



Week 1

Meal Plan

This week's meals at a glance

Welcome to your week of delicious recipes that are suitable for the whole family.
Easy to follow, easy to cook and suitable for any budget.

Icon Key

 Servings  Prep Time  Cooking Time  Chill Time

Breakfast

Lunch

Dinner

DAY 1



05 Homemade Granola & Greek Yoghurt (v)



06 Greek Kofta-style Kebabs



07 French-style Chicken Stew

DAY 2



08 Leftover Homemade Granola & Greek Yoghurt (v)



09 Leftover French-style Chicken Stew



10 Leftover Greek Kofta-style Kebabs

DAY 3



11 Leftover Homemade Granola & Greek Yoghurt (v)



12 Leftover French-style Chicken Stew



13 Leftover Greek Kofta-style Kebabs

Breakfast

Lunch

Dinner

DAY 4



35g

14 Honey, Almond & Ricotta pot (v)



51g

15 Chickpeas & Cod Salad



68g

16 Turkish Red Lentil Soup (v)

DAY 5



35g

17 Leftover Honey, Almond & Ricotta pot (v)



68g

18 Leftover Turkish Red Lentil Soup (v)



51g

19 Leftover Chickpeas & Cod Salad

DAY 6



40g

20 Feta & Avocado on Toast (v)



65g

21 Spanish Cod & Tomatoey Chickpeas



68g

22 Leftover Turkish Red Lentil Soup (v)

DAY 7



40g

23 Feta & Avocado on Toast (v)



68g

24 Leftover Turkish Red Lentil Soup (v)



65g

25 Leftover Spanish Cod & Tomatoey Chickpeas

Week 1 Shopping List

Please note, the weekly shopping list is based on the amounts of ingredients used in the weekly recipes and can be purchased in quantities to suit your individual needs e.g. in bulk or frozen. Please feel free to use leftover ingredients for the following week if necessary.

Dairy

590g Greek Yoghurt
100g Feta Cheese
5½ tbsp. Crème Fraîche
200g Ricotta
2 Eggs

Meat

350g Lamb Mince
3 Chicken Breasts

Fish

4 Skinned Cod Fillets

Fruit

150g Cherry Tomatoes
12 tbsp. Lemon Juice
200g Strawberries
1 Small Banana
2 Medium Tomatoes
2 Medium Avocados

Vegetables

1½ Medium Red Onions
3 Medium Onions
4 Handfuls of Fresh Parsley
3 Handfuls of Fresh Mint
1 Medium Cucumber
10 Garlic Cloves
2 Medium Leeks
1 Handful of Fresh Tarragon
220g Green Beans
300g Mushrooms
2 Medium Carrots
1 Medium Green Pepper
1 Medium Red Pepper
1 Medium Yellow Pepper
60g Rocket

Cupboard Items

12½ tbsp. Olive Oil
3½ tbsp. Honey
½ tsp. Vanilla Extract
1 tsp. Ground Cinnamon
150g Rolled Oats
30g Sunflower Seeds
50g Flaked Almonds
35g Dried Cranberries
½ tbsp. Harissa
315g Brown Rice
30g Black Olives
200ml Dry White Wine
225g Wholewheat Pasta
1 Chicken Stock Cube
2 × 400g Tins of Chickpeas in Water (drained weight 230g)
1 tbsp. Cider Vinegar
10 Thick Slices of Wholemeal Bread
2 tsp. Dried Cumin
2 tsp. Dried Oregano
2 × 400g Tins Chopped Tomatoes
2 Vegetable Stock Cubes
300g Red Lentils
2 tsp. Chilli Flakes
2 tsp. Sumac
1 tbsp. Smoked Paprika

Day 1 - Breakfast:

Homemade Granola & Greek Yoghurt (v)



5 minutes



30 minutes

Granola: serves 3

Yoghurt: serves 1

Ingredients

½ tbsp. Olive Oil

1½ tbsp. Honey

½ tsp. Vanilla Extract

1 tsp. Ground Cinnamon

150g Rolled Oats

30g Sunflower Seeds

30g Flaked Almonds

35g Dried Cranberries

150g Greek Yoghurt

Method

1. Preheat the oven to 150°C/130°C fan (300°F/265°F fan).
2. In a large bowl, combine the olive oil, honey and vanilla extract, mix well. Add in the cinnamon, oats, sunflower seeds and almonds and mix well.
3. Tip the mixture onto a baking tray lined with parchment and spread out evenly. Bake for 15 minutes and then add the dried cranberries before returning to the oven for a further 10-15 minutes.
4. Serve 1 portion of the granola with the Greek yoghurt.

TOP TIP: Save 2 portions of granola for day 2 and 3 breakfasts.

Nutritional Values (per serving)

Calories: 535 kcal

Carbs: 53g

Total Fat: 25g

Protein: 24g



Day 1 - Lunch:

Greek Kofta-style Kebabs



Serves 3



10 minutes



20 minutes



30 minutes

Ingredients

½ Medium Red Onion
1 Handful of Fresh Parsley
1 Handful of Fresh Mint
30g Black Olives
150g Cherry Tomatoes
1 Medium Cucumber
60g Feta Cheese
350g Lamb Mince
½ tbsp. Harissa
225g Brown Rice
1 tbsp. Olive Oil
6 tbsp. Lemon Juice
90g Greek Yoghurt

Method

1. Start by preparing the vegetables; chop the onion in half, slice one part finely and grate the other. Roughly chop the parsley and mint, quarter the olives, halve the cherry tomatoes and chop the cucumber into chunks.
2. Crumble the feta into a large bowl then add in the lamb mince, harissa, grated onion and half the mint and parsley. Use your hands to mix and then shape the mixture into 9 sausage like shapes and place on a tray and chill in the fridge for 20 minutes.
3. Meanwhile cook the rice over a medium heat, cover with water and cook until the rice is tender, usually around 20 minutes. Add more water if needed.
4. After 20 minutes, carefully thread the kofta mixture onto the skewers. Lay the skewers on a baking tray lined with parchment and place under the grill for 6-8 minutes until browned, be sure to keep turning them.
5. Once the rice is cooked, drain, rinse and place into a large bowl. Add the cucumber, cherry tomatoes, olive oil, lemon juice, sliced onion and the rest of the mint and parsley and mix well.
6. Serve the koftas with the rice and a dollop of Greek yogurt.

TOP TIP: Save 2 portions for day 2 and 3 dinner.

Nutritional Values (per serving)

Calories 634 kcal
Carbs: 65g
Total Fat: 26g
Protein: 36g



Day 1 - Dinner:

French-style Chicken Stew



Serves 3



10 minutes



30 minutes

Ingredients

4 Garlic Cloves
1 Medium Red Onion
2 Medium Leeks
1 Handful of Fresh Tarragon
220g Green Beans
300g Mushrooms
3 Chicken Breasts
Salt & Pepper, to taste
3 tbsp. Olive Oil
1 Chicken Stock Cube
400ml Boiling Water
200ml Dry White Wine
225g Wholewheat Pasta
1½ tbsp. Crème Fraîche

Method

1. Start by prepping the vegetables. Finely slice the garlic and onion, roughly chop the leeks and tarragon, trim the ends off the green beans and quarter the mushrooms.
2. Cut the chicken into chunks and season the chicken with salt and pepper.
3. In a large frying pan, heat the olive oil and fry the chicken for 4 minutes on each side until browned.
4. Prepare the stock by dissolving the stock cube in 400ml of boiling water and set aside.
5. Add the onion, garlic, leeks, mushroom and green beans to the pan and cook for 10 minutes or just enough to soften the vegetables slightly. Season well with salt and pepper.
6. Add the chicken stock, tarragon and white wine then cover and leave to simmer 15 minutes.
7. Meanwhile, cook the pasta in a pan of boiling water for 10-12 minutes until tender then drain.
8. Reduce the heat slightly, stir in the crème fraîche then serve 1 portion now with the pasta and store the remaining 2 portions in an airtight container in the fridge.

TOP TIP: Save 2 portions from day 2 and 3 lunch.

Nutritional Values (per serving)

Calories: 579 kcal

Carbs: 56g

Total Fat: 17g

Protein: 47g



Day 2 - Breakfast:

Leftover Homemade Granola & Greek Yoghurt (v)



Serves 1



1 minute

Ingredients

1 portion of Leftover Homemade Granola from day 1

150g Greek Yoghurt

Method

1. Serve 1 portion of leftover granola with the Greek yoghurt and enjoy.

Nutritional Values (per serving)

Calories: 535 kcal

Carbs: 53g

Total Fat: 25g

Protein: 24g



Day 2 - Lunch:

Leftover French-style Chicken Stew

 Serves 1  5-10 minutes

Ingredients

1 portion of Leftover French-style Chicken Stew from day 1 dinner

Method

1. Remove leftovers from the fridge and reheat in the microwave or oven for 5-10 minutes or until warmed through.

Nutritional Values (per serving)

Calories: 579 kcal

Carbs: 56g

Total Fat: 17g

Protein: 47g



Day 2 - Dinner:

Leftover Greek Kofta-style Kebabs



Serves 1



10-15 minutes

Ingredients

1 portion of Leftover Greek Kofta-style Kebabs from day 1

Method

1. Reheat the koftas in the oven for 10-15 minutes or until warmed through.
2. Enjoy with the rice cold, or if you prefer, reheat rice in the microwave.

Nutritional Values (per serving)

Calories: 634 kcal

Carbs: 65g

Total Fat: 26g

Protein: 36g



Day 3 - Breakfast:

Leftover Homemade Granola & Greek Yoghurt (v)



Serves 1



1 minute

Ingredients

1 portion of Leftover Homemade Granola from day 1

150g Greek Yoghurt

Method

1. Serve 1 portion of leftover granola with the Greek yoghurt and enjoy.

Nutritional Values (per serving)

Calories: 535 kcal

Carbs: 53g

Total Fat: 25g

Protein: 24g



Day 3 - Lunch:

Leftover French-style Chicken Stew

 Serves 1  5-10 minutes

Ingredients

1 portion of Leftover French-style Chicken Stew from day 1 dinner

Method

1. Remove leftovers from the fridge and reheat in the microwave or oven for 5-10 minutes or until warmed through.

Nutritional Values (per serving)

Calories: 579 kcal
Carbs: 56g
Total Fat: 17g
Protein: 47g



Day 3 - Dinner:

Leftover Greek Kofta-style Kebabs



Serves 1



10-15 minutes

Ingredients

1 portion of Leftover Greek Kofta-style Kebabs from day 1

Method

1. Reheat the koftas in the oven for 10-15 minutes or until warmed through.
2. Enjoy with the rice cold, or if you prefer, reheat rice in the microwave.

Nutritional Values (per serving)

Calories: 634 kcal

Carbs: 65g

Total Fat: 26g

Protein: 36g



Day 4 - Breakfast:

Honey, Almond & Ricotta pot (v)



Serves 2



5 minutes



2 minutes

Ingredients

20g Flaked Almonds

2 tbsp. Honey

200g Ricotta

200g Strawberries

1 Small Banana

Method

1. Place the almonds in a frying pan over a medium heat and lightly toast for a couple of minutes until they begin to change colour then set aside.
2. Add the honey to the ricotta and mix well and divide between 2 bowls.
3. Halve the strawberries and slice the banana, then place the fruit on top of the ricotta along with the toasted almonds.
4. Save one portion in the fridge for tomorrow.

TOP TIP: Save 1 portion for day 5 breakfast.

Nutritional Values (per serving)

Calories: 578 kcal

Carbs: 35g

Total Fat: 33g

Protein: 35g



Day 4 - Lunch:

Chickpeas & Cod Salad



Serves 2



10 minutes



10 minutes

Ingredients

2 Medium Onions

2 Garlic Cloves

2 Handfuls of Parsley

2 Medium Tomatoes

1 × 400g Tin of Chickpeas in Water (drained weight 230g)

2 Skinned Cod Fillets

2 Eggs

2 tbsp. Olive Oil

1 tbsp. Cider Vinegar

Salt & Pepper, to taste

2 Thick Slices of Wholemeal Bread

Method

1. Start by preparing the ingredients, slice the onions, finely chop the garlic cloves, roughly chop the parsley and tomatoes.
2. Place the cod pieces and eggs in a pan of water, boil for 10 mins, then remove the cod and eggs from the pan and leave to cool.
3. Once the cod and eggs have cooled, flake the cod and peel and chop the eggs.
4. In a small dish mix together the olive oil, cider vinegar, salt and pepper.
5. Drain the chickpeas and then in a large bowl combine the chickpeas, cod, chopped eggs, tomatoes, parsley, garlic, onion and drizzle over the olive oil dressing.
6. Divide between two bowls and serve with the wholemeal bread.

TOP TIP: Save 1 portion for day 5 dinner.

Nutritional Values (per serving)

Calories: 583 kcal

Carbs: 51g

Total Fat: 23g

Protein: 44g



Day 4 - Dinner:

Turkish Red Lentil Soup (v)



Serves 4



10 minutes



40 minutes

Ingredients

1 Medium Onion
2 Garlic Cloves
2 Medium Carrots
1 Medium Green Pepper
3 tbsp. Olive Oil
2 tsp. Smoked Paprika
2 tsp. Dried Cumin
2 tsp. Dried Oregano
Salt & Pepper, to taste
1 × 400g Tin Chopped Tomatoes
2 Vegetable Stock Cubes
500ml Boiling Water
300g Red Lentils
1 tsp. Chilli Flakes
4 Thick Slices of Wholemeal Bread
4 tbsp. Crème Fraiche

Method

1. Start by finely dicing the onion and garlic and cutting the carrots and pepper into chunks.
2. Heat the olive oil in large saucepan over a medium heat and add the onion and garlic and cook for 5 minutes until they begin to soften.
3. Add the pepper, carrot, paprika, cumin and oregano and then season with salt and pepper. Mix well then cook for a further 2 minutes.
4. Add the chopped tomatoes and stir well, cook for 2 minutes.
5. Meanwhile, prepare the stock. Dissolve the stock cubes in 500ml boiling water.
6. Add the lentils and stock to the pan and mix well. Partially cover the pan and cook for 15 minutes or until carrots are soft, then reduce to a low heat and leave to simmer until the lentils are tender. Add more water if needed/to achieve the desired soup thickness.
7. Once cooked, blitz the soup in a food processor or hand blender then transfer into serving bowls.
8. Sprinkle the chilli flakes over the soup and serve with a slice of the wholemeal bread and a dollop of crème fraiche. Save the leftovers in an airtight container in the fridge.

TOP TIP: Save 3 portions for day 5 lunch, day 6 dinner and day 7 lunch.

Nutritional Values (per serving)

Calories: 553 kcal

Carbs: 68g

Total Fat: 19g

Protein: 26g

Day 5 - Breakfast:

Leftover Honey, Almond & Ricotta pot (v)

 Serves 1

Ingredients

1 portion of Leftover Honey,
Almond & Ricotta pot from day 4
breakfast

Method

1. Remove leftovers from the fridge and enjoy.

Nutritional Values (per serving)

Calories: 578 kcal

Carbs: 35g

Total Fat: 33g

Protein: 35g



Day 5 - Lunch:

Leftover Turkish Red Lentil Soup (v)



Serves 1



5-10 minutes

Ingredients

1 portion of Leftover Turkish Red Lentil Soup from day 4 dinner

Method

1. Reheat the leftovers in the microwave or on the hob for 5-10 minutes or until warmed through.
2. Serve with the remaining dressing and rocket.

Nutritional Values (per serving)

Calories: 553 kcal

Carbs: 68g

Total Fat: 19g

Protein: 26g



Day 5 - Dinner:

Leftover Chickpeas & Cod Salad

 Serves 1

Ingredients

1 portion of Leftover Chickpeas & Cod Salad from day 4 lunch

Method

1. Simply remove leftovers from the fridge and enjoy cold.

Nutritional Values (per serving)

Calories: 583 kcal

Carbs: 51g

Total Fat: 23g

Protein: 44g



Day 6 - Breakfast:

Feta & Avocado on Toast (v)



Serves 1



10 minutes



2 minutes

Ingredients

1 Medium Avocado

Salt & Pepper, to taste

1 tsp. Sumac

2 Slices of Thick Wholemeal Bread

1 Handful of Mint Leaves

20g Feta

Method

1. Prepare the avocados by cutting in half length ways, removing the stone then scooping out the skin with a fork. Place the avocado in a bowl along with salt, pepper and sumac and mash together.
2. Toast your bread either in a toaster or under the grill.
3. Finely chop your mint leaves and add these to the avocado, mix well.
4. Spread the avocado out evenly between the 2 pieces of toast and crumble the feta on top to serve.

Nutritional Values (per serving)

Calories: 525 kcal

Carbs: 40g

Total Fat: 34g

Protein: 15g



Day 6 - Lunch:

Spanish Cod & Tomatoey Chickpeas



Serves 2



10 minutes



40 minutes

Ingredients

6 tbsp. Lemon Juice
3 tbsp. Olive Oil
1 tsp. Chilli Flakes (optional)
Salt & Pepper, to taste
2 Skinned Cod Fillets
90g Brown Rice
1 × 400g Tin Chickpeas in Water
(drained weight 230g)
2 Garlic Cloves
1 Medium Red Pepper
1 Medium Yellow Pepper
1 Handful of Fresh Parsley
1 tbsp. Smoked Paprika
1 × 400g Tin Chopped Tomatoes
60g Rocket

Method

1. Preheat oven to 180°C/160°C fan (350°F/320°F fan).
2. In a small bowl, add the lemon juice, 1 tbsp. olive oil, chilli flakes (if using), salt and pepper then mix.
3. Place each piece of cod onto an individual piece of foil or baking parchment and drizzle over half of the lemon juice mixture, set the other half to the side. Use the foil or parchment to wrap the cod into parcels and place on a baking tray in the oven for 12-15 minutes, or until cooked through.
4. Meanwhile cook the brown rice in a pan of boiling water for 25 minutes or until tender, then drain.
5. Drain and rinse the chickpeas and add them to a saucepan over a medium heat with enough water to cover them. Leave for 10 minutes or long enough to warm them through then set aside.
6. Dice the garlic, chop the peppers into chunks and roughly chop the parsley.
7. Place the garlic and pepper in a large pan with 2 tbsp. of olive oil on a medium heat for 3 minutes.
8. Add in the chickpeas, smoked paprika, tomatoes and half of the parsley along with 2 tablespoons of water and cook for 5 minutes. Mash the tomatoes slightly. Season well with salt and pepper.
9. Serve the cod on top of the chickpea mixture and alongside the rocket with the other half of the lemon dressing. Sprinkle with parsley to finish and serve with the rice.
10. Save 1 portion of cod, chickpeas, rice, dressing and rocket in airtight containers in the fridge.

TOP TIP: Save 1 portion for day 7 dinner.

Nutritional Values (per serving)

Calories: 528 kcal

Carbs: 65g

Total Fat: 12g

Protein: 39g

Day 6 - Dinner:

Leftover Turkish Red Lentil Soup (v)



Serves 1



5-10 minutes

Ingredients

1 portion of Leftover Turkish Red Lentil Soup from day 4 dinner

Method

1. Reheat the leftovers in the microwave or on the hob for 5-10 minutes or until warmed through.
2. Serve with the remaining dressing and rocket.

Nutritional Values (per serving)

Calories: 553 kcal

Carbs: 68g

Total Fat: 19g

Protein: 26g



Day 7 - Breakfast:

Feta & Avocado on Toast (v)



Serves 1



10 minutes



2 minutes

Ingredients

1 Medium Avocado

Salt & Pepper, to taste

1 tsp. Sumac

2 Slices of Thick Wholemeal Bread

1 Handful of Mint Leaves

20g Feta

Method

1. Prepare the avocados by cutting in half length ways, removing the stone then scooping out the skin with a fork. Place the avocado in a bowl along with salt, pepper and sumac and mash together.
2. Toast your bread either in a toaster or under the grill.
3. Finely chop your mint leaves and add these to the avocado, mix well.
4. Spread the avocado out evenly between the 2 pieces of toast and crumble the feta on top to serve.

Nutritional Values (per serving)

Calories: 525 kcal

Carbs: 40g

Total Fat: 34g

Protein: 15g



Day 7 - Lunch:

Leftover Turkish Red Lentil Soup (v)



Serves 1



5-10 minutes

Ingredients

1 portion of Leftover Turkish Red Lentil Soup from day 4 dinner

Method

1. Reheat the leftovers in the microwave or on the hob for 5-10 minutes or until warmed through.
2. Serve with the remaining dressing and rocket.

Nutritional Values (per serving)

Calories: 553 kcal

Carbs: 68g

Total Fat: 19g

Protein: 26g



Day 7 - Dinner:

Leftover Spanish Cod & Tomatoey Chickpeas



Serves 1



5-10 minutes

Ingredients

1 portion of Leftover Spanish Cod & Tomatoey Chickpeas from day 6 lunch

Method

1. Reheat the leftovers in the microwave or oven for 5-10 minutes or until warmed through.
2. Serve with the remaining dressing and rocket.

Nutritional Values (per serving)

Calories: 528 kcal

Carbs: 65g

Total Fat: 12g

Protein: 39g



Disclaimer

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Nutritional Disclaimer

All nutritional information is based on UK food databases.

Nutritional information is calculated per serving and is subject to variation dependent on brand, use of organic produce and seasonal variation. They should therefore be used as an estimate only.

UK nutritional information for total carbohydrate does not include fibre.

All dairy products are based on full fat varieties.

An egg is based on a typical medium sized egg (58g).

Some varieties of parmesan cheese include rennet which is not suitable for vegetarians. All vegetarians should ensure they opt for vegetarian parmesan cheese.

When selecting ingredients, whole foods are chosen by default.

Certain fruits and vegetables, that might be higher in carbohydrates, are used in small amounts in some recipes e.g. root vegetables, bananas or cashews. They should only be used in the amounts specified, to avoid the over consumption of carbohydrates.

