients in my kitchen at home.

My aim is that by the end of this book you'll have everything you need to join me in feeling fitter and happier than ever before - the knowledge, recipes and tools to succeed.

I want you to, think of this book as your most useful kitchen aid. Whatever your taste buds are asking for, I promise you there will be a recipe in here to satisfy them.



**SO LET'S GET STUCK IN. IT'S TIME TO FORGET WHAT YOU
THOUGHT YOU KNEW ABOUT DIETS, CARBS AND
LIMITATIONS AND FIND OUT HOW TO GET HEALTHY, HAPPY
AND SATISFIED, WHILE LEARNING TO LOVE GOOD FOOD
ALONG THE WAY.**

2. HOW TO LOSE WEIGHT WHILE EATING MORE FOOD THAN EVER

Surveying the diet industry landscape, you could be forgiven for thinking that losing weight is a complicated business. But understanding that the mechanism for dropping pounds is actually pretty straightforward was a key factor for me when I was searching for a sustainable way to get lean and stay satisfied. After years of short term fixes and long term restrictions, I realised what I needed to do was find a plan which allowed me to eat a lot of food.

Accepting I was a volume eater was key because pretty much everything I had tried before was built on some kind of portion control. This meant I rarely felt satisfied; nearly always felt hungry; and would often find myself day-dreaming about all the food I couldn't have. Despite having a very determined sweet tooth and a deep love for potatoes, pasta and rice, my years of up-and-down dieting left me with a pathological fear of carbs and put an 'off limits' label on so many of my favourite meals and treats. Realising this did not have to be the case - and that I could enjoy more food than I could have ever imagined while being in the best shape of my life - was truly a landmark moment for me... and it can be for you too.

So, let's dial it back a bit, and dig into the basics of how we lose weight. Fundamentally, we lose weight when we burn more calories than we eat. This is known as being in a calorie deficit. When we are in a calorie deficit our bodies start to use our fat stores for energy, and we

lose weight. Any diet which has worked for you in the past has only done so because you have been in a calorie deficit. If you're not in a calorie deficit, you're not going to be losing an ounce. It really is that simple.

Unfortunately simple doesn't necessarily mean easy.

Our bodies are pretty amazing things, and fat is an incredibly efficient source of energy (the little rascal!). To burn significant amounts of fat and lose weight, we need to be in a calorie deficit for a sustained period of time. This is why a long-term solution is so much better and successful... it's time to put those quick fix fads in the bin! Throughout this book we're going to mainly focus on ways to reduce the number of calories we eat, because this is the side of the equation we have most control over.

Of course exercise is also brilliant, and anyone who follows me on social media will already know I'm a huge advocate for moving as much as possible throughout the day... including busting some moves any chance I get in the kitchen! But the truth is that for the vast majority of people, we burn most of our calories through our everyday lives rather than through exercising. Over the course of a day most of us burn between 1,800 to 2,500 calories whatever we do, whether it's chasing the kids round, making a delicious cup of Yorkshire Tea, waiting for the bus or even sleeping. Where we sit in that range depends on our height, weight, gender, genetics and how active we are.

SO, HOW DO WE REDUCE THE CALORIES WE EAT? BY EATING SMALL PORTIONS OF BORING FOOD? ABSOLUTELY NO CHANCE!

Let me introduce you to the magical concept of calorie density, which asks us to think about the number of calories on our plate rather than the volume of food on there. (To say I was all ears the first time I heard this, would be quite the understatement!).

It won't come as a surprise to anyone that there are huge variations in the amount of calories per pound of food. For example, your average vegetable clocks up around 100 calories per pound, while oil comes in at a whopping 4,000.

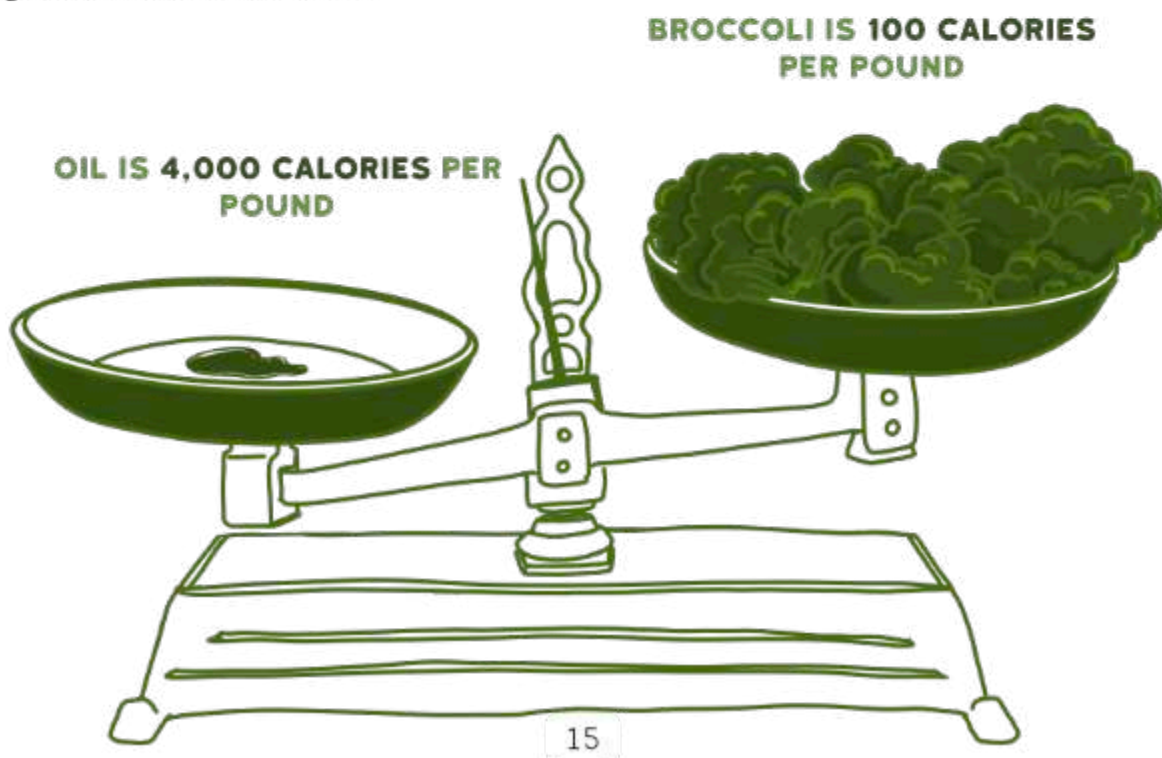
Really thinking about the calorie density of the ingredients we're using to make each meal during the day - and making sure we're choosing lots of them from the lower calorie density end of the spectrum - allows us to fill (and I mean *fill*) our plates with delicious and healthy foods, which keep us both satisfied, delighted and in a calorie deficit.

When you include a lot of calorie dilute foods (those with under 600 calories per pound) in your meals, you lower the calorie count of your whole plate, which in turn puts you in weight loss mode.

So, if we make good choices, our plates can be piled as high as we like them... it's all about picking the right foods in the right proportions and learning a few good habits.

In the next few chapters I'm going to explain all about how different types of food have different calorie densities to enable you to make good choices and empower you to come up with your own eating plan to stay full and satisfied while staying in a calorie deficit.

Prepare to get excited!



3. SO WHAT SHOULD I EAT?

Making big and lasting changes to what we eat can seem overwhelming. I always feel better when I have some basic ground rules to get me started... and as with everything in this book, I wanted to share with you what has worked - and continues to work - for me, so let's get cracking!

WHAT NOT TO EAT

Before we start listing the kinds of amazing foods we should be eating, I wanted to quickly go over the foods that are not going to help you on your health and weight loss journey. These are the ones that would ideally be removed from your weekly shopping list!

First up, you should consider removing all of the highest calorie dense foods. So no oil, cheese, meat, butter, refined sugar or processed food (yes, even vegan junk food!).

I should probably mention here that around 99% of the dishes we get at restaurants are going to be laden with most of the aforementioned high calorie ingredients and are therefore not ideal. But that doesn't mean you can never eat out again - I have a full section on how to eat out for weight loss later on!

If you are aiming for maximum weight loss, I would recommend that you are also conscious of how many healthy fats you are consuming on a daily basis. Whilst avocados, nuts and seeds are incredibly healthy (and obviously delicious), they are actually pretty high on the calorie density scale and so are not brilliant for weight loss.*

**Don't get me wrong, I still include them in my meals, but I tend to use them sparingly like a lovely garnish. Keep them on the top shelf!*



TAKE A SWING AT GOING TEE-TOTAL

If you're looking to get the most out of this change in your eating habits, you might want to try taking a break from alcohol for a while. Alcohol is pretty high in calories, which would have a direct impact on how much food you can eat while still staying in a calorie deficit. But another really important factor is that alcohol often leads to us making poorer food choices - whether that's during the night before or the morning after. People rarely reach for a carrot and some hummus when they have a hangover!

SO, WHAT SHOULD YOU ACTUALLY EAT?

For maximum health and weight loss, we want to be focusing our plates around whole plant foods which are low in calorie density - and eating them in abundance!

Typically, the calorie density of a food is determined by the amount of water and fibre within it. So, foods which are rich in water/fibre (fruits, veggies, legumes and starches) are lower in calorie density.

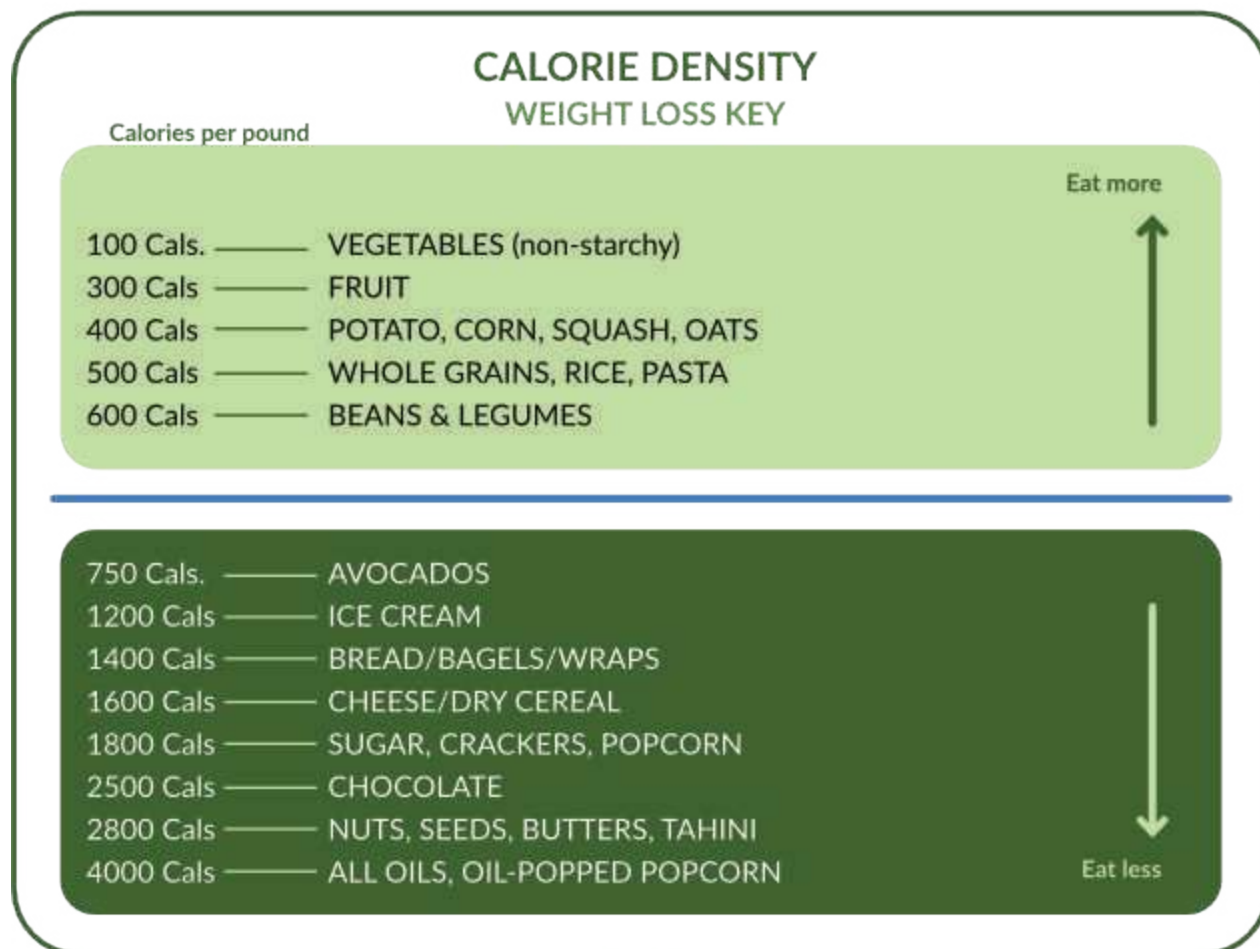
The key is to focus your diet on foods that are **600 calories per pound or less** (these are considered low calorie density foods) - and get lots of them on your plate! In other words, **choose foods above the blue line.**

We want to start by getting the majority of our calories from starches – potatoes, beans, rice, whole grains and even pasta or noodles.

Yes you read that correctly, potatoes and pasta are firmly on the menu.

This was the most exciting part for me as these were the foods I always thought made me gain weight. What a day that was when I found out 'starches' was the food column where the bulk of my calories should be coming from!

You can find a list of my Pantry Staples in Chapter 6 ([Pg. 41](#)).



HOW TO EAT IT... THE MAGIC OF A 50:50 SPLIT

The best way to be confident you are diluting the calories of your meals, is by following the 50:50 plate method, which essentially makes sure 50% of your plate is filled with non-starchy vegetables (aka the most calorie diluted foods on the planet at only 100 calories per pound!) As well as being incredible for weight loss, it just so happens that these foods are also among the most nutrient-dense foods you can consume too. Talk about a win-win situation!

The 50:50 plate - as illustrated below - is always my starting point and I'm never shy about piling the non-starchy half of my plate sky high! I have learnt how to make non-starchy veggies like broccoli, cabbage, courgette, mushrooms, carrot, salad, cucumber, tomatoes super delicious, and have made eating them in abundance a daily habit.

The other side of your plate is where you can embrace the more starchy side of things with potatoes, rice, pasta, noodles, corn, oatmeal, squash etc.

When you eat using the 50:50 plate method, you will be able to eat large portions, stay full and satisfied while never having to count calories again. And if you want seconds or thirds then go for it! Just make sure to create that 50:50 plate each time.

They say a picture paints a thousand words, so I thought a visual representation would be a great way to help you understand how magical the 50:50 plate method is.

Here's two bowls of pasta...

Non 50:50 plate- 800 calories



50:50 plate- 500 calories



OK, so let's say the bowl full of pasta is 800 calories. Meanwhile in the second bowl, we have removed half the pasta (= 400 calories of pasta) and replaced it with a head of broccoli, which we can say would be around 100 calories.

Now the plate with pasta and broccoli totals 500 calories.

Both bowls are the same size/volume of food, but you can see that by replacing half the pasta

with broccoli the 800-calorie meal has now become a 500-calorie meal.

Plating up your meals in this way means you will be able to get into a calorie deficit (which you'll remember is how we lose weight) BUT you will be just as full and satisfied. This means weight loss and weight maintenance becomes sustainable in the lifelong term. And that is the magic of the 50:50 method!



Try and fill up on the non starchy portion of your meal first before moving onto the starches!

DO I NEED TO COUNT CALORIES?

Thank goodness, the answer is a resounding NO - otherwise I wouldn't have stood a chance!

You absolutely do NOT need to count calories to lose weight - and I certainly didn't on my 66lb weight loss journey. But as previously discussed, it is important to understand the calories in the foods we choose to eat and how to build our plates, because that's how we can be confident we are keeping on track when it comes to weight loss.

Assuming the widely accepted average calorie consumption for women and men to be 2,000 and 2,500 respectively, if a woman was to consume three daily meals between 500 and 600 calories each, then she'd be sitting around the 1500-1800 calories per day mark. For the majority of women, this will result in weight loss while still leaving some calorie head-space for healthy snacks!

For men, you would increase the 3 x daily meal calories to 600-750 each.

WHAT ABOUT SWEET TREATS?

One of the many great things about this way of eating is that sweet treats don't need to be rare treats.

From ice cream to brownies; from cakes to crumbles... I lost 66lbs eating sweet treats every single day and you can too. All my favourites can be found in the recipe section of this book and (spoiler alert!) you'll find them in Breakfasts, Desserts *and* Snacks!

SHOULD I FEEL HUNGRY?

The short answer is absolutely not! As long as what you're eating is low calorie density, starch-based and packed with veggies/fruits, you never need to go hungry. When it comes to hunger cues - those signs which tell us when we need to eat - everyone is different. Some get headaches or find it hard to concentrate; others get dizzy, or irritable or have cravings for certain foods.

Listen to your body and the hunger cues it gives you. Eat when you're hungry but only when you're hungry. That might mean having something to eat an hour after your last meal, or leaving some food on your plate because you feel full.



If I feel a bit hungry, I'll often have a glass of water first and give it 15 minutes or so to check that I'm not just dehydrated.

THE PROTEIN MYTH

As many many vegans will relate to - one of the first questions I often get asked if people are interested in my diet, is: 'what about protein?' If you didn't already know, protein is really important for humans as it plays a big part in the building, maintenance, and repair of tissues.

It is abundant in meat and other animal-based products, which feeds the myth that plant-based diets must struggle when it comes to getting enough protein in. But the simple fact is that as long as you're thinking about the food you eat, there are any number of ways to make sure you're getting enough protein without having to consume any animal products. A whole-food, plant-based diet can be packed with protein, while also supporting weight loss and healthier living. It also has the added bonus of being kinder to our animal friends and the planet.

I've lost count of the wins... but have just thought of another one. Whole plant foods provide ample protein without the cholesterol you get with meat and dairy - bonus!

Here's just a few examples:

1 CUP OF OATS = 11g

1 CUP OF KIDNEY/PINTO/BLACK BEANS AND/OR CHICKPEAS = 15g

2 CUPS OF WHOLEWHEAT PASTA = 12-16g

1 CUP OF LENTILS = 17g

100g OF TOFU = 12-20g

1 CUP OF BROWN RICE = 5g

100g OF SEITAN = 25g

16g OF NUTRITIONAL YEAST = 8g

1 CUP OF QUINOA = 8-9g

100g OF HUMMUS = 7g

So, the next time someone asks you where you get your protein from a plant-based diet, may I suggest you start your answer with

'HOW MUCH TIME HAVE YOU GOT?'



4. FIVE STEPS TO SUCCESS

If you're feeling overwhelmed and are struggling to know where to start when it comes to losing weight, eating healthier and building good habits, do not panic; I've got you covered.

In this chapter, we're going to go through my TOP 5 steps for simple, sustainable, and delicious weight loss, which will all help you reach your goals... and put the days of yo-yo and fad dieting firmly in the trash!

When I reflect on my own 66lb weight loss journey, these are the essential strategies that have helped me the most, because they enabled me to:

- Create a helpful and supportive environment
- Make meal choices and mealtimes super easy and less stressful
- Listen to my body when it comes to how and when to eat
- Stay on the right track when I'm out and about

It's important to say here that you won't be perfect 100% of the time, and that's okay – I know I'm not! But if you aim to incorporate more of these steps into your life whenever and wherever possible, I promise you that you'll continue to move in the right direction.

Another thing to flag is that there will undoubtedly be times when you feel like you're not making any progress, want to give up, or feel your habits are slipping. When that happens, I always recommend coming back to these basics and taking things one step at a time. I like to think of it as a bit of a reset.

Remember, your journey won't be linear. There will be many ups and downs, and that's completely normal. So don't be disheartened – just treat each day as a fresh start, filled with delicious possibilities!



STEP 1: CLEAN UP YOUR ENVIRONMENT

While willpower is always going to play a big part in your journey to losing weight and getting healthier, I have found that creating the right environment is hugely important when it comes to staying consistent and avoiding temptation. If it's 11pm, and you really want chocolate, you can't have it if there's none in the cupboards. One of my keys to success is simply not having things I don't want to eat in the house. We all know how hard it is to resist cake when there's cake around - as Chef AJ (one of my favourite fellow food content creators) says, 'If it's in your house, it's in your mouth!'



So, the first step to success is all about clearing out the foods you want to avoid. Get rid of all the higher calorie non-whole-food, non-plant-based foods which won't help you on your weight loss journey. We're talking oil, cheese, meat, butter and - of course - the vegan junk food too. As someone who has never not been vegan, I am here to tell you that plant-based junk food can be highly calorific and really stall - or even reverse - your weight loss efforts.

You want to fill your kitchen and pantry with beautiful bundles of the foods which are going to help you get lean and feel great. These are your starches, non starchy veggies, fruits and a sprinkling of healthy fats. (See my Pantry Staples list in Chapter 6, [Pg. 41](#)).

I love to have big baskets of fresh fruit on tables and worktops; Tupperware filled with pre-steamed or baked potatoes, chopped up veggies and oil free hummus ready for dipping in the fridge... when you see them, you're more likely to eat them. These changes feed into building those all important habits, which are going to help you stay on track.

If you live with other people - family, housemates etc - here are some useful pointers:

- Make time to have a discussion with whoever you live with to make sure they understand what you want to do and are happy to support you.
- Ask those in your household to keep their junk food away from your line of vision - either in their room or somewhere hidden away so it's not there to tempt you.
- Try making your family's favourite dishes your way - no-one should feel like they're missing out!

STEP 2: FOOD PREP AND MEAL PLANNING

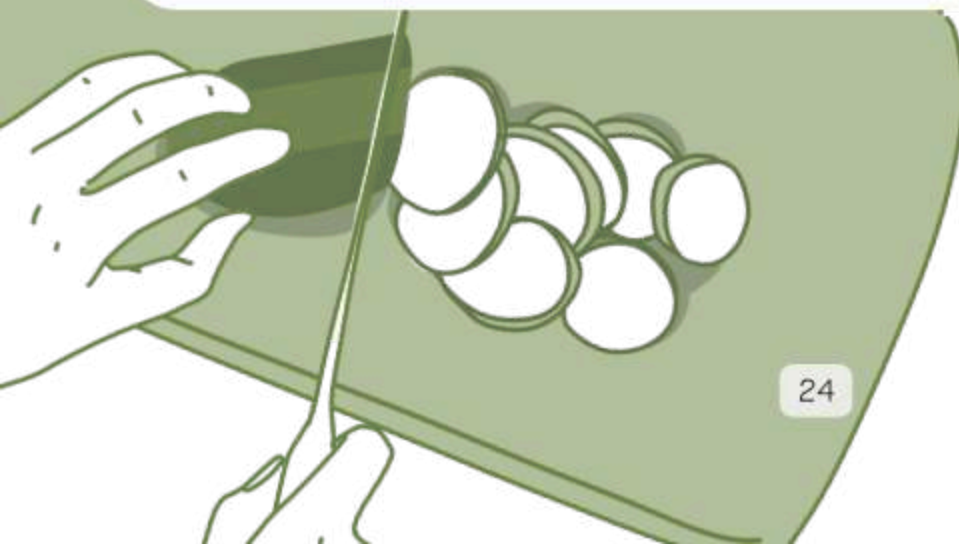
If you have a very busy lifestyle, one of the fundamental foundations to making this way of eating sustainable is to make sure you can throw meals together really fast.

There is nothing worse than being hungry and realising you have to wait two hours until something is ready... that's the moment which will make you reach for something you don't want to eat. Or order a take out.

Food prep is so vital for staying consistent and remember, it doesn't have to be complicated or take hours! You might choose to bash out your meal prep for the whole week, or break it up and do 3-4 days at a time (I find the latter works best for me).

Starches are at the top of my food prep priority list as they take the longest to cook.

Making sure they're prepped in advance means you can put a delicious, satisfying and weight loss-friendly meal together in less than 15 mins.



These are my favourite things to prep for the week:

- Overnight oats
- Potatoes / Sweet Potatoes – in the Instant Pot or baked in the oven
- Any grain of choice (rice, quinoa, millet, barley) for the next 3-4 days (or if you have access, you can buy frozen)
- Beans/Lentils (chickpeas, kidney beans, black beans, green/black lentils).
- Chop or prepare any veggies which need it (broccoli, cauliflower, carrots, cabbage etc)
- Oil free hummus - make a BIG batch to see you through the next 3-4 days.



When making a meal, I always make extra for the next day or to freeze for another time!

In addition to prepping, there are other ways of making sure you can put tasty meals together easily and in a hurry. Here's some of my favourite hacks:

- Buy frozen or pre chopped veggies and fruits
- Buy washed salad greens
- Buy oil-free bags of frozen hash browns (for those of you who can easily get your hands on them!)
- Buy low fat vegan condiments like salsa/pico de gallo and oil-free hummus,
- Have some microwavable wholegrain rice pouches in the cupboard
- Keep your leftovers!

Alongside food prep, planning your meals for the week is another important habit to get into. If you plan out your meals before you go shopping (and make sure you stick to your shopping list!) you'll save money, have less wastage and be less likely to stock up on extra calories for the cupboards.

This would also be a good time to remind everyone **NEVER TO GO SHOPPING WHEN YOU'RE HUNGRY!**



If you find yourself all meal-prepped out, remember you can always microwave a potato in 10 minutes!

STEP 3: CHOOSE YOUR 5-10 CORE MEALS

While there's no-one who gets more excited than me about discovering new, fun and tasty recipes to enjoy, I can't stress enough how important it is to have a list of 5-10 core go-to meals to keep things simple when life gets complicated.

These should be the meals that:

- You love to eat
- Are easy to make (provided you're up to date on your food prep - see Step 2)
- Are satisfying and keep you feeling full for hours
- Get/keep you in weight loss mode (i.e. low calorie density)

Whether you're trying to lose weight and be healthy or not thinking about that at all, the fact is that we are all creatures of habit and tend to eat the same 10-or-so dishes on repeat. If we all kept a food diary, it wouldn't take long to see some pretty definite patterns emerging!

This is why having these core meals at your fingertips plays a huge role in achieving sustainable success when it comes to weight loss, because it takes away the barrier of decision making. If you can't decide what to cook, reach for one of your staple meals and you're all good.

One of the key drivers for me putting this book together is to share as many of my favourite core meals, which have been rotated A LOT since I discovered this transformative way of eating.



TIME-HONOURED TREATS

Once you've found your favourite core meals, it's also important to find your go-to healthy treat dishes, which could be your go-to for the weekend and/or special occasions.

While these should still fit within the principles of calorie density, they might be a bit more indulgent, treaty or take longer to make - basically you wouldn't have them all the time, but really look forward to them!

There are so many great whole-food, plant-based, oil free treats... and you can find loads of them in the book and all over my social channels!

STAPLE SNACKS

If you get peckish between meals, it's a really good idea to have some standard snacks to reach for... so make sure they're always nearby!

My go-to snack is fruit or veggies... literally the best fast food which has the added bonus of being AMAZING for weight loss (because they're the lowest calorie dense foods on the planet) and packed full of goodness!

If I am hungry in between meals, I will often opt for veggies dipped in a bit of oil free hummus or just a delicious pre-baked sweet potato.

A few of my other favourite snacks are - crispy air fried beans, easy oil free microwavable crisps or some oil free popcorn. Sometimes if I'm craving something sweet I might just enjoy a nice hot chocolate by putting together 1 tbsp cacao powder, 1 tbsp maple syrup, a cup of hot water and a splash of plant milk... it's that easy!

You can pick up more ideas in the Sides & Snacks section on [page 210](#).



STEP 4: LISTEN TO YOUR BODY

If you're not familiar with the concept of hunger fullness cues, they are basically the body's way of telling us when it's time to eat and when it's time to stop. It's important to tune into these as part of your journey to sustainable weight loss.

The first thing I will say here is never go hungry. This way of eating promotes eating in abundance, so no portion control allowed!

If you think about it, it's those times when you don't eat enough that your hungry animal comes

out and eats everything in sight! The key is to tackle that hunger early. Give your body what it needs before it spirals into full blown cravings.

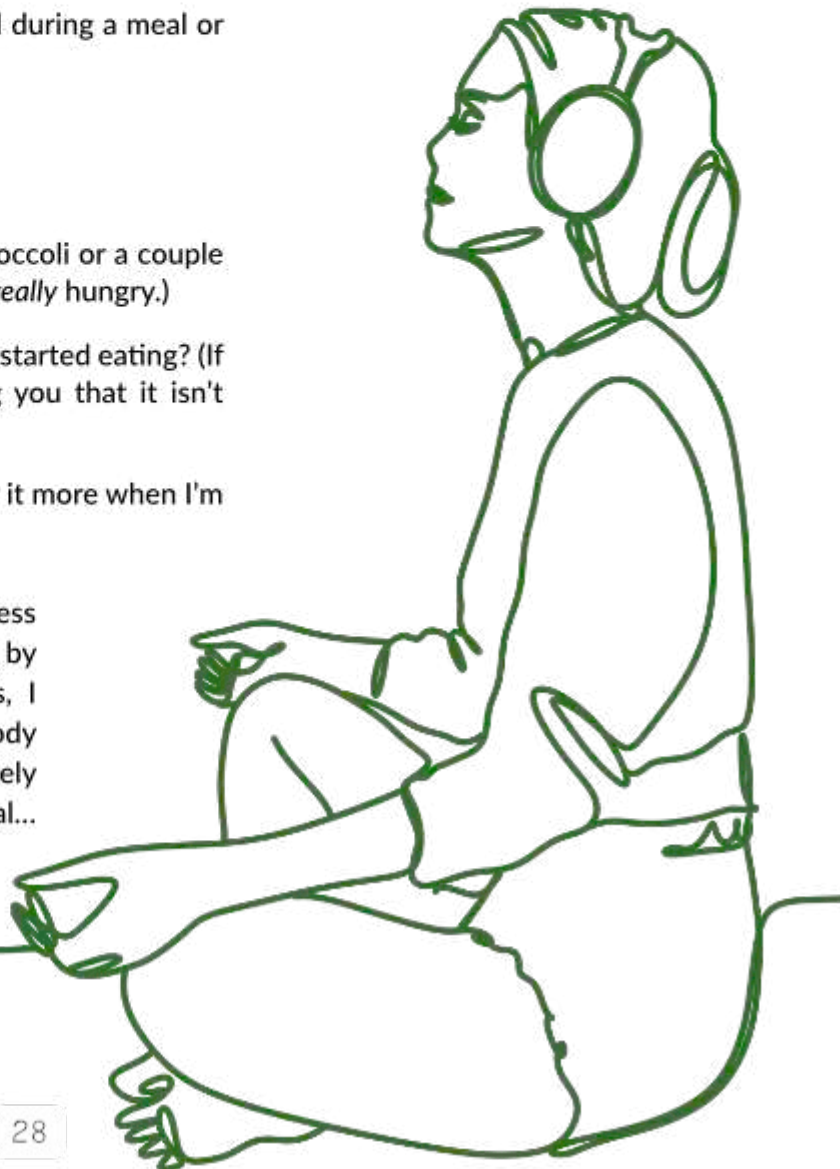
This works both ways, though...

So, just as you should always eat when you're truly hungry, you should also stop eating when your body is telling you are full... and by full, I don't mean you need to lie down! It's more about recognising when you have had enough food and aren't just eating to clear your plate.

Remember to check in with yourself before and during a meal or snack. Ask yourself:

- Why am I wanting to eat?
- Am I definitely hungry or just thirsty?
- Am I hungry enough to eat a big head of broccoli or a couple of carrots? (If not, then you're probably not *really* hungry.)
- Does this food taste as good as it did when I started eating? (If not, it could be your body's way of telling you that it isn't hungry anymore.)
- Would I like to put this food aside and enjoy it more when I'm feeling hungry again?

Learning to listen to your body's hunger fullness cues can take time and requires patience. BUT, by eating plant-based, unprocessed whole-foods, I promise you will be more in tune with your body than ever before. Meanwhile, if you are genuinely hungry, feel more than free to eat a full meal... no matter what time of day it is!



EVERY BITE COUNTS... WHAT DID YOU REALLY HAVE TO EAT TODAY?

If someone asked you just before you went to bed, what you'd eaten that day, there's a decent chance you'd come up a few hundred calories short, thanks to the naughty little human quirk which is food or meal amnesia.

Food amnesia means we have forgotten things we have eaten. Back in the days of hunting and gathering, this was a nifty mechanism which helped keep us alive, but in today's world of convenience foods, brimming cupboards and constant distractions, it can lead to you consuming a lot of extra calories without really realising it.

A nibble on a cookie here or a lick of a peanut butter spoon there... you could be adding oodles of extra calories to your day and subsequently hampering your weight loss efforts.

This can be really demoralising because when you're adding up what you've eaten, your brain is telling you you should be losing weight... but it might not be telling you the whole story!

A great way to get to grips with making sure you're really keeping track of everything you're eating is to keep a food journal for a while - making sure you're making a note of each and every morsel that goes into your mouth.

I found this was a great way to keep myself accountable and it was also a real eye opener when I realised how much food I was eating, without really noticing it.

Once you do this and you get a sense of what you're actually snacking on, it becomes easier to think twice about those extra bites and little nibbles... it also made me much more likely to reach for a piece of fruit or some veggies.

STEP 5: LEAVING THE HOUSE

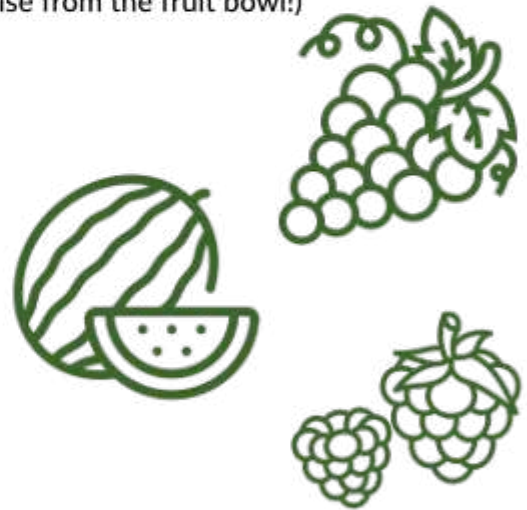
One of the best ways to stay consistent is to ALWAYS take food with you when you leave the house. You never know when a pang of hunger may strike. If you're out and about, you may reach for something to eat which doesn't help you in your weight loss journey. Alternatively you might let yourself get hangry, which is no good for anyone and often also leads to bingeing on higher calorie foods.

Don't get me wrong, I know this may sound tedious when you're not used to doing it, but trust me, it won't be long before the thought of shutting your front door behind you without carrying something to eat will seem crazy!

As well as staving off any unexpected hunger and keeping you on track, doing this also saves time and money too. Another win-win right there!

Some of my favourite foods on the go are:

- Veggies (carrots, celery, cherry tomatoes, sugar snap peas, peppers, cucumber)
- Fruit (grapes, apples, oranges, cherries... and anything else from the fruit bowl!)
- Pre-cooked Potatoes (sweet or regular)
- Oil-free hummus and veggies
- A jar of overnight (or two minute) oats
- Any leftovers you have on the go



Even if I leave the house for 5-10 minutes I will bring something with me. I never want to be caught hungry without food.

HOW TO EAT OUT

Food is about so much more than sustenance. Yes, we need to eat to survive, but there are so many areas of life where food plays an important role. Social occasions and keeping up with friends and family often involve gatherings and meet-ups at restaurants. I know from experience this is something people worry about when thinking about making big changes to their lifestyle and eating habits. So, I wanted to share some ideas and tips I have found useful when it comes to eating out at restaurants.

- Don't go overboard. You can definitely eat out, but try not to eat out multiple times a week as this probably won't help you stay consistent.
- Check out the restaurants in your area to identify any which offer some whole-food, oil free and plant-based options... you can always ask the people you're dining out with to give them a try! Remember, a plant-based menu offers lots for everyone whether they eat meat and dairy or not!
- When you know which restaurant you're going to, make sure to take a look at the menu ahead of time to identify the oil free, plant-based options. These will most likely be rice, beans, baked potato, salads, soups, pasta dishes etc.
- Don't be afraid to give the restaurant a call before the meal to ask if they might be able to put something together for you. Many places are absolutely up for catering to very specific dietary requirements and will appreciate that you've called them in advance rather than rocking up on the day and asking them to pull something special out of the oven! I have found lots of chefs like the challenge!
- Eat before you go out! This may sound counter intuitive, but it really works. If you are going somewhere that you know doesn't have loads of oil-free vegan food then you want to preload on as many calorie dilute foods (veggies, fruits and starches) as possible before you go out. This will stop you from getting so hungry that you gorge on all the higher calorie foods. I have been known to even bring a potato or two in my purse to have with a lovely big salad!

BONUS STEP:

Finding non-weight loss reasons to keep eating this way is a great way to keep you motivated on tougher days as well as stopping you from falling back into bad habits once you've reached your target weight.

We all have things in our lives that we want to live well for - whether it's kids, grand kids, ambitions... and don't forget all the benefits which come baked-in with this way of eating too.

Higher energy levels, better skin, better sleep, better digestion and better outlooks for long term health are all on the menu!

WHAT ABOUT EXERCISE?

While exercise is fantastic for your overall health and well-being - and I would always recommend incorporating it into your lifestyle - it is not always vital for weight loss. I lost my first 40lb while only doing some gentle daily walking.

If you are currently relatively sedentary, why not aim to walk around the block 1-2 times a day? You can build this up over time, doing more only when you feel ready.

What we don't realise is that we actually have SO much more control over our calories IN (eating) vs our calories OUT (exercise). If we run for an half an hour every single day that might burn around 300 calories, but a mere single serving of Ben and Jerry's ice cream can instantly add 400-500 calories to your day (and if you're anything like me, it won't take you half an hour to eat it!).

So my advice is to primarily focus on getting your diet right and then when you feel ready, you can start incorporating whatever forms of exercise you enjoy for your overall health and mental well-being.

5. HOW TO MAKE WEIGHT LOSS EASY

Weight loss can be a long journey. You can't expect drastic results in a week or even a month. For most of us, it takes months or even years to reach our goals, which makes it all the more important to ensure how to get to where you want to be is **sustainable**.

Who wants to spend all that time and effort losing weight, only to gain it all back again within a few months? Everyone knows that (very frustratingly!) we can put weight on so much easier and faster than we can lose it.

Having tried more restrictive diets and weight loss plans than I've got room to mention here, I feel I can say with confidence that the only way to lose weight and keep it off is to find a way of eating which you will be able to enjoy for the rest of your life.

THIS IS NOT A FAD DIET. IT'S A SUSTAINABLE WAY OF EATING WHICH WILL KEEP YOU HEALTHY, SATISFIED AND EXCITED BY WHAT'S ON YOUR PLATE.

Building habits, tracking progress, eating foods you love, connecting with like-minded people, keeping yourself accountable and understanding why you're doing what you're doing (and how it will deliver the results you want) are all key ingredients. When we bring them together, they offer a powerful recipe for success.



5.1 BUILDING OVER TIME

SMALL HABITS

While some people undoubtedly want to go all-in from day one, others may find a more gradual approach will work better. Either way, I believe adopting new habits is an essential element for anyone setting out on their weight loss journey.

When it comes to the route to weight loss which worked for me, the habits I'm talking about will ensure you:

- Never feel hungry
- Don't have to think about portion control
- Can avoid counting calories
- Are free to eat large volumes of low-calorie-dense foods
- Enjoy all your favourite meals including ice cream, cakes and burgers!

All of this allows you to enjoy your food and feel satisfied whilst losing weight.

This makes the whole process so much more enjoyable, which means you're much more likely to be able to maintain it long term.

By building these habits into my daily life, I also made sure that on the days when my motivation was taking a break, autopilot could take over until it kicked back in.

Making big changes to lose weight can feel overwhelming if you try and do everything all at once.

But the great thing is that you can see results even when you start building small habits. Then, over time as those habits become the norm, you can add in more and more.

HERE ARE THE FUNDAMENTAL HABITS WHICH I HAVE BUILT INTO MY LIFE SINCE I STARTED EMBRACING THIS WAY OF EATING:

STOP COOKING WITH OIL:

Oil is the most calorie-dense food there is (coming in at 4,000 calories per pound), so when it comes to unnecessary calories, it is at the top of the league. Whether you're cooking with it; drizzling it over dishes; or picking up food which contains it at the store... if you've got oil in your diet, you're going to have to sacrifice a whole heap of amazing foods to compensate for the completely unneeded calories you're consuming. And it's so easy to cook and make amazing, creamy sauces and dressings without using a drop!

EAT THE 50:50 PLATE ([SEE CHAPTER 3](#)) FOR 2-3 MEALS A DAY:

These days I can't imagine not piling half my plate with non-starchy veggies for pretty much every meal... but you might want to start with simply eating one carrot; or a cup of cucumber; or a small bowl of steamed broccoli.

Before you know it, you'll be adding them in left, right and centre to all your meals!

EAT A CONSISTENT BREAKFAST:

It doesn't get better than kicking your day off with a satisfying, super tasty and weight loss-friendly brekkie. Starting as you mean to go on!

GET PREPPY:

I always meal prep potatoes (sweet and normal), rice and veggies. Making sure you have some of your core starches ready to go at mealtimes is a real game changer as it makes it so much easier to throw a meal together when you need to and only takes a few minutes to sort. So get steaming those potatoes in your Instant Pot (or a stove steamer); cooking that rice; and chopping that broccoli!

REMOVE JUNK FOOD FROM THE HOUSE:

If you don't have it in your cupboards, you can't eat it. Simple, but very effective.

TAKE FOOD ALONG WHEN YOU GO OUT:

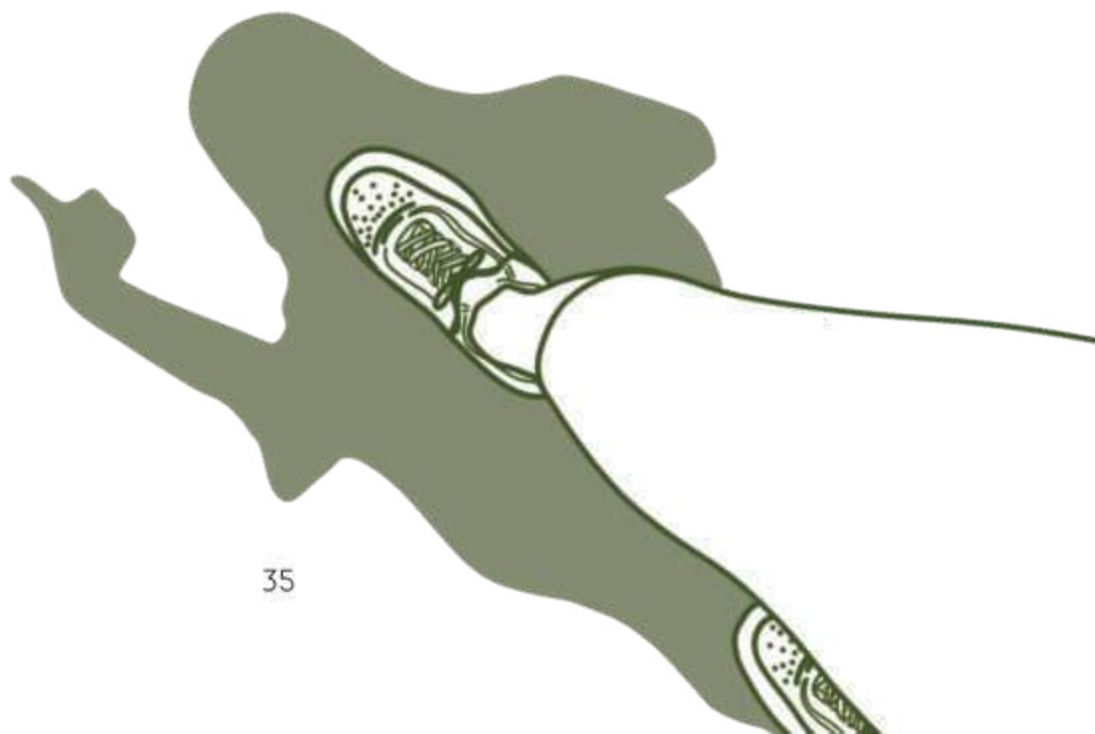
You never want to find yourself hungry with nothing to eat when you're out and about. So whether it's a few pieces of fruit; some raw veggies; a tub of leftovers or a full packed lunch, start making sure you always have something with you when you walk out your front door. It'll become second nature in no time!

DAILY MOVEMENT:

Exercise, although fantastic for overall physical and mental health, is surprisingly not the most essential part of weight loss. The phrase 'you can't outrun a bad diet' is totally true. The food we eat has so much more of an impact on whether or not we are able to get into a calorie deficit than how much we can workout. But moving our bodies is a great way to burn extra calories in the day, which can help create that calorie deficit required to see weight loss. As I may have mentioned before (but it's worth repeating!) the only exercise I did to lose my first 40lbs was 20-30 minutes of gentle daily walking, nothing drastic and totally sustainable.

Now, I aim for 10,000 steps a day, which I clock up while listening to music or a podcast, chatting to a friend or walking with my kids. I try to make it as fun as possible. Walking is truly one of the best and most sustainable forms of movement that you can do. It requires no equipment and you can do it from anywhere.

For those of you who want to build a movement habit, I recommend doing something that you actually enjoy. Whether that is walking, dancing, swimming, tennis - you name it. If you enjoy the movement you do, you will keep doing it, and that is the most important thing.



I realise putting all of that in one list may seem overwhelming in itself! So if you're looking to start with small steps, that's absolutely fine. When you're making changes which will last a lifetime, it's OK to build habits up gradually.

I promise you that over the course of time, and as you add in more and more seemingly small and easy habits into your day, you will see life-changing healthy habits appearing.

TIPS FOR CREATING A SUCCESSFUL HABIT:

DO IT DAILY:

The more often we do something, the easier and quicker it is for it to become a habit. So doing something every day will become the norm so much quicker than doing it once a week or a couple of times a month.



START BY DOING SOMETHING THAT TAKES 5 MINUTES OR LESS TO ACHIEVE:

The less time it takes to complete your new habit, the more likely you are to actually do it over and over... and the more often you do it, the easier and more instinctive it will become.

GET SPECIFIC: Figure out what habit you want to start with, exactly when you are going to do it in your day - even go so far as to actually set a timer to make sure it gets done. Instead of saying that you have to eat 100% perfectly every day for the rest of your life (which feels super overwhelming and is, I think we can all agree, not very realistic), why not start simply by choosing a consistent breakfast that is: something you love to eat; satisfying; easy to throw together (or easily prep-able for the week); and weight loss-friendly.

Basically a brekkie that ticks all the boxes!

TO SIMPLIFY THINGS EVEN FURTHER, I'D CHOOSE ONE BREAKFAST YOU ARE GOING TO EAT THAT WEEK:

If you over complicate it by choosing a different breakfast each day of the week, it is going to be harder to stick to. Simplicity is key... especially in the morning!

Also, choose a breakfast that is quick and easy to make and/or one that you can prep for the week. Decide exactly when you are going to make your breakfast and set a timer every single day so you can get it done.

I like to make sure I make my breakfast before I even get hungry, so that when I am ready to eat, it's already there. Once you have a consistent and satisfying breakfast - which you never have to think about - baked into your routine, you can turn your attention to lunch, or dinner, or snacks etc... and so on, and so on.

After a few weeks and months of building these habits into your everyday routine, take time to observe how your daily life compares to before you started on your journey... It's a great way to see and celebrate how far you have come!

5.2 TRACKING YOUR PROGRESS

One simple strategy that will most certainly help you on your way to weight loss and beyond is to regularly check in with how you're doing.

I know I found - and continue to find - this so helpful, especially on the days you are feeling down or unmotivated. Looking back and seeing the progress you have made can really serve as a boost, encouraging you to keep moving forwards because you have built trust in yourself.

There are many ways you can track your weight loss journey, and I really recommend doing as many as you can.

As you can see below, while getting on the scales will always be a very useful indicator when it comes to measuring progress, it's nowhere near the whole story!

TOP TIP: In the same way as I recommend you never go food shopping when you're hungry; it's also a good idea not to wait until you're hungry to decide what you're going to eat. Where you can, plan your meals before any hunger pangs set in!

PROGRESS CHECK-INS:

Take the same photos every week and then look back over them once a month to observe how your body is changing.

Weigh yourself every morning or at least 3 times a week. Don't worry too much about daily fluctuations, it's a general down trend that you're looking for. I recommend taking a weekly average from your regular weigh-ins and using that to compare week on week.

Take a moment each week or every two weeks to observe how your clothes are fitting you.

Ask yourself if you have more energy; if you're sleeping better; are you getting more steps in than you were; does your skin look better; has your digestion improved?

As previously mentioned, another brilliant way of monitoring your progress is to keep a food journal.

At first it can seem strange to be logging everything you eat each day - but trust me, it can be an invaluable tool to help you stay accountable.

Connecting with what you're consuming on a daily basis - and seeing it all in one place - can really help when it comes to keeping you on track.

TOP TIP: If you're looking for that extra layer of accountability and it's available to you, I would strongly recommend seeking out a whole food, plant-based weight loss coach. To get a flavour of what this could look like, why not try [my FREE 6-day kickstarter](#).



5.3 EAT THE FOODS YOU LOVE

It doesn't take a genius to work out that if you're not enjoying the food you're eating, then you're probably not going to eat it for very long. So many diets (and I reckon I've tried most of them!) are based on deprivation and restriction - which is why they're often completely unsustainable. If you don't allow yourself to have the tastes and meals you love, it's always going to be a struggle to keep up your motivation.

Changing how and what you eat in order to lose weight and get healthier does not have to mean sacrificing your favourites - and it certainly doesn't mean you won't get excited about what you're eating. I can honestly say that I look forward to the food I make now,

more than I ever have in my life. And I have eaten a whole lot of junk food in my time!

The key to my weight loss success - and my accidental career change - was finding ways of making my food super exciting by transforming all my favourite meals into low

calorie density weight loss feasts. I used to think I could never eat pizza, burgers, cake and ice cream ever again if I wanted to lose weight and be healthy. But that couldn't be further from the truth! (I refer you to each and every recipe section in this book!) You can totally have your cake and eat it too!

5.4 CONNECT WITH LIKE MINDED PEOPLE

I don't know about you, but if I'm going somewhere, I always feel better - and have a nicer time - if I've got someone (or lots of someones!) - with me.

If you're setting out on this road to weight loss and better health on your own, I think it's really important to connect with others who are on the same page (and who have hopefully got this book too!).

I found being part of a community of people who are on the same journey was incredibly motivating - and provided an invaluable support network.

It's so inspiring and reassuring to be able to share your experiences, celebrate successes, talk about challenges and (of course) swap recipes and tips which have worked for you - I can't wait to hear them all!

When I started out, I didn't have anyone physically in my life who was on their own weight loss journey.

Luckily, my family were vegan, but back then, our favourite thing to do was to seek out the latest local plant-based junk food outlet and

try the whole menu! When I stopped eating oil and eating out, it was a big shock for them and lots of people didn't understand what I was doing and why.

There were also lots of questions about the fact I was eating such huge volumes of potatoes, rice and pasta when I wanted to lose weight... it really does go against what everyone thinks they know - and what they have been told - about weight loss.

This was where social media came in for me. These days it is possible to find and connect with people online who are doing pretty much anything you care to mention. So don't be shy!

Hop onto your favourite platforms and start connecting with people who are following a similar path. If you search for 'whole-foods', 'plant-based', 'oil free' and 'low calorie density', I promise you, you will find so many more people doing what you're doing than you'd ever expect. Some of them might even live around the corner from you!

And trust me, as time goes on, the people you do real life with, will start to see your

successes; how amazing you look and the energy you have, and want a piece of that for themselves! They will start asking questions about how they can get involved to eat more and lose weight in the process - obesity is a world wide epidemic that so many people don't know how to escape from.

I have so many people in my life now who have started eating more potatoes, veggies, beans...

and feel amazing doing so!

When I think about my why, part of it is to be healthy and live to 100 of course(!), but more importantly I do feel a responsibility to share the magic of whole plant foods and the key to sustainable weight loss and health with the people I love the most so that they can thrive with me.

5.5 KNOWLEDGE IS POWER

One of the things that really helped me on my journey was educating myself. I found it so helpful to be constantly reminded that eating whole plant, low calorie style was scientifically proven to get me to my goals. This was especially important when I felt unmotivated, like I was making no progress and when I wanted to give up. In those doubtful moments, I would bombard myself with educational reminders - reinforcing the rationale behind what I was doing.

I would read books and blogs, listen to podcasts and soak up audio books to tell myself over and over again why what I was doing was working, and why it made sense. As always, I want to share with you what worked for me, so here is a list of the resources I found most helpful and which informed and underpinned my weight loss journey.

RECOMMENDED READING/LISTENING/WATCHING

(I LOVE HAVING BOOKS AND PODCASTS IN MY EARS WHEN OUT WALKING!)

[The Lean with Plants podcast with Chelsea Mae Cullen](#)

[The Starch Solution by John A. McDougall and Mary McDougall](#)

[How Not to Die by Dr Michael Greger and Gene Stone](#)

[Atomic Habits by James Clear](#)

[Chef AJ on YouTube](#)



In this chapter, we are going to dive into the staples which have underpinned my personal weight loss journey and have allowed me to drop more than 66lbs while eating an abundance of whole-plant foods.

As we discussed in Chapter 4, creating a supportive environment is one of the key determining factors to your success, which means shipping out all the things you DO NOT want to be eating (higher calorie and processed foods) and shipping in all the things you DO want to be eating in large portions (whole-food, plant-based delights).

Remember that it is the magical combination of starches, non-starchy veggies, fruits and legumes - with an important sprinkling of healthy fats - that create the most amazing,

satisfying and low calorie density meals to keep you full for hours.

I can't recommend strongly enough that you always have a selection of these on hand so you've got meal options ready to go whether you're in a rush; too busy to think; or find yourself suddenly hungry.

While everyone will of course have their own favourites when it comes to staple ingredients, I thought you might like it if I took you through the ones which I put firmly on my 'Absolute Faves' list!

None of these are essential, but they are the ones which have become part of my weekly meal-planning rotation since I transformed my life in 2020.

NON-STARCHY VEGGIES

I hope by now it should go without saying that non-starchy veggies are the key to losing weight as a volume eater... but I never get bored of saying it!

They come in at around 100 calories per pound, making them the lowest calorie foods on the planet and therefore perfect for filling up that all-important 50:50 plate, ([see page 18](#)) which is a great plate-building method for maximum weight loss. As well as incredible nutritional benefits, non-starchy veggies provide the volume of food you need to fill you up and help activate your stomach's stretch receptors - aka the nerves that sense when it expands after a

meal and sends a signal to the brain to turn on its 'FULL TUMMY' sign.

While eating lots of veggies with every meal may sound boring, I PROMISE you that it doesn't have to be.

The recipes in this book have been carefully chosen to give you lots of ideas and options when it comes to creating a huge variety of dishes to keep you and your taste buds excited. You will be amazed by how creative you can become at sneaking veggies into the most unlikely dishes. Not only that, but there are also so many ways of making them taste incredible too without having to hide them anywhere!

TOP TIP: Make sure you have a few options in your wheelhouse (aka kitchen cupboards and fridge!) so you can treat your taste buds to what they're asking for, whether they're in the mood for something sweet, savoury, salty, crunchy, saucy etc.



SOME OF MY FAVOURITE NON-STARCHY VEGGIES:



BROCCOLI



CUCUMBER



CABBAGE



CAULIFLOWER



MUSHROOMS



CARROTS



COURGETTE



ARTICHOKE



BRUSSELS SPROUTS



BEETROOTS



PEPPERS



AUBERGINE



LEEKs



LETTUCE



ONIONS



KALE



TOMATO



SPINACH



CELERY

I COULD GO ON...AND ON!

STARCHES

Starches are an essential element of your weight loss plate and although they are not as low in calorie density as the non-starchy veggies, they are still very much at the right end of the calorie density chart ([see page 17](#)) and play a huge part in keeping your meals satisfying.

If you ate nothing but veggies all day, you would be in such a drastic calorie deficit that it would simply not be sustainable.

Starches are the key to keeping us satisfied and making sure we don't get hungry half an hour after eating a meal. They come in at around 400-600 calories per pound - which is perfect to keep us firmly in that weight loss zone.

When talking about starches, it's useful to split

them into two categories: WET and DRY.

WET STARCHES: are the best for maximum weight loss as they still retain their water and fibre (the two indicators of a low calorie food), whereas

DRY STARCHES: can certainly be part of a weight loss meal (especially when you are twinning them with a tonne of low calorie veggies), but due to the lack of water and fibre, they are not as low in calorie density or as satisfying as WET starches.

Basically, if you're looking for maximum weight loss and/or are ever in doubt, focus and prioritise building your meals around the WET starches.

HERE'S SOME OF MY STARCHY STAPLES:

WET STARCHES (Cooked Versions)



POTATOES



COOKED OATS



BUCKWHEAT



BARLEY



PEAS



SWEET POTATO



QUINOA



RYE



CORN



LEGUMES

LEGUMES SUCH AS: CHICKPEAS, RED LENTIL, CANNELLINI, KIDNEY BEAN



RICE (All varieties)



MILLETS



BULGUR



SQUASH

DRY STARCHES



PASTA



CRACKERS



BREAD



UNCOOKED
OATS



NOODLES

FRUIT

Strange as it may seem, fruit is often avoided by people when they're trying to lose weight - but it really shouldn't be!

While it's true that fruit is high in natural sugars, it's actually carbs (what sugar turns into) which are our bodies' preferred energy source. When fruit is consumed in its whole form - with the fibre, water and nutrients intact - it is incredible for your health and weight loss, coming in at between 200-300 calories per pound.

Not only does fruit contain countless nutritional and health benefits, it is also a brilliant way to satisfy those sweet tooth cravings without adding a tonne of extra calories to your day. If you don't think you can eat veggies for

breakfast, but want to still follow the 50:50 plate method for maximum weight loss - I would always recommend substituting them out for fruit.

Most of my meals include fruit in some form whether they're right in there amongst it or offering a tasty side plate - especially when I'm wanting something a little sweet. A piece (or number of pieces!) of fruit is always one of my first go-to options when I'm looking for a snack. Not only is it the best on-the-go 'fast' food, it is also low calorie density and super satisfying.

In conclusion, don't be scared of fruit! Use it to sweeten your meals and your life and never restrict your fruit intake.

SOME OF MY FRUITY FAVES:



BANANAS



BLUEBERRY



ORANGE



APPLE



WATERMELON



GRAPES



MANGO



STRAWBERRY



CHERRY



RASPBERRY

KEEPING THINGS SPICY*

***OR ANY OTHER FLAVOUR YOUR TASTE-BUDS DESIRE!**

As someone who is always looking for new exciting ways to satisfy my appetite, I couldn't be more confident in saying that healthy vegan meals which are amazing for weight loss NEVER HAVE TO BE BORING!

One of the easiest ways to make seemingly simple ingredients super fun and exciting when you are on your weight loss journey is to play around with adding in all manner of spices, condiments and flavourings.

Making meals appealing is a really important way to ensure you don't feel like you are depriving yourself - particularly when thinking about creating lasting habits and achieving sustainable results when it comes

to weight loss.

With the same simple ingredients you can create dishes from countless delicious cuisines - Indian, Asian, Mexican, Italian, Middle Eastern... the list really is as long as the world's tasting menu!

Being able to create such a huge variety of meals, boasting such an explosion of flavours was - and still is - a key part of my successful weight loss story.

Here are some of my favourites to give you ideas and inspiration to start mixing up meals and getting creative... you'll see these babies popping up in every recipe section throughout this book!

CONDIMENTS AND FLAVOURINGS

SOY SAUCE	GARLIC POWDER	BASIL
NUTRITIONAL YEAST	ONION POWDER	DILL
RICE VINEGAR	SMOKED PAPRIKA	SEAWEED
SEA SALT	GROUND CUMIN	RICE PAPER
WHITE MISO	GROUND CORIANDER	VEGAN KIMCHI
CACAO POWDER	GROUND TURMERIC	SAUERKRAUT
PEANUT BUTTER POWDER	MIXED HERBS	PICKLES
MAPLE SYRUP	PARSLEY	SOYA YOGHURT
PB2 (Peanut Butter powder)	CORIANDER	VEGGIE BOUILLON

KITCHEN GADGETS

I want to start this section by saying that you do not need to have ANY fancy gadgets in order to eat a whole-food, plant-based and low calorie density diet. You can keep things as simple as you want and still eat huge volumes of delicious food while still losing weight.

But, if you've ever delved into the comments section on any of the Broccoli Mum social media platforms, I'm sure you'll already know

that the most common questions I get are related to the kitchen gadgets which feature in my recipe videos. So, if you are here for some of the more, shall we say, creative recipes, then you may want to invest in some quality equipment... or hint to your nearest and dearest what they might like to consider buying you, the next time they're looking for gift inspiration!

Here are some of the staple pieces of kitchen equipment that I use weekly...



BLENDER - Great for smoothies, sauces, soups etc



AIR FRYER - The ultimate speedy way to get that deep fried vibe without oil or even having to turn your oven on!



FOOD PROCESSOR - Used primarily for truffles, banana ice cream, sushi balls, burgers, etc. but also very useful for food prep when it comes to chopping and slicing.



GRATER - They're just 'grate' aren't they?



NINJA CREAMY - For the best healthy ice cream of your life! (Also great for smoothies)



GOOD CHEF'S KNIFE - Chopping can be tiresome without one!



NON-STICK PANS - essential for cooking without oil



CHOPPING BOARD - A long-lasting one!



INSTANT POT - Batch prepping starches (rice, potatoes, beans etc) as well as making huge batches of soup, stews, chilli, pasta etc.

7. EXTRA TIPS TO LOSE THE LAST 10-15 LBS

In this chapter I wanted to let you in on some of the most helpful extra tips and tricks that are useful if you:

- Are looking to speed up your weight loss progress;
- Have hit a plateau; and/or
- Are struggling to lose those last 10-15 pounds

These tips may not be necessary for everyone, but I wanted to share what has helped me along the way during the course of my own weight loss journey. They can all assist, whether you want to consume less calories or to burn more calories - both of which can help get you into a calorie deficit! At this point I would strongly recommend not overwhelming yourself by trying to do all of these things at the same time! I found it was most useful and doable when I picked a couple of things I could incorporate into my daily habits - and see if they helped me continue to make progress.

You can always adjust and incorporate new strategies along the way, so it's sensible to try one or two out and see what works best for you.

A LITTLE REMINDER: Don't forget, the only way to lose weight is to be in a calorie deficit. If your weight loss has stalled, it simply means that you are no longer in a calorie deficit, (even if you are eating only whole plant foods). The only way to get back into weight loss mode is by getting back into a calorie deficit. Meanwhile if you are looking to speed up your weight loss, you then need to get into MORE of a calorie deficit.

CONSISTENCY

If you are not seeing the weight loss results you want, I would always suggest that as a first port of call, you should take an honest look at how consistent you are being.

And if you are not sure what your consistency looks like, I highly recommend starting (or re-starting if you've kept one before) a food journal. While it doesn't have to be forever, writing down every single thing that you put into your mouth is a really direct and powerful way to assess the actuality of what you're eating and

look for reasons why this may be stalling your weight loss progress.

Maybe for a week or two (or for as long as it is helpful), truly acknowledge every little lick, bite, nibble or sip of something more processed or higher in calories.

While these may all seem harmless in and of themselves - as we've talked about in this book before - when you add all those little extras up throughout the day, it can add on hundreds of extra calories, which could make the difference between being in a calorie deficit or not.

Once you have a true understanding of what you are consuming, you can start to be more aware of the more processed or higher calorie

foods you're actually gravitating towards and figure out a strategy to get them out of your environment.

ADJUST YOUR 50:50 PLATE RATIO

One of the best ways to get back into a calorie deficit is to readjust the calories of the food on your plate using the principles of calorie density.

We have discussed the wonder of the 50:50 plate as a tool for maximum weight loss, where half your plate is non-starchy veggies and half your plate is starches.

But if you wanted to reduce the calorie density of your plate even further - whilst still eating the same volume of food - you can simply readjust the veggies to starch ratio.

You could look to make 60% of your plate non starchy veggies and 40% starches for 2 or 3 meals of your day for a few weeks to see if that helps kick-start your weight loss.

But remember not to skip starches entirely as they are vital for staying satisfied, which stops you from getting hungry and enables you to be consistent long term.

PRE-LOADING

If you are a volume eater (like me!) and need to eat A LOT of food to be satisfied, pre-loading could be the answer to your problems. I know it was for me!

Pre-loading is an effective technique for maximum weight loss where you load up on non-starchy veggies before you start eating your main meal. That way you have partially filled your stomach with the foods that are lowest in calorie density (only 100 calories per pound) and are likely to get fuller faster when consuming your main meal.

This means you will end up eating less calories overall, while actually eating a higher volume of



nutritious food. I love that you can eat MORE food to consume LESS calories - this was a huge win-win when I was in weight loss mode.

When it comes to the best non-starchy veggies to preload on, it really depends on your personal taste. It can be as simple as chopped up cucumber and carrots, steamed broccoli, a big salad (only including non-starchy veggies with low fat, oil free vegan dressing) or a light soup consisting of only non-starchy veggies.

Soups are arguably one of the best pre-loaders as they have the highest volume to calorie ratio, due to their high water content. I like to make a big batch of non-starchy soup for the week and keep it in the fridge for pre-loading purposes.

WET VS. DRY STARCHES

Another way to reduce the calorie density of your meals is by being intentional about the kinds of starches you are consuming on a regular basis. It is vital to make sure you are getting enough starch in your diet when on your weight loss journey - but not all starches are created equal!

As discussed in Chapter 6, there are two kinds of starches - WET and DRY starches. I have provided a list of my favourites on [pages 44-45](#) if you need help figuring out what to prioritise.

Wet starches are going to be the best for maximum weight loss as they contain more water and fibre and are therefore lower in calorie density. Try to choose from the list of wet starches for the majority of your meals if you're aiming for maximum weight loss.

MY FAVOURITE OF ALL THE WET STARCHES IS THE HUMBLE POTATO.

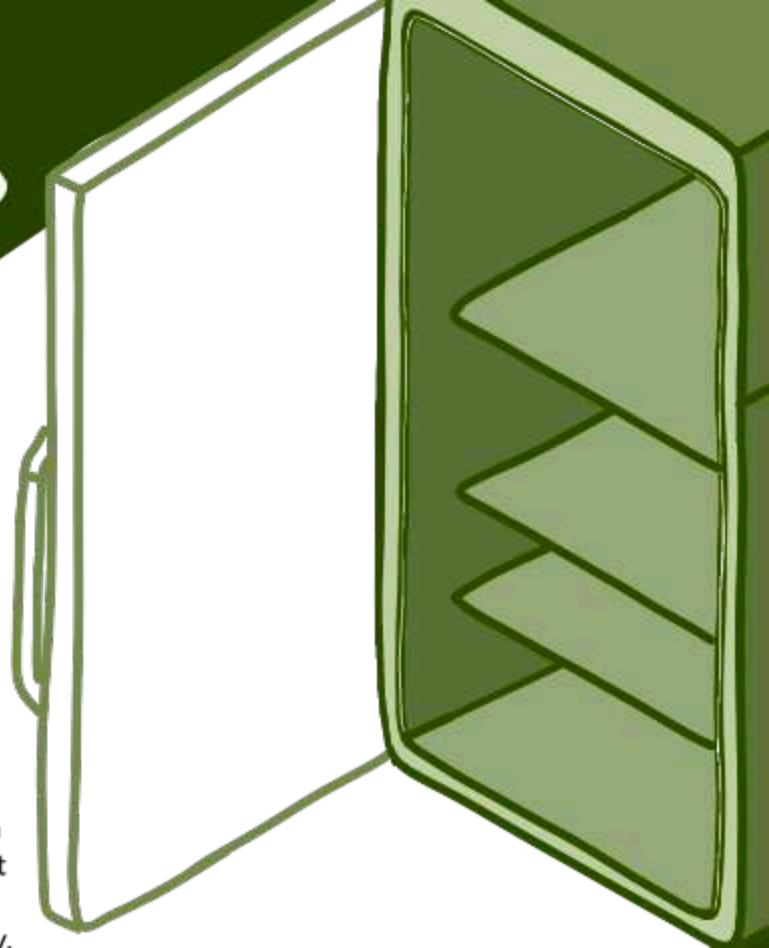
If you want to really go all out,

I recommend having 1-2 potato meals a day. You could even consider doing a potato reset, which is where you eat nothing but potatoes and non-starchy veggies for a period of time. I have enjoyed doing potato resets in the past and have always seen incredible results.

**CHECK OUT MY
7 DAY POTATO RESET MEAL
[PLAN](#) FOR SOME
INSPIRATION!**



SAY GOODNIGHT! TO NIGHT TIME SNACKING



This tip is close to my heart. I have been a serial night time snacker for the majority of my life - both as a junk food and whole-food vegan. Firstly, I want to make clear that I'm not saying you have to stop night time snacking during your weight loss journey.

In fact, if you're used to snacking in the evening, it's a great idea to make lower calorie swaps so you don't feel like you're missing out. Some fruit or banana ice cream, or perhaps something from the Desserts section in this book always goes down well in my house!

But, if you are looking to really maximise your weight loss, break a plateau or lose those final pounds, I recommend that you put your night time snacking to bed. I have struggled with this for years and have finally overcome the need for those night time nibbles.

So, of course, I want to let you in on the tips and tricks that I have used...

1. Get into a routine of brushing your teeth after dinner. This can act as a signal to your brain that food time is over;

2. Don't go back into the kitchen after dinner to avoid the temptation to pick at things in the fridge or start nibbling at bits and pieces while passing through. If your living space layout allows, I've found it can be simplest to just avoid going in there;

3. Make a nice cup of tea. Sometimes we are

looking for something to hold and comfort us after a long day, so I have found holding a warm cup of tea to sip keeps my mouth busy and entertained;

4. Switch up your night time routine. We are creatures of habit, so if you sit in the same chair every night and eat snacks, then your mind is going to put those two habits together. Break the habit by sitting somewhere else to relax, or do something different to avoid the mental association snacking trigger.

5. Find other forms of comfort. Sometimes we turn to food at night because we are bored, tired or seeking comfort or love. Look for other activities that can fulfil your needs. Maybe you could chat to a friend or spouse; snuggle up in bed if you're feeling tired; try out some new activities or hobbies.



UP YOUR STEP COUNT

If you feel like you are doing everything right, but the scales just aren't moving in the direction you want them to, you can turn your attention to upping your daily calorie burn. My favourite - and arguably the easiest way to do this - is walking.

You can start by aiming for 5,000 steps a day and slowly increase your step count to 7,500, 10,000, 12,500 or even 15,000 over the course of time. I personally aim for at least 10,000 steps a day as a minimum. Increasing your step count can burn hundreds of additional calories every day and can be the difference which gets your weight loss journey back on track.

Remember to increase it slowly in order to build it into a lifelong sustainable habit.

MAKE YOUR MEALS A BIT MORE BORING!

I realise this may seem counter-intuitive coming from me (!) but it's a fact that the more exciting and flavourful your meals are, the more likely you will be to eat just that little bit more.

One of the ways to help you honour your hunger fullness cues - and to use food more as fuel instead of fun - is to make your meals a bit more straightforward for a while. While I absolutely stand by the notion of loving food and finding it exciting throughout your weight loss efforts (I've literally made it my career!), I also can't deny that there is power in simple meals.

If you have a bowl of steamed broccoli and potatoes you are probably going to eat less than if you have a flavour-packed whole-foods meal with all the toppings. This is simply because the potatoes and broccoli are just not as exciting, and can therefore help you honour your hunger fullness cues and get you into more of a calorie deficit.

SO, IF IN DOUBT, REMEMBER SIMPLE IS OFTEN THE BEST!

8. THE NEXT STAGES. WHAT HAPPENS AFTER WEIGHT LOSS?

While weight loss may be the initial goal for some of us who decide to embrace a whole-foods, plant-based lifestyle, as you start to feel the benefits - as well as see them in the mirror - you realise that while undoubtedly important, the loss of weight is actually a welcome side effect.

I fully admit that I first came to this way of eating with weight loss at the forefront of my mind. But now 66lbs down, I realise losing weight is really the gateway to overall well-being - both physical and mental.

Eating this way is one of the best things you can do for your health and longevity. Not only is it scientifically proven to prevent, treat or reverse some of the leading causes of death, including heart disease, type 2 diabetes, and high blood pressure; it has also been shown to lead to greater diet satisfaction, improved digestion, increased energy and better sleep.

And if all that wasn't enough, it has also been credited with causing significant improvement to physical functioning, general health, vitality, and mental well-being. If you want to read more about this, I highly recommend you look at the research by Dr. Greger of [Nutritionfacts.org](https://nutritionfacts.org).

Here are just some of the non-weight loss benefits I have experienced since starting to eat this way:

TOTAL FOOD FREEDOM: For years now, I have never needed to use up my brain space thinking about weight loss, what to eat, feeling constantly hungry and/or guilty that I binged.

HEADSPACE: Clearing all of that thinking and anxiety which surrounded my historical weight loss efforts has allowed me so much headspace. These days, I'm able to loads more attention to lots of different aspects of my life - work, family, friends and all the other things that bring me joy. It has genuinely been revolutionary.

ENERGY: When I was 66lbs heavier, it was honestly a struggle to run around with my then one-year-old for more than 5-10

minutes without feeling exhausted. Not only am I now lighter but I also nourish myself properly and feel like I have so much energy... I'm like a bouncy ball! I work out 5 days a week, run 3 times a week and have plenty of energy for walks in the forest, kitchen dance parties with my kids and so much more. My energy is a bottomless pit and that all comes down to the magic of this way of eating!

A GOOD INFLUENCE: When I changed my diet, it also meant a change for the whole family.

Truth be told, there was a little protesting at first, but over the years my husband and kids have adapted and now love eating this way as much as I do.

Knowing that my family are also benefiting from whole plant foods - and that they will continue to thrive - gives me an incredible sense of satisfaction.

My kids have some core healthy habits in place, which will give them strong and healthy foundations as they grow older. I really believe this is the best gift I have given them.

I have also found that as people in my life saw my transformation, they started asking me questions about what I was doing.

Many have started to either incorporate more whole plant foods into their diet or have even joined me and jumped into this way of eating completely!

CHANGING YOUR BODY COMPOSITION

One of the unexpected things that happened for me when I reached my weight loss goals, is that I realised I didn't actually look the way I had imagined.

Yes, I had lost the weight, but in my head, I'd imagined a lean toned physique. This was not the case.

I started looking into what would be the best way to change the composition of my body, now that it was the weight I wanted it to be.

What I settled on as the best way to work towards that lean and toned look was to lift weights.

I realise lifting weights may not be everyone's cup of tea and you should absolutely incorporate your own favourite forms of exercise and activities in a more intentional way. But as with everything in this book, I want to share with you what works for me!

I have discovered a love for weight training over the past year and so much has changed for me in that time. Not only am I leaner and more toned, but lifting weights also enables you to eat more food. The more muscle you have the more calories you burn in a day, meaning you get to eat more - and who wouldn't want that?!

I have also discovered what an incredible feeling it is to feel strong and powerful. And don't worry, lifting weights will not make you look big, bulky or manly (like I originally thought). It actually takes years of training to build muscle.

If you want to follow my lead and give weight lifting a try, like everything, I recommend building it like any other habit. Start small and build it up over time.

I started by committing to go to the gym maybe 1-2 times a week and I just aimed to do at least 1 exercise (yes, sometimes I just did 1-2 exercises and went home!).

It was the habitual act of just getting my butt to the gym that was helpful.

Over the course of a year I have now transformed my garage into my own personal gym and am in there 5 days a week without fail.

And no, I'm not always motivated to get up to train at 5am, but it's now on autopilot because.... you guessed it... IT'S A HABIT!

KEEP ON KEEPING ON!

Most people who start a 'diet', assume there is an end date and that they will one day be back eating junk food and be able to maintain a lean physique. But the reality is that the way you eat to lose weight is the way you need to eat to maintain your weight loss - and trust me, I have played around with this and have found it to be true.

That is why finding a way of eating that is sustainable is the most important for life-long weight loss.

So, when you reach your ideal weight, just keep going with the amazing habits you have built along the way. And remember, the more you build a habit into your life, the more it becomes what comes naturally - we're back to that autopilot setting again!

Maintain that clean environment, keep planning your meals, continue doing food prep, keep eating your 50:50 plate, always take food with you, don't stop honouring your hunger fullness cues and make sure you move your body.

NOW. WHO'S READY FOR SOME RECIPES?



9. BADGES

Throughout all of the recipe sections, you'll notice these very helpful - and pretty funky! - badges popping up all over the place. These offer an at-a-glance summary of each recipe's ideal requirements and characteristics, making it super easy to find something delicious to make whatever mood or kitchen you find yourself in.



Blender



Batch Work

Recipes to see you through the week.



Oven / Air fryer



Food Processor



Max. Weight loss

Recipe is especially good for weight loss.



Waffle maker



Microwave friendly



Quick & easy



Freezer



Meal prep

Recipe uses pre-cooked ingredients.



Worth the effort

BREAKFASTS

Breakfast is often referred to as the most important meal of the day... and I would argue that it is *especially* important during a weight loss journey. When you start the day with a super satisfying weight loss-friendly meal, it really sets you up for whatever is in store.

If you're trying to lose weight, the temptation is often to skip breakfast in the hope that this will help you eat less during the day (I'm speaking from LOTS of experience here!). In fact, the opposite has been proven time and again. People who skip breakfast are much more likely to have consumed more calories by the end of the day than someone who kicked their day off with a decent meal.

As you will know if you've watched more than three of my Instagram videos (!), I am someone who has a mega sweet tooth... and it kicks in as soon as I wake up! So there are many breakfast recipes in here which could also pass as a delicious dessert. Don't panic if your palette favours more savoury flavours though - I have included my go-to savoury options too.

Together, I'm confident the range recipes in this section will help you start every day in the yummiest way possible!

TOP TIP: Remember there are no rules when it comes to mealtimes - you should feel absolutely free to start your day with something from the Mains, Soups or Salads section if that's what your taste buds are telling you!





Try replacing the cacao powder with peanut butter powder for a tasty cookie dough version.



BROWNIE BATTER BLENDED OATS

Serves ●



BLENDER



BATCH WORK



QUICK & EASY

INGREDIENTS

1/2 cup chickpeas
1 ripe banana
1/2 cup oats
1 cup cauliflower
1 medjool dates
1/2 cup plant milk
2 tbsp cacao powder
1 tsp vanilla
Pinch of salt

TOPPINGS

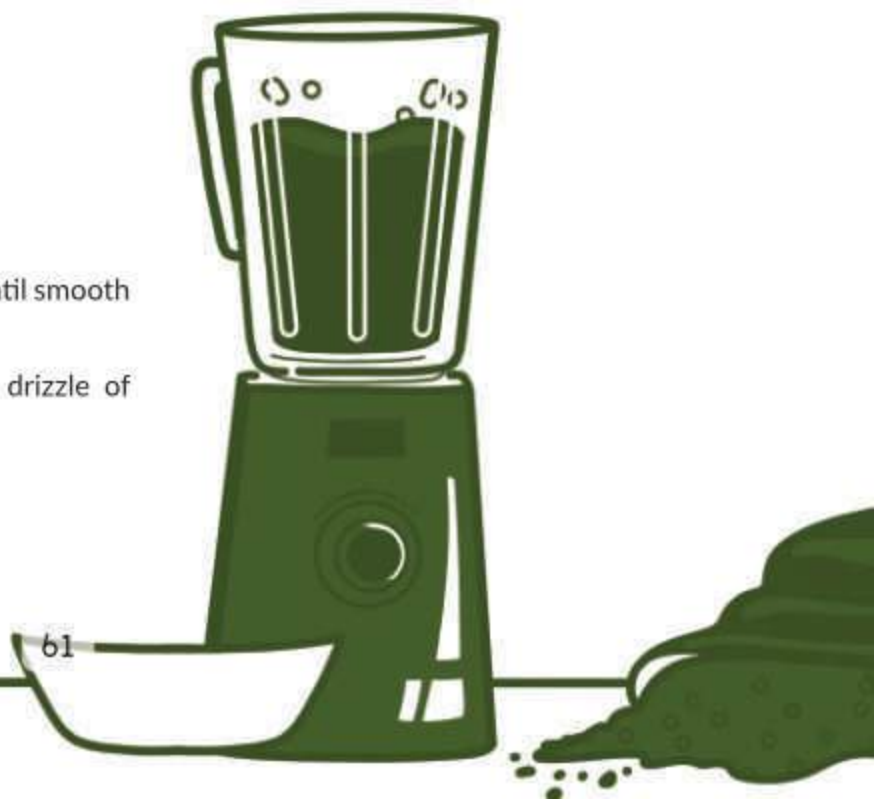
Strawberries
Peanut butter powder drizzle

If you love brownie batter (...and let's face it...who doesn't?) then why not have it for breakfast? No worries - you are still having an ultra-healthy start to the day. This recipe not only packs in the veggies (trust me – you won't taste them!) but is guaranteed to keep you satisfied all morning. This is an all-time favourite of mine because it ticks so many boxes: my kids love it – especially with a sprinkling of vegan chocolate chips; it tastes super indulgent and it's quick and easy to make. Simply blend a few ingredients together and voila – breakfast is ready!

METHOD

1. Blend everything in a high speed blender until smooth and creamy.
2. Serve with chopped fruit of choice & a drizzle of peanut butter powder (PB2) paste.

Calories – 558, Protein – 22.8g, Fat – 80.9g, Carbs – 9.5g





SWEET POTATO WAFFLES

Serves ●



MEAL PREP



QUICK & EASY



SUPER WEIGHT LOSS



WAFFLE MAKER

These waffles are a game-changer, turning your leftover sweet potato into a crispy, cake-like breakfast that's almost too good to be true! They're so easy to make, taking just 10 minutes, and sweet potatoes are naturally low in calories, making them a perfect, satisfying start to the day. I love pairing mine with a huge serving of fresh or frozen berries, a spoonful of my favourite homemade chia jam, and a dollop of unsweetened vegan yoghurt. If you're aiming for a balanced 50:50 plate, sauté some veggies to enjoy on the side. This has become one of my favourite ways to reinvent leftovers!

INGREDIENTS

- 1 large pre-baked sweet potato (I used Hannah sweet potatoes)
- 2 tbsp homemade chia jam
- 2 tbsp unsweetened vegan yoghurt
- 2 cups of your favourite berries
- 1 tbsp peanut butter powder
- Splash of water

METHOD

1. Take your pre-baked sweet potato and cut it in half length-ways.
2. Preheat your waffle maker (if it doesn't have great non stick, feel free to use a little cooking spray)
3. Place both halves of your sweet potato on your waffle maker and press down. Let it crisp up for 5-10 minutes and it's done!
4. Top your sweet potato waffle with some vegan yoghurt, homemade chia jam and some re-hydrated peanut butter powder (mix your PB2 with a splash of water until it resembles peanut butter)
5. Serve with two cups of your favourite berries - I love using strawberries!

Calories - 370; Protein - 11g; Fat - 3g; Carbs - 63g

63

5 MINUTE BLUEBERRY CRUMBLE

Serves ●



MICROWAVE - FRIENDLY



QUICK & EASY

Here's another breakfast classic that's a breeze to whip up! If you're looking for something a bit more exciting than porridge, but still want to feel satisfied all morning, this recipe is your go-to. We all know that berries are packed with antioxidants, giving your breakfast a tasty health boost. But I also love how versatile it is—swap in any berries you like, or mix it up with fresh or frozen fruit for a twist, like apple and rhubarb or plum crumble. Top your creation off with a dollop of yogurt and a sprinkle of chia seeds for the perfect finish. What could be a more delicious way to start your day?



INGREDIENTS

- 1.5 cups blueberries (I used frozen)
- 1 tsp corn starch
- 1 tsp lemon juice
- 3/4 cup of oats
- 1 ripe Banana
- 1 tsp cinnamon
- 1 tsp vanilla
- Pinch of salt

METHOD

1. Add blueberries, corn starch and lemon juice to microwaveable safe dish.
2. Mix and microwave for 1 to 2 minutes.
3. Combine the rest of the ingredients and mix well
4. Crumble the mix over the top of your blueberries and pop it back in the microwave for 2-3 minutes.

MANGO STICKY RICE

Serves ●



MEAL PREP



QUICK & EASY

If you're tired of the usual smoothies or oatmeal but still want a sweet, satisfying breakfast, this recipe is a must-try. Made with pre-cooked sticky rice, it's quick to prepare and perfect for busy mornings. I love adding cauliflower rice to boost nutrition, lower calorie density and make it even more filling. Whether you use fresh or frozen mango, this dish will mix up your morning routine and leave you feeling satisfied for hours.



INGREDIENTS

- 1 cup pre cooked sticky rice
- 1/2 cup cauliflower rice (optional)
- 1 cup mango (fresh or frozen), chopped
- 1 medjool date, pitted and diced
- 1 tsp vanilla extract
- 1 cup unsweetened plant milk
- 1/2 a nice ripe banana

OPTIONAL

- 1 tbsp of maple syrup for extra sweetness

METHOD

1. Mash the banana and then add all the ingredients to a pan and heat on medium until well combined and warm. Feel free to add some more water or plant milk to get your desired consistency.
2. Serve with an optional extra drizzle of maple syrup and any extra mango you desire!

Calories (without optional extras)- 532, Protein - 16g,
Carbs - 96g, Fat- 7g

CHICKPEA OMELETTE

Serves ●



SUPER WEIGHT LOSS

If you like to start your day with something savoury, this is one of my absolute favourites. A perfect low calorie density egg-less omelette, high in protein and fibre, that's super easy and cheap to make. You can mix the dry ingredients together ahead of time to speed up the process even more, and this is a great way to pack in those hidden veggies. A fantastic breakfast option for those with certain allergies as it's soy, gluten and nut free. The only rule with this one is that there are no rules!

INGREDIENTS

1/2 cup chickpea flour (gram flour)	1/2 tsp kala namak (black salt)
2 tbsp nutritional yeast	2/3 cup water
1/2 tsp turmeric	1 box of mushrooms (300g)
1/2 tsp baking powder	4 cups spinach
1/2 tsp garlic powder	2 cloves of garlic
1/2 tsp onion powder	1 tbsp soy sauce
	6 cherry tomatoes

OPTIONAL EXTRAS

1/4 avocado
Squeeze of lime,
Homemade ketchup ([see page 289](#))

METHOD

1. Mix together the chickpea flour, nutritional yeast, turmeric, onion powder, garlic powder, baking powder, black salt and water until you get a nice smooth batter. Let it sit for 5-10mins.
2. Meanwhile chop your mushrooms and add them to a pan with soy sauce and minced garlic and let them sauté for 5 minutes or so. Then add in spinach and cherry tomatoes and cook for another 2-3 minutes. Set aside
3. Heat a non-stick pan and pour half of the chickpea flour mixture in at a time (creating a large pancake shape). let it cook for 2-3 minutes until it is no longer wet and has started to bubble. Remove from the pan and make your second omelette.
4. To serve pour half your veggies into each omelette and top with avocado and homemade ketchup!



Feel free to whack Jack Johnson's lovely song named after this breakfast treat and 'pretend like it's the weekend'!



BANANA PANCAKES

Serves ●



BLENDER



QUICK & EASY

These low fat banana pancakes were one of my weight loss staples when I was in my prime weight loss phase. They really elevated an otherwise ordinary bowl of oats into a big fat fluffy stack of pancakes smothered in berries and maple syrup! All you have to do is chuck the ingredients into a blender and boom you have pancakes in 15 minutes. I always like to make a double (or triple) batch for the week and store them in the fridge or freezer for an emergency speedy brekkie.

INGREDIENTS

- 1 cup oats
- 1 ripe banana
- 1 cup water
- 1 tbsp chia seeds
- 1 tsp baking powder

EXTRAS

- 1 tbsp maple syrup
- Berries of choice

METHOD

1. Add all the ingredients to a blender and blend until nice and smooth. Let the mixture sit for 5 minutes to allow the chia seeds to thicken up.
2. Heat a non-stick pan on medium and pour $\frac{1}{4}$ of a cup of mixture at a time to form your pancakes. Cook for 3-4 minutes and flip, then cook for another 2-3 minutes. Repeat until all the mixture has been used.
3. Stack them high and drizzle with maple syrup and your favourite berries!



CARROT CAKE OATMEAL

Serves ●



QUICK & EASY



SUPER WEIGHT LOSS

Start your day right with a delicious, fibre-packed breakfast that brings the flavours of carrot cake to your morning routine - without a drop of guilt! Perfect for those who want the benefits of a 50:50 plate from the moment the day gets going, this quick and easy recipe takes less than 10 minutes to prepare. With the natural sweetness of dates and an extra serving of vegetables, it's a satisfying, low-calorie option that will keep you full and energised for hours.

INGREDIENTS

1 cup oats
2 medium carrots
1 medjool date
2 cups water
1/2 tsp cinnamon
1 tsp vanilla
1/2 tbsp flax meal
Splash of plant milk

METHOD

1. Grate up the carrots and tip everything (aside from the plant milk) into a pan.
2. Cook on medium for 3-5mins. Plate up and add a splash of plant milk and an extra drizzle of maple syrup if you fancy that extra shot of sweetness.



BONUS 50:50 PLATE PAIRING RECIPE TIP!



ASIAN STYLE BROCCOLI

INGREDIENTS

1 head of broccoli	A splash of water
2 cloves of garlic	Vegan kimchi
1 tbsp soy sauce	Toasted sesame seeds

METHOD

1. Add the chopped broccoli, minced garlic, soy sauce and a splash of water to a pan and sauté until tender.
2. Pop in a bowl with some vegan kimchi for flavour and spice!

CHOCOLATE LAVA CAKE

Serves ●



BLENDER



MICROWAVE FRIENDLY



QUICK & EASY

If you're in the market for a treat of a sweet breakfast, but want to keep it healthy and vegan, this super simple chocolate lava cake will tick all the boxes. As ever, there are veggies in there which help to keep the cake moist and gooey while also keeping it super low in calories. I usually use cauliflower, but you can also use grated courgette if you prefer. For this recipe you even get to be in control of your own lava - bake it a bit less for a squidgy, molten centre, or longer for a firmer texture. And if you're in the mood for something different, you can always try the raspberry and vanilla version for a fruity twist.



INGREDIENTS

- 3/4 cup oats
- 1/2 cup frozen cauliflower
- 1 ripe banana
- 2 medjool dates
- 1/2 cup unsweetened plant milk
- 1/2 cup water
- 1.5 tbsp cacao powder
- 1 tsp vanilla
- 1/2 tbsp flaxmeal
- Pinch of salt

OPTIONAL

- Dark vegan chocolate chips

METHOD

1. Blend everything together until smooth and then microwave for 5-6 minutes until the outside is kinda cakey but the inside is still gooey!

COOKIE DOUGH MILKSHAKE

Serves ●



MEAL PREP



BLENDER



QUICK & EASY

If you're craving a rich, indulgent milkshake but want to stay on track with your weight loss goals, this recipe is just for you! Sweet, creamy, and incredibly satisfying, it takes less than 5 minutes to make and packs in secret ingredients like chickpeas and cauliflower that you won't even taste. Perfect for breakfast, lunch, or dinner, this massive, guilt-free shake will curb your sweet tooth and keep you full for hours.



INGREDIENTS

- 1/2 cup chickpeas
- 1/2 cup frozen cauliflower
- 3 frozen ripe bananas
- 1 medjool dates
- 1/2 cup unsweetened plant milk
- 1/2 cup water
- Pinch of salt

OPTIONAL EXTRAS

- 1 tbsp dark vegan chocolate chips

METHOD

1. Add everything (aside from the chocolate chips) to a high speed blender and blitz until you get a super smooth milkshake!
2. Sprinkle in a few of the (optional) vegan dark chocolate chips for that cookie dough feeling.

OIL FREE HASH BROWNS

Serves ●



OVEN / AIR FRYER



SUPER WEIGHT LOSS

These easy, oil-free hash browns are a fantastic option for a healthy, weight-loss-friendly breakfast that the whole family will love - kids included! Potatoes are one of the best foods for health and satiety, making this a perfect savoury start to the day. While those with access to frozen, oil free hash browns can take a shortcut, in the UK we grate our own spuds. Prepare a big batch in advance and pop them in the oven for a speedy breakfast. Serve with homemade oil-free mayo and a side of broccoli, mushrooms, and spinach, sautéed in soy sauce and garlic, for a delicious, balanced meal.

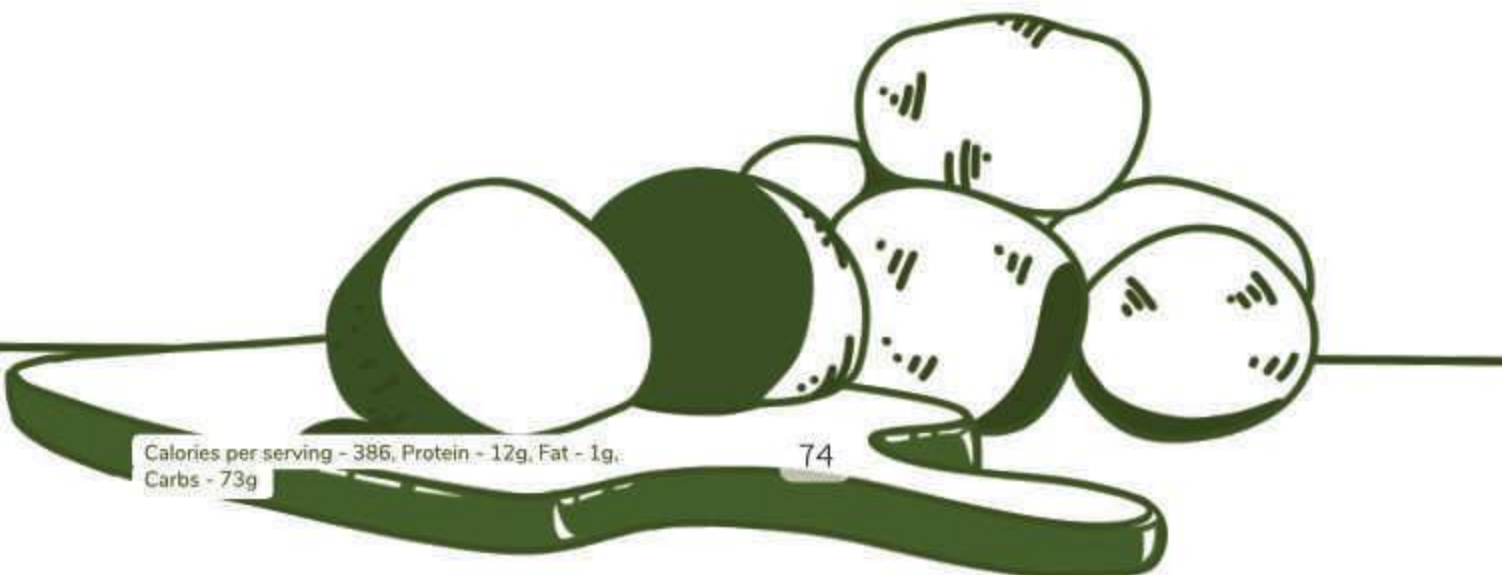
INGREDIENTS

- 1 large potato
- 2 tbsp nutritional yeast
- 2 tbsp cornstarch
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp salt

METHOD

1. Wash that giant potato and grate it up. Add it to a bowl of water and stir for a minute or so to rinse off the starch. When the water runs clear, pat it dry with a tea towel and add to a bowl with the remaining ingredients.
2. Form into patties and either pop into the oven or air fryer for 20 mins at 180°C or until golden brown and super crispy!
3. Serve with some of my tofu mayo or homemade ketchup ([see pages 279 & 289](#))

Calories per serving - 386, Protein - 12g, Fat - 1g,
Carbs - 73g







GRANOLA STUFFED APPLES

Serves ●



OVEN / AIR FRYER



SUPER WEIGHT LOSS

Our kitchen is always brimming with apples no matter what the time of year, and this recipe turns them into a cosy, spiced treat that gives off all the warm, comforting vibes of apple pie. As they bake, the apples caramelise beautifully, making them irresistibly sweet. Top with a dollop of yoghurt for a creamy finish. Feeling adventurous? Swap the apples for pears or peaches and try a zingy ginger spice mix instead. Trust me – you are going to want this one again and again!

INGREDIENTS

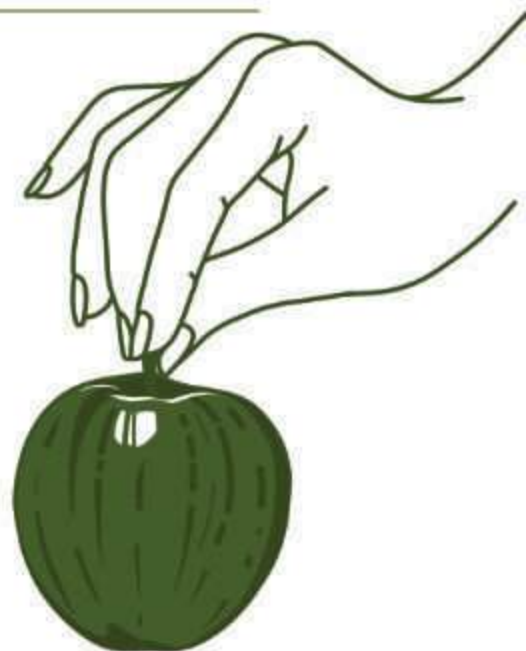
- 2 apples
- 1/2 ripe banana
- 1/2 cup oats
- 1/4 tsp cinnamon
- 1/4 tsp ginger powder
- 1/8 tsp cardamom powder

OPTIONAL EXTRAS

Vegan unsweetened yoghurt, Cinnamon, 1 tsp maple syrup

METHOD

1. Slice your apples in half and using a melon baller. Scoop out the core, leaving half an inch of apple at the bottom.
2. Mash together the remaining ingredients to form your granola and scoop equal parts into each apple.
3. Pop the apples into the oven at 180° for 15-20 minutes or until golden brown and the apples are soft.
4. Top with vegan yoghurt, cinnamon and a splash of maple if desired!





CHERRY BAKEWELL CAKE

Serves ●



QUICK & EASY



BLENDER



MICROWAVE FRIENDLY

In case you didn't know, this recipe is one of my flavour obsessions. I mean - is there a better fruit and nut combo than cherry and almond? This recipe turns the classic Bakewell tart into a cake...and if you follow me, you'll know I never need any excuse to have my cake and eat it (especially for breakfast). No surprises - there is many-a-chickpea involved - though cannellini beans do the job just as well. And this cake is made at top-speed in the microwave - ideal for when the clock is ticking.

INGREDIENTS

1/4 cup chickpeas
3/4 cup oats
1 ripe spotty banana
1/2 tsp baking powder
1/2 cup plant milk (I used soy)
1/2 cup water
1 tbsp flaxmeal
1 tsp vanilla
5-10 drops of almond extract
Pinch of salt
1/2 cup cherries (frozen or fresh)

OPTIONAL

1 tbsp maple syrup on the top

METHOD

1. Blend everything (apart from the cherries) until smooth and add to a bowl.
2. Plop those cherries on the top and microwave for 6-8 minutes until your cake is ready!

You could equally pop it into the oven or air fryer in an oven safe bowl for 15-20 minutes or until fully cooked.

TOP TIP!

Transform this recipe into my signature breakfast chocolate cake by replacing the almond extract and cherries with 2 tablespoons of cacao powder. To get an even more indulgent chocolatey version you can even use black beans or kidney beans instead of chickpeas.

SUPER SATISFYING SMOOTHIES

All recipes serves ●



BLENDER



QUICK & EASY

The trick to making a super delicious, filling smoothie for weight loss is... beans! Ok, don't let that freak you out - I promise you won't even know they're in there. Beans are amazing! They're packed with fibre and protein, and they keep you full for ages. I sneak them into as many meals as I can. If you're used to drinking a huge smoothie and then feeling hungry an hour later (like I used to), it's not going to help with weight loss. You'll end up snacking all morning, or feeling constantly hungry. The key to successful weight loss is eating meals that keep you satisfied until your next one.

One way to make your smoothie even better is to turn it into a smoothie bowl and top it with some extra fruit and a sprinkle of oats! Chewing your food helps your body recognise what you've eaten and keeps those hunger cues in check. Here are a few of my go-to smoothies that kept me full during my weight loss journey, and I still love them now!

VERY BERRY

1 medium banana
1/3 cup chickpeas
1/3 cup oats
2 cups mixed berries (I like using frozen)
1/2 cup unsweetened plant milk
1/2 cup water
2 tbsp peanut butter powder (optional)

Calories - 508, Protein - 19g,
Carbs - 79g, Fat - 8g

TROPICAL

1 ripe banana
1/3 cup white beans
1 cup of pineapple
1 cup mango
1/2 thumb of ginger
1 tsp lime zest
1 tbsp lime juice
1/2 cup unsweetened plant milk
1/2 cup water
1 tsp vanilla

Calories - 419, Protein - 15g,
Carbs - 71g, Fat - 5g

GREEN GODDESS

1 ripe banana
1/3 cup chickpeas
1 small apple
2 cups of spinach
1 cup of strawberries
1/2 cup orange juice
1 stalk of celery
1/2 cup unsweetened plant milk

Calories - 441, Protein - 13g,
Carbs - 84g, Fat - 4g

BLACK FOREST

1 ripe banana
1/3 cup black beans
1 cup sweet cherries
2 tbsp cacao powder
1 medjool date
1 cup spinach
1/2 cup unsweetened plant milk
1/2 cup water
1 tsp vanilla extract

Calories - 441, Protein - 13g,
Carbs - 84g, Fat - 4g

METHOD

Place all ingredients into a high speed blender and blitz until smooth and creamy! Enjoy in a glass or as a smoothie bowl with a sprinkle of oats and some extra fruit.

Feel free to add 1-2 dates for extra sweetness as needed!

SAVOURY OATMEAL

Serves ●



QUICK & EASY



SUPER WEIGHT LOSS

This may come as a shock to you - it did to me! - but oatmeal doesn't actually have to be sweet! It turns out oats are an amazing base for almost any flavour. These savoury Asian-inspired oats are super delicious (especially if you are more of a savoury person) and it is also a great way to pack in a tonne of veggies first thing in the morning. It's also an incredible start to the day for those volume eaters out there (hello!) who want to eat huge portions and lose weight in the process.

And if that wasn't enough, the ingredients are super cheap and it is such a versatile dish because you can just throw in any veggies you have to hand and can also mix up the flavour, depending on how you want to get the day started. Try adding a fajita spice mix or some cumin and coriander for an Indian take. The world is your oatmeal!

INGREDIENTS

- 1 box of mushrooms (250g)
- 1 tbsp soy sauce
- 2 cloves of garlic
- 1 thumb of ginger
- 1 tbsp white miso paste
- 3/4 cup rolled oats
- 1.5 cups water
- 2 cups spinach
- 1 tsp toasted sesame seeds

OPTIONAL

- Cherry tomatoes
- 1/4 avocado

METHOD

1. Start by chopping up those mushrooms and popping them in a pan with soy sauce, miso paste, minced garlic and ginger and letting it cook till the liquid from the mushrooms has evaporated.
2. Add in your oats, water and cook on medium for 3-5 minutes until nice and thick, mix in that spinach.
3. Plate up with avocado, sesame seeds and cherry tomatoes



MANGO 10-MINUTE OATS

Serves ●



BLENDER



QUICK & EASY

Forgot to prep your overnight oats? No worries at all – we've got your back! I whipped up this recipe to bring a splash of tropical sunshine, whether you're basking in warm rays or huddled up in the middle of winter. And yes, my secret ingredient is carrot – but don't worry, you'll still get that creamy, dreamy sweetness you need. Feel free to mix things up based on what's in your fridge; try adding peeled courgette or a splash of steamed cauliflower for some extra veggie goodness. Dive in and enjoy a taste of paradise, no matter the season!

INGREDIENTS

- 1 cup fresh or frozen mango
- 1/2 cup plant milk
- 1/2 cup water
- 1/2 cup chopped carrot
- 1/2 tbsp chia seeds
- 1 ripe banana
- Squeeze of half a lime
- 1 tsp vanilla
- 3/4 cup oats

OPTIONAL

- 1 medjool date or 1 tbsp of maple syrup for extra sweetness

METHOD

1. Blend together 3/4 cup of mango with chopped carrot, plant milk, water, banana, vanilla, optional extra sweetener and add to a container.
2. Add oats, chia seeds and mix well. Store in the fridge for 10 minutes... or overnight for batch prep.
3. Serve topped with the remaining mango and a squeeze of lime. This is a lovely tangy treat to wake up to.

Calories (without optional extras) - 566, Protein - 16g,
Carbs - 94g, Fat - 9g





Brunches don't
come much better!



SCRAMBLE ON SWEET POTATO TOAST

Serves ●



OVEN / AIR FRYER



WORTH THE EFFORT

When you know you're going to need a warm and hearty breakfast to power through the day you've got ahead, this recipe provides the perfect solution. Sweet potato toast is a beautiful base for breakfasts and can be dressed up with any topping you fancy – sweet or savoury! Sweet potatoes aren't just delicious; they're also packed with nutrients, and antioxidants. In this recipe the toast is topped with a protein-packed and super-satisfying scramble. If you need a soy-free option, go all chickpeas, or if you're out of chickpeas (which I can't even imagine!) make it full tofu. Dive in and start off your day as you mean to go on!

INGREDIENTS

150g tofu
1/2 cup chickpeas
1 tsp onion powder
1 tsp garlic powder
3 tbsp nutritional yeast
1/4 tsp turmeric

1 tsp oregano
1/2 tsp cumin powder
1/4 cup plant milk
Pinch of black salt (or normal salt)
1 medium sweet potato
1 head of broccoli

OPTIONAL TOPPINGS

Cherry tomatoes, avocado

METHOD

1. Drain and rinse a tin of chickpeas. Mash them and add to a pan. Crumble up the tofu with your hands and add it to the chickpeas.
2. Add in the onion powder, garlic powder, nutritional yeast, turmeric, oregano, cumin powder, plant milk and black salt and cook on medium for 5-10 minutes. Be sure to give it a stir every couple of minutes.
3. Meanwhile, slice up a sweet potato into rounds and bake in the oven or air fryer until golden brown and cooked through. I do mine for 20 minutes at 180°C.
4. Steam up a head of broccoli for that 50:50 plate!
5. Put your plate together by adding the chickpea scramble to your sweet potato toast, add tomatoes and avocado with that huge side of broccoli.

SWEET POTATO BROWNIE BATTER

Serves ●



QUICK & EASY



MEAL PREP



SUPER WEIGHT LOSS

My top tip for any weight loss journey? Always have a pre-baked, caramelised sweet potato stashed in the fridge - trust me, it's a game-changer for those sudden cravings! With that sweet potato on hand, you'll be just minutes away from a fudgy brownie batter that's perfect for chocolate lovers like me. And guess what? It's actually a super low-calorie option. The secret is all in the fruit: berries are my go-to, but you can also serve with sliced banana, apple, or pear for extra deliciousness. If you're in the mood for something different, swap out the chocolate for caramel or vanilla to make a blondie batter.

INGREDIENTS

- 1 large pre-baked sweet potatoes
- 2 tbsp cacao powder
- 2 tbsp oat flour
- 1 tsp vanilla
- 1/2 tsp white miso (or a pinch of salt)
- 1 cup strawberries

OPTIONAL

A splash of maple syrup if you need it sweeter

METHOD

1. Peel your pre-baked sweet potato and add to a bowl with cacao powder, oat flour, vanilla, miso and an optional splash of maple and mash it up real good until it resembles brownie batter!
2. Serve with fresh strawberries (or your favourite fruit) and soak up the sweetness of a healthy chocolate breakfast.
3. If you are a volume eater (like me!) and want to turn it up a notch, serve it with a head of steamed broccoli or a bowl of your favourite veggies for that 50:50 plate!





PB&J OVERNIGHT OATS

Serves ●



QUICK & EASY

There's something special about that classic PB&J flavour, so I had to create a breakfast that captures it perfectly! This recipe has become a staple in my home - it's hearty, delicious, and feels like dessert for breakfast. To keep it weight loss-friendly, I've added a sneaky half cup of courgette and used peanut butter powder as a low-fat option. But if you prefer, go ahead and swap it for natural peanut butter. It's also ideal for meal prepping - just make a few jars for the week, and you're set for those busy mornings. My kids love it, and I make it at least twice a week!

INGREDIENTS

3/4 cup oats
2 tbsp peanut butter powder
1 tbsp chia seeds
0.5 cup grated courgette
1/4 cup unsweetened plant milk
1/2 cup water
1 tsp vanilla extract
1 tbsp maple syrup

TOPPINGS

2 tbsp peanut butter powder
1/2 cup raspberries

METHOD

1. Mix together all the base ingredients in a mason jar or Tupperware until well combined.
2. Top your jar with half a cup of fresh or frozen raspberries.
3. Mix together the peanut butter powder with a splash of water until it resembles peanut butter and pour that over the top of your raspberries.
4. Eat straight away or pop into the fridge for a quick satisfying grab and go breakfast!

POTATO STIR-FRY

Serves ●



QUICK & EASY



SUPER WEIGHT LOSS

If you, like me, are on a quest to eat as many potatoes as humanly possible (we all know they are amazing for weight loss and packed with goodness, right?), then this might just be a really fun and easy way to mix it up!

This is my take on a classic Chinese dish. The potatoes, although cooked, still hold their texture and a bit of crunch. This is truly one of the most interesting ways to eat a spud! It is super speedy to throw together and you can pack in as many extra veggies that you want. Perfect for those who want a quick and easy savoury breakfast that ticks all the tasty and goodness boxes.

INGREDIENTS

- 1 large potato, grated
- 2 carrots, grated
- 1 stalk of celery, julienned
- 1 thumb of ginger, minced
- 2 cloves of garlic, minced
- 2 tbsp soy sauce
- 2 tbsp rice vinegar

OPTIONAL EXTRAS

- A squeeze of lime
- Vegan kimchi
- Sprinkle of toasted sesame seeds

METHOD

1. Grate up (or julienne) your potato and pop into some water to wash the starch off. Wash until the water runs clear
2. Grate or thinly slice the rest of your veggies and add them to a good non-stick pan with garlic, ginger, soy sauce, rice vinegar and your drained shredded potatoes. Cook for 7-10 mins or until the potatoes are cooked but still retain their crunchy texture. You don't want it to turn to mash!





STRAWBERRY SHORTCAKE BAKED OATS

Serves ●



OVEN / AIR FRYER



QUICK & EASY

If cake for breakfast sounds like a dream come true, then get ready for a well-deserved treat! Strawberries always seem to bring a touch of decadence that makes everything a bit more special. This recipe is so irresistible, I always make a big batch and freeze it, so I can just pop a (very generous) slice in the microwave when the time is right. I like to add a pinch of beetroot powder to power up the pink for my kids! Top it off with a swirl of vegan yogurt and fresh strawberries for an extra wow factor. Feel free to mix things up with different berries or get exotic with pineapple if you're feeling adventurous. This is a breakfast cake that's as versatile as it is easy!

INGREDIENTS

- 1 cup of strawberries, diced
- 1 ripe bananas
- 3/4 cups oat flour
- 2 tbsp peanut butter powder
- 1/2 cup water
- 1 tsp vanilla
- 1 tbsp ground flaxmeal (Omegas alert!)
- 1 tsp baking powder
- Pinch of salt

METHOD

1. Mash the banana up, dice the strawberries and add it to an oven safe dish with the rest of the ingredients. Mix well and bake at 180°C for 20-25 mins or until cooked through.
2. Serve with toppings of choice. Told you it was easy!

TOPPINGS

- Unsweetened vegan yoghurt
- Strawberries
- Peanut butter powder drizzle



A stylized green line art illustration of a dining table and chairs. The table is in the foreground, and a chair is visible behind it. The illustration is composed of simple, clean lines in a single shade of green.

MAINS

One of the most important things I have learnt on my weight loss journey, is that you can transform ALL your favourite dishes into healthy vegan low calorie density feasts that will help you lose weight, while keeping your taste buds and your tummy totally satisfied.

The key to creating healthier versions of your favourite meals is to remove the oil, higher calorie processed foods and replace them with an abundance of starches and veggies... while losing NONE of the flavour.

While I understand this may sound too good to be true to begin with, I'm confident this section will offer not only a bank of yummy recipes, which you and your family can put straight into your regular meal rotation, but more importantly, will help inspire you to get creative and start re-imagining your personal faves in the same way!





If you want to make your life easier, feel free to use a vegan oil free Mexican spice mix instead of the spices!

3 BEAN CHILLI

Serves ●●●●●



BATCH WORK

This is a hearty and so, so satisfying recipe, which is packed full of protein and extra veggies - keeping you full while making sure to tick lots of boxes at the right end of the calorie density scale.

This is a great recipe for batch cooking, so a great one to keep in mind if you know you've got a busy week coming up - and there are lots of options to mix things up, so you won't feel like you're having the same thing day after day.

As well as serving it straight up with some rice and salad (maximum weight loss tip right there!) I also like using this to load up a baked sweet potato or blend it to use as re-fried beans in wraps or as a kicky addition to brunch.

INGREDIENTS

1 onion, diced	1 tbsp chilli powder
4 cloves of garlic, minced	1 tbsp maple syrup
2 carrots, grated or diced	2 tbsp bouillon powder
3 stalks of celery, diced	3 tbsp tomato paste
2 courgettes, grated or diced	2 tbsp cumin powder
1 300g box of mushrooms, diced	2 tbsp smoked paprika
200g pack of tempeh, crumbled	1 tbsp oregano
2 tbsp soy sauce	1 tsp onion powder
1 tin of kidney beans	1 tsp garlic powder
1 tin of butter beans	1/2 tsp liquid smoke
1 tin of black beans	Salt to taste
3 tins of chopped tomatoes	1 tbsp fresh coriander
2-3 cups of water (as desired)	1 tbsp unsweetened vegan yoghurt

METHOD

1. Start by adding your onion, garlic, carrots, celery, courgette, mushrooms and tempeh into a large pan with soy sauce and sauté for 10-15 minutes until the onions are translucent. Feel free to add a splash or two of water as needed to stop the veggies from sticking.
2. Drain and rinse your beans and add them in, along with the remaining ingredients. (If using corn or quinoa add it in here too)
3. Simmer on a low heat for 20-30 minutes or until fully cooked.
4. Serve with a head of broccoli or some salad and a cup of rice!

OPTIONAL EXTRAS 1 cup of corn, 1/2 cup of quinoa



CREAMY MUSHROOM PASTA

Serves ●●●●●



BATCH WORK



BLENDER



OVEN / AIR FRYER

Looking for a creamy, comforting pasta dish that won't derail your healthy eating goals? This vegan creamy mushroom pasta is a total winner! The secret to the richness is the magic blend of cannellini beans and tofu—no oils or fats needed here. I usually go for gluten-free pasta (so many healthy options these days!) but sometimes switch it up with zoodles (zucchini ribbons). The beauty of this recipe is its flexibility; you can tweak the ingredients to fit where you are in your weight loss journey. I always pair it with a giant salad or a whole head of steamed broccoli to keep things balanced. Enjoy!

INGREDIENTS

- 8 cups sliced mushrooms (as many as you like!)
- 2 large onions, sliced
- 4 cloves of garlic
- 2 tbsp bouillon powder
- The liquid from a 400g tin of cannellini beans (in place of oil)
- 4 cups of chopped spinach (I used frozen)
- 1 500g box of pasta (I like using Lasagne noodles!)

For the creamy sauce:

- The drained cannellini beans
- 1 standard box of silken tofu
- 1/4 cup nutritional yeast
- 3 tbsp apple cider vinegar
- 1/2 tsp nutmeg
- Salt to taste

METHOD

1. Add mushrooms, onions, garlic, cannellini bean liquid and bouillon to an oven safe dish, cover in foil and bake for 30 mins at 180°C or until nicely caramelised.
2. Cook your pasta of choice
3. While the pasta is cooking, put all the creamy sauce ingredients into a blender and blend until smooth.
3. Add the pasta and sauce to your mushroom medley and plonk the spinach on top - mix well and serve with extra veggies for maximum weight loss.

Calories per serving - 430, Protein - 23g, Fat - 5g,
Carbs - 70g



LOADED PIZZA FRIES

Serves ●



SUPER WEIGHT LOSS



OVEN / AIR FRYER

Is there anything better than fries? Of course there is... loaded pizza fries!

This is what I make when I am craving a pizza but am wanting to eat more potatoes (never forget potatoes are one of the best starches for maximum weight loss and are the most satisfying food on the planet).

This is actually a GIANT plate of food, so if you need a lot of food to be satisfied (like I do), you have got to try these out! All you do is whip up a speedy batch of my oil free fries, sauté any veggies you have on hand and smother it all in tomato sauce and a healthy drizzle of my favourite cheese sauce. Trust me, this is so good, it will be on recipe repeat for the whole week!

INGREDIENTS

Fries:

- 1 large potato
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 2 tbsp nutritional yeast
- Pinch of salt

The veggies:

- 1 head of broccoli
- 1 cup of cabbage
- 2 cups of chopped mushrooms
- 1 tbsp soy sauce
- 2 cloves of garlic

- 1/2 cup of oil free pasta sauce or use
- 1/2 cup of a tin of tomatoes

- 1/4 cup of my low fat vegan cheese sauce ([Pg. 276](#))

METHOD

1. Slice your potato into fries and cover in garlic powder, smoked paprika, nutritional yeast and salt. Mix and air fry or oven for 20-25 minutes at 180°C.
2. Slice and sauté your veggies with soy sauce and garlic. No oil needed... just splash some water if needed to stop anything sticking.
3. Assemble by adding your fries, veggies and top with oil free tomato sauce and smothering in your favourite low fat vegan cheese sauce. Prepare to feel naughty - safe in the knowledge that you're being good!



SWEET POTATO NACHOS

Serves ●



OVEN / AIR FRYER

You know when you just want some nachos but you want to keep on that whole-foods and low calorie density track? As so often is the case, sweet potatoes are the answer!

Sweet potatoes are only 400 calories per pound so they are a fantastic base for a weight loss meal! And this is such a fun way to eat them - it is the ultimate healthy comfort food. These sweet potato nachos take under 40 minutes to make and are a true volume eaters feast - every portion looks absolutely gigantic. What I really love about this recipe is that you can customise it with all your favourite veggies and toppings... and it's one that the whole family can get on board with. Everyone can have fun choosing whatever toppings they fancy, meanwhile it's a great way to encourage kids to try new things.

INGREDIENTS

1 big fat sweet potato (any variety)
1 tsp onion powder
1 tsp garlic powder
1 tsp smoked paprika
Pinch of salt

OPTIONAL EXTRAS

1/4 of an avocado
A few Jalapeños
4 tbsp unsweetened vegan yoghurt

For the Topping:

1/2 tin of black beans
1/2 cup of my low fat cheese sauce ([recipe on page 276](#))
3 tomatoes
1/2 a lime
1/4 cup coriander
1/3 tsp garlic powder
Pinch of salt

METHOD

1. Chop your sweet potato into round disks and sprinkle with garlic powder, onion powder, smoked paprika and salt. Place on parchment paper and pop into the oven to cook for 20-25mins at 180°C or until slightly crispy.
2. Top with black beans and cheese sauce and pop it back in the oven for an extra 5-7 mins.
3. Make your salsa by chopping the tomatoes, coriander, lime juice, garlic powder and a pinch of salt.
4. Upgrade with avocado, jalapeños and some vegan yoghurt if you fancy and enjoy straight from the baking tray!



MY GO-TO VEGGIE SUSHI

Serves •



MEAL PREP



SUPER WEIGHT LOSS



QUICK & EASY

OK guys, this is something close to my heart... via my very full tummy!

I ate this most days during my weight loss journey, and still do! It's everything we need - super speedy to throw together (when you've done your meal prep rice for the week); you can add a tonne of veggies and it's really filling and delicious. This is a real family favourite too and because it's totally customisable, you can keep everyone happy and it never gets old. I like to serve mine with a bowl of sautéed veggies (broccoli is my fave, obviously!)

Note: I also wanted to mention that if sushi-ing without a bamboo mat worries you, let me reassure you that in my opinion, they are very overrated and not required! Meanwhile don't focus on how pretty it looks the first time you roll sushi - it always tastes the same and practice will have you turning out the sexiest rolls in no time!

INGREDIENTS

- 2 cups cooked sushi rice
- 1 carrot, julienned
- 1/2 cucumber, julienned
- 1/4 cup fresh mango, thinly sliced
- 4 lettuce leaves
- 2 sheets of nori

OPTIONAL

- 1/4 of an avocado
- 1/4 cup of pickled radish, julienned
- 2 tbsp pickled ginger
- Sprinkle of toasted sesame seeds
- Soy sauce for dunking

METHOD

1. Make sure your rice has cooled down before you get started!
2. Take a sheet of nori, place it shiny side down, and cover 3/4 of the sheet with 1 cup of cooked sushi rice.
3. Place half of your julienned carrot, cucumber, lettuce leaves, fresh mango slices and optional sliced avocado/ pickled radish in the middle of your nori. Roll the nori sheet over the filling and make sure to lightly tighten it as you roll. Wet the very end of your nori sheet with water to help it stick and roll the nori all the way until you have the perfect sushi.
4. Repeat to make your other sushi. Then slice them into 3/4 inch pieces, sprinkle with sesame seeds and serve with soy sauce and pickled ginger for that extra kick!





STICKY MISO AUBERGINE POWER BOWL

Serves ●●



OVEN / AIR FRYER



WORTH THE EFFORT

If you're still on the fence when it comes to egg plant/aubergine, I think this is the recipe which will win you over. This very special creation takes a rather humble veggie and packs it full of sticky umami Asian flavours to create an incredible centrepiece, which also happens to be a weight loss power bowl. You can customise the rest of the bowl as you like with a combo of veggies, starches and legumes... but you might want to simply munch on a couple of these sticky aubergines for an afternoon snack... they're so good, I once ate 6 in one sitting!

INGREDIENTS

2 aubergines (eggplants)

For the Sauce:

2 tbsp soy sauce

1 tbsp rice vinegar

1 tbsp maple syrup

1 tbsp miso paste

1 tsp garlic powder

1 tsp onion powder

A splash of water to combine

Optional Extras:

6 cups of lettuce

1/2 cup red cabbage

1 cup cucumber

1 cup edamame

2 cup steamed rice

Spring onions

Toasted sesame seeds

Lime juice

METHOD

1. Slice the aubergines in half and score them. Pop upside down in the oven to bake for 20 mins at 180°C.
2. Meanwhile, mix all the sauce ingredients together
3. Remove the aubergines from the oven, flip over and smother them in the sauce (keep some for later!) and pop back into the oven for another 20 mins to get nice and juicy!
4. Assemble the rest of your bowl and enjoy!



LAZY MEXICAN- STYLE RICE

Serves ●●●●●



BATCH WORK



OVEN / AIR FRYER

Looking for a hearty, savoury dish without the fuss of hours spent stirring? This recipe is your answer! Just toss everything into a baking tray and let the oven work its magic. I love making a big batch to freeze portions for the week—super handy! This dish is loaded with beans, packed with veggies, and bursting with flavours, so it's incredibly satisfying. And even though it hits the perfect 50:50 plate on its own, I like to take it to the next level by pairing with a mega side of broccoli or green beans. No wonder this dish has been a staple on my weight loss journey.

INGREDIENTS

2 cups basmati rice
2 400g tins of chopped tomatoes
1 400g tin of black beans, drained
1 cup sweetcorn (tinned or frozen is fine)

1 packet of vegan and oil free fajitas seasoning
2 courgettes (zucchini), grated
1/2 a white cabbage, grated

1/2 a huge white onion
2 cups of water
Salt as desired

OPTIONAL EXTRAS

Vegan unsweetened yogurt
Coriander
Cherry tomatoes

METHOD

1. Throw everything into an oven safe dish, cover with foil so it doesn't burn and bake at 180°C for 40 minutes.

Garnish with optional yoghurt, coriander and cherry tomatoes if desired.



EPIC VEGAN DOUBLE WEIGHT LOSS BURGER

Makes 8 patties



WORTH THE EFFORT



BATCH WORK



OVEN / AIR FRYER



FOOD PROCESSOR

Craving a burger and fries but want to keep things healthy and vegan? These burgers are a firm family favourite at my house! We ditch the bun and use lettuce boats to hold on tight to all the familiar flavours. Packed with veggies, beans, and oats, these burgers have an amazing texture thanks to my secret ingredient: cooked millet. Don't worry if you don't have millet on hand - brown rice or quinoa can also do the job. Depending on where you are with your weight loss journey, you might prefer to opt for oil-free bread. And don't forget to check out my recipe for oil-free baked fries on [page 102](#) to make it a full feast!

INGREDIENTS

Burger:

2 packs of mushrooms	2 tbsp flaxmeal
1 large onion	1 tbsp apple cider vinegar
4 cloves of garlic	1 tbsp white miso
2 tbsp soy sauce	1 tbsp cumin powder
1 tin kidney beans	1 tbsp smoked paprika
1 cups oats	1 tbsp liquid smoke (optional)
1/2 cup parsley	Salt to taste
1/4 cup nutritional yeast	2 cups cooked millet

Chips:

1 potato
Pinch of salt
1 tbsp nutritional yeast
1 tsp smoked paprika

To Serve:

1 Iceberg lettuce, Tomato
Pickles, Low fat high protein vegan garlic mayo (recipe on [pg. 279](#))
Ketchup

METHOD

1. Chop mushrooms garlic & onion and sauté with soy sauce for 10 mins to release moisture
2. Add the rest of the burger ingredients (apart from the millet) to a food processor along with the cooked mushrooms & onion and blitz. Add cooked millet and mix by hand
3. Form into burgers and bake at 180°C for 40 mins, flipping half way through
4. Slice your potatoes up and sprinkle with salt, nutritional yeast & smoked paprika and bake for 20 mins until golden brown
5. To serve slice the sides of an ice burger lettuce to make the 'bun' and add your mayo, burger, tomato, pickles, ketchup, another burger and top with the other iceberg 'bun' - serve with chips & enjoy your low calorie healthy vegan burger!

Calories per patty - 178

Calories per serving (with chips and 2 patties)- 551,

Protein - 26g, Fat - 6.6g, Carbs - 82g



POTATO LASAGNE

Serves ●●●●●



If you love lasagne, but have been avoiding it in favour of lower calorie recipes, then this truly delicious dish can get it back on your menu... it's also great if you're looking for a gluten free alternative.

I usually use pre-steamed potatoes (from the weekly batch cook) in place of lasagne sheets - making this version not only better for maximum weight loss, but also even more satisfying! It's also packed with lots of low calorie veggies of course - not only in the tomato, but also the cheesy sauce too. I try to make this one at the beginning of the week so I've got an amazing ready-made lunch whenever I fancy it!

INGREDIENTS

4-5 large pre-steamed potatoes

Cheese sauce:

1 cauliflower

1/4 cup cashews

1 tbsp salt

1/2 cup nutritional yeast

2 tbsp apple cider vinegar

1 tsp garlic powder

1 tbsp onion powder

1/2 tsp turmeric

1 cup plant milk

Tomato sauce:

3 sticks of celery

1 onion

1 large carrots

1-2 courgettes

4 cloves of garlic

1 cup lentils

2 tbsp bouillon powder

2 tbsp mixed herbs

4 400g tins of chopped tomatoes

METHOD

1. Slice your pre-steamed potatoes into rounds and set aside.

2. Throw the carrot, courgette, celery, garlic, tins of tomatoes, bouillon into a blender and blitz until smooth.

3. Add the tomato sauce to a pot with a diced onion, lentils and herbs and let cook for 20-25 minutes or until the lentils are softened.

4. For the cheese sauce add a whole head of cauliflower and the cashews to a pan. Cover with water and boil until tender then blend with the remaining cheese sauce ingredients until smooth.

5. Add the layers to a baking dish - tomato sauce, potatoes, cheese sauce and repeat until you reach the top!

6. Finish with cheese sauce and pop into the oven at 180°C for 30-45 minutes or until nice and crispy!

STICKY BBQ CHICKPEA WRAP

Serves ●●●



BATCH WORK

I think it's safe to say that I am completely obsessed with wraps (see my Wraps 101 guide on [page 204](#) for evidence!). I mean, if you can wrap something up before you eat it, it's always gonna taste better - am I right?! This is my sticky bbq chickpea wraps made using my homemade ketchup-free BBQ sauce ([see page 282](#) and try not to eat it with a spoon!). Packed with fibre and protein, it's also bursting with flavour. Feel free to add your favourite salad veggies in with these little chicks and why not try topping off with my homemade ranch dressing ([see page 286](#)). I recommend making a big batch of these saucy chickpeas to sprinkle throughout the week!

INGREDIENTS

- 1 cup tomato passata
- 4 tbsp apple cider vinegar
- 2 tbsp molasses
- 1 tsp garlic powder
- 1 tsp onion powder
- Pinch of black pepper
- 1 tsp salt
- 3 tbsp cornstarch
- 2 tins of chickpeas, drained and rinsed

EXTRAS (Per Serving):

- 1 Oil Free Wrap (you can use one of my wrap recipes on [page 204](#))
- 1 cup lettuce
- 1/4 cup cucumber
- 3 tbsp ranch dressing [See page 286](#)

METHOD

1. To a pan, add tomato passata, apple cider vinegar, molasses, garlic powder, onion powder, black pepper and salt and cook on medium heat until it starts to bubble.
2. In a bowl, mix cornstarch with 3 tbsp water and add it into the tomato mixture. Stir continuously until the mixture thickens
3. Add in your tins of chickpeas and mix well.
4. Serve in your favourite wrap with lettuce, cucumber and my favourite ranch dressing.





POTATO, CAULI AND CHICKPEA CURRY

Serves ●●●



SUPER WEIGHT LOSS



BATCH WORK

As you may already know, I spent most of my teenage years living in Delhi - so unsurprisingly, I have a special place in my heart (and my tummy) for Indian cuisine. I love it so much in fact, that I created an entire [vegan oil free North Indian e-book](#) with my excellent sister-in-law, Snigdha featuring over 90 recipes for maximum weight loss! I wanted to make sure I had some Indian dishes in this book too - and this one is a particular favourite. It's so simple to put together, is brimming veggies and starches and also packs a flavourful punch thanks to my favourite aromatics. You can really make this curry your own by adding in any of the veggies or starches you love the most... it always works because it's the base sauce which truly makes the dish sing.

INGREDIENTS

- 1 onion, diced
- 1/2 teaspoon mustard seeds
- 1 tsp cumin seeds
- 3 cardamom pods
- 6 cloves garlic, minced
- 1 inch piece ginger, minced
- 1 tbsp garam masala
- 1 tbsp coriander powder
- 1 tbsp cumin powder
- 1/2 tsp turmeric
- 2 tins chopped tomatoes
- Medium cauliflower, roughly chopped
- 2 medium potatoes diced (1/2 inch)
- 1 can chickpeas, drained
- Juice of half a lemon
- 1 tbsp brown sugar
- 1/2 tsp amchoor powder
- Handful coriander chopped
- 2 cups of spinach

METHOD

1. To a pan add mustard and cumin seeds and toast on medium heat for a couple of minutes until fragrant. Then add in the diced onion, minced garlic, minced ginger and cardamom pods. Cook for a couple of minutes with a splash of water.
2. Then add the garam masala, coriander powder, cumin powder and turmeric. Cook for a couple of minutes and then add to a blender with 2 tins of chopped tomatoes and blend until smooth.
3. In a separate pan add chopped cauliflower and potatoes with 1 cup of water and pop the lid on to boil.
4. When the potatoes are tender, add in the fragrant tomato sauce along with the remaining ingredients. Cook on medium for 5 minutes to let the flavours come together.
5. To finish, garnish with lemon wedge, chopped coriander and a spoonful of yoghurt and serve with basmati rice.

Note: If you are really in a pinch and don't have all the spices mentioned - I recommend you go for onion, garlic, cumin powder, coriander powder and garam masala - these are the essentials for getting a curry right!

BEETROOT RISOTTO

Serves ●●



MEAL PREP



BLENDER



QUICK & EASY



BATCH WORK

While I realise this may not look or sound like your traditional risotto - you're going to have to trust me because this good-looking dish is creamy, delicious, uses up leftover rice that is hiding in the fridge and really hits the spot when in need of a speedy dinner!

And if that wasn't enough, it's packed with veggies and protein, super affordable, takes 20 mins to throw together, is totally customisable and is incredible for health and weight loss!

Lastly... look at that colour, for crying out loud!

INGREDIENTS

- 1/2 an onion, diced
- 3 cloves of garlic
- 3 large beetroots, grated
- 1 courgette, grated
- 1 tbsp bouillon powder
- 1 pack silken tofu
- 1 cup unsweetened plant milk
- 1 tbsp balsamic vinegar
- 1/4 cup nutritional yeast
- 2 cups of precooked rice

EXTRAS

- Lemon juice
- Dried thyme

METHOD

1. Sauté the onions, garlic, grated beetroot and courgette in a pan with a splash of water until softened.
2. Blend silken tofu, soy milk, balsamic vinegar, nutritional yeast and bouillon powder until smooth and add it to the veggies.
3. Stir together until thick and bubbly - add more water as needed.
4. Add in precooked rice - mix to combine until everything is hot.
5. Top with lemon juice and dried thyme



CHEESY BROCCOLI HASH BROWN BAKE

Serves ●●



Shout out to Ellen—my mother-in-law - who absolutely adores this cheesy broccoli hash brown bake! It's a hearty and comforting dish that boasts a creamy, flavourful cheesy sauce, all while staying light and low in calorie density. My go-to combo is steamed broccoli and grated potato, but don't hesitate to get creative with your veggie mix. For an extra nutrient boost, throw in a generous handful of chopped spinach. To complete the meal, I love pairing this bake with a vibrant rainbow salad. Not only does it make the plate look like a work of art, but it also keeps everything fresh and balanced. Trust me, this dish is a winner all around!

INGREDIENTS

1 large pre steamed potato

1.5 heads of broccoli

Cheesy sauce:

1/2 cup soy milk

1 cups water

1/8 cup cashews

1 tbsp onion powder

1 tbsp garlic powder

1 tbsp smoked paprika

2 cloves of garlic

1/3 cup nutritional yeast

Juice of a lemon

2 tbsp cornstarch

Salt to taste

METHOD

1. Par-steam your broccoli (make sure it still has a little crunch) and grate your pre-steamed potato.
2. Add the broccoli and potato to an oven safe dish.
3. Blend your cheese sauce ingredients until smooth (it will thicken up, don't worry!) and pour it over the top of the broccoli/potato mix.
- 4 Give everything a little stir and pop into the oven for 45 mins to an hour at 180°C until nice and crispy.

Serving tip: I enjoy this one with a rainbow salad for crunch and colour!



This one requires
pre steamed
potatoes!



COURGETTE LASAGNE ROLL UPS

Serves ●



OVEN / AIR FRYER



FOOD PROCESSOR



SUPER WEIGHT LOSS

I absolutely adore how fancy these courgette roll ups look... not least because they are actually so easy to make, but have the wow factor. They're a dinner party favourite in our house and such a great way to eat the humble courgette.

Each roll is filled with my high protein tofu ricotta ([see page 290](#)) before being placed on a bed of tomato sauce and baked. Perfect for a light lunch, these are really low calorie density, so yes, you can - and should - eat the whole thing!

INGREDIENTS

1 large courgette (zucchini)
200g block extra firm tofu
1/2 cup basil
1/3 cup nutritional yeast
Juice of a lemon
1 tbsp onion powder
1 tsp garlic powder
Salt to taste
200g tinned chopped tomatoes
1/2 tsp dried basil
1/4 tsp garlic salt

METHOD

1. Use a peeler or mandolin to slice the courgette length wise until you get lots of long strips.
2. Add tofu, basil, nutritional yeast, lemon juice, onion powder, garlic powder, and salt to a food processor and blitz until you get something that resembles "ricotta".
3. Place 2 courgette strips on top of each other and add a dollop of your tofu ricotta on one end. Roll it up like a tiny sushi. Repeat until you're all out of everything!
4. In a bowl, mix the chopped tomatoes with the garlic salt and dried basil before pouring it onto a small baking dish.
5. Place your roll ups on top of the tomato mixture and bake in the oven at 180°C for 30-40 minutes or until it's nice and golden.



POTATO WRAP WITH TOFU TIKKA

Serves ●



OVEN / AIR FRYER



WORTH THE EFFORT

Fancy getting messy with an Indian-inspired potato wrap? Yes, you heard me, we are indeed using a potato to make a wrap! I admit I was a little sceptical at first, but it really works and is a great gluten free and low calorie density alternative... the wonder of potatoes never fails to amaze and inspire me!

You can of course stuff your favourite wrap fillings into this potato wrap - but my absolute favourite is my easy crispy tofu tikka and a creamy Indian-style saucy drizzle.

INGREDIENTS

1 medium potatoes, sliced & soaked
2 tbsp chickpea flour
2-3 tbsp water
1/2 tsp garlic salt

For the Tofu tikka:

100g of extra firm tofu
2 tbsp vegan soy yogurt
1 tsp cumin powder
1 tsp coriander powder
1/4 tsp turmeric
1/2 a lemon juiced
Pinch of salt

Quick Indian inspired sauce:

2 tbsp vegan soy yoghurt
1/2 tsp cumin powder
1/2 tsp coriander powder
1/2 a lemon juiced
Pinch of salt

OPTIONAL EXTRAS:

Lettuce, Cucumber, Tomato

METHOD

1. Slice your potato into nice and thin rounds. You could use a mandolin if you wanna be fancy! Soak in cold water to rinse off the extra starch. Pat dry and lay on parchment paper so they are slightly overlapping and make a rectangular wrap shape.
2. Mix chickpea flour, water and garlic salt and pour over the potatoes. Use the chickpea mixture like glue to stick the overlapping potatoes together. Pop into the oven for 20-25 mins at 180°C or until cooked & golden brown but not too crispy.
3. Tear your tofu apart and add in the yogurt, spices, lemon juice & salt. Mix well and oven or air fry for 20 mins or until crispy.
4. Mix your sauce ingredients and then it's time to put your wrap together with your favourite fillings - I used lettuce, tomatoes and cucumbers.



CAULIFLOWER ALFREDO SPAGHETTI

Serves ●



BLENDER



QUICK & EASY

This is my ultimate spaghetti recipe, it feels super naughty and indulgent, but it is actually low calorie density and a real Trojan horse for veggies. The fat free creamy Alfredo sauce is made with one of my star players - the simple cauliflower, which is an incredible base for any creamy sauce.

For this recipe, I have used a split of cooked spaghetti and courgette/zucchini noodles (zoodles) to increase the volume of food whilst keeping things low calorie and nutrient high. Feel free to play with the spaghetti to zoodle ratio as you like.

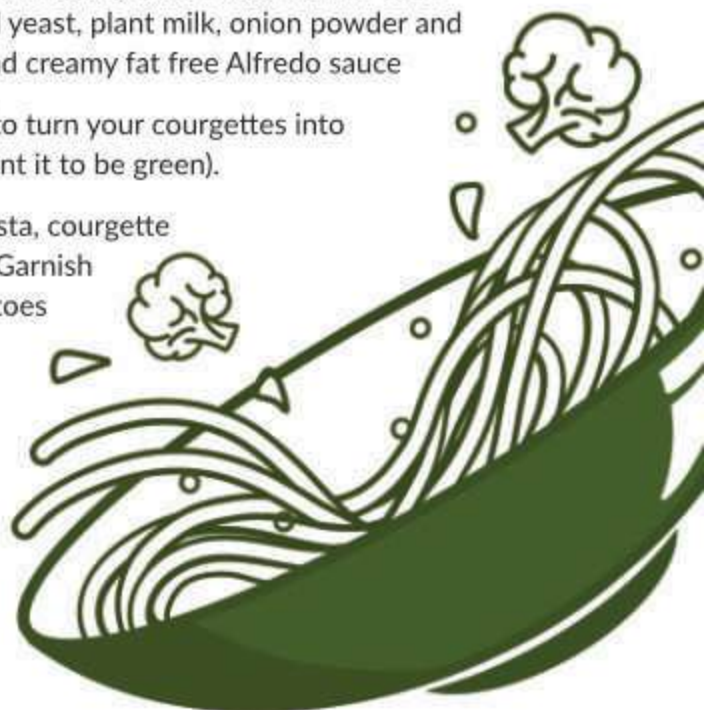
This is one of my favourite ways to get my non-veggie-loving family members (and any picky eaters I end up cooking for) to enjoy a lot of cauliflower in a single sitting. I have to guard the blender though as my kids try and eat the Alfredo sauce right out of it before it gets anywhere near the spaghetti!

INGREDIENTS

2 courgettes
75g dry spaghetti
1 head of cauliflower
Juice of a lemon
1 clove of garlic
1/4 cup nutritional yeast
1/4 cup unsweetened plant milk
1 tbsp onion powder
1 tsp salt
Cherry tomatoes

METHOD

1. Cook your pasta according to instructions.
2. Steam your cauliflower. When tender add it to a blender with garlic, lemon juice, nutritional yeast, plant milk, onion powder and salt until you get a smooth and creamy fat free Alfredo sauce
3. Use a spiralizer or a peeler to turn your courgettes into 'zoodles' (peel if you don't want it to be green).
4. Plate up by adding your pasta, courgette noodles and sauce together! Garnish with some fresh cherry tomatoes





STICKY ORANGE CAULIFLOWER

Serves ●●●



OVEN / AIR FRYER



WORTH THE EFFORT



SUPER WEIGHT LOSS

If you have a sad cauliflower sitting in your fridge, it's about to get a whole lot happier! These sticky sweet orange cauli bites taste will have you thinking you've ordered a Chinese takeaway... if your local takeaway specialises in creating incredible oil-free dishes which taste great and work perfectly for weight loss. I like to serve mine on a bed of sticky rice, alongside a lovely big salad for that all-important 50:50 plate energy.

You can take this general principle and switch up the sauce to make a General Tso, or maybe Buffalo cauli bites - its a great base which can pack a lot of flavour while also getting in a tonne of veggies!

INGREDIENTS

- 1 huge cauliflower
- 1 cup flour (I used wholewheat)
- 1 cup water
- 1 cup breadcrumbs

For the sauce:

- 1 cup orange juice
- 2 tbsp soy sauce
- 2 tbsp maple syrup
- 2 tbsp rice vinegar
- 2 cloves of garlic
- 1 thumb of ginger
- 2 tbsp cornstarch

METHOD

1. Cut the cauliflower into bite sized pieces.
2. In a bowl mix flour and water to form a batter. Put breadcrumbs in a separate bowl.
3. Dunk each cauliflower piece into the batter then the breadcrumbs and place on a baking tray. Pop into the oven at 180°C for 20 minutes or until golden brown.
4. To make the orange sauce - add orange juice, soy sauce, maple syrup, rice vinegar, garlic and ginger into a pan and bring to the boil.
5. In a bowl, mix the cornstarch with 1 tbsp water to make a slurry and add to the bubbling orange sauce. Stir for a few minutes to thicken.
6. Coat the crispy cauliflower pieces in the sauce and put back into the oven for 15 mins.
7. Serve with steaming rice and your favourite salad mix - I love lettuce, cucumber and mango!



LOW CALORIE COTTAGE PIE

Serves ●●●●●



OVEN / AIR FRYER



BATCH WORK



WORTH THE EFFORT



SUPER WEIGHT LOSS

Don't tell anyone, but this recipe could actually be called 'a gigantic pile of veggies disguised as a cottage pie'. Obviously I'm kidding. Kind of...

When it comes to snuggly comfort food, I struggle to think of anything better than a cottage pie. Packed with flavour, super satisfying from the mashed potato topping and baked to crispy perfection. Who's hungry? But in order to enjoy its comforting qualities without shovelling in hundreds of extra calories, I've developed my own take on a classic, leaving out the oil, butter and meat (of course!). I think this recipe offers a perfect illustration of how you can sneak a bunch of veggies into almost any meal, making it incredible for maximum weight loss.

Totally customisable when it comes to the veggies, this is also a great empty-the-fridge dish, which also lasts for days, making it an excellent choice for your weekly batch work rotation.

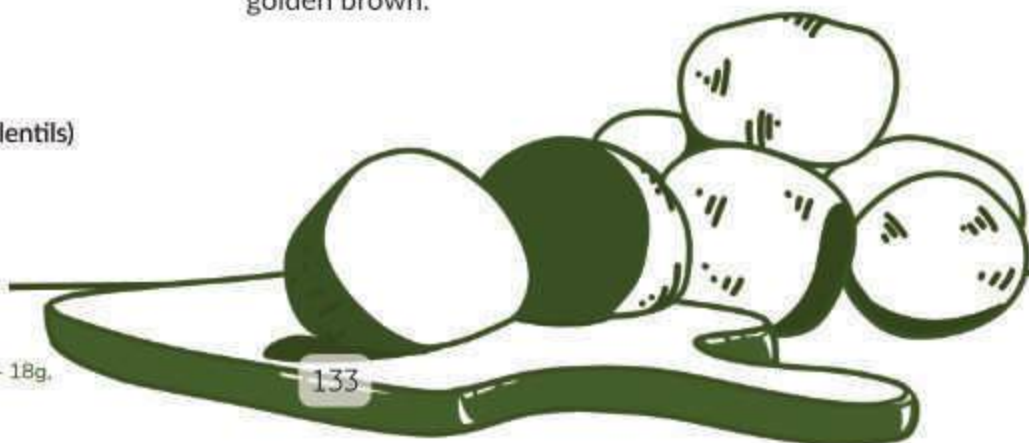
INGREDIENTS

- 6 medium potatoes
- 1 head of cauliflower
- 1 tsp salt
- 1/4 cup unsweetened plant milk
- 1 large onion
- 2 broccoli stalks (optional)
- 2 stalks of celery
- 3 medium carrots
- Leaves from the cauliflower (no waste!)
- 3 cloves of garlic
- 2 tbsp veggies bouillon powder
- 3 tbsp tomato paste
- 1 tbsp dried oregano
- 1 tsp rosemary
- 1 cup lentils (I used black lentils)
- 3-4 cups water
- 1 cup peas
- 2 cups spinach

METHOD

1. Peel the potatoes and dice up that cauliflower and boil both together until tender. When soft, drain and add salt and plant milk and mash until smooth and creamy.
2. Dice up all the veggies and add them to a pan with a splash of water to sauté for 5 mins.
3. Add in the remaining ingredients and simmer until the lentils are soft.
4. Add the veggie lentil mix to an oven safe dish and top with the mash.
5. Bake in the oven for 40-50 mins at 180°C or until golden brown.

Calories per serving - 358, Protein - 18g,
Fat - 2g, Carbs - 57g



CRISPY SUSHI BALLS

Makes 12 Sushi balls



WORTH THE EFFORT



OVEN / AIR FRYER



FOOD PROCESSOR



BATCH WORK

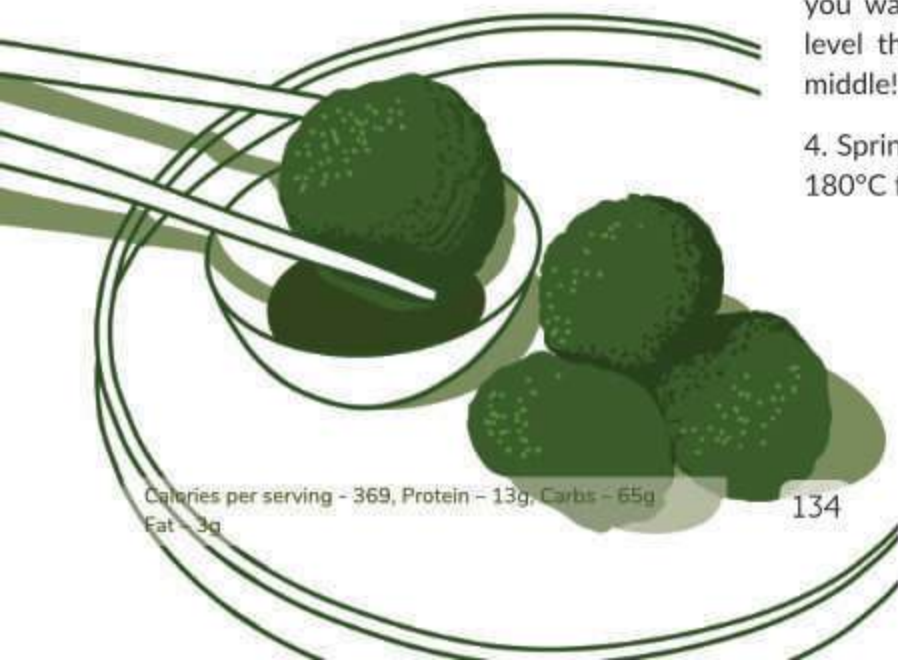
If you have any leftover cooked sushi rice hiding at the back of your fridge, this is a stunning way to turn it into something utterly crispy and delicious! To make sure we get more veggies in - lowering the calorie density - I like to add in a whole head of cauliflower too! It is pretty simple to throw together. My kids love this as a fun sushi alternative and have fun (whilst getting very messy) rolling the balls up themselves.

INGREDIENTS

- 1 head of cauliflower
- 3 cups of cooked sushi rice
- 2 tbsp soy sauce
- 1 tsp maple syrup
- 1 tbsp rice vinegar
- 2 sheets of nori
- Sesame seeds

METHOD

1. Steam your cauliflower and add to a food processor until you get cauliflower rice.
2. Add in the remaining ingredients (apart from the sesame seeds) and do a light mix until everything is nicely combined. Don't over mix - you still want some texture.
3. Roll the mixture into golf sized balls (if you want to take the flavour to another level then add in some umeboshi in the middle!) and pop onto a baking tray.
4. Sprinkle with sesame seeds and bake at 180°C for 30 mins or until crispy!



Calories per serving - 369, Protein - 13g, Carbs - 65g
Fat - 3g

A wooden board holds five salmon croquettes, each topped with white sesame seeds and a drizzle of dark sauce. To the left is a small pile of pink pickled ginger. To the right is a stack of sliced cucumbers, also topped with sesame seeds. In the background, a white bowl contains a salad of green vegetables and umeboshi (pickled plums).

I love adding a little bit of umeboshi to really add a pop of flavour, so feel free to experiment with your favourite fillings.



I highly recommend you double or quadruple this recipe, and store the sticky tofu for the week - as well as any number of wrap creations, it's also great with rice and veggies or even stolen out of the fridge cold when no one else is looking!

STICKY SOY FREE TOFU WRAP

Serves ●



OVEN / AIR FRYER



WORTH THE EFFORT

I get a LOT of questions about soy-free alternatives to tofu - so I had to share the easiest and most affordable soy free tofu recipe in my locker, which you can find on [page 225](#) in the Sides & Snacks section. But of course I couldn't just leave it there... this recipe is my favourite way to use it. Of course, you could use regular tofu or any tin of beans you have on hand as an alternative to make this ultra special sticky wrap. The magic is the sticky Asian-style sauce that smothers the crispy 'tofu'. After that, it's a matter of chucking it in your favourite oil-free wrap (see my wraps roundup on [page 204](#)) with a simple cabbage slaw and you're good to go with one of the yummiest lunches I could imagine!

INGREDIENTS

- 1 cup of my red lentil tofu, diced ([page 225](#))
- 1 oil-free wrap (get my recipe on [page 204](#))

For the spicy sticky sauce:

- 1 tbsp soy sauce
- 1 tbsp rice vinegar
- 1 tbsp maple syrup
- 1 clove of garlic
- 1 tbsp cornstarch
- 1 tsp gochujang

For the Slaw:

- 1/4 cup Chinese leaf cabbage, sliced
- 1/4 cup red cabbage, sliced
- 1/2 carrot, grated
- 2 tbsp vegan unsweetened yoghurt
- 1 tbsp soy sauce
- 1 tsp rice vinegar

For the Garnish:

- 1 tsp toasted sesame seeds
- Squeeze of lime
- 2 tbsp fresh coriander

METHOD

1. Dice up your red lentil tofu (or normal tofu if you prefer) into bite sized chunks. Spread them out onto parchment paper and pop into the oven for 20-25 minutes at 180°C until nice and crispy.
2. Mix together your sauce ingredients and pour into a pan on medium.
3. Stir constantly until it thickens up. Now add in your red lentil tofu and mix it up until you get super delicious sticky spicy 'tofu'.
4. Add your slaw ingredients to a bowl and mix well.
5. Grab an oil-free wrap (I used my quinoa wrap from [page 204](#)) and add the slaw, then the sticky red lentil tofu chunks and garnish with all the toppings!

MUSHROOM STROGANOFF

Serves ●●



SUPER WEIGHT LOSS



BATCH WORK



BLENDER

This low fat Mushroom Stroganoff is one of my OG recipes that I made on repeat at least once a week during my weight loss journey. It really feels like a big hug in a bowl - super tasty and satisfying too.

The magic comes when we use some of the boiled potatoes to up the ante on the creaminess - while still keeping the recipe fat free and amazing for maximum weight loss. Never forget that potatoes really are a powerhouse in the whole-foods world.

INGREDIENTS

- 1 large onion
- 6 cups of chopped mushrooms
- 4 cloves of garlic
- 2 tbsp soy sauce
- 4 medium potatoes

For the Sauce:

- 1/2 cup soy milk
- 1/2 cup water
- 1 tsp Dijon mustard
- 1 tbsp apple cider vinegar
- 1 tbsp veggie bouillon powder
- 1 tbsp dried dill
- 1/2 cup of the steamed potatoes

METHOD

1. Sauté the diced onion with the soy sauce and garlic. Add in sliced mushrooms and let it all cook down for 10 mins or so.
2. Boil those spuds and then add 1/2 a cup of them to a blender with all the remaining sauce ingredients.
3. Blend until smooth and add to the mushroom onion mixture.
4. Mash up the remaining spuds with a splash of plant milk and a pinch of salt and plate up. You won't want to be disturbed!



INSTANT DOSA WITH DAL AND VEGGIES

Serves ●●●● (based on 3 x dosa each, which would be optimistic at my table!)



BLENDER



BATCH WORK



WORTH THE EFFORT

Dosa is typically a South Indian fermented savoury pancake that is served with a spiced potato filling and amazing dips. It's also usually pretty oily. I grew up in India and we used to go out for dosa every weekend. It was important to me to create a Broccoli Mum version so I could continue enjoying my beloved dosas whenever I liked (and guys, that's quite a lot!).

Firstly, I had to make it oil free and low calorie density (standard Broccoli Mum starting point!) but I also wanted to make it hassle free too... And if I do say so myself, I've absolutely nailed it! Dosa mix is usually fermented, but this recipe manages to avoid this step while losing none of the incredible flavours. Feel free to switch the grain and lentil up with what you have on hand - a mix of quinoa and red lentils would work well!

INGREDIENTS

For the Dosa:

1/2 cup basmati rice
1/2 cup urad dal
1.5 cups of water
Pinch of salt
1 tsp baking powder

For the simple Dal:

1 cup red lentils
4 cups water
2 cloves of garlic (I used frozen)
1/4 tsp turmeric
Pinch of salt
1 tsp cumin seeds
1 tsp mustard seeds

For the Veggie mix:

1/2 of a white cabbage Splash of water
2 large carrot 1 tsp cumin seeds
5 small potatoes 1 tsp mustard seeds
1/4 tsp turmeric
2 cloves of garlic (I used frozen)
Pinch of salt

METHOD

1. Soak rice & lentils in boiling water for 15 mins. Drain, rinse & add to a blender with the remaining ingredients. Blitz until smooth.
2. Chop your cabbage, carrot and potato up and water sauté with garlic, turmeric, salt until the potatoes are soft.
3. Add all the dal ingredients to a pot and cook on medium for 20-25 mins.
4. Dry fry the cumin and mustard seeds in a pan for 1-2 mins until fragrant. Add half the dal and half too the veggie mix.
5. Add 1/3 cup of your dosa mix to a non-stick pan and use the back of a ladle to spread it out into a large circle. Cook for 1 min until it starts to brown and then flip for another 30 seconds.
6. Add your veggie mix to the middle of the dosa and dunk in your dal.

Make sure to use
your hands - it's
tradition!

SCALLOPED POTATOES

Serves ●●●●



OVEN / AIR FRYER



BATCH WORK



BLENDER



SUPER WEIGHT LOSS

These low fat cheesy scalloped potatoes are one of my family's absolute favourite dinners! It is so comforting and super delicious - plus its a perfect side dish for that holiday season.

The cheesy sauce is so simple to throw together (although it does seem very liquid-ey at first - trust the process). And although you can spend an hour layering the potato slices neatly if you really want to, with my crazy method, you can simply chuck them into a baking dish and smother them in cheesy sauce and give it a wiggle. Perfect for family gatherings or simply batch cook it and keep it to yourself to eat throughout the week!

INGREDIENTS

A whole lot of potatoes - I used about 8 medium ones

For the Sauce:

1 cup unsweetened plant milk

2 cups water

3 cloves of garlic

Juice of 1 lemon

1/3 cup nutritional yeast

1/4 cup cashew nuts (or white beans for nut free)

3 tbsp cornflour

1 tsp smoked paprika

1 tbsp salt

METHOD

1. Slice potatoes into thin rounds, about 1cm thick and boil until semi cooked then drain and cool with cold water to stop the cooking process.
2. Blend the cheesy sauce ingredients until smooth.
3. Pour the potatoes into a baking dish and smother in the sauce. Bake for 30-40mins at 180°C or until the sauce is thick and bubbly.





For maximum weight loss benefits, feel free to add in some courgette noodles (zoodles) too

SATAY NOODLE STIR-FRY

Serves ●



OVEN / AIR FRYER



QUICK & EASY

This recipe has been in my arsenal since I started my weight loss journey - and as a bonus, it is a firm family favourite too. It really does tick all my boxes... it's high volume, low calorie, packed with veggies and oh so delicious. There are also so many ways to mix it up, so no-one ever gets bored. You can switch up the veggies, depending on what you're fancying (or what you've got to eat up!) and/or swap out the tofu for edamame or tempeh. Basically, whatever you serve next to this simple, no-blender-required low fat peanut sauce is going to taste pretty amazing. My kids have been known to ask for it in a sippy cup!

INGREDIENTS

1 cup mushrooms, sliced
1 carrot, julienned
1 cup of cabbage, sliced
1/4 cup red bell pepper, sliced
1/4 cup sweetcorn
1 tbsp soy sauce
60g of your favourite noodles (dry)
100g firm tofu
2 tbsp chopped spring onions
2 tbsp fresh coriander
1 tsp toasted sesame seeds

For the Sauce:

2 tbsp soy sauce
2 tbsp rice vinegar
1 tbsp maple syrup
1/4 cup peanut butter powder
2 cloves of garlic
1 thumb of ginger
1 tbsp sriracha (optional)
1/4 cup water

For the (optional) garnish:

Spring onions
Fresh coriander
Toasted sesame seeds

METHOD

1. Cook the noodles according to the package instructions.
2. Meanwhile add the mushrooms, carrot, cabbage, red bell pepper and sweetcorn into a pan with 1 tbsp of soy sauce to sauté for 5-6 minutes.
3. Dice up the tofu and pop into the oven or air fryer for 15 minutes at 180°C.
4. Add all the sauce ingredients to a bowl and mix well. Feel free to add more water as necessary.
5. To plate up add your sautéed veggies to a big bowl, followed by the noodles, crispy tofu and smother in your low fat peanut sauce.
6. To garnish add spring onions, fresh coriander and toasted sesame seeds.

EASY OIL FREE PIZZA

Serves ●



OVEN / AIR FRYER

If someone asked you to list the top 50 meals you think would be great for weight loss, I'm going to bet that pizza would not feature anywhere. I certainly avoided it for a decade whenever I was trying to lose weight... and then would inevitably cave in to the craving (there's a reason they've been delighting taste buds for the best part of 150 years!) and dial myself a Dominoes delivery, which came with 1,500 calories literally baked in.

When I started coming up with plant-based, whole-foods versions of my favourite recipes, I knew a super easy and delicious pizza had to be in there - and here it is! Pizza can totally be an incredible weight loss option that feels like a super indulgent treat. This one can be made in minutes with my easy two-ingredient dough recipe or your favourite oil-free wrap.

The pizza base itself (if using my dough) is only 311 calories, so with your homemade mozzarella balls and veggies it will come out at around 500 calories for a whole pizza! I think we can all do the maths. That is the power of eating oil-free low calorie density and it just gets me so excited.

INGREDIENTS

1/2 of my easy two-ingredient dough
([recipe on page 202](#))

OR your favourite oil-free wrap/ pizza
base

TOPPINGS

Oil free marinara, or if I'm feeling lazy I
just use squeezey tomato paste

2 cups of your favourite veggies (I used
mushrooms and steamed broccoli)

2 balls of vegan mozzarella (use my
recipe on [page 283](#)) or cheese sauce (on
[page 276](#))

A few fresh basil leaves

METHOD

1. Preheat your oven to 200° Celsius.
2. If you want to make your own oil free dough, head over to [page 202](#) and make a batch of my easy two-ingredient dough. Cut it into 3 equal pieces and roll out to form your rustic pizza base. Make them as thick or as thin as you like!
3. Alternatively, you can use an oil free wrap or pizza base for ease.
4. Now add your tomato sauce, veggies of choice and homemade oil free vegan cheese and bake at 200°C for 12-18 minutes.
5. I like to serve mine with a salad or big pile of steamed veggies.





BROCCOLI QUICHE

Serves ●●●●●



BLENDER



BATCH WORK



WORTH THE EFFORT



OVEN / AIR FRYER

This broccoli-packed tofu quiche is one of my favourites to make at the weekend - especially if I am bringing food for a picnic or a family gathering. It is a real crowd pleaser while also being super easy to throw together. Packed with veggies, this is also an amazing source of fibre and protein (thanks to the tofu and chickpeas). It's incredibly satisfying while also being a brilliant low calorie density dish, which makes it a weight loss winner.

Feel free to customise it with your favourite veggies (or ones you have on hand). It's also a great one for meal prep, giving you a speedy - and very tasty - grab and go lunch just waiting for you in the fridge!

INGREDIENTS

1 head of broccoli, diced
2 courgettes, thin round slices
1 medium potato, thin rounds using a mandolin
4 cloves of garlic
800g of firm tofu
1/2 cup unsweetened plant milk (I used soy)
1 400g tin chickpeas, drained and rinsed

1/3 cup nutritional yeast
2 tbsp onion powder
2 tbsp garlic powder
2 tbsp dried basil (or fresh!)
1/2 tsp turmeric powder
2 tsp black salt (or regular salt)
1/2 cup chickpea flour
1 cup cherry tomatoes, for decoration

METHOD

1. Chop up broccoli, courgette, potato and pop it into a pan with minced garlic and a splash of water until almost fully cooked.
2. Meanwhile blend up the remaining ingredients and add to the cooked veggies.
3. Mix well and pour into an oven safe dish.
4. Sprinkle the chopped cherry tomatoes on the top and pop into the oven for 35-40 minutes at 180°C.



149

Calories per serving - 384, Protein - 33g, Fat - 14g,
Carbs - 27g

SPAGHETTI & CHICKPEA MEATBALLS

Serves ●●



FOOD PROCESSOR



OVEN / AIR FRYER



WORTH THE EFFORT

Some days only spaghetti and meatballs will do... but even on those days, I always wanted to keep things whole foods, plant-based and perfect for weight loss. These little balls of chickpea goodness are seriously delicious as well as being packed with fibre and protein too! You can of course pair them with a bowl of spaghetti, either wholewheat or legume, but because I want to eat a LOT of the meatballs (they are just so moorish) I often pair them with a big old bowl of (courgette/zucchini) zoodles! When smothered with sauce they really taste like spaghetti to me. Alternatively, you could try mixing half spaghetti with zoodles to get the best of both fork-twirling worlds.

INGREDIENTS

3 large courgettes, spiralized

Meatballs:

2 tins of chickpeas (drained & rinsed)

1/2 an onion

3 cloves of garlic

1 tbsp smoked paprika

1 tbsp oregano

1 tbsp onion powder

1 tsp garlic salt

1/4 cup nutritional yeast

1/2 cup oat flour

Super easy pasta sauce:

1 tin chopped tomatoes

1 clove of garlic

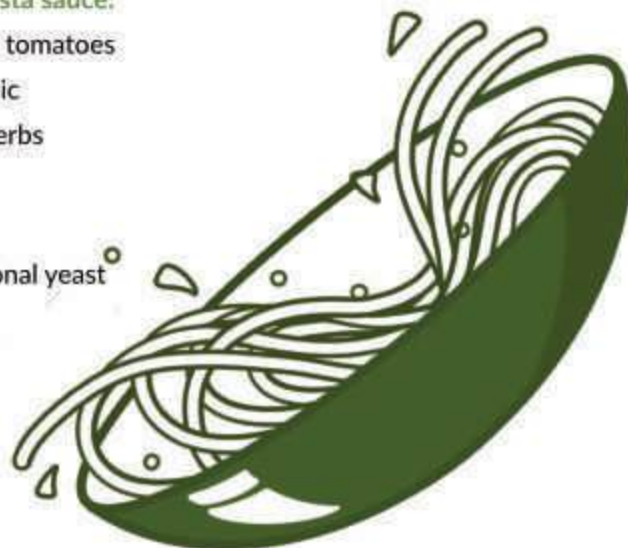
1 tsp mixed herbs

Salt to taste

TOPPINGS

1 tbsp nutritional yeast

Basil leaves



METHOD

1. Blitz all the meatball ingredients up in a food processor until it comes together. Form into little meatballs and pop into the oven/air fry for 20 mins at 180°C or until brown and slightly crispy!
2. To make my super easy tomato sauce, add to a pan add the chopped tomatoes, minced garlic, mixed herbs and salt to taste and cook on medium for 5 minutes.
3. To serve, add courgette noodles to a bowl, top with half the "meatballs" and pour over that pasta sauce. Sprinkle with nutritional yeast and fresh basil





I would pair this with my favourite steamed veggies or salad for a filling and satisfying weight loss feast!

CORN CASSEROLE

Serves ●●●●



BLENDER



BATCH WORK



WORTH THE EFFORT

Growing up in the UK, I have to admit I had never heard of a corn casserole - but I am so grateful to all those who encouraged me to create a Broccoli Mum version of the classic dish... this is now one of my favourite ways to eat corn!

Veggie packed and low calorie density, this may not be what you would call the traditional approach (!) - but as ever, I wanted to sneak veggies into every possible aspect of this recipe... and I promise it tastes incredible!

INGREDIENTS

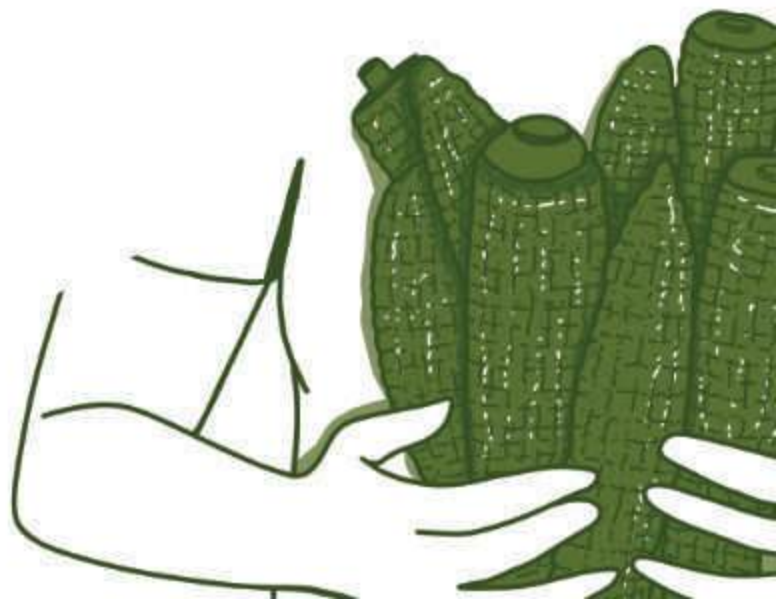
For the Creamed Corn:

- 2 cups frozen corn
- 2 cups steamed cauliflower
- 1 cup water
- 1/4 cup nutritional yeast
- 2 tbsp flax meal
- 1 cup plant based yoghurt
- 2 tsp baking powder
- 4 cloves of garlic
- 2 tsp salt

- 2 cups whole corn
- 1 cup fine cornmeal
- 2 cups spinach (plus any other veggies!)

METHOD

1. Blend together the 'creamed corn' ingredients to make a veggie-packed casserole sauce.
2. Add to a baking dish with the remaining ingredients and bake for 50 mins at 180°C.



TWICE BAKED SPINACH POTATOES

Serves ●●



BATCH WORK



OVEN / AIR FRYER



WORTH THE EFFORT

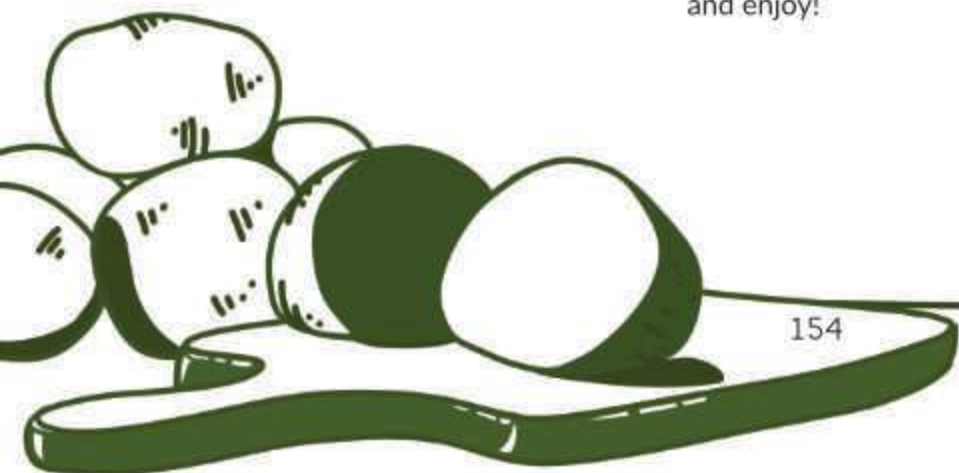
While I am 100% on board with the idea that a classic baked potato equals simple perfection, I am also here to tell you that this recipe takes its deliciousness up a notch or three. This is one of my all time favourite potato dishes that my brother created on a family holiday when we were teenagers (thank you very much Amba!) Featuring oodles of greens and lots of garlicky goodness, this is also an amazing one to pair with my favourite low fat cheese sauce (see [page 276](#)) for maximum weight loss. I like to serve this with a head of broccoli or a big fat salad for that tasty 50:50 plate!

INGREDIENTS

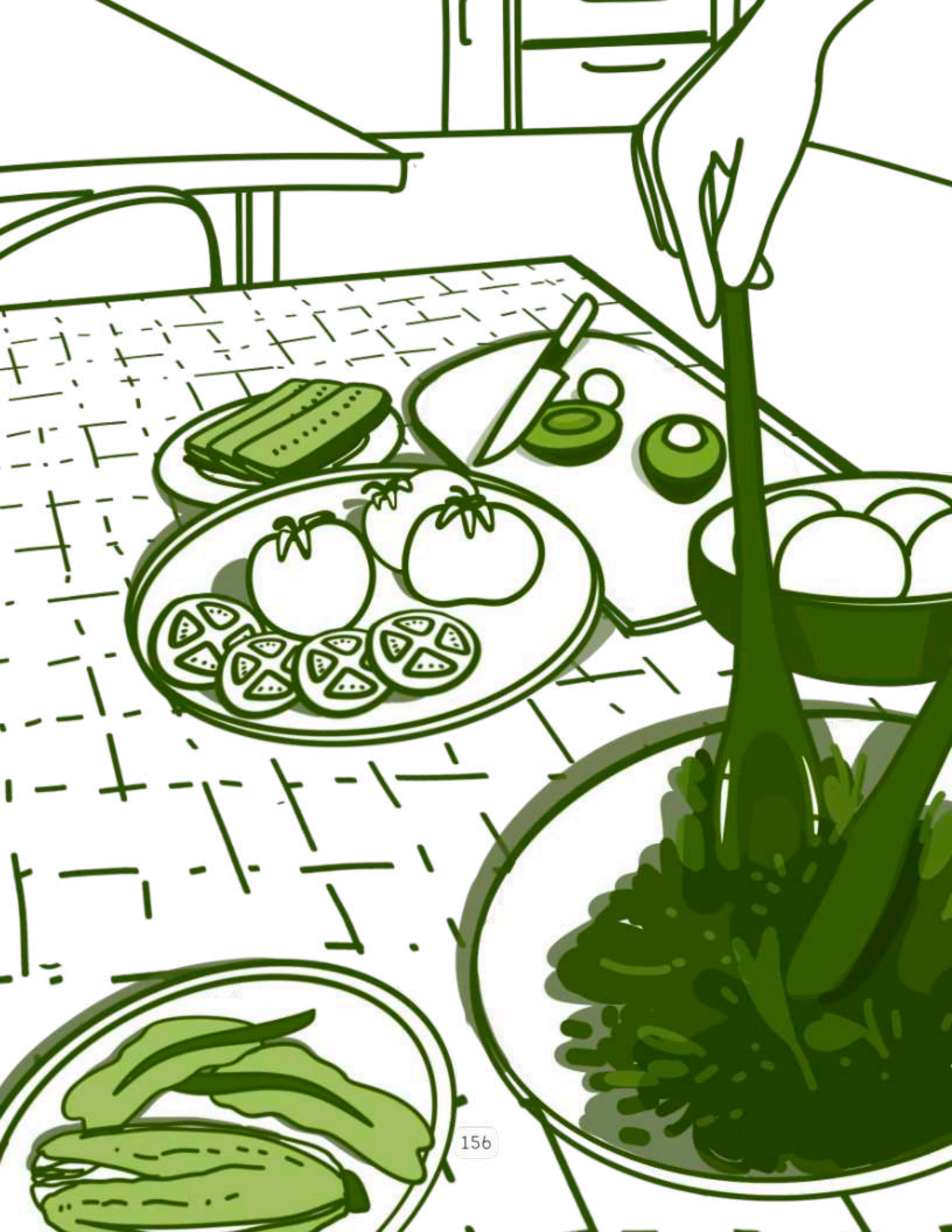
- 3 large potatoes
- 6 cups of spinach
- 4 cloves of garlic
- 1/4 cup nutritional yeast
- 1/4 cup unsweetened plant milk
- Salt to taste

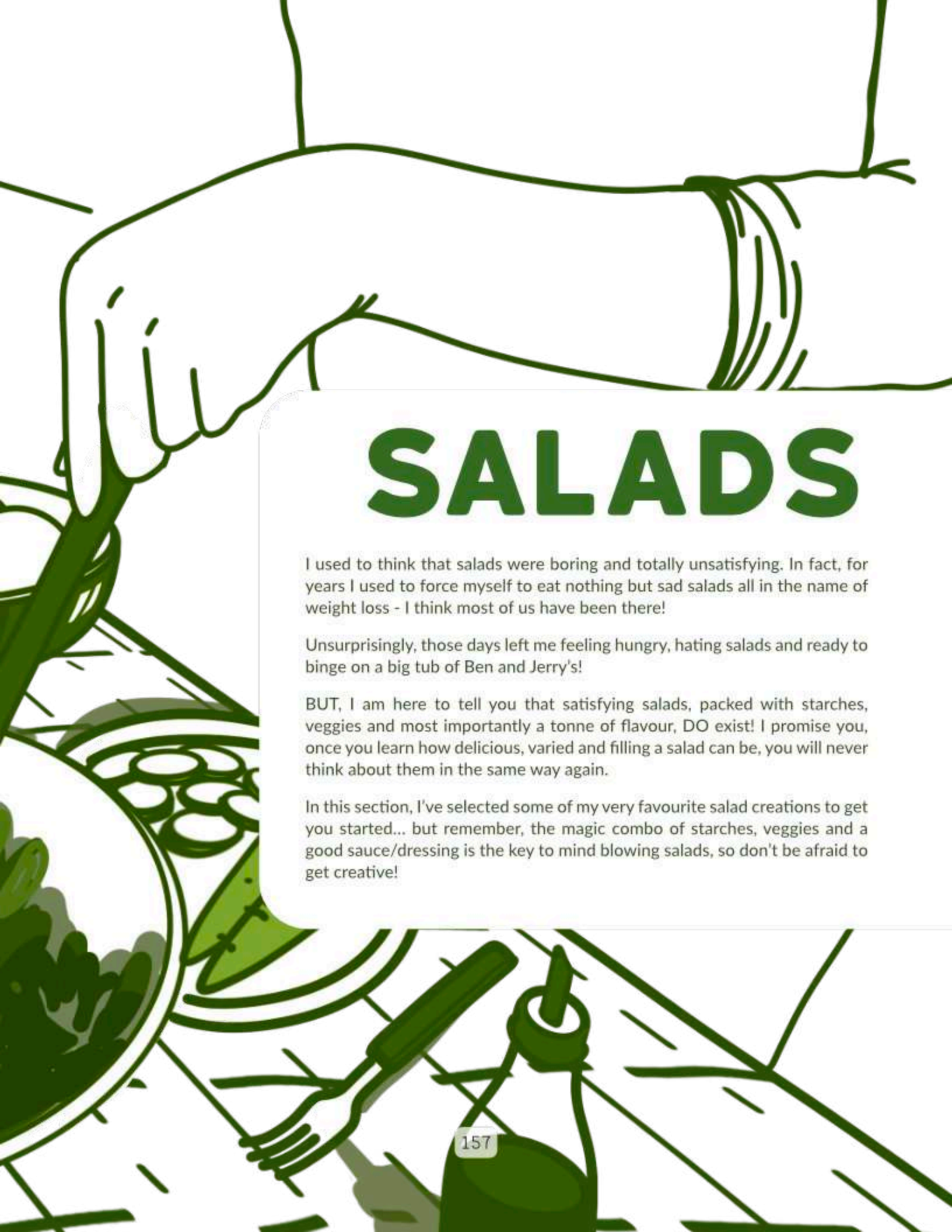
METHOD

1. Pop scrubbed potatoes into some foil and bake them at 180°C for an hour or until soft and fluffy inside.
2. Slice them in half, scoop out the middle (making sure to keep the skins intact) and mash the inside mashy bit with plant milk and salt.
3. To the mash add in the chopped spinach, minced garlic and nutritional yeast and mix well.
4. Equally distribute the mash mixture back into the potato skins, sprinkle with more nutritional yeast and bake again for 30-40 mins or until golden and crispy
5. Smother in your favourite low fat vegan cheese sauce and enjoy!









SALADS

I used to think that salads were boring and totally unsatisfying. In fact, for years I used to force myself to eat nothing but sad salads all in the name of weight loss - I think most of us have been there!

Unsurprisingly, those days left me feeling hungry, hating salads and ready to binge on a big tub of Ben and Jerry's!

BUT, I am here to tell you that satisfying salads, packed with starches, veggies and most importantly a tonne of flavour, DO exist! I promise you, once you learn how delicious, varied and filling a salad can be, you will never think about them in the same way again.

In this section, I've selected some of my very favourite salad creations to get you started... but remember, the magic combo of starches, veggies and a good sauce/dressing is the key to mind blowing salads, so don't be afraid to get creative!



CAPRESE SALAD

Serves ●



MEAL PREP

Vegan cheese has always excited me - so much so, in fact, that many years ago, I started my own 'cheese' factory in the UK! When I moved away from oil-heavy vegan cheeses and moved to eating a low calorie density diet, I thought the fresh perfection of a classic Caprese salad would be something I'd have to leave behind... but then I started experimenting!

Guys! I'm here to tell you the creation you see before you is just as delicious, contains zero oil and is actually really good for you. While it may seem almost too simple, I say lean into the simplicity! It's also a lovely centrepiece for dinner parties when you're looking to impress your guests!

INGREDIENTS

2 large tomatoes

2 balls of mozzarella (get my recipe on [page 283](#))

Large handful of fresh basil leaves

OPTIONAL

2 tbsp reduced balsamic vinegar

METHOD

1. Grab a couple of balls of vegan mozzarella and slice them into rounds. Slice your large tomato into rounds too.
2. Layer the rounds of tomato and mozzarella on a plate with pieces of basil in between them. Or feel free to sprinkle chopped basil on top.
3. Drizzle with reduced balsamic vinegar and enjoy!



PESTO PASTA SALAD

Serves ●●●●



BATCH WORK



OVEN / AIR FRYER



BLENDER

If you are craving a huge bowl of pasta and want to lower the calorie density, then I'd really recommend giving this recipe a try. Filled with loads of veggies and legumes and boasting the most incredible low fat creamy pesto sauce, it's a real staple on our dining table. In fact, this legume based dressing is so good that my kids eat it right out of the blender! It is a great one to smother over most things... from a simple steamed potato to a bowl of broccoli.

INGREDIENTS

- 2 heads of broccoli
- 1 tin of chickpeas
- 1 large cucumber
- 4 large tomatoes
- 300g of chopped artichoke hearts
- 4 cups of cooked pasta (I used wholewheat)

FOR THE DRESSING

- Liquid (aquafaba) from a 400g tin of chickpeas
- Juice of 2 lemons
- 1 clove of garlic
- 2 cups of fresh basil
- 200g tofu
- 1/4 cup nutritional yeast
- 1/3 cup unsweetened plant milk
- Salt to taste

METHOD

1. Sprinkle the broccoli and chickpeas with salt and nutritional yeast and bake in the oven at 180°C for 20-30 mins or until crispy.
2. Chop the remaining veggies up, and add to a big serving dish with the cooked pasta.
3. When the broccoli and chickpeas are ready, add them in too.
4. Meanwhile blend up the sauce ingredients until smooth, pour over the top and mix well before tucking in!

I always try to pack as many legumes into a meal as possible, which not only elevates the fibre and protein, but also makes it super satisfying - great news for health and weight loss. Dr Greger, founder of Nutrition Facts, says "If beans are part of a meal, people end up eating fewer calories." So hopefully recipes like this show you how to incorporate legumes into your life!



LOADED TEMPEH SALAD WITH SWEET PEANUT DRESSING

Serves ●●



BATCH WORK



SUPER WEIGHT LOSS



QUICK & EASY

Inspired by a gorgeous summer trip to Bali, this salad is an absolute scene-stealer. In Indonesia, everything is smothered in the most incredible peanut sauce and tempeh is sold by the case load... I didn't need convincing to create something delicious! With its super sexy combination of creamy peanut flavours and tempeh, together with a tonne of veggies, this is a real showcase of what an amazing salad can be. It is also a perfect illustration of the low calorie density benefits of using peanut butter powder, which has a whopping 87% less fat than peanut butter.

Brilliant for batch work too, you can make the dressing, tempeh and chop the veggies up for the whole week and throw them together for easy lunches or dinners whenever you want a memorable taste of Bali on your plate!

INGREDIENTS

Fresh ingredients:

4 cups Lettuce
1 carrot, grated
1/2 a cucumber, diced
1/4 of an onion, sliced
1/2 cup mango, diced
1/4 cup red peppers, sliced
1/2 cup coriander, chopped
1/4 cup mint, chopped

1/2 cup bean sprouts

For the Tempeh:

150g tempeh
2 tbsp soy sauce
1 tbsp maple syrup
1 tbsp rice vinegar
2 cloves garlic, minced
1 thumb ginger, minced
1/4 cup water

FOR THE DRESSING

1/4 cup peanut butter powder
2 tbsp soy sauce
1 tbsp maple
1 tbsp rice vinegar
Juice of an orange
Juice of a lime
1 tbsp white miso
1 clove of garlic, minced
1/2 thumb of ginger, minced

METHOD

1. Start by chopping the tempeh into bite size pieces and place it into a pan with soy sauce, maple syrup, rice vinegar, minced garlic, minced ginger and water. Cook on medium heat for about 8-10 minutes, or until all the water has evaporated and the tempeh is coated in the sticky sauce.
2. In a bowl mix together all the dressing ingredients until well combined.
3. Add all the fresh ingredients to a huge bowl and pour over the dressing - mix well. Sprinkle the sticky tempeh all over the top and enjoy!



QUINOA CAESAR SALAD CRUNCH WRAP

Serves ●



SUPER WEIGHT LOSS



OVEN / AIR FRYER



BLENDER

A caesar salad is good, but stick it on a super crispy quinoa wrap and it is promoted into a whole other league... the crunch factor alone is to die for! I was devoted to these for at least three months during the summer and literally enjoyed every single day! I like to make a big batch of the wraps (or any of my other wraps from this book - see [Wraps 101 on page 204](#)) and store them in the fridge/freezer to use all week... that will mean you're never more than 10 minutes away from being able to throw this together for a super speedy lunch!

Try adding any old salad onto a crunchy wrap and I promise it will only get better.

INGREDIENTS

Wrap:

1/2 cup quinoa
1/2 cup water
1 clove of garlic
Pinch of salt

Caesar Salad:

3 cups of romaine lettuce, chopped
1/2 cup cucumber
2 tbsp vegan unsweetened yoghurt
Juice of one lemon
1 tsp mustard
1/4 cup nutritional yeast
Pinch of salt

METHOD

1. Soak quinoa overnight or for 20 mins in boiling water. Drain, rinse and add to a blender with ½ cup of water, garlic and salt. Blend until smooth.
2. Pour 1/4 cup of the quinoa batter onto a hot non-stick pan (on medium heat) and cook on both sides for 1-2 minutes or until fully cooked. Repeat until you have used all the mixture. It should make about 4 quinoa wraps.
3. Pop the quinoa wraps onto a line baking tray and into a preheated oven at 180°C for 4-5 minutes or until super crispy. Keep an eye on them so they don't burn!
4. Chop the romaine lettuce and cucumber before adding in the vegan yoghurt, lemon juice, mustard, nutritional yeast and salt. Mix well.
5. Add your crispy wraps to a plate, pile on all your salad and prepare to enjoy a pretty special crunch experience!



SMASHED ASIAN CUCUMBER SALAD

Serves ●



SUPER WEIGHT LOSS



QUICK & EASY

I have been known to munch on an entire cucumber (or maybe 2) in a sitting but oh wow, once you've eaten cucumber like this, you'll struggle to eat it any other way... and if you had any doubts about being able to eat a whole cucumber, this tasty bomb of a salad will totally change your mind.

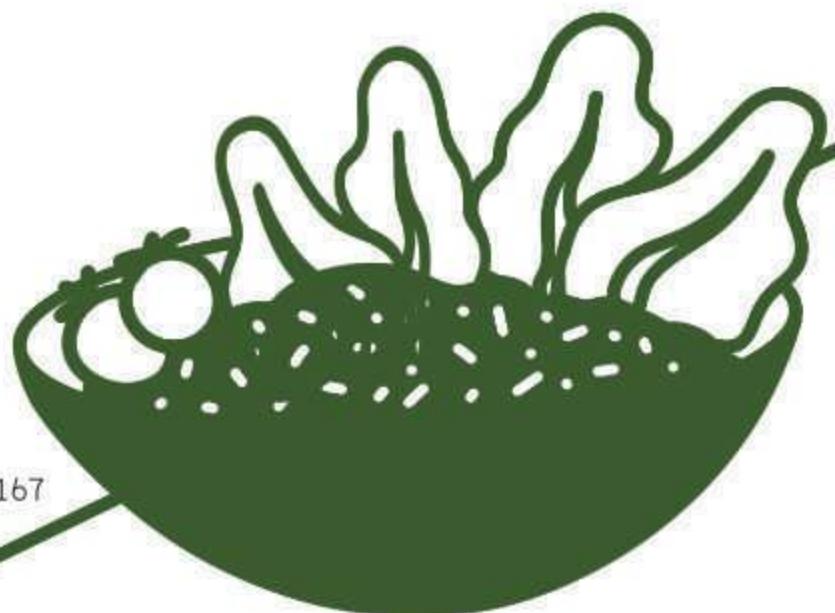
Super simple to throw together, this is packed with flavour, excellent for meal prep and works as a snack or a side.

INGREDIENTS

- 1 large cucumber
- 1/2 cup edamame
- 1 tbsp soy sauce
- 1 tbsp rice vinegar
- 1 tbsp maple syrup
- 1 clove of garlic
- 1 tsp toasted sesame seeds

METHOD

1. Lay the cucumber on a chopping board and using the flat side of a knife, smash it lightly with your hands until the cucumber opens at the sides. This will help the flavour seep through. Then cut it at a 45 degree angle into bite sized chunks.
2. Chuck in the rest of the ingredients. Mix well and enjoy!





FATTOUSH SALAD

Serves ●



SUPER WEIGHT LOSS



OVEN / AIR FRYER

If you fancy a salad but also want to do something particularly special, then please allow me to introduce you to the wonder of my Fattoush creation. The roots of this recipe started to take shape during my twenties - specifically the year I spent working with my Dad in Dubai. I think I pretty much had this incredible salad every day... although it was certainly not the low calorie density version I was scoffing down back then! It is seriously one of the most vibrant and flavour popping salads, with its fresh herbs and zingy lemon dressing, I have ever had, so I knew I had to find a way of making a version which was healthy, oil-free and just as tasty. My favourite part about this salad is the mega crunch factory from the crispy flatbreads (if you don't have access to a good one - you can make one from my wrap section on [page 204](#)).

I really can't stress enough how much you need to make this bad boy, so make sure the ingredients are on your very next shopping list!

INGREDIENTS

- 1 large oil-free wrap (100g)
- Pinch of salt
- Squeeze of lemon juice
- 1 tbsp za'atar spice mix
- 1 head lettuce
- 1 large cucumber
- 2 cups cherry tomatoes
- Diced onion
- 1/2 cup chopped parsley
- 1/4 cup chopped mint leaves

OPTIONAL EXTRAS

- 3-4 tbsp oil free hummus (recipe on [page 277](#))

FOR THE DRESSING

- Juice of two big fat lemons
- 1 clove of garlic, minced
- Pinch of salt
- 1 tbsp sumac
- 2 tbsp za'atar spice mix

METHOD

1. Rip that oil-free wrap into mini chunks and sprinkle with salt, lemon juice and za'atar and pop in the oven for 5-10 mins on 180°C until golden brown and crispy
2. Chop up all the salad bits and pop into a huge bowl. Mix the dressing together in a small bowl and whack it on the salad before giving everything a stir.
3. Top with the crispy wrap and dollop some oil free hummus on the top for yumminess and satisfaction.



SPRING ROLLS WITH ASIAN DIPPING SAUCE

Serves ●



QUICK & EASY

These veggie-packed spring rolls are refreshing, colourful and so easy to make! I opt for these when I'm not really fancying a salad, but want to get my greens in for the day. They genuinely taste way too delicious to actually be so good for you!

What I love most about them is how customisable they are - you can use any of your favourite veggies, noodles or rice, tofu or tempeh (for an extra protein boost) and avocado for some extra creaminess. But what brings it all together is the super simple low fat Asian peanut sauce ([recipe on page 288](#)).

Sometimes, if I'm feeling too lazy to actually roll them up, I'll just chuck it all into a bowl and tuck in!

INGREDIENTS

50g cooked vermicelli rice noodles
1.5 cups julienned vegetables (carrot, cucumber, red bell pepper)
1/4 of a mango, sliced lengthwise
1/8 cup fresh coriander, chopped
1/8 cup fresh basil, chopped
1/8 cup fresh mint leaves, chopped
3 cups of your favourite salad greens, chopped
5 rice papers

Serve with my Asian peanut sauce ([recipe on page 288](#))

METHOD

1. Cook your noodles according to the package and prepare your julienned vegetables/ mango. In a separate bowl add your chopped salad greens and herbs.
2. To assemble, wet your rice paper (one at a time) in warm water for about 10-15 seconds and transfer to a damp chopping board or tea towel.
3. Place a fifth of your salad/herb mix, veggies, noodles and mango in the bottom third of your rice paper.
4. Gently fold over once, tuck in the edges and fold over again until the seam is sealed. Repeat until you have 5 fresh spring rolls.
5. Now plate up and dunk in your delicious sauce!



JAMES' SPECIAL CREAMY KALE SALAD

Serves ●



OVEN / AIR FRYER



QUICK & EASY

If you don't think you're a salad fan, this is the recipe - the ultimate kale salad with a super creamy lemon tahini dressing - which I'm betting will change your mind. My husband James, who is absolutely not a salad guy at all, is mad for it. I taught him to make it a couple of years ago and he honestly had it every single day for about a year! I love that the dressing is mixed right into the kale (no blender required) and massaged to make it super soft and tender!

It is SO easy to make, super satisfying and has an amazing crunch factor from the crispy chickpeas. Do I need to say more?

INGREDIENTS

200g Kale	1/2 tsp smoked paprika
1/2 a cucumber, sliced	1/2 tsp garlic powder
1 cup cherry tomatoes, sliced	1 tsp soy sauce
1/4 cup radish, sliced	1/4 tsp liquid smoke, optional
1 cup chickpeas	

FOR THE DRESSING

1 tbsp tahini
1 tbsp soy sauce
1 tbsp maple syrup
1 tbsp lemon juice
1 tsp garlic powder

METHOD

1. Wash, de-stem and chop your kale and pop it in a bowl.
2. All the dressing ingredients to the kale and massage it in with your hands for about 2-3 minutes or until the kale starts to wilt. This step is very important.
3. Add your drained and rinsed chickpeas to a bowl with the smoked paprika, garlic powder, soy sauce and optional liquid smoke and mix. Add to a lined baking tray or air fryer at 180°C and bake for 20-25 minutes or until the chickpeas are nice and crispy.

To assemble, add the sliced cucumber, tomato, radish and crispy chickpeas to the bed of kale and enjoy!



CRUNCHY BROCCOLI SALAD

Serves ●



BATCH WORK



OVEN / AIR FRYER

One of my top tips to make weight loss effortless, is to ALWAYS have starch pre-cooked in the fridge - and one of my staples is rice. This, my friends, is one of the most creative ways to use up that 3-4 day old dried out, leftover rice!

The crispy rice acts like mini "croutons" and provides the most amazing crunchy texture. This salad requires only a few simple ingredients but packs a lot of flavour and is incredible for maximum weight loss.

INGREDIENTS

- 1 huge head of broccoli
- 1 tsp garlic powder
- 1 tbsp onion powder
- 1/2 tsp salt
- 3/4 cup pre cooked long grain rice
- 1 apple, chopped

FOR THE DRESSING

- 1 tbsp tahini
- 3 tbsp soy yoghurt
- 1 tbsp nutritional yeast
- Pinch of garlic salt
- 1/4 tsp onion powder
- Juice of half a lemon
- 1 tsp maple syrup

METHOD

1. Chop the broccoli into little florets and place on a lined baking tray. Sprinkle with garlic powder, onion powder and salt and pop into the oven to crisp up for 15-20 minutes at 180°C.
2. To a separate baking tray spread out your pre cooked rice and sprinkle with salt and bake for 10-15 minutes at 180°C or until crispy. Watch it doesn't burn!
3. Add all the dressing ingredients to a bowl and mix.
4. To assemble, add the baked broccoli to a large bowl, sprinkle your chopped apple on top. Smother in dressing and finally add the crispy rice 'croutons' to the top and enjoy!

Why not mix things up by swapping the dressing for a low fat Asian-inspired peanut sauce or an Indian-inspired Raitha? Both recipes can be found in the Sauces & Dips section on page 274



MEXICAN-INSPIRED SALAD BOWL

Serves 1



MEAL PREP



OVEN / AIR FRYER



BATCH WORK

A star when it comes to batch work, as well as being super simple and versatile, this Mexican-inspired salad bowl is packed with veggies, starches and legumes, making it oh-so satisfying. Each of the components can be made in huge batches and stored for the whole week, giving you a ready made lunch or speedy dinner option on those busy weeks (are there any other kind?!)

Don't be afraid to get creative and throw in your favourite beans, starches (any grain, corn or potato is fine) and veggies - there are no rules people!

INGREDIENTS

3 cups lettuce
1/4 cup coriander, finely chopped
1 cup cucumber, sliced
1 cup cherry tomatoes, halved
2 pickles, sliced
A few jalapeños (optional)
1 medium pre-baked sweet potato
1/4 cup corn

For the Tofu:

100g tofu
1/4 tsp garlic powder
1/2 tsp onion powder
1/2 tsp smoked paprika
1/2 tsp cumin powder
Salt to taste

FOR THE DRESSING:

100g unsweetened vegan yoghurt
1 tsp garlic powder
1 tsp onion powder
1 tsp cumin powder
1 tsp smoked paprika
Salt to taste

METHOD

1. Chop your tofu into cubes and toss in the garlic powder, onion powder, cumin, smoked paprika and salt. Pop into the oven or air fryer at 180°C for 15-20mins or until nice and crispy
2. To make that dressing, just mix all the dressing ingredients in a bowl to combine.
3. Add your lettuce to a bowl with 1/2 your dressing and mix well to make sure that lettuce is coated.
4. Add the remaining salad ingredients in with the lettuce.
5. Top with crispy tofu and pour over the the rest of your dressing. Serve with a nice pre- baked sweet potato and enjoy!



GREEN GODDESS CABBAGE SLAW

Serves ●●



SUPER WEIGHT LOSS



BLENDER



QUICK & EASY

If (like me) you often find your cabbage sitting at the back of the fridge getting soggy then you have to give this recipe a try. I genuinely didn't know cabbage could taste so good! The magic happens when you chop all the veggies up so they are SUPER tiny and can be scooped up with a spoon or cracker! Meanwhile the immensely flavour packed high fibre and high protein green goddess dressing is so good you could drink it, but this version is obviously oil-free, low fat and fantastic for weight loss. You can throw it together in 10 minutes and it lasts for 2 days in the fridge, so it's great for leftovers too! For a super low calorie snack - I recommend dunking crudités like celery, carrots, peppers. But for a full meal dive in with some rice cakes or an oil-free wrap!

INGREDIENTS

- 1/3 of a huge cabbage (purple, green it doesn't matter)
- 1/2 a cucumber, diced
- 1 carrot, grated
- 1 apple, diced

DRESSING OF ALL DRESSINGS!

- 1 400g tin of cannellini beans (with the liquid)
- 200g firm tofu
- 2 cups of fresh basil
- 2 cloves of garlic
- 3 tbsp apple cider vinegar
- 1/2 cup nutritional yeast
- 1 tsp salt

METHOD

1. Chop all those veggies nice and tiny and add them to a big bowl!
2. Blitz up the dressing ingredients in a blender then add it to that veggie packed bowl and mix until well combined.
3. Dunk anything crispy in it - rice cakes, baked corn tortillas, celery... it doesn't matter! Just get it in your face and thank me later.



CRISPY SMASHED POTATO SALAD

Serves ●●



WORTH THE EFFORT



OVEN / AIR FRYER



BLENDER

OK, so this takes your classic potato salad (which is, of course, already amazing) to the next level of crunchy goodness. We are gonna steam, smash and bake up our spuds for maximum flavour and crunchiness and then toss them in a dressing made using my favourite low fat and oil free mayo!

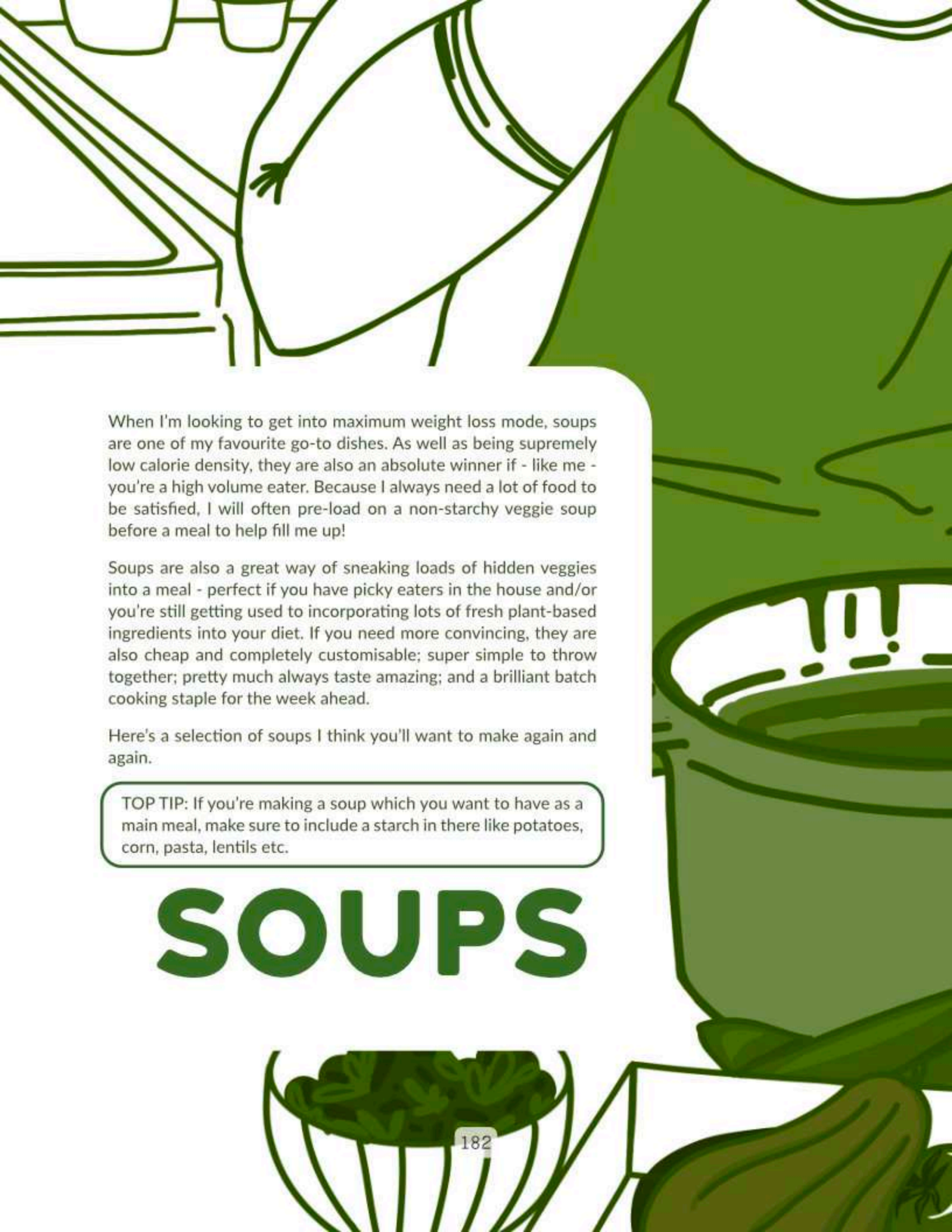
It does take a little bit more time to make than a normal potato salad, but I promise you that it's totally worth it if you are wanting something a bit special. It's a great one to serve up or take along to parties or gatherings... although it rarely lasts very long on a buffet table!

INGREDIENTS

1kg baby new potatoes
Sprinkle of garlic salt
Sprinkle of nutritional yeast
350g box of silken tofu
1 tbsp mustard
2 cloves of garlic
The juice of a lemon
1 tbsp apple cider vinegar
1 tbsp onion powder
Salt to taste
2 tbsp dried or fresh dill
2 stalks of celery, diced
1/2 a cucumber, diced
1 apple, diced

METHOD

1. Start by boiling and draining your new potatoes. Place them on a lined baking tray and using the back of a cup, smash each potato until flattened. Increasing the surface area of the potatoes is going to help make them super crispy!
2. Sprinkle the smashed potatoes with garlic salt and nutritional yeast and pop in the oven for 30-40 mins at 180°C or until super crispy! Flip them over half way through.
3. Blend the silken tofu with mustard, garlic, lemon juice, apple cider vinegar, salt, onion powder until smooth. Once smooth, add in the dill and mix with a spoon.
3. Add the crispy potatoes to a bowl with your diced celery, cucumber and apple and smother in your creamy dressing. Enjoy!

A stylized illustration of a person from the chest up, wearing a green apron over a white shirt. They are holding a large bowl filled with green soup. The background is white with green line art of kitchen elements like a sink and pipes.

When I'm looking to get into maximum weight loss mode, soups are one of my favourite go-to dishes. As well as being supremely low calorie density, they are also an absolute winner if - like me - you're a high volume eater. Because I always need a lot of food to be satisfied, I will often pre-load on a non-starchy veggie soup before a meal to help fill me up!

Soups are also a great way of sneaking loads of hidden veggies into a meal - perfect if you have picky eaters in the house and/or you're still getting used to incorporating lots of fresh plant-based ingredients into your diet. If you need more convincing, they are also cheap and completely customisable; super simple to throw together; pretty much always taste amazing; and a brilliant batch cooking staple for the week ahead.

Here's a selection of soups I think you'll want to make again and again.

TOP TIP: If you're making a soup which you want to have as a main meal, make sure to include a starch in there like potatoes, corn, pasta, lentils etc.

SOUPS





BROCCOLI CHEDDAR SOUP

Serves ●●●



SUPER WEIGHT LOSS



BLENDER



QUICK & EASY

This recipe is a one-stop powerhouse for ALL my favourite things - broccoli, potatoes and beans! It is a staple I always bring out during the colder months, as it's super comforting and perfect for those cosy days. It is thick, creamy and tastes almost naughty, but it's packed full of veggies, starches and is an incredible low calorie density meal.

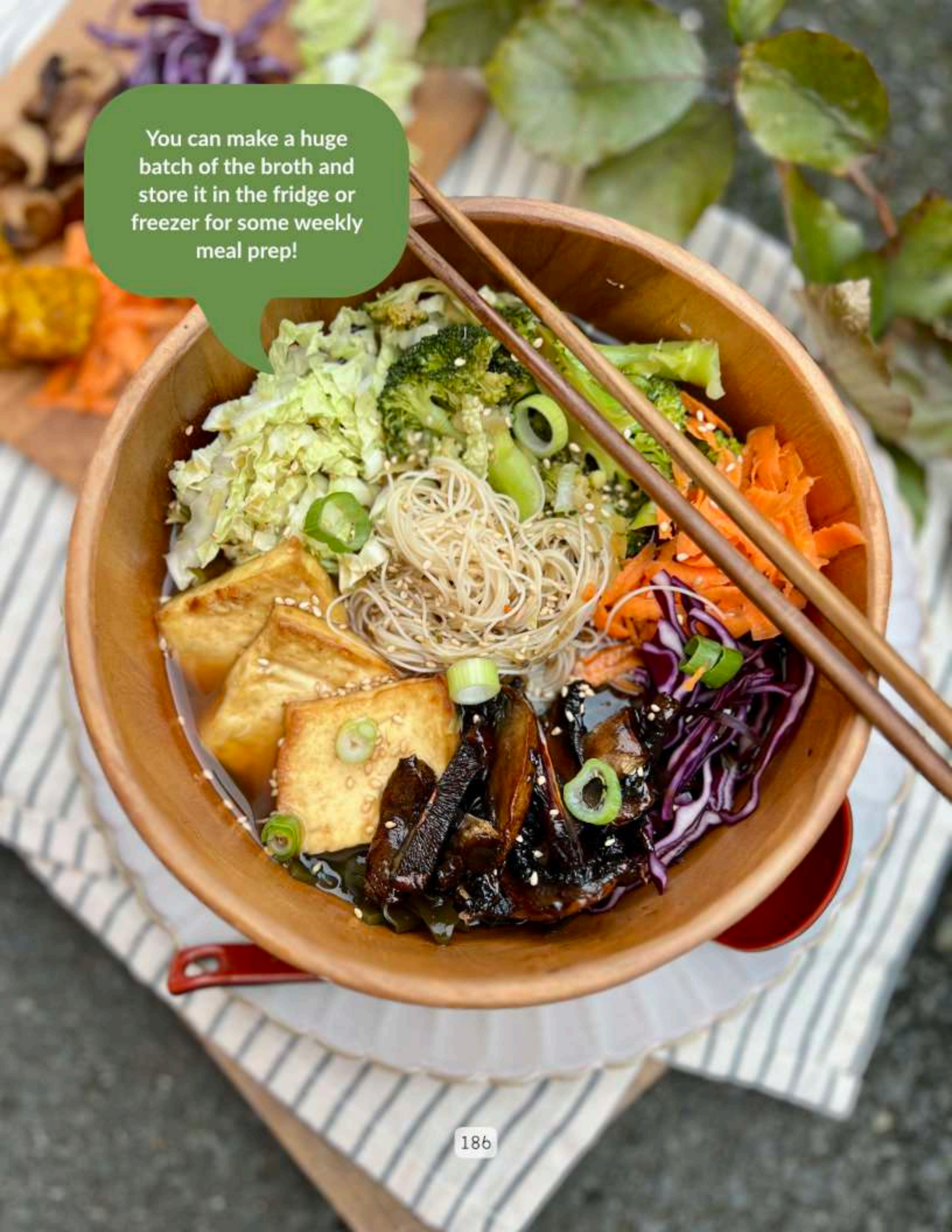
I love making a batch of this for the week, but to be honest, it never really lasts that long. As soon as my kids see it, they dive right in... I'm not gonna lie, it can get pretty messy!

INGREDIENTS

- 1 large onion
- 4 cloves of garlic (I used frozen)
- 1 carrot, chopped
- 2 sticks of celery, chopped
- 2 heads of broccoli, chopped
- 6 small potatoes, diced
- 1 tin of cannellini beans (with the aquafaba)
- 6 cups of water
- 2 tbsp bouillon powder
- 4 tbsp nutritional yeast
- 1 tbsp garlic powder
- 1 tbsp smoked paprika
- 1 tbsp onion powder
- Pinch of black pepper
- Lemon to garnish

METHOD

1. Water sauté the onion, garlic, carrots and celery until the onions are translucent.
2. Add in the potatoes and broccoli and 6 cups of water and cook until the potatoes are tender.
3. Transfer a quarter of the soup to a blender with the cannellini beans (plus the aquafaba), bouillon powder, nutritional yeast, garlic powder, smoked paprika, onion powder and blend until smooth.
4. Transfer the blended mix back in with the soup and mix well.
5. Serve with black pepper and a splash of lemon juice!

A top-down view of a wooden bowl filled with a Japanese-style noodle soup. The bowl contains a clear broth, thin glass noodles, large pieces of fried tofu, and dark, glazed meat. Toppings include shredded green cabbage, broccoli florets, sliced green onions, shredded orange carrots, and shredded purple cabbage. A pair of wooden chopsticks rests on the right side of the bowl. The bowl sits on a white and grey striped cloth. In the background, there are green leaves and a wooden cutting board with more food.

You can make a huge batch of the broth and store it in the fridge or freezer for some weekly meal prep!

RAMEN

Serves ●●



WORTH THE EFFORT



OVEN / AIR FRYER

James and I went to Tokyo for our honeymoon, and one of our favourite things about our trip was the copious amounts of ramen we devoured. When we came back, I was on the hunt for those incredible deep flavours and could never find anything that came close. That was until I decided to try making my own broth - it is ALL about the broth.

One of the reasons I love ramen so much is because it's a brilliant way to eat as many veggies as possible, but it always tastes like a super indulgent treat. You'll notice here that I have gone all out on showcasing all my favourite extras - like the mushroom 'Char Sui' and crispy tofu. But if you're looking to keep things simple, feel free to just go for veggies, noodles and broth.

INGREDIENTS

300g cooked noodles (choose your faves - I usually opt for brown rice vermicelli)

For the Broth:

4 dried shiitake mushrooms (whole)
1 sheet of kombu (cut into 2x2inch squares)
3 cloves garlic, minced
1 inch piece of ginger, minced
5 cups vegetable stock
5 tbsp soya sauce
3 tbsp rice vinegar (or sake)
2 tsp brown sugar
Salt to taste

For the Mushroom "Char Sui":

1 pack mushroom (400g ish)
1 tbsp soy sauce
2 tbsp brown sugar
1 tbsp rice vinegar

OPTIONAL EXTRAS:

1/2 cup Chinese cabbage, sliced,
1/4 cup red cabbage, sliced
1 carrot, grated
200g Tofu
2 cups broccoli florets
Spring onions
Sesame seeds

METHOD

1. Add all the broth ingredients to a pot and cook on low for 30-40 minutes to really get those flavours popping.
2. Meanwhile, for the mushroom 'Char Sui', slice up your mushrooms and pop it in a pan with the Sui remaining ingredients. Sauté until the water is released and it gets nice and sticky - set aside.
3. Slice up your tofu and pop in the oven or air fryer for 10-15 minutes to crisp up.
4. Cook your noodles according to the package and slice up your favourite veggies and toppings.
5. Put it all together to make one massive Ramen feast and sprinkle with sesame seeds and spring onions!

CORN CHOWDER

Serves ●●●



SUPER WEIGHT LOSS



BLENDER



BATCH WORK

This creamy dream of a dairy-free corn chowder is such a perfect weight loss meal. It's super low calorie density and absolutely packed with a tonne of veggies. It's also one to break out when you're looking for something as easy as it comes - you basically throw everything into a big pan and let the magic happen before giving it a little blend. I also love the versatility of this recipe - you can really add in whatever veggies you fancy and/or have to hand.

The secret to making this super creamy is blending a third of the potatoes up with steamed cauliflower - no cream, flour or cashews required!

INGREDIENTS

4 cups of corn
1 large onion, diced
4 cloves of garlic, minced
3 courgettes, grated
2 carrots, grated
2 stalks of celery, diced
2 medium potatoes, diced
2 cups of steamed cauliflower
3 cups of water
2 tbsp bouillon powder
1 tbsp cumin powder
1 tbsp smoked paprika
1 cup unsweetened plant milk
1 cup water
Juice of a lemon
Additional water to reach your desired consistency

OPTIONAL EXTRAS

2 tbsp fresh coriander

METHOD

1. To a pan add corn, onion, garlic, carrot, celery, courgette, diced potatoes, bouillon powder, cumin powder, smoked paprika and water.
2. Bring to the boil and let it all cook until the potatoes are tender.
3. To make it nice and creamy, transfer 1/3 of the mixture to a blender with lemon juice, plant milk, 1 cup of water and steamed cauliflower. Blend until smooth and creamy and add it back into the pan. Mix well and add more water as desired.
4. Top with coriander and an extra squeeze of lemon.



CREAMY COURGETTE SOUP

Serves 1



SUPER WEIGHT LOSS



BLENDER



QUICK & EASY



MEAL PREP

This is my OG soup recipe that I used to eat at least 3-4 times a week when I was in the full swing of my weight loss journey. Sure, it's as simple as they come, but it's also creamy and so darn delicious... there's no need for complications!

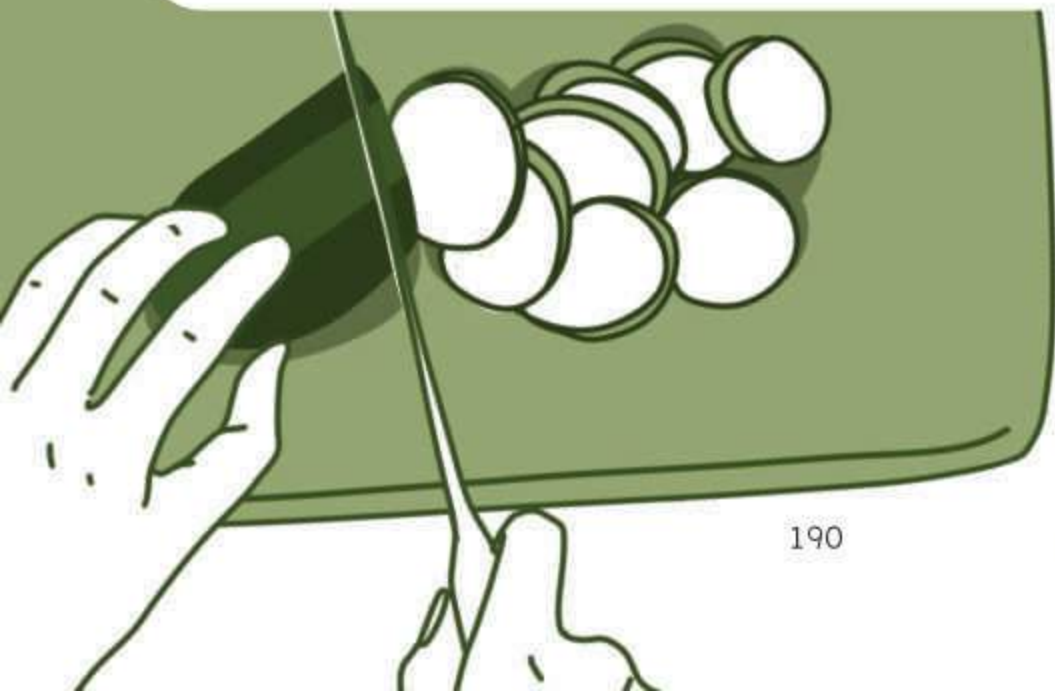
We are using the potatoes in this recipe, not only to give us that rich creamy texture but also to keep us satisfied for hours.

INGREDIENTS

- 4 courgettes
- 1 onion
- 4 cloves of garlic
- 1 medium potato, chopped into bite size pieces
- 2 cups of water
- 1-2 tbsp veggie bouillon powder
- 2 cups of spinach

METHOD

1. Add everything to a big pan and cook on medium for 10-15 minutes until the potatoes are tender.
2. Add to a blender and blitz until smooth
3. Serve with a drizzle of vegan unsweetened yoghurt!





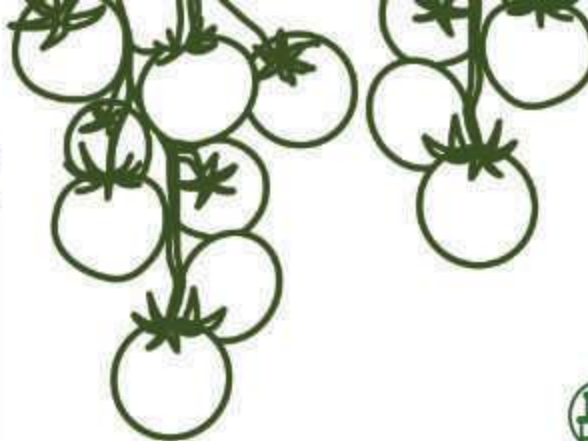
A soup without
a potato is a
crime!

LASAGNE SOUP

Serves ●●●●



BATCH WORK



This one could have been called 'lazy lasagne' because it allows you to enjoy all the incredible flavours of lasagne, without actually having to do the layering work! It's also a brilliant recipe for packing in lots of veggies, which you know I love to do! You can raid the fridge vegetable shelf, making sure nothing goes to waste!

Packed with fibre and protein from the lentils, I also recommend you add a huge dollop of my tofu ricotta ([see page 290](#)) on the top. This is one of those recipes that gets better with age, so make sure to make a huge batch and enjoy for the week!

INGREDIENTS

- 1 onion
- 4 cloves of garlic
- 4 stalks of celery
- 2 carrot
- 2 courgettes
- 200g mushrooms
- 2 cups of green cabbage, diced
- 1 head of cauliflower
- 2 leeks
- 3 tins of chopped tomatoes
- 3 cups of cooked lentils
- 2 tbsp bouillon powder
- 1 tbsp garlic powder
- 1 tbsp mixed herbs
- 1 tbsp Marmite (optional)
- 3 tbsp tomato paste
- 200g lasagne sheets

METHOD

1. Chop the onion, garlic, celery, carrots, courgettes, mushrooms, cabbage, cauliflower and leeks into tiny pieces... or if I like to throw it all into a food processor and let it do the work for me!
2. Add all the veggies to a big pan with a splash of water and cook for 5-10 minutes to soften.
3. Add in the tinned tomatoes, lentils, bouillon powder, garlic powder, mixed herbs, marmite and tomato paste. Let it cook for 10 minutes.
4. Roughly break apart the lasagne sheets in a bowl and add them into the pan. Mix well so the sheets don't stick together and let it cook until the pasta is soft.

Top with homemade tofu ricotta - [see page 290](#)





LENTIL SHORBA

Serves ●●



QUICK & EASY



BLENDER



BATCH WORK

This recipe has a special place in my heart. I used to live in Dubai, and one of my favourite things I ate on repeat was this super simple creamy lentil soup.

Flavoured with cumin and lots of lemon juice, it almost seems too simple - but I promise it won't disappoint. This is a great option for those on a budget, as all the ingredients are cheap and readily available. Red split lentils are the base of the soup, which cook really fast, making this a super speedy recipe for a lazy, cosy day.

INGREDIENTS

- 1 onion
- 1 carrot
- 1 small potato
- 4 cloves of garlic
- 1 cup red lentils
- 2 tsp cumin powder
- 5-6 cups of water
- 2 tbsp chopped parsley
- The juice of a lemon
- Salt to taste

METHOD

1. To a pan add diced onion, carrot, potato, garlic, red lentils, cumin powder, water and salt.
2. Bring to the boil and cook for 20 minutes until the lentils are super soft.
3. Blend until completely smooth and creamy then add in the lemon juice and sprinkle with parsley



CREAMY TOMATO SOUP

Serves ●



Sometimes a super creamy tomato soup is the only thing that will hit the spot - so I had to come up with a recipe which had none of the oil and cream (and the calories which come with them) but all of the comforting yumminess. Not for the first time, the secret is to use the natural creaminess of the low calorie potato - it's so good and super satisfying! Plus we use the skins to make the BEST croutons ever - no waste here!

What I love most about this recipe, is that you can eat the whole thing to yourself - all for under 450 calories. This is low calorie and high volume eating at its best!

INGREDIENTS

6 huge tomatoes
1 box of cherry tomatoes
1 onion
1 bulb of garlic
1 medium potato
1 tbsp onion powder
1 tsp garlic powder
1 tsp salt
1 cup water
1 tsp veggie bouillon
1/2 cup fresh basil

For the croutons:

Potato skins
1 tsp onion powder
1 tsp garlic powder
1 tsp smoked paprika
Pinch of salt

METHOD

1. Slice your potato skins off (make sure they are nice and thick) and add to a baking tray with seasonings and cook at 180°C for 20-25 mins or until nice and crispy.
2. Slice and add tomatoes, onion, peeled potatoes and cherry tomatoes to a baking dish. Chop the top off your bulb of garlic and wrap in foil and pop in the midst of your veggies. Sprinkle garlic powder, onion powder and salt and bake at 180°C for 30 mins
3. Pop everything into a blender (make sure to remove the garlic skins of course!) with water, basil and bouillon. Blitz until smooth and creamy!







BREADS

Welcome to the Broccoli Mum bakery! In this section I'm going to take you through some of my healthy whole-food, oil-free basic bread-related staples that I make regularly at home.

Don't get me wrong, you can totally incorporate store-bought bread into your weight loss mealtimes, but they are often highly processed and loaded with oil and animal products... as well as the associated extra calories which come with them.

As you might have guessed, I decided to try and create healthy versions of my favourite breads, wraps, crackers, savoury waffles etc... and topped them off with a multi-purpose dough, which is as versatile as it sounds.

These are all super cheap, easy to make and are mostly made using legumes and starches you probably already have at home!

GLUTEN FREE BREAD

Makes 12 slices



WORTH THE EFFORT



BLENDER



OVEN / AIR FRYER

If you're a bread lover, but want to dial up the nutrition, then you have to give this one a try. Made with lentils and quinoa*, it's packed with fibre and protein, which equals you feeling fuller and satisfied for longer. My family goes crazy for this, which means I never need an excuse to make it!

*This recipe is super versatile - feel free you can sub any of the whole grains/ lentils with your favourite alternatives. I have used millet, buckwheat, moong dal, oats and more. Use what you have to hand!

INGREDIENTS

- 1/2 cup red lentils
- 1/2 cup quinoa
- 1/2 cup rice (any kind - I used basmati)
- 1/2 cup oat groats (sub for any other grain)
- 3 tbsp chia seeds
- 1 tbsp salt
- 1 tbsp brown sugar
- 1/2 tbsp fast action (instant) yeast
- 1 tsp baking powder
- 3 tbsp psyllium husks
- 1.5 cups water

METHOD

1. Add your red lentils, quinoa, rice, oat groats and chia seeds to a blender and blitz until you have a smooth flour.
2. To a large bowl add the flour, along with salt, brown sugar, instant yeast, psyllium husks and baking powder. Mix well.
3. Add the water and mix to form a nice ball of dough - no kneading required.
4. Transfer to a bread pan and top with any seeds you like. I used everything but the bagel seasoning.
5. Put in the middle of a warm oven for 30 minutes. Then turn the heat up to 180°C for 60 minutes. Keep an eye on it to stop it from going too brown.

Enjoy with an oil-free dip from my sauces section on [page 274](#).



EASY 2 INGREDIENT DOUGH

Servings: Makes 3 medium pizzas, 6 bread rolls, 6 flatbreads



BATCH WORK



QUICK & EASY

I used to think I had to give up bread completely when I wanted to lose weight. But instead I realised I just needed to find a great oil-free recipe that could still help me achieve my goals while being equally yummy. What I've come up with might just be the easiest and most versatile dough recipe ever! It is 100% oil-free and requires no yeast, hardly any kneading and only 2 ingredients. You can turn it into pizza, flatbread, rolls, bagels - you name it! Plus, it takes minutes to throw together.

INGREDIENTS

For the Dough:

2 cups self raising flour

1 cup unsweetened vegan yoghurt

OPTIONAL

1 tsp salt

1 tsp garlic powder for extra flavour

METHOD

1. To a large mixing bowl add self raising flour, unsweetened vegan yoghurt and optional salt and use your hands to mix well.
2. Form into a ball of dough, add more flour as needed until it is smooth and workable. Put on a floured work surface and knead for 2 minutes.
3. Now your dough is ready to use. Cut into equal pieces to make your pizza bases, flatbreads, bread rolls or bagels etc.

FOR PIZZA

Divide into 2-4 equal pieces (depending on the size of pizza you want). Roll the dough out to your desired pizza crust thickness. Add your sauce, vegan cheese, and toppings, then bake at 220°C for 12-18 minutes.

FOR BREAD ROLLS

Cut the dough into equal pieces and roll each piece into a cute round roll. Pop them on a lined baking tray and transfer them to a preheated oven at 180°C. Bake for around 25 minutes until golden brown.

FOR FLATBREADS

Divide the dough into 6-8 equal pieces and roll them out. Heat a non-stick pan over a high heat and add one flatbread at a time. Cook on one side until bubbles start to appear. Flip and cook for another minute.

STORAGE: Tightly wrap the dough with cling film. You can also cut it up into portions and wrap them up individually. The dough will last 3 days refrigerated or 1 month if frozen.

A close-up photograph of a person's hand holding a large, round, light-colored dough ball that is heavily dusted with white flour. The dough ball is being held over a wooden surface, which is also covered in a thick layer of flour. Another similar dough ball is visible in the background, slightly out of focus. A green speech bubble with white text is overlaid on the right side of the image.

I always make sure to prioritise eating a TONNE of veggies with a bready meal as it helps reduce the overall calorie density. This enabled me to lose weight whilst enjoying my favourite foods!

WRAPS 101

Makes 4 Servings



WORTH THE
EFFORT



BATCH WORK



BLENDER

While wraps are a deliciously useful way to package up a meal or a snack, most of the wraps you find at the store are brimming with junk - so many unnecessary ingredients and calories! Making my own wraps has been a real staple since I started my weight loss journey, so I really wanted to make sure I had a fulsome guide which wraps up all my favourite flatbread recipes in one place.

Prepare to transform your everyday, cheap whole plant grains and legumes into healthy, tasty and low calorie density wraps - perfect for all sorts of fillings and dips. They can all be made using almost ANY lentil or grain, and while they only need 2 ingredients (if you count water) they can also be customised if you fancy boosting the flavour and nutritional value (see Optional Extras opposite).

INGREDIENTS TO WATER RATIO GUIDE

RED LENTIL : WATER



Calories per wrap - 86, Protein - 6g, Carbs - 13g, Fat - 1g

BUCKWHEAT : WATER



Calories per wrap - 70, Protein - 2g, Carbs - 13g, Fat - 1g

QUINOA : WATER



Calories per wrap - 78, Protein - 3g, Carbs - 12g, Fat - 1g

RICE : WATER



Calories per wrap - 84, Protein - 2g, Carbs - 18g, Fat - 1g

MOONG DAL : WATER



Calories per wrap - 85, Protein - 6g, Carbs - 14g, Fat - 1g

CHICKPEA FLOUR : WATER



Calories per wrap - 44, Protein - 3g, Carbs - 5g, Fat - 1g

MUNG BEANS : WATER



Calories per wrap - 90, Protein - 6g, Carbs - 12g, Fat - 1g

OATS : WATER



Calories per wrap - 38, Protein - 1g, Carbs - 6g, Fat - 1g

OPTIONAL EXTRAS

1 clove of garlic

1 cup of spinach

1 small beetroot

1 cup of steamed broccoli

Any herbs and spices that tickle your fancy!

STORAGE:

Fridge - You can store any leftovers in an airtight container in the fridge for up to 3 days. I recommend placing parchment paper between the wraps to avoid sticking.

To freeze - Stack the tortillas with pieces of parchment paper between each one (to avoid sticking) and freeze for 3-4 months.

To reheat - I recommend gently reheating a wrap either in the microwave or on the stove-top.

METHOD FOR INGREDIENTS 1-6*

***If using oats or chickpea flour, just skip to step 2.**

1. Add your grain/legume to a large bowl, cover with water and leave to soak overnight. (Don't panic if you totally forgot this step - my secret trick is to soak them in boiling water for 20-30 minutes to soften before using.) Drain and rinse your grain/legume.

2. Add to a high speed blender along with the required amount of water. (Use the ratios in the chart to get the perfect wrap mix!) Add in any extra veggies or spices you fancy and blitz for 2-3 minutes or until completely smooth. If the mixture is too thick, feel free to add an extra tbsp of water at a time as needed. If using oats, let the mixture sit for 5 minutes to thicken before turning into wraps.

3. Heat a large non-stick skillet over medium-high heat. Once hot, add 1/3 cup of the batter. Working quickly, spread the batter with a large spoon or ladle in a circular motion to spread the batter into an even, large circle.

4. Cook for 1-2 minutes or until bubbles have appeared and the batter is almost completely cooked through. Run a spatula around the edges to loosen, then flip and cook on the other side for 30 seconds or until done.

5. Repeat until all remaining batter is used.

And that's a wrap!

Turn your wrap into crispy tortillas (see page 213), roll up your favourite fillings or use as an easy pizza base for those lazy nights!



200 CALORIE LENTIL SANDWICH

Makes 2 Waffles



SUPER WEIGHT LOSS



WAFFLE MAKER



BLENDER

Sometimes there's nothing better than chowing down on a giant sandwich and this is a great way to keep them in the mix. The first time I made these red lentil waffles, I almost couldn't believe how fluffy they were... and so simple to make too! Once you've made them once, trust me, you'll be making them lots. It's pretty impossible to get bored with them because you really can stuff them with any of your favourite sandwich fillings.

On this occasion, I went with a lazy cabbage slaw and as many veggies as I could handle. I like to think of this waffle as a vessel for getting those veggies in! I would eat both waffles for a main meal or one as a snack.

INGREDIENTS

For the Waffles:

- 1/2 cup red lentils, soaked overnight (or for 30 mins in boiling water)
- 1 cup water
- 1/4 tsp garlic salt
- 1/4 cup nutritional yeast
- 1 tsp baking powder
- 1 tbsp apple cider vinegar

For the Cabbage Slaw:

- 1 cup grated cabbage
- 1 grated carrot
- 2 tbsp plant based yoghurt
- 1/4 tsp onion salt
- 1 tsp onion powder
- 2 tbsp nutritional yeast
- 1 tsp apple cider vinegar
- 1 tsp mustard

METHOD

1. Blend soaked lentils with all waffle ingredients until smooth.
2. Preheat your waffle maker and pour in half the mix. Let cook for 5-10 minutes or until golden brown. Then repeat using the remaining mixture.
3. Mix together the cabbage slaw ingredients and put it all together with lettuce, cucumber and your other favourite sandwich fillings.







DOUBLE CHICKPEA CRACKERS

Makes 4 Servings



FOOD PROCESSOR



OVEN / AIR FRYER

It won't come as a surprise to anyone who has followed my social channels for more than 10 minutes to hear that I'm slightly obsessed with chickpeas!

So, when I was thinking about the best place to start creating some high fibre, high protein and healthy low fat crackers, I figured they would offer the perfect base... and if you need any more convincing, they're also gluten free and pretty darn easy to whip up. I use a combination of chickpeas and chickpea flour to create the perfect crunchy and cheesy-tasting little crackers that can be dunked into salsa, tofu cream cheese or even my favourite green goddess cabbage slaw ([recipe on page 179](#)). Alternatively, you could go for the chickpea triple and dunk them in some oil free hummus too! ([recipe on page 277](#))

INGREDIENTS

1 400g tin of chickpeas, drained and rinsed
1/4 cup chickpea flour
1/2 tsp garlic salt
2 tbsp nutritional yeast

METHOD

1. In a food processor, blitz together all the ingredients until it forms a soft dough.
2. Lay the dough out on some parchment paper and place another piece of parchment paper on top. Roll it out till approximately 1/2 cm thick.
3. Cut into small squares and add a little hole if you are feeling extra fancy.
4. Lay the squares on a baking tray but make sure they are not touching each other. Bake at 180°C for 15-20 minutes or until crispy.
5. Remove from the oven and let the crackers cool before enjoying that crunch.

I want to preface this section by saying that the best snacks for maximum weight loss are always going to be fruits and veggies. They are the lowest calorie density foods on the planet. That said, I'm also well aware that there are times when an apple or a carrot just doesn't cut it! And when those moments hit - these are the pages to turn to.

I have such a lot of fun creating low calorie snacks and side dishes to keep things exciting... and help keep us all on track.

Because I have a lot of sweet recipes in my Breakfasts and Desserts sections (which can certainly be drafted in as snacks when required!), I thought it would be useful to put the spotlight on some super delicious salty and crunchy options for those who have a more savoury tooth when it comes to snacking.

TOP TIP: Remember, the key to sustainable weight loss is to never go hungry. So, if you find yourself feeling genuinely hungry in between meals then do listen to your body, and feel free to have an extra meal... making sure you follow the 50:50 plate rule! (See [pg. 18 in Chapter 3](#) if you need a reminder)

SIDES & SNACKS





EASY TORTILLA CHIPS

Serves ●



OVEN / AIR FRYER



QUICK & EASY

Let's face it, sometimes only tortilla chips will do... but I'm here to tell you that in those moments, there's no need to panic, you don't need to worry about reaching for a bag of store-bought snacks.

This is my junk and oil-free recipe for delicious dunk-ready tortilla chips.

You can do so much with an oil-free wrap, so I recommend finding one you can pick up easily or have fun making your own! (I have a full selection with recipes to transform easily accessible, cheap grains/legumes that you probably have in your cupboard right now into wraps at home on [page 204](#))

Feel free to mix up the spices and get creative!

INGREDIENTS

3 medium oil free wraps (I like using my quinoa wraps on [page 204](#))

1/4 tsp chilli powder

1/2 tsp smoked paprika

1/2 tsp garlic powder

1/2 tsp onion powder

1 tbsp nutritional yeast

1/4 tsp salt

METHOD

1. Cut your wraps into 6-8 even sized triangles with scissors or a pizza cutter.

Transfer them to a bowl and add the spices on the top. Use your hands to rub the spiced into the pieces.

2. Transfer the chips to a baking sheet in single layer and bake for 10-15 minutes at 180°C, flipping half way through. Make sure to keep an eye on them so they don't burn!

3. Remove from the oven and allow them to cool before diving in. They will crisp up as they cool.

4. Enjoy solo or dunk in my favourite vegan Queso dip ([recipe on page 285](#))

BROCCOLI FRITTERS

Serves ●



OVEN / AIR FRYER



FOOD PROCESSOR



SUPER WEIGHT LOSS

If you're looking for a fun and tasty way to sneak in more veggies, you've got to try this! It's so easy to make and absolutely delicious. I adore broccoli for its versatility, and this has become one of my all-time favourite ways to enjoy it. Even my kids, who can be pretty picky, love this dish, so it's perfect for families.

To take it up a notch, I like to pair it with my low-fat, super easy vegan and oil-free garlic mayo (check out [page 279](#) for the recipe). Trust me, this combo is a winner!

INGREDIENTS

- 1 head of broccoli
- 1 onion
- 1 tbsp lemon zest
- Juice of a lemon
- 1 clove of garlic
- Salt to taste
- 1/4 cup nutritional yeast
- 1/2 cup chickpea flour

METHOD

1. Add your broccoli and onion to a food processor and blitz until fine (you could also just chop it up super tiny if you don't have a food processor to hand!)
2. Add it to a bowl with the rest of the ingredients and form into patties.
3. Place on a baking sheet and cook at 180°C for about 15-20 mins or until nice and golden brown (flipping halfway through)
4. Dunk into your weight loss friendly vegan mayo and enjoy!

Calories - 353, Protein - 24g, Carbs - 40g, Fat - 4g



OIL FREE ONION RINGS

Serves ●●



QUICK & EASY



OVEN / AIR FRYER

Confession time: I don't actually like onions. Despite that lifelong aversion, I have to admit that these are some of the best snacks I've ever had! These oil-free onion rings are super crispy, golden brown, and absolutely delicious. Made with just five ingredients, they're an incredible low-calorie treat. I love dunking them in my low-fat mayo (or my healthy homemade ketchup for an extra burst of flavour) You'll find both in my Sauces & Dips section starting on [page 274](#). Trust me, even if you're not an onion fan, you'll enjoy these!

INGREDIENTS

- 1 big fat white onion
- 1/2 cup chickpea flour (or your favourite flour)
- 1/2 cup water
- 1 tsp salt
- 1 cup breadcrumbs of choice

METHOD

1. Slice your onion into 1" (inch) rings.
2. In a bowl mix together the chickpea flour with water and salt. Place your breadcrumbs in a separate bowl.
3. Dunk each onion ring into the chickpea batter and then into the breadcrumbs and place on a baking tray. Repeat until all the onion rings are coated.
4. Bake in the oven at 180°C for 15-20 minutes or until nice and crispy.
5. Choose your favourite dipping sauce and get cracking!

Calories per serving - 309, Protein - 10g, Carbs - 54g,
Fat - 3g





SWEET & SALTY POPCORN

Serves ●



QUICK & EASY

This one is barely even a recipe, but the result is so good that I had to share it! As a volume eater, I love digging into a huge bowl of low-calorie goodness. One of the main reasons I used to go to the cinema was to indulge in a super large popcorn without being judged for it! Looking back, it's crazy to think that every big bucket of popcorn equalled around 700-900 calories!

That's why I'm really excited to share my secret for sweet and salty oil free popcorn. This huge bowl is only 230 calories and just as delicious as the stuff at the cinema, without leaving me feeling sluggish or heavy. I whip this up at least once a week for family movie night, so the next time you're settling in for a film, why not give it a try!

INGREDIENTS

1/4 cup popcorn kernels
1 tbsp maple syrup
Pinch of salt

METHOD

1. Heat a good non-stick pan on medium high for a minute. Add in 2 popcorn kernels and put the lid on. Allow them to heat up, shaking the pan every 30 seconds or so, so they don't get burned. When the popcorn kernels both pop you know you are ready.
2. Add in the 1/4 cup of popcorn kernels and put the lid back on. Shake the pan every 30 seconds or so to move the kernels around and wait for the magic to happen.
3. When the popcorn starts popping, continue to shake the pan every 30 seconds. When there is more than a 2 second break in between each pop then you are done.
4. Pop your popcorn into a bowl and sprinkle with maple syrup and a pinch of salt. Mix well to get it all sticky and delicious. The maple syrup helps the salt stick to the popcorn.
5. Enjoy your low calorie density snack for a tasty movie night!



OIL FREE CRISPS

Serves ●



QUICK & EASY



SUPER WEIGHT LOSS



MICROWAVE FRIENDLY

When I'm craving a salty, crunchy snack, this is always the recipe I reach for. These chips are completely fat-free, fantastic for weight loss, and take just 5 minutes to make! Crisps used to be one of my favourite snacks growing up, and I thought I'd have to give them up when I started focusing on my health.

The secret is to slice the potatoes super thin so they get extra crispy. You can add any of your favourite seasonings to mix things up! Personally, I love to dunk mine in my low-fat cheese sauce (check out the recipe on [page 276](#)). Trust me, these chips will satisfy your cravings without the guilt



INGREDIENTS

- 1 large potato
- 1/4 tsp smoked paprika
- 1/4 tsp garlic powder
- Pinch of salt

METHOD

1. Wash and scrub your potato
2. Use a mandoline - or similar slicing device - to thinly slice the potatoes into chips/ crisps rounds
3. Lay a single layer of chips on a sheet of parchment paper
4. Sprinkle your chosen seasonings over the chips
5. Microwave for 5-7 minutes, keeping a close eye on what's happening inside.
6. Stop cooking when they begin to turn a golden brown and enjoy!

CHEESY CRISPY BEANS

Serves ●



QUICK & EASY



OVEN / AIR FRYER

If your tastebuds are in the mood for something salty and crispy but you want to stay on track, these little snacks are a game-changer! They're a high-fibre, high-protein, and low-fat alternative to traditional crunchy treats, boasting an incredible crunch and delicious crispy skins. I went for a cheesy chives vibe with this recipe, but feel free to get creative! You could easily switch it up with smoky BBQ, Indian spices, or an Asian twist. Have fun with it and use whatever beans you have on hand - edamame makes a fantastic substitute!



INGREDIENTS

- 1 tin of butter beans, drained and rinsed
- 1 tbsp dried chives (dill would be fab too!)
- 1 tbsp onion powder
- 1/2 tsp garlic salt
- 2 tbsp nutritional yeast
- Juice of half a lemon

METHOD

1. Mix all the ingredients together and either air fry or bake in the oven at 180°C for 20-25 minutes or until golden brown and nice and crispy.



CUCUMBER SUSHI BOATS

Serves ●



SUPER WEIGHT LOSS



MEAL PREP



QUICK & EASY

This is one of my go-to snacks when I'm craving sushi but don't want the hassle of rolling one up - plus, I get to pack in a ton of veggies, like an entire cucumber! Using cucumber as the base instead of rice makes this a lower-calorie cousin of sushi, but it still delivers all those nostalgic flavours we love. Don't forget to add all your favourite sushi toppings! These little bites are perfect as a light snack, part of a meal, or even as an appetiser for parties. You're going to love how easy and delicious they are!

INGREDIENTS

- 1 large cucumber
- 1/2 cup cooked sushi rice (I used sushi rice)
- 1/2 cup cooked chickpeas
- 2 tbsp unsweetened vegan yoghurt (or my oil free vegan garlic mayo on [page 279](#))
- 1 tsp dried dill
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp salt
- Juice of half a lemon
- 1 sheet of nori

EXTRAS

- Pickled ginger
- Toasted sesame seeds

METHOD

1. Slice your cucumber in half lengthwise and hollow it out.
2. Drain and rinse those chickpeas and mash them in a bowl. Add in the yoghurt, dill, garlic powder, onion powder, salt, lemon juice and nori and mix well.
3. Load up the cucumber with rice and then spread that chickpea "tuna" over it.
4. Top with all your sushi favourites - I love pickled ginger and toasted sesame seeds but you could go for avocado or mango slices.

Calories - 271, Protein - 11g, Carbs - 41g, Fat - 3g

223





RED LENTIL TOFU

Makes 5 servings



WORTH THE EFFORT



BATCH WORK



BLENDER

This recipe went viral on all my social media platforms so I simply had to share it here! A super simple and cost-effective tofu alternative, this is perfect for those with soy allergies or people who just want to get some more lentils into their diet. Using only two ingredients, it still manages to be a great source of plant protein.

If I'm being totally honest, I had my doubts as to whether it would hold up to tofu, but I'm delighted to report that it absolutely does! It can be baked, air fried, pan fried, marinated... you name it. So why not try swapping it into your favourite tofu dishes?

INGREDIENTS

1 cup red lentils
2 cups boiling water
2 cups water
Salt to taste

METHOD

1. Soak your cup of red lentils in 2 cups of boiling water and let sit for 15-20 mins. Add the red lentils and the liquid to a blender with 2 additional cups of water and blend until nice and smooth.
2. Add the mixture to a pan on medium heat and bring to a soft boil (stirring continuously) until it becomes nice and thick.
3. Pour the thick mixture into a container and refrigerate for a few hours. It really is that simple!
4. Slice into chunks and you can now use it like tofu - oven, air fry or pan fry.

DESSERTS

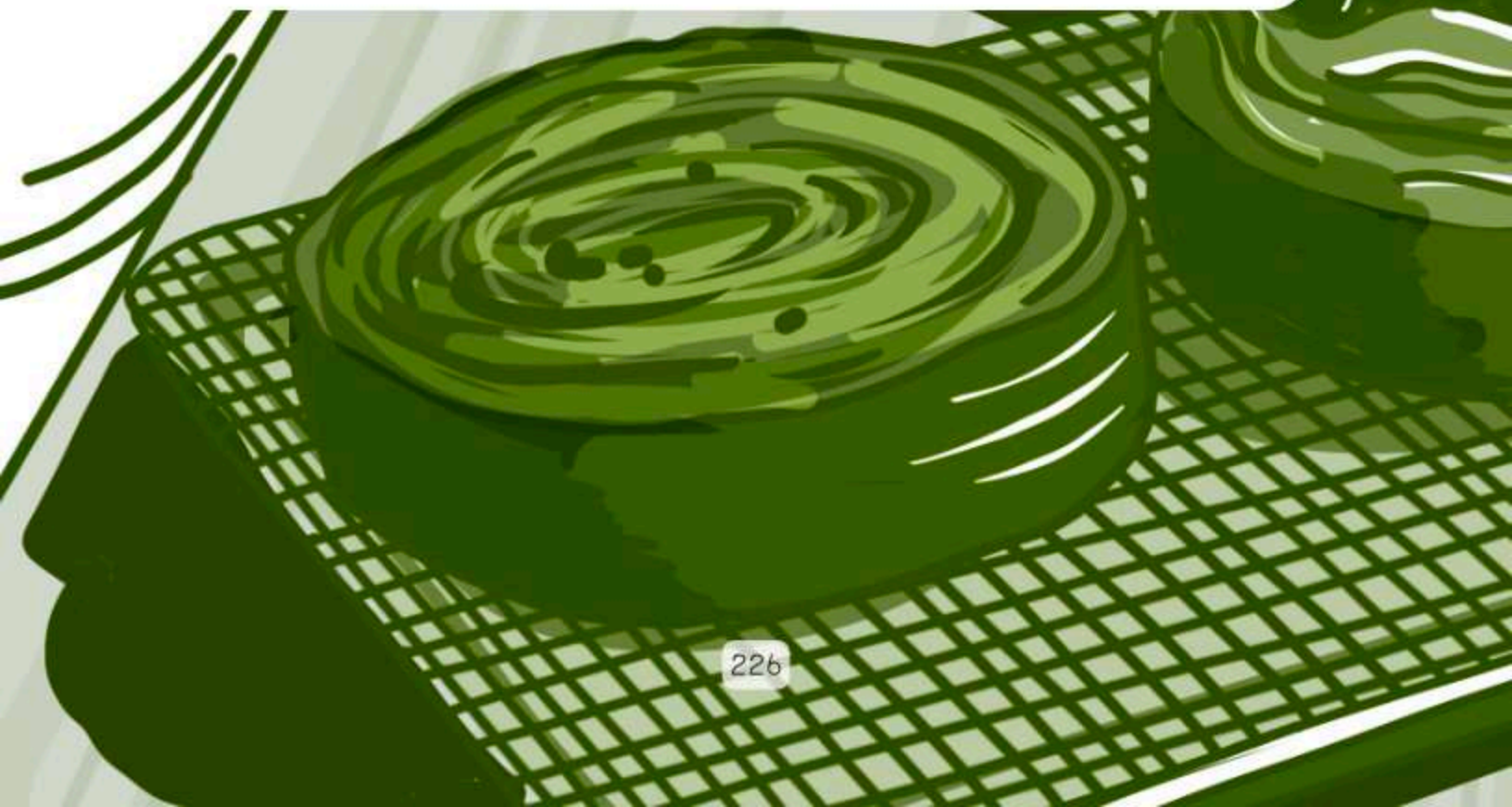
If you thought you had to give up all of your dearest desserts in order to lose weight and get healthy, then you're not alone. Sweet treats were often my downfall during my yo-yo dieting years... and so for a long time, I saw them as completely off limits if I was trying to get lean.

How wrong I was! I now pride myself on being able to say that I have basically enjoyed amazing sweet treats every day of my journey to losing 66lb and getting into the best shape of my life! Not only that, but I've had such a good time finding ways of incorporating veggies and beans into them too!

I have discovered that all my favourite desserts like ice cream, cakes, cookies - and everything in between - can be made using whole plant foods, low calorie density style. It's just a matter of getting creative and switching up the ingredients we use.

When we are looking to adopt a new and sustainable way of eating well, it has GOT to be full of delicious tastes and flavours. I will often eat a serving or two of a dessert along with some fruit or veggies for breakfast, lunch or even dinner!

It's such a game changer when you realise you can totally embrace your sweet tooth and lose weight in the process!





CHICKPEA SKILLET COOKIE

Serves ●●●



BLENDER



OVEN / AIR FRYER

This is my epic GIANT big fat chickpea skillet cookie! It is super light and fluffy whilst also being low fat, packed with protein and fibre. Oh, and it's also completely delicious.

It's so simple to make - essentially just blending 7 ingredients together and whacking the mix in the oven. Meanwhile if you're feeling super lazy (we all have those days!) you can just scoop up the dough with a spoon and enjoy! This is a real crowd pleaser, so I always bring it out for gatherings and parties... although you might want to make more than one.

INGREDIENTS

1 400g tin chickpeas, drained & rinsed
4 medjool dates
1 tsp vanilla
1/2 tsp baking powder
3/4 cup unsweetened plant milk
Pinch of salt
1/2 cup peanut butter powder

OPTIONAL

Vegan dark chocolate chips

METHOD

1. Blend all the ingredients up (apart from the peanut butter powder) until smooth.
2. Mix in your low fat peanut butter powder until nicely combined.
3. Add optional dark vegan chocolate chips and pop it into a mini baking dish or skillet and bake at 180°C for 20-25 mins.



MAGNUM STYLE ICE CREAM BARS

Makes 6 bars



FREEZER



WORTH THE EFFORT



BLENDER

Who knew you could transform kidney beans and cauliflower into the most incredibly luxurious Magnum-style delights on a stick? If you had told me this a few years ago, I would have laughed! Now, I'm on a mission to sneak as many veggies and beans into every recipe, and it's actually a lot easier than I ever expected.

I love adding cauliflower to my ice cream recipes because it adds volume without any weird flavour or colour - you truly won't know it's there! I remember when I was pregnant with my oldest, Abe, and the vegan Magnums just hit the UK market. I devoured them by the dozen, but they were super high in calories and brought nothing in terms of healthy nutritional benefits.

So, I'm thrilled to share this recipe with you for those moments when that chocolate-covered ice cream craving strikes. Trust me, you won't taste the beans or cauliflower at all! (And if you can't wait, the chocolate mix is so incredible you might just want to dive right in!)

INGREDIENTS

- 1 400g tin kidney beans, drained
- 1 cup steamed cauliflower
- 2 ripe bananas
- 3 tbsp cacao powder
- 1 tsp white miso
- 4 medjool dates

OPTIONAL EXTRAS

- 1/4 cup Vegan dark chocolate for coating

METHOD

1. Blend all the ingredients apart from the dark chocolate until nice and smooth.
2. Pop into ice cream moulds and freeze overnight.
3. Take out and drizzle with melted dark chocolate chips.



For maximum weight loss I
would have it without the
chocolate coating... it's still
delish!



PEANUT BUTTER CHEESECAKE

Makes 12 slices



BATCH WORK



BLENDER



FOOD PROCESSOR

This recipe is for all the fellow peanut butter lovers out there! Don't worry - it's mega healthy and packed with goodness. While it's incredibly simple to throw together, it tastes so decadent and indulgent that my first bite completely blew my mind! The silky smooth texture and natural sweetness come from the magic duo of plantains and silken tofu. This combination is truly remarkable; I often whip up a batch of the filling just to enjoy as a thick peanut butter pudding topped with fresh berries! I get my plantains from my local South Asian supermarket - look for the yellow and brown ones that are nice and ripe.

This treat is perfect for special occasions or as a delicious meal prep option, ensuring you always have something sweet on hand for whenever the craving strikes!

INGREDIENTS

For the Base:

3/4 cup of chickpeas
1/2 cup of oats
3 medjool dates
1 tbsp cacao powder
1 tsp vanilla
Pinch of salt

For the Filling:

3 medium yellow ripe pre-cooked plantain
1 pack of silken tofu
2 tbsp peanut butter powder
1 tsp vanilla
Pinch of salt

OPTIONAL - Dark vegan chocolate

METHOD

1. Add all your base ingredients to a food processor and blitz until your dough comes together. Press half of it into your favourite dish!
2. Cut a slit down the side of each of your plantains and pop into the microwave together for 8-12 mins or until fully cooked.
3. Add the cooked plantain to a blender with the remaining filling ingredients and blend until smooth (and bloomin' delicious!).
4. Pour your peanut butter filling onto the base and spread it out. Chill in the fridge for 3-4 hours when the texture should be just perfect.

Optionally drizzle a little melted dark chocolate on the top for that extra fancy feel!

RED LENTIL WAFFLE ICE CREAM SANDWICH

Serves ●●



MEAL PREP



FREEZER



BLENDER

At this point, I really don't think there is anything a red lentil can't do!

If you are craving a GIANT fluffy chocolate ice cream sandwich but want it low calorie density style, this is the recipe for you! The waffle is actually made from red lentils, making it high fibre, high protein & low fat. I have paired it with a super easy low fat peanut butter banana nice cream, but you can sub for your favourite whole-foods ice cream creation!

I would recommend eating this immediately, as if you let the ice cream melt it will certainly be a messy operation - but still delicious of course. Even though I put this recipe in the dessert section, I would definitely eat this for breakfast, lunch or dinner with a side of fruit or veggies.

INGREDIENTS

For the Waffle:

- 1/2 cup red lentils
- 1 cup water
- 2 tbsp cacao powder
- 2 medjool dates
- 1 tsp vanilla
- Pinch of salt
- 1 tsp baking powder
- 1 tbsp apple cider vinegar

For the Ice cream:

- 2-3 frozen ripe bananas
- 2 tbsp peanut butter powder
- Splash of plant milk

METHOD

1. Soak red lentils in boiling water for 10-15mins. Drain and then blend with your remaining waffle ingredients until smooth.
2. Heat your waffle maker and pour half the lentil mixture on. Let cook for 6-8 minutes until it's fully cooked.
3. Add your ice cream ingredients into a blender and blitz until super creamy!
4. Cut a waffle in half and fill with the ice cream. Add the other half on top and enjoy!





WATERMELON SORBET

Serves 2



SUPER WEIGHT LOSS



FREEZER



BLENDER

Ok, so this recipe feels too simple to taste good, right? But trust me, sometimes the simplest things are the best. If, like me, you have a mega sweet tooth and need something sweet after every meal (and you want to lose weight in the process) then this single ingredient sorbet might just hit the spot!

Everyone in my house is borderline obsessed with watermelon (we go through 1-2 every single day) so I had to share our favourite way to eat it. It also happens to be one of the lowest calorie dessert options out there... and it's so good to look at too! In summer months, I eat this most nights after dinner, when I need something sweet.

INGREDIENTS

4 cups of diced watermelon

Optional - a squeeze of lime

METHOD

1. Slice and freeze your watermelon in a Tupperware for 6-8 hours.
2. Now add your frozen watermelon directly into your high speed blender, with a squeeze of lime, and blitz until you reach that creamy sorbet consistency!





BROOKIE

Serves ●●●●●●



OVEN / AIR FRYER



MEAL PREP



WORTH THE EFFORT



FOOD PROCESSOR

If on one hand you're craving a brownie, but on the other hand you fancy a cookie, I say, "put those hands together!" These beauties are packed with hidden beans and veggies, but taste so good you'll want to make a double batch because they will be gobbled up before you know it!

They're so gooey, and hit that sweet spot perfectly while sneaking in sweet potatoes and a whole tin of chickpeas. Naturally sweetened with dates and maple syrup, this may honestly be one of my favourite creations! You can totally make either the brownie or chickpea cookie on their own, but I very much urge you to try this very special combo.

INGREDIENTS

For the Brownie:

- 3 medium pre-baked sweet potatoes
- 3 tbsp cacao powder
- 1/4 cup oat flour
- 1 tsp vanilla
- 1 tsp baking powder
- 2-3 tbsp maple syrup
- Pinch of salt

For the Cookie:

- 1 400g tin of chickpeas
- 6 medjool dates
- 1/4 cup peanut butter powder
- 1 tsp baking powder
- 1 tsp vanilla
- 1 ripe banana
- Pinch of salt

OPTIONAL EXTRAS: Choc chips

METHOD

1. Peel the pre-baked sweet potatoes and add to a bowl with the remaining brownie ingredients and mix together.
2. Add all the cookie ingredients to a food processor and blitz until it forms a cookie dough texture. Mix in optional chocolate chips.
3. Add the brownie batter to an oven safe dish, then add the cookie dough mixture to the top. Bake in the oven for 30-40 at 180°C.



SWEET POTATO CINNAMON ROLLS

Makes 9 cinnamon rolls



MEAL PREP



OVEN / AIR FRYER



WORTH THE EFFORT

If you have been craving cinnamon rolls, these will blow your mind! Not only are they low fat, super fluffy and super easy to make (no yeast or fancy baking skills needed here!), they are actually made with our good friend the sweet potato. This means that as well as tasting delicious while also hitting our low calorie density goals, these sweet treats are also rich in beta carotene, potassium and fibre, as well as being a tasty source of Vitamins B and E.

This recipe also sidesteps any thoughts of refined sugar by using dates for our super sweet cinnamon-y filling, meanwhile an oh-so-simple vegan yoghurt frosting offers the perfect topping. I like to make these as a fun weekend treat for the family, or if I've got friends coming over.

INGREDIENTS

For the Base:

- 1 large pre-baked squishy sweet potato (I used a Hannah)
- 1.5 cups plain flour (add more if needed depending on sweet potato size)
- 1 tsp baking powder
- 1/4 tsp baking soda
- Pinch of salt
- 1 tsp vanilla

For the Filling:

- 5 medjool dates (add more or less depending to adjust sweetness)
- 1-2 tsp cinnamon
- A few tbsp plant milk

For the Icing:

- 2 tbsp plant based yoghurt
- 1 tsp maple syrup
- 1/2 tsp vanilla

METHOD

1. Peel and mash your pre-baked sweet potato up and add all the other dough ingredients. Mix until it all comes together. Roll it out into a large rectangle.
2. Soak your medjool dates in boiling water for 5 mins (or microwave for 20 seconds) to soften. Then add the filling ingredients into a bowl and mix together.
3. Add the filling on top of your rolled out dough, spread evenly and roll it up. Slice into 9 equal sized pieces.
4. Pop into an oven safe dish and bake at 180°C for 20-25 mins.
5. Mix together your icing ingredients and pour it all over the top!





Feel free to mix up the flavours by using your favourite fruit; raspberries, stewed apples, or plums would be equally delicious!

BLUEBERRY JAM BARS

Serves ●●●●●●



OVEN / AIR FRYER



BATCH WORK



WORTH THE EFFORT



FOOD PROCESSOR

These sticky blueberry chia seed jam bars with an oatly crumble base are a delightful treat that are super easy to make—almost too delicious to be considered healthy, but I promise they truly are! Packed with chickpeas, oats, banana, and berries, they're high in fibre, high in protein, and low in calorie density. To me, they're the perfect well-rounded meal, especially when enjoyed with extra fruit or veggies.

They make an ideal breakfast on the go or a midday snack—unless, of course, your kids are like mine and devour them all in one sitting!

INGREDIENTS

For the Jam:

- 350g frozen blueberries
- 1 tbsp cornstarch
- 1 tsp lemon juice
- 1 tbsp chia seeds

For the Base:

- 1.5 cup chickpeas
- 3 medjool dates
- 2 tbsp peanut butter powder (optional)
- 1 cup oat flour
- 1 tsp vanilla
- 2 ripe bananas, mashed
- Pinch of salt

METHOD

1. Defrost your blueberries and mash with remaining jam ingredients. Set aside for 10-15mins to thicken.
2. In a food processor blitz up the chickpeas, dates, peanut butter powder, oat flour, vanilla and salt. Add this mix into a bowl with mashed bananas and mix well.
3. Flatten in an oven safe dish (saving 1/2 cup of the base mixture for a crispy crumble on top).
4. Add your jam and sprinkle the crumble on top.
5. Bake at 180°C for 30 mins. Let it cool and slice it up!



CHOCOLATE ICE CREAM

Serves 1



MEAL PREP



BLENDER



QUICK & EASY

I have a massive sweet tooth, and most days, I wake up craving chocolate. This recipe is the perfect answer to my lifelong internal chocolate vs. health and weight loss conflict. I'm thrilled to say you don't have to choose - you can absolutely indulge your chocolate cravings while still reaching your health goals!

I'm sure many of you have tried the classic chocolate banana 'nice' cream, but this one has a delicious twist. We're sneaking in some veggies to boost the nutrition and lower the calorie density. As ever, do not worry about tasting the cauliflower because you won't!

If you want to take it a step further, consider adding in $\frac{1}{4}$ or $\frac{1}{2}$ cup of your favourite beans for extra satisfaction, fibre, and protein. Enjoy your chocolate fix without the guilt!

INGREDIENTS

- 3 ripe spotty bananas, frozen
- $\frac{1}{2}$ cup frozen cauliflower
- 1.5 tbsp cacao powder
- 1 tsp vanilla
- Pinch of salt
- $\frac{1}{4}$ cup of plant milk, to get the blender moving

OPTIONAL EXTRAS

- 2 medjool dates or a splash of maple syrup for sweetness

METHOD

1. Blend all the ingredients in a high power blender or food processor until you get the most incredible smooth ice cream!





DOUBLE CHOCOLATE BANANA BREAD

Serves 



OVEN / AIR FRYER



WORTH THE EFFORT



BATCH WORK

Whenever I see overripe bananas, I'm instantly inspired to whip up a batch of banana bread. As a self-proclaimed chocoholic, I can't resist the idea of combining my love for banana bread with all things chocolate. This recipe is a perfect match! The result is an extra moist, almost fudge-like bread that can satisfy even the biggest chocolate craving - and it's so easy to make!

I often enjoy a couple of slices for breakfast, topped with a mountain of fresh berries. It's a fantastic addition to your weekly batch work rotation.

INGREDIENTS

3 large mashed ripe bananas (or 4 medium)
1/3 cup plant milk
1 tbsp apple cider vinegar
1 tsp vanilla
2.5 cups oat flour
2 tbsp flax meal
2 tsp baking powder
1 tsp baking soda
1/3 cup cacao powder
Pinch of salt

METHOD

1. Mix all the wet ingredients together and all the dry ingredients in separate bowls.
2. Combine the wet and dry ingredients and mix well.
3. Pour the mixture into a lined baking tray and add optional vegan chocolate chips on top. Feel free to lick the bowl.
4. Bake at 180°C for 50-60 minutes - it will be well worth the wait - and then slice that baby up.





APPLE PIE

Serves 



I am so proud of this apple pie recipe! I've managed to sneak in not just one, but two tins of chickpeas to boost the fibre and protein, making it a truly satisfying (as well as absolutely delicious). I use chickpeas to create the crust and blend up an entire tin for the super decadent caramel sauce filling. This apple pie is refined sugar-free, low in calorie density, and packed with incredible flavour! For me, the caramel is what makes this pie truly special - be warned, it's hard not to eat it with a spoon straight out of the pan. This recipe makes at least 10 servings, so I love whipping it up for family gatherings. If it's just for me, I freeze individual slices to enjoy one at a time, which helps me resist the temptation to eat the whole thing in one go!

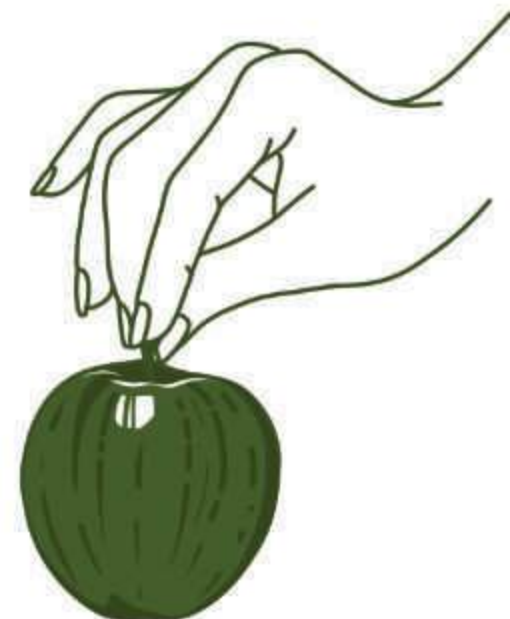
INGREDIENTS

For the crust and crumble:

1 400g tin of chickpeas, drained & rinsed
2 cups oats
8-10 medjool dates
Juice of half a lemon
1 tbsp cinnamon
1/2 tsp ginger powder
1/4 tsp nutmeg
1/8 tsp cardamom powder
1 tsp vanilla extract
Pinch of salt

For the filling:

4 large apples
Caramel sauce:
8 medjool dates
1 400g tin chickpeas with liquid
Juice of half a lemon
1 tsp cinnamon
1/2 tsp ginger powder
1/4 tsp nutmeg
1/8 tsp cardamom powder
1 tsp vanilla extract
Pinch of salt



METHOD

1. Blitz all the crust ingredients in a food processor. Press 3/4 of the mixture down in a baking pan and bake at 180°C for 10-15 mins or until slightly golden.
2. Blend all the caramel ingredients until smooth and add it to your chopped apples in a pan. Cook on low for 10-15 mins to soften.
3. Add your apple mixture to your pie crust and top with the rest of the crust ingredients (use as a crumble). Pop back into the oven for 30 mins at 180°C.



SWEET POTATO CHOCOLATE TRUFFLES

Makes 8 truffles



FOOD PROCESSOR



MEAL PREP



QUICK & EASY

A few years ago, if anyone had told me that a simple sweet potato could be transformed into an luxurious soft and squidgey chocolate truffle, I would have struggled to keep a straight face. But honestly, these little delights are so easy to throw together and totally hit that sweet tooth craving - perfect with a hot drink either before or after dinner.

To make it a well-rounded snack, I like to pair 1-2 of these truffles with a huge bowl of berries or even some crudités like carrot, cucumber or celery. You could also mix it up and do a peppermint vibe with some mint drops instead of the peanut butter powder and I bet it would be fantastic! Race you to the kitchen!

INGREDIENTS

- 1 large baked & peeled Hannah sweet potato
- 3 medjool dates
- 3 tbsp oat flour (add more or less depending on the moisture level of your sweet potato)
- 2 tbsp cacao powder
- 2 tbsp peanut butter powder (optional)
- 1 tsp vanilla
- Pinch of salt

METHOD

1. Chuck everything into a food processor and blitz until a nice doughy ball has formed. You don't want the mixture to be too sticky.

Note: If your dates are super firm like mine, then microwave for 10-15 seconds until super soft & squidgey

2. Use your hands to roll pieces of the dough into little truffles

3. Chill your truffles in the freezer for around 15 mins and get stuck in!



LEMON BARS

Makes 8 slices



MEAL PREP



FREEZER



FOOD PROCESSOR



WORTH THE EFFORT



BLENDER

The first time I made this, I thought it might be the best thing I'd ever created... aside from my kids! With a texture that is perfectly on point, this is an absolute must for any lemon fiends among you - a creamy lemon bar which slots right into your weight loss journey, thanks to its sweet potato star. The filling alone tastes almost too good to be allowed. It would be perfect as a frosting for any healthy vegan cake, muffin, brownie, blondie, cupcake... or any other baked delight you can think of.

This recipe offers a perfect illustration of why I love having a big batch of pre-baked sweet potatoes in my fridge at all times - they're such an amazing base for so many healthy low calorie density sweet treats! I can't recommend enough that you do the same!

INGREDIENTS

For the filling:

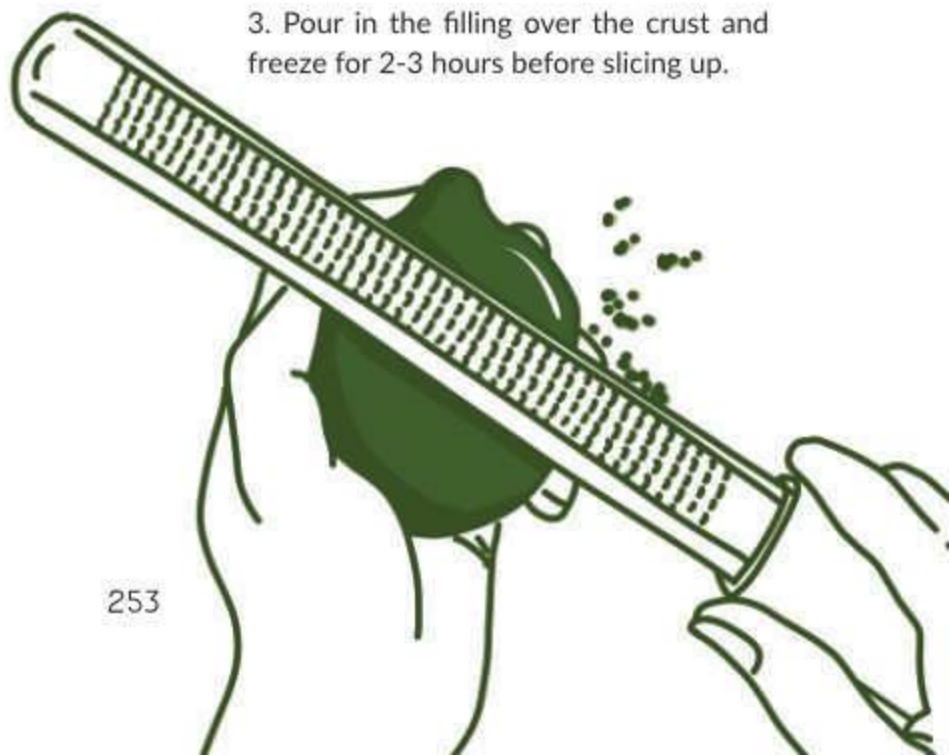
- 2 medium pre-baked Hannah sweet potatoes (yams)
- 1 tbsp lemon zest
- 1/2 cup lemon juice
- 6 medjool dates
- 1/2 cup plant milk

For the Crust:

- 1 400g tin chickpeas, drained & rinsed
- 1/2 cup oats
- 6 medjool dates
- 1 tsp lemon zest
- Juice of 1 lemon

METHOD

1. Remove the skins from the sweet potatoes and blend all the filling ingredients until super smooth and creamy.
2. Blitz the crust ingredients in the food processor and press into a suitable tin.
3. Pour in the filling over the crust and freeze for 2-3 hours before slicing up.



COOKIE DOUGH BARK

Break into 12 mini sweet treat snacks



FOOD PROCESSOR



BATCH WORK



FREEZER



BLENDER

I often find myself lingering in the kitchen after dinner, searching for a little something sweet, and a chunk of this cookie dough bark always hits the spot! What I love most about this recipe is that it can be made for an entire week of after-dinner nibbles - just break it into small pieces and enjoy one each night (unless your kids or grandkids get to it first!).

While this treat may taste super indulgent, it's actually packed with so much goodness that you're truly doing your body a favour by indulging! Instead of traditional melted dark chocolate, I use my favourite banana and cacao powder chocolate sauce for the topping, along with an entire tin of chickpeas in the base. I know it sounds like an unlikely pairing, but trust me - give it a try! You won't regret it.

INGREDIENTS

Cookie dough ingredients:

- 1 400g tin of chickpeas, drained and rinsed
- 5 medjool dates
- 1/4 cup oat flour
- 1 tsp vanilla extract
- 1 tsp miso
- 2 tbsp peanut butter powder (optional)

Chocolate sauce:

- 3 ripe bananas
- 2 tbsp cacao powder

METHOD

1. Blitz all the cookie dough ingredients in a food processor until it comes together. Roll out into a 1cm thick rectangle (you might want to use baking paper front and back).
2. Blend ripe bananas and cacao powder to make the chocolate sauce and pour it all over the top.*
3. Freeze for a few hours before cracking it up and tucking in!





CHOCOLATE FUDGE QUINOA BROWNIES

Makes 8 Brownies



BLENDER



OVEN / AIR FRYER

I truly believe that diversity in whole plant foods is the key to lasting health. That's why I created these super easy quinoa brownies - to mix up grains in a fun and delicious way! Aside from soaking the quinoa, all you need to do is blend the ingredients and bake. The result? Rich, fudgy brownies with a delightful nutty flavour from the quinoa! I encourage you to experiment with other grains too - millet or amaranth would work beautifully.

My goal is to inspire you to get creative in the kitchen, think outside the box, and explore the endless possibilities that simple ingredients can offer!

INGREDIENTS

1/2 cup quinoa, soaked
2 ripe bananas
3 medjool dates
1.5 tbsp flaxmeal
1 tsp baking powder
Pinch of salt
3 tbsp cacao powder
1 tsp vanilla
1/2 cup plant milk

OPTIONAL

2 tbsp peanut butter powder
Vegan dark choc chips

METHOD

1. Soak your quinoa overnight - or if you don't have the time/can't wait then soak in boiling water for around an hour.
2. Put all the ingredients in a blender and blitz them.
3. Pour the mixture into a parchment paper-lined baking loaf tin
4. Sprinkle a small handful of (optional) chocolate chips on the top.
5. Bake for 25 minutes at 180°C.



MINT CHOC-CHIP ICE CREAM

Serves ●



MEAL PREP



QUICK & EASY



FREEZER



BLENDER

Having frozen bananas at the ready for an emergency speedy meal to hit my sweet cravings is so important... and this is one of my favourites. It won't come as a surprise to anyone who has seen my social channels that I love eating ice cream at any time of the day - and have done all the way through my weight loss journey.

Mint choc chip is one of my all time top flavours, but most vegan alternatives are loaded with oil, sugar and a lot of unnecessary calories. My whole-food, low fat version is actually incredibly good for you, amazing for weight loss and (in my opinion), tastes so much better!

Boasting a host of hidden veggies too (which are utterly undetectable to taste buds!) it's truly a minty miracle which is perfect at any time of the day as well as being shared amongst loved-ones for an after-dinner dessert

INGREDIENTS

- 3 ripe spotty bananas, frozen
- 1/2 cup of cauliflower, frozen
- 1 cup spinach
- 2 medjool dates (add more as needed)
- Splash of plant milk
- A few drops of mint extract (as much as you can handle!)
- 1 tbsp dark vegan chocolate chips or cacao nibs

METHOD

1. Add everything (apart from the choc chips) to a high speed blender and blend using a tamper to push all the ingredients down until you get the most incredible instant ice cream!
2. Sprinkle with choc chips or cacao nibs (for a more whole-foods approach) and enjoy.





ORANGE MUFFINS

Makes 6 Muffins



BATCH WORK



OVEN / AIR FRYER

These muffins are in the dessert section because they taste SO good, but they are a fantastic breakfast option too! Muffins are often my go-to when I have a bunch of overripe bananas on hand - they are so simple to throw together and always turn out super fluffy! If you wanted to bump them up a low calorie density notch, you could try adding in a grated carrot or courgette for extra veggies.

You can also try mixing up the flavour - go chocolate with cacao powder or lemon blueberry by adding in lemon juice, zest and blueberries! This is a fantastic muffin base so don't be afraid to get creative!

INGREDIENTS

- 2 ripe mashed bananas
- 1 tbsp orange zest
- 1/3 cup orange juice
- 2 tbsp maple syrup
- 2 tbsp flax meal
- 1/4 tsp ginger powder
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg
- 1.5 cups wholewheat flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1 tbsp apple cider vinegar
- Pinch salt
- 1 tsp vanilla

OPTIONAL

- 1/8 cup vegan dark chocolate

METHOD

1. Add all your wet ingredients into a bowl and stir to combine. Add in the dry and mix until you have a nice batter.
2. Divide your batter equally into 6 muffin liners and add your optional chocolate chips to the top.
3. Bake for 20-22 mins at 180°C or until a toothpick comes out clean.

Let everything cool and enjoy!



CHOCOLATE PUDDING

Serves ●



BLENDER



SUPER WEIGHT LOSS



QUICK & EASY



MEAL PREP

If I need chocolate (and I need it now!)- this is my 2 minute go-to recipe that saves my day! It is as simple as adding sweet potato and cacao powder to a blender (vanilla and salt are optional extras!) but I promise it feels like a super naughty restaurant quality treat!

If you need it a little sweeter (it really depends on the sweetness of the sweet potato), feel free to add a date or 2!

It is packed with goodness and so silky smooth, this recipe is a complete must for anyone with a sweet tooth... and it's a great one for batch work too. I like it as a grab and go for breakfast as well as for a delicious dessert. You can mix it up too by choosing different fruit to dip!

INGREDIENTS

- 1 large pre baked sweet potato
- 2 tbsp cacao powder
- 1 tsp vanilla extract
- Pinch of salt

OPTIONAL

- 1-2 medjool dates
- 1 tbsp maple syrup

METHOD

1. Blitz everything up in a blender until silky smooth.
2. Serve in your vessel of choice with your favourite fruit for dunking!



Calories (no additional sweetener) - 274,
Protein - 9g, Carbs - 43g, Fat - 1g

263



SNICKERS-STYLE ICE CREAM BARS

Makes 8 slices



OVEN / AIR FRYER



FREEZER



WORTH THE EFFORT



BLENDER



BATCH WORK

The wonderful and creamy combination of flavours which make up a Snickers ice cream bar are still available to you if you're trying to be healthier and lose weight... I promise! And as an added bonus, these babies are also packed with piles of veggies and beans (as per usual!). Talk about a tasty win-win. This is a slightly more involved recipe, but trust me, the finished product is more than worth the effort. I would highly recommend making a double batch as they don't tend to hang around for long!

My kids and hubby ate the whole thing in one sitting.

INGREDIENTS

For the ice cream layer:

- 1/2 a tin of chickpeas
- 1 cup of frozen cauliflower
- 3 ripe frozen bananas
- 4 medjool dates
- 1 tsp vanilla
- 1/3 cup plant milk
- 1/2 tsp white miso (or a pinch of salt)

For the caramel layer:

- 6 medjool dates
- 3/4 cup peanut butter powder
- 1/2 - 3/4 cup water

For the crispy topping:

- 1/2 tin chickpeas
- 1/4 cup dark vegan chocolate (optional)

METHOD

1. Blend together all the ingredients for the ice cream layer until smooth and pop into a parchment lined tray. Freeze for an hour before adding the caramel layer.
2. Now for the caramel - soak the dates in boiling water for 10 mins to soften, then mash with a fork and add the peanut butter powder and water until it forms a nice sticky peanut caramel layer. Spread that onto the ice cream base.
3. Now to make our crispy chickpea 'peanuts'. Add your remaining 1/2 tin of chickpeas to a baking tray and pop into the oven at 180°C until crispy (you could use an air fryer if you want!)
4. You can add the crispy chickpeas to the top of your caramel layer for some crunch. Freeze overnight or for 6-8 hours at least.
5. Slice into 8 pieces and drizzle some optional melted dark vegan chocolate on top.

FOR AN EXTRA LOW CALORIE DENSITY OPTION

For an extra low calorie density option - drizzle with a low fat chocolate sauce by combining 1 tbsp maple syrup with 1 tbsp cacao powder and a splash of water instead of using chocolate chips.

PEACH COBBLER

Serves ●●●●●●



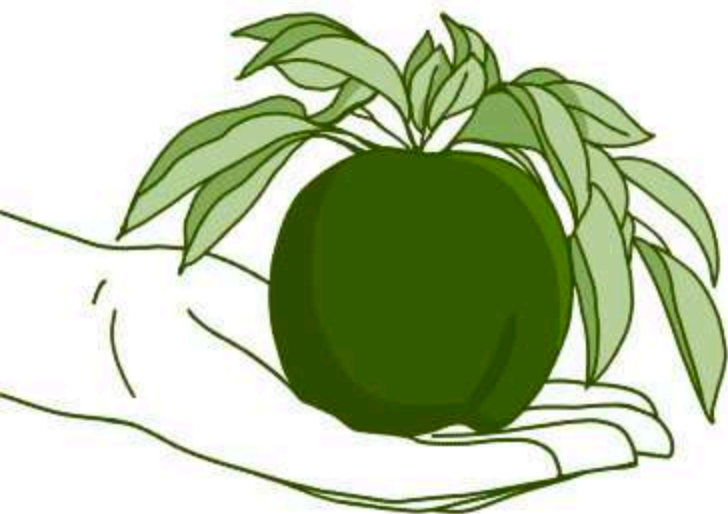
BLENDER



OVEN / AIR FRYER

This is another one of my desserts that I would happily eat as breakfast, lunch or dinner because it is packed with so much goodness - including beans! From my experience, this is one of the easiest peach cobblers to make - the topping is simply blended together and smothered on top of the caramelised peaches... just describing it is making me want to make it immediately!

I like to use chickpeas and oats as the base for my batter because they are packed full of fibre and protein and will keep you full and satisfied for hours. This one is best eaten straight out of the oven with a dollop of vegan yoghurt or even a scoop of banana ice cream!



INGREDIENTS

3 large peaches
1 tbsp lemon juice
1 tbsp maple syrup
1 tsp cinnamon
1/2 tsp nutmeg
2 tbsp cornstarch

For the batter:

1 cup of chickpeas
3/4 cup oats
1 ripe banana
1/2 cup plant milk
3 medjool dates
1 tsp cinnamon
1 tsp vanilla
1 tbsp flax meal
1 tsp baking powder

METHOD

1. Slice the peaches up and pop them in an oven safe dish. Cover them with your lemon juice, maple syrup, cinnamon, nutmeg and cornstarch. Mix well and set aside.
2. Blend all the remaining ingredients until super smooth and pour over the peaches! (This mixture is amazing on its own as well, by the way)
3. Pop it into the oven at 180°C for 25-30 mins or until golden brown on top!

Enjoy with a dollop of vegan yoghurt!



REESE'S STYLE PEANUT BUTTER EGGS

Makes 12 eggs



BATCH WORK



FOOD PROCESSOR



QUICK & EASY

Having grown up in the UK, Reese's peanut butter eggs were not something I was familiar with. But so many of my lovely American followers asked me to try and make them healthy vegan style, I was really excited to take up the challenge! Welcome to my super easy, high fibre and protein rendition of a treaty classic.

As anyone who has followed me for more than five minutes will know, chickpeas are one of my favourite bases for any dessert. They're just so versatile and create an excellent soft and decadent consistency which, when combined with peanut butter powder (our favourite low fat cousin of peanut butter) and puffed rice, somehow creates the perfect Reese's-style egg!

You can smother them in the classic melted chocolate chips OR opt for my low calorie density option - the choice is yours, depending on your goals.

INGREDIENTS

- 1 400g tin chickpeas, drained and rinsed
- 6 medjool dates
- 1/4 cup peanut butter powder
- 1/2 cup puffed rice (use any puffed grain or oats)

OPTIONAL COATING

Melted vegan dark chocolate chips

Low calorie density chocolate sauce alternative:

- 1 ripe banana
- 1 tbsp cacao powder

METHOD

1. In a food processor blitz together the chickpeas, dates, peanut butter powder (or peanut butter) and puffed rice until it forms a nice chunky cookie dough
2. Roll the dough into individual little egg shapes
2. Drizzle with melted chocolate and refrigerate for 10 mins before diving in!

FOR THE NON CHOC CHIP ALTERNATIVE!

Blend together a banana with cacao to make your choc sauce and drizzle over the top. Freeze for 1 hour (to help our banana chocolate set) and enjoy!



CARROT CAKE BLISS BALLS

Makes 10 bliss balls



BATCH WORK



FOOD PROCESSOR



QUICK & EASY

If you ever wake up craving carrot cake but only have 5 minutes to spare, these bliss balls are the solution you're looking for! I kept them super light by using rice cakes instead of oats. You can definitely use oats too - they're great! - but the rice cakes give them a fluffy, cloud-like texture and keep the calorie density low, so I can enjoy an extra one (or two!). For an added treat, roll them in a little desiccated coconut to really boost the flavour. Just a heads up: coconut is higher in fat, so if you're focused on weight loss, maybe skip it or just go for a light dusting.

I love sneaking these into my kids' lunch boxes - it's a really easy way to add some extra veggies to their day!

INGREDIENTS

3 medium carrots, grated
6 rice cakes
5 medjool dates
1/4 cup peanut butter powder
1 tsp vanilla
Pinch of salt
1 tsp cinnamon

OPTIONAL

1/4 cup toasted desiccated coconut

METHOD

1. Blitz everything together in a food processor until it comes together. Roll into balls and you can coat them in some toasted desiccated coconut if you are feeling fancy!

Calories per bliss ball (without the desiccated coconut) - 71,
Protein - 2g, Carbs - 14g, Fat - 1g

270





CHOCOLATE QUINOA CRUNCH BARS

Serves ●●●●●●



BATCH WORK



FREEZER



BLENDER

After seeing these babies all over Instagram, I felt compelled to make my own low calorie density version... and I have to say that my healthy, weight-loss friendly take on this 21st century classic is pretty darn tasty. This super easy and beautifully crunchy snack involves toasted quinoa, which really elevates that amazing nutty flavour... and then comes my favourite banana chocolate sauce, which is low calorie density and made using whole plant foods!

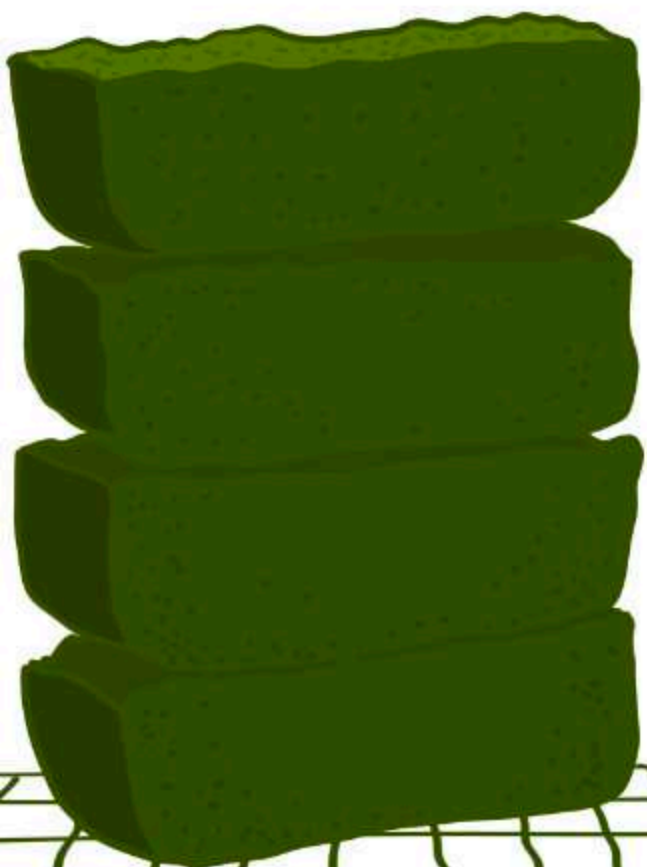
The hardest part is waiting for it to freeze - but trust me it's totally worth the wait!

INGREDIENTS

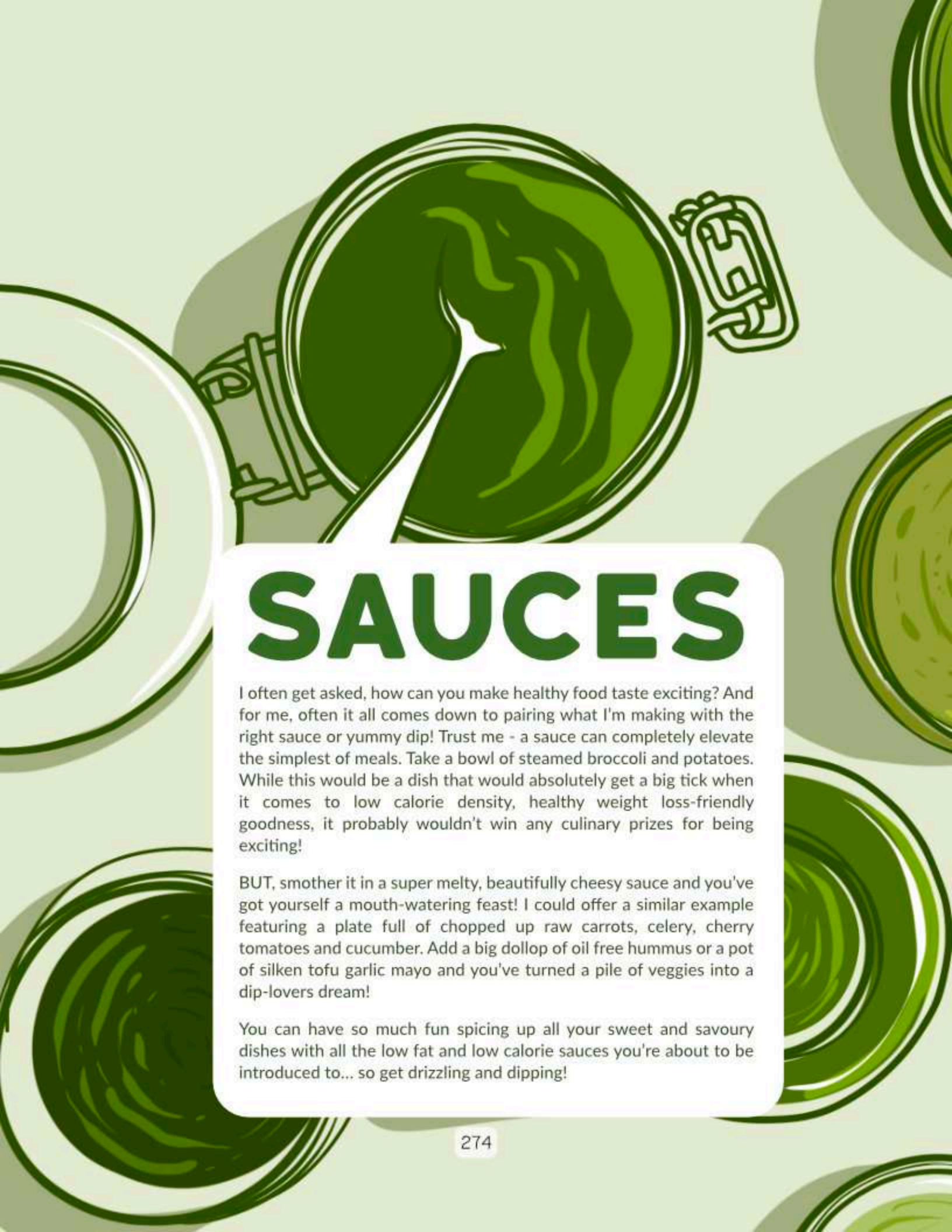
- 1 cup quinoa
- 4 ripe spotty bananas
- 2 tbsp cacao powder
- 1 tsp vanilla
- 1/2 tsp white miso

METHOD

1. Toast a cup of quinoa till it starts to pop and becomes golden and fragrant
2. Blend the bananas, cacao, vanilla and miso to make your choc sauce (aka my go to healthy chocolate dip)
3. Mix the quinoa and choc sauce together, pop into a lined pan and freeze for at least 2 hours. Slice up and enjoy!





The background of the page is a light green color with several overlapping, stylized illustrations of glass jars. Each jar is filled with a vibrant green sauce, likely hummus or a similar dip. The jars are shown from a top-down perspective, with some showing the lids and others showing the open tops. The style is simple and graphic, with bold outlines and a limited color palette of greens.

SAUCES

I often get asked, how can you make healthy food taste exciting? And for me, often it all comes down to pairing what I'm making with the right sauce or yummy dip! Trust me - a sauce can completely elevate the simplest of meals. Take a bowl of steamed broccoli and potatoes. While this would be a dish that would absolutely get a big tick when it comes to low calorie density, healthy weight loss-friendly goodness, it probably wouldn't win any culinary prizes for being exciting!

BUT, smother it in a super melty, beautifully cheesy sauce and you've got yourself a mouth-watering feast! I could offer a similar example featuring a plate full of chopped up raw carrots, celery, cherry tomatoes and cucumber. Add a big dollop of oil free hummus or a pot of silken tofu garlic mayo and you've turned a pile of veggies into a dip-lovers dream!

You can have so much fun spicing up all your sweet and savoury dishes with all the low fat and low calorie sauces you're about to be introduced to... so get drizzling and dipping!



& DIPS

LOW FAT CHEESE SAUCE

Serves 



BATCH WORK



BLENDER

This is a super luxurious and mind-blowingly good cheesy sauce, which takes care of cheese cravings while also ticking the low fat and low calorie density boxes. It's so rich and creamy, you'd never guess it's all made with simple whole plant foods.



*You can use cashews if you wish or sub half or all of them out for cannellini beans to lower the fat and calories

INGREDIENTS

- 1 cup of cauliflower
- 3 small potatoes
- 1 carrot
- 1/4 cup cashews*
- 4 tbsp nutritional yeast
- 2 tbsp lemon juice
- 1 tsp garlic powder
- 1 tbsp onion powder
- 1/2 tsp turmeric powder
- 1 tsp salt
- 1 cup water

METHOD

1. Boil the cauliflower, potatoes and carrot until tender
2. Add all ingredients to a blender and blend on high until smooth
3. Store in the fridge and give a cheesy flavour to your favourite dishes as required!

OIL-FREE HUMMUS

Serves 



BATCH WORK



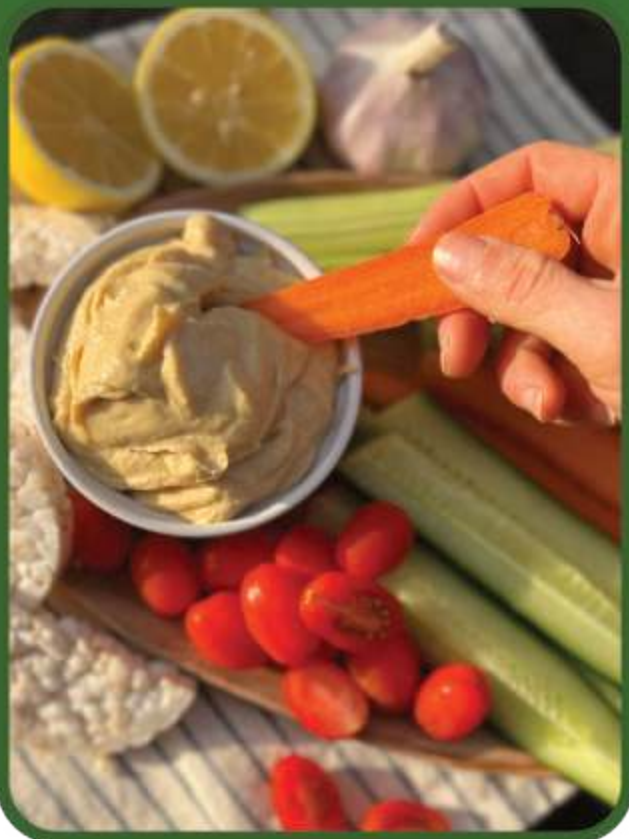
BLENDER



QUICK & EASY

This super fluffy and creamy hummus is totally oil-free and is almost too easy to make! A lot of people get intimidated by the idea of making their own hummus, but it couldn't be more simple. The secret is to use aquafaba (the leftover chickpea water from a tin that is usually wasted) as the liquid - as it helps whip the chickpeas into a fluffy cloud. I like to make a HUGE batch for the week, although if my kids get their hands on it, it may last a day or 2! I add it to wraps, sautéed veggies, baked potatoes... basically anything on a plate which doesn't move! We also sometimes use it instead of cheese sauce on pizza and it's surprisingly epic.

To get more bean variety into your life - try making cannellini bean hummus, which is even more creamy and super delicious!



INGREDIENTS

- 3 cups chickpeas
- 1 cup of aquafaba (chickpea water from the tin)
- 1 tbsp tahini
- 3 tbsp lemon juice
- 1 clove of garlic
- 1/2 tsp salt

OPTIONAL EXTRAS

- 1 tsp cumin powder

METHOD

1. Add all the ingredients to a blender and blitz on high until super smooth and creamy! The aquafaba is my secret ingredients as it helps make the hummus super light and fluffy.
2. Use immediately or store in the fridge for 4-5 days.

CHIA JAM

Serves ●●●●●



BATCH WORK



SUPER WEIGHT LOSS



QUICK & EASY

This 10-minute sugar-free treat is a staple in our house - we have a batch of it in the fridge at all times for oatmeal, sandwiches or to add a dollop of extra sweetness to any number of desserts. Sweetened only with fruit (although you can add a splash of maple syrup too), it's brilliant for weight loss.



INGREDIENTS

- 2 cups of fresh or frozen juicy fruit (I love using berries!)
- 2 tbsp chia seeds
- 1 tbsp lemon juice

OPTIONAL (for extra sweetness):

- 1 tbsp maple syrup

METHOD

1. Heat your fruit of choice up in a pan until it starts to bubble and break down. Mash it up with a fork or spoon.
2. Take it off the heat and add in chia seeds and lemon juice. Mix well and let it sit for 5-10 minutes (the chia seeds will thicken it up considerably) and boom you have just made the easiest jam ever!
3. Use immediately or store in the fridge for up to a week, or freezer.

GARLIC MAYO

Serves ●●●●●●



BATCH WORK



BLENDER



QUICK & EASY

It was a wonderful day when I realised I could make amazing, creamy and oh-so-tasty mayo while staying true to my new healthier eating habits. Silken tofu does lots of the heavy lifting here - helping us sidestep the need for any oil, which as we know comes in at 4,000 calories per pound. I can often be seen smothering this on anything I'm eating!



INGREDIENTS

- 350g box of silken tofu
- 1.5 tbsp lemon juice
- 1 clove of garlic
- 1/2 tsp salt
- 1/4 tsp mustard powder
- 1/8 tsp ground white pepper

METHOD

Blend all your ingredients up and blitz until super smooth and creamy. And that's literally it - enjoy!

GRAVY

Serves ●●●●



BATCH WORK



SUPER WEIGHT LOSS

I think we can all agree that there is nothing more comforting than a big fat bowl of mashed potatoes and gravy... and I like my gravy oil-free, low calorie density, super easy and delicious! My kids go crazy for this... we always need a BIG batch!



Note: To make it even easier, sub onion and garlic for onion and garlic powder and skip step 1 all together!

INGREDIENTS

- 1/2 a medium onion, diced
- 2 cloves of garlic, minced
- 1 tbsp veggie bouillon powder
- 1-2 cups of water
- 4 tbsp soy sauce
- 4 tbsp nutritional yeast
- 1/4 cup flour (rice flour for GF option)

OPTIONAL : 1 tbsp mushroom powder for an extra umami flavour

METHOD

1. Add onion and garlic to a pan with a splash of water and sauté for 2-3 minutes until translucent.
2. In a bowl, whisk together 1 cup of water, soy sauce, nutritional yeast, flour and bouillon powder and an optional mushroom powder until well combined.
3. Add it to the sautéed onion and garlic and bring to a boil, stirring constantly. Add more water as needed depending on the consistency you like.

SWEET SWEET DIPS

Chocolate Sauce Serves ●●● Caramel Sauce Serves ●●●



MEAL PREP



BATCH WORK



BLENDER



QUICK & EASY

If you have a mega sweet tooth and require it satisfying immediately, then these are exactly what you need in your recipe repertoire. All you need for each is two ingredients and two minutes. They both taste pretty darn delicious and are naturally sweet, so you don't even need any dates or maple syrup. Perfect for fruit dipping and general drizzling.



INGREDIENTS FOR CHOCOLATE SAUCE

2 ripe bananas

1 tbsp cacao powder*

METHOD

Blend ripe bananas and cacao powder together until you get the perfect chocolate sauce!

INGREDIENTS FOR CARAMEL SAUCE

1 pre-baked Japanese or Hannah sweet potato (white flesh)

1/4 cup plant milk*

METHOD

Peel your pre-baked sweet potato and add to a blender with plant milk until you have the best instant caramel sauce!

***OPTIONAL FOR BOTH:** Vanilla, pinch of salt

Chocolate sauce: Calories(per serving) - 74, Protein - 1g, Carbs - 17g, Fat - 1g

281

Caramel sauce: Calories (per serving) - 52, Protein - 2g, Carbs - 9g, Fat - 1g

SMOKEY BBQ SAUCE

*No Ketchup!

Serves ●●●●



BATCH WORK



QUICK & EASY

My hubby is addicted to BBQ sauce - he literally puts it on everything - pizza, pasta, salads, you name it! So I decided to find a healthier way for us to enjoy the zingy, smokey, sweet and tangy flavours. Oh, hello whole plant foods! Most recipes use ketchup as the base - and of course you can use my recipe for making that ([see page 289](#)) - but I also found the flavour is just as good when using tomato passata!



INGREDIENTS

- 1 cup tomato passata
- 4 tbsp apple cider vinegar
- 2 tbsp molasses
- 1/2 tsp smoked paprika
- 1 tsp onion powder
- 1 tsp garlic salt
- 3 tbsp cornstarch

METHOD

1. In a pan mix together tomato passata, apple cider vinegar, molasses, smoked paprika, onion powder and garlic salt together.
2. Mix the cornstarch with 1-2 tbsp of water in a separate bowl and when the sauce starts to come to the boil, add the cornstarch slurry in.
3. Stir continuously until it starts to thicken and bubble. Enjoy immediately or store in the fridge for a week or so.

MOZZARELLA

Makes 8 Balls



BATCH WORK



BLENDER

As someone who used to own a vegan cheese company here in the UK, this recipe got my super excited. I was sick of cashew & coconut oil being the base of every single vegan mozzarella - I wanted something lower in fat & calorie density that can be great part of people's weight loss!

So after some experimenting, this is by far my favourite mozzarella I have ever tried. You can literally use it on ANYTHING! Pour over pizza, pasta bake, toasties... and if you want it firm and slice-able all you have to do is add in some kappa carrageenan (instructions below)



INGREDIENTS

- | | |
|---------------------------------|--|
| 1 box of silken tofu | 1/2 tsp lactic acid (optional) |
| 1 clove of garlic | 3 tbsp tapioca starch |
| Juice of 1 lemon | 1 tbsp kappa carrageenan (for a firm cheese) |
| 1/4 cup nutritional yeast | |
| 1/3 cup plant milk (I used soy) | |
| 1 tsp salt | |

METHOD

1. Blend all the ingredients up until smooth and transfer to a pan.
2. Stir continuously on low medium until it thickens up, goes glossy and comes together as a big cheesy mass.
3. Enjoy as a stretchy mozz sauce!

OR If you want a firm slice-able cheese then pop some of the mixture in a small bowl and refrigerate for a few hours until solid. Then slice and use on pizza, in toasties or for my favourite Caprese salad!

SPINACH ARTICHOKE DIP

Serves ●●●●●●



BATCH WORK



BLENDER

As well as being oil-free, this also includes a tonne of extra sneaky veggies to lower the calorie density and keep you satisfied for hours. It is a real crowd pleaser so I always bring it out as an appetiser for family gatherings and holiday parties. Often I will just eat a third of this dish for dinner with my crispy wraps if I am feeling in the mood for some cheesy goodness.



INGREDIENTS

1 cauliflower
350g silken tofu
1 tsp garlic salt
1/2 cup soy milk
1 tbsp onion powder
1/4 cup nutritional yeast
2 tbsp tapioca starch (optional to make it stretchy)
Juice of a lemon
1 onion
4 cloves of garlic
400g artichoke hearts
2-3 cups spinach

For the oil free Chips

1 wholewheat oil free wrap (check out my wrap section on [page 204](#))
Squeeze of lemon juice
Pinch of garlic salt
Pinch of smoked paprika

METHOD

1. Boil that cauliflower and then blend it with the silken tofu, garlic salt, soy milk, onion powder, nutritional yeast, tapioca starch and lemon juice until it's super smooth and creamy.
2. Add a diced onion, minced garlic, chopped artichoke hearts and spinach to a pan and water sauté until the onions are translucent.
3. Add in the creamy cauliflower sauce and let it

thicken for 5 minutes. Stirring consistently.

4. For the chips - slice your oil free wrap into chip shapes and sprinkle with lemon juice, garlic salt and smoked paprika. Pop in the oven or air fryer for 5-10 minutes at 180°C or until crispy.
5. Enjoy your veggie-packed dip with crudité's and chips!

QUESO DIP

Serves ●●



BATCH WORK



QUICK & EASY

This is my go-to when I want a light savoury afternoon snack. Queso is not something I ever had growing up, but since discovering it a few years ago, I am utterly obsessed. It is like a super flavour-packed spiced-up cousin of cheese sauce, and I'm here for it. I typically plate up with a bunch of crunchy crudités like carrots, celery, cucumber and a batch of my homemade oil free tortillas for that extra crunch factor - the flavours go so well together. I also love it drizzled over some oil free fries.



INGREDIENTS

2 cups of my low fat cheese sauce ([recipe on page 276](#))

1/2 cup of chopped tomato

1/4 cup chopped coriander

1/2 tsp smoked paprika

1/2 tsp chilli powder

1/4 tsp cumin powder

METHOD

1. Add all the ingredients to a bowl and mix well!

RANCH / RAITHA / TZATZIKI

Serves ●●



BATCH WORK



QUICK & EASY

If you're looking to elevate any meal with a super quick, easy and flavour-packed creamy sauce - you are in the right place!

I just adore a creamy drizzle of something on top of my wraps, salad, curries or even a good old plain potato. And these are my 3 easy regulars! Ranch is a creamy American dip packed with herbs like chives and dill. Raitha is a classic Indian cooling sauce with notes of cumin and coriander. Tzatziki is a classic dip found in south eastern Europe and west Asia, packed with punchy garlic, lemon, mint and parsley.

And they're all incredible!

RANCH INGREDIENTS

1 cup unsweetened vegan yoghurt
1 tsp Dijon mustard
1 tbsp lemon juice
1 tbsp fresh chives
1 tbsp dried parsley
1 tsp garlic powder
1 tsp onion powder
1/2 tsp salt

Calories (per serving) - 70, Protein - 6g,
Carbs - 3g, Fat - 3g

RAITHA INGREDIENTS

1 cup unsweetened vegan yoghurt
1/2 a small cucumber, grated &
squeezed to remove the liquid
1 tsp ground cumin
1 tsp ground coriander
1 tsp garlic powder
1 tsp onion powder
1/2 tsp black salt (or normal salt)
1 tbsp lemon juice

Calories (per serving) - 75, Protein - 6g,
Carbs - 3g, Fat - 3g

TZATZIKI INGREDIENTS

1 cup unsweetened vegan yoghurt
1/2 a small cucumber, grated &
squeezed to remove the liquid
2 tbsp fresh mint, chopped
2 tbsp fresh dill, chopped
1 tbsp lemon juice
1 clove of garlic, minced
1/2 tsp salt

Calories (per serving) - 67, Protein - 6g,
Carbs - 3g, Fat - 3g

NOTE: I use unsweetened soy yoghurt but if you don't want to use, or don't have access to a good unsweetened vegan yoghurt, you can blend together 1/2 cup of soaked cashews (or 1/2 cup cannellini beans for a low fat nut-free option) with 1 cup unsweetened plant milk to use place of the yoghurt in all these recipes.

METHOD

1. Mix all of the ingredients together and get dipping!



ASIAN PEANUT SAUCE

Serves ●●



BATCH WORK



QUICK & EASY

This is something I have been making at least every other day for many years! It's just amazing on most Asian-style dishes - Pad Thai, cold noodle salads, fresh rice paper rolls - it's also incredible as a dip for your favourite sushi.



INGREDIENTS

- 1/4 cup of peanut butter powder
- 1 tbsp rice vinegar
- 1/4 cup orange juice*
- 2 tbsp soy sauce
- 1 tbsp maple syrup
- 1 tsp white miso
- 1 clove of garlic, minced
- 1/2 thumb of fresh ginger, minced

OPTIONAL EXTRA (for a spicy kick):

- 1 tsp gochujang (Asian red pepper paste)

METHOD

Add all the ingredients to a bowl and stir to combine. Feel free to add a little splash of water if you need to thin it out a bit.

*The orange juice isn't 100% necessary (so feel free to leave it out) but it does add a special little juicy note.

KETCHUP

Serves ●●●●●●



BATCH WORK



SUPER WEIGHT LOSS



QUICK & EASY

Not sure why, but it took me a while to try making my own ketchup... turns out it was as easy as recipes come and has so much less sodium and sugar than the store bought alternatives. It's amazing for burgers, dunking chips or even as a dip for some cheeky little air fried sugar snap peas!*



INGREDIENTS

- 1/2 cup tomato paste
- 1/2 cup water
- 1.5 tbsp apple cider vinegar
- 1 tbsp maple syrup
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp allspice
- 1/2 tsp salt

METHOD

1. Add all the ingredients into a pan and heat on medium for 4-5 minutes, stirring constantly so it doesn't stick.
2. Then let it cool and thicken and you are ready. Enjoy straight away or store in the fridge for up to a week!

*For air fried sugar snap peas - toss in your favourite seasoning (I used garlic powder, smoked paprika and a little nutritional yeast) and air fry for 7-9 minutes, stirring half way through!

TOFU RICOTTA

Serves ●●●●●



BATCH WORK



FOOD PROCESSOR



QUICK & EASY

This super easy tofu ricotta is one of my favourite dips of all time. It literally takes 3 minutes to whip together and is amazing on almost anything - I love it in sandwiches, wraps, for dunking my homemade quinoa tortillas in, and even on top of my pastas, soups or veggies!

If you wanted to go NEXT LEVEL calorie density wise, why not try adding in an entire head of roasted cauliflower. It will bump up the volume but not the calories and it will still taste just as creamy and delicious!



INGREDIENTS

- 350g extra firm tofu
- 2 cloves of garlic
- 1/4 cup nutritional yeast
- 1 tbsp onion powder
- 2 tbsp apple cider vinegar or lemon juice
- 1/4 cup unsweetened plant based milk
- 1 tbsp white miso
- 1 tsp salt

METHOD

1. Add all the ingredients into a food processor and blitz until it comes together to form a lovely smooth ricotta texture!

LOW FAT PEANUT BUTTER

Serves 



BATCH WORK



BLENDER



QUICK & EASY

This is an epic low calorie and high fibre/protein peanut butter made with chickpeas and bananas... perfect for those moments when a spoonful of peanut butter just won't do! It is super delicious and satisfying as well as being magically creamy and peanut buttery - just the way I like it!



INGREDIENTS

3 ripe spotty bananas
2 cup chickpeas
2 medjool dates
1 tsp vanilla extract
4 tbsp peanut butter powder
1/4 cup unsweetened plant milk
Pinch of salt

METHOD

Add all the ingredients to a blender and blitz until smooth and creamy!

Note: If you don't like the taste of bananas, I recommend you use a baked Japanese or Hannah sweet potato instead.



broccoli MUM