

Conventional Food Choices for TotalFast, FlexiFast & Management

If you're tall or quite active, you might need to go for larger serving sizes, whereas if you're shorter or less active, smaller servings might work better for you. Similarly, while we've also recommended two servings a day of different types of protein, experiment to find the quantities and combinations that work for you.

Protein Choices

Choose 1 or 2 servings a day from:

150-200g (5-7oz)	lean red meat (eg. lamb, beef, venison), pork, ham, bacon, chicken, turkey, offal (eg. liver, kidney, heart, tongue), all visible fat removed
250g (8½oz)	white fish and shellfish (eg. cod, haddock, sea bass, prawns, crayfish, crab), including tinned tuna
100-150g (3½-5oz)	oily fish (eg. salmon, mackerel, sardines, kippers, fresh tuna, anchovies)
100-150g (3½-5oz)	Quorn pieces/mince, soya protein, tofu, low-fat cottage cheese or curd cheese (eg. quark)
100g (3½oz)	cooked, canned, fresh or frozen pulses (lentils, beans, peas, soya beans)
2 medium	eggs



- All raw weights (except where specified).
- 1 serving cooked chicken or turkey = 110-150g (4-5oz) and 1 serving roast beef = 90-120g (3-4oz)
- You might want to have both your protein options in your meal, or you might prefer to have 1 with your meal and 1 with a Foodpack.
- You can mix and match your protein choices eg. ½ serving white fish + ½ serving lentils, plus 1 serving eggs.
- Pulses include lentils, peas, beans and soya beans. 30g (1oz) dry lentils = 100g (3½oz) cooked lentils. 40g (1½oz) dry pulses = 100g cooked/canned/frozen pulses

Vegetable & Salad choices

Choose a selection a day from:

alfalfa sprouts	endive	radish
asparagus	fennel	salad leaves (any type)
aubergine	gherkin	spinach
bean sprouts	green beans (eg. French/runner)	spring greens
broccoli	kale	spring onion
Brussels sprouts	leek	sugarsnap peas
cabbage (any type)	lettuce	swede
carrot	mangetout	Swiss chard
cauliflower	marrow	tomato (including passata & tinned)
celery	mushrooms	tomato purée (2 tsp/20g)
chicory	okra	turnip
courgette	onion (white, red)	watercress
cress (mustard)	pak-choi (Chinese cabbage)	water chestnuts
cucumber	pepper (any colour/type)	

We recommend at least three servings of veg/salad a day. A typical serving of veg is 80g (3oz) unless otherwise indicated.

- Choose fresh, tinned, bottled, dried or frozen vegetables. With tinned or bottled veg, go for options without added sugar, salt or oil.
- Try your veggies cooked, raw or in a salad, or use them to make a soup.



Dairy Choices

- If you're a meat eater, choose 1 serving a day.
- If you're a vegetarian, choose 2 servings a day to help ensure you're getting enough protein.

250-300ml (½ pint)	milk (skimmed, 1% fat milk, semi-skimmed or unsweetened soya milk)
200g (7oz)	yoghurt (low-fat unsweetened plain, low-fat Greek yoghurt, or soya alternative)
50-75g (1¾-2½oz)	soft cheese
25-30g (1oz)	hard cheese
100-150g (3½-5oz)	curd cheese (eg. quark, cottage cheese)



- Your milk choice includes milk added to drinks during the day.
- If possible, go for lower-fat varieties. Look on the label for 'low fat', 'light/lite' or 'reduced fat'.
- With cheese, check the amount of fat per 100g – aim for a maximum of 10-16g fat per 100g.

Drinks, Condiments, Extras

- **Drinks (unlimited):** water, **LighterLife Drink Mixes**, coffee, tea from the leaf (e.g. breakfast tea, green tea), **LighterLife Savoury Broth**
- **Unlimited condiments & extras:** **LighterLife Fibre Mix**, **LighterLife Mousse Mix**, **LighterLife Raspberry Jelly**, **LighterLife Savoury Broth** (as a stock for cooking – mix 1 sachet with 300ml/½ pint hot water), salt, pepper, herbs, spices, sweeteners (any type), dried chilli flakes, low-carb* chilli sauce, raw chilli, garlic, ginger, Harissa paste, low-carb* hoisin sauce, raw horseradish, mustard (Dijon, wholegrain, English, French), peppermint extract, soy sauce (light/dark), Tabasco sauce (any type), vanilla extract, vinegar (malt/cider)
- **Max 1 tsp a day:** barbecue sauce, Bovril, brown sauce (eg. HP), Marmite, mint sauce, tartar sauce
- **Max 2 tsp a day:** balsamic vinegar, curd cheese (eg. quark), horseradish sauce, reduced-sugar ketchup, teriyaki sauce, Thai fish sauce, Worcestershire sauce

Meal ideas

Each of these meal ideas contains 1 serving of protein. You could choose to have a second serving with one of your daily Foodpacks, such as 2 boiled eggs with a vanilla shake first thing. Alternatively, add another serving to one of these meal ideas, such as 1 serving lean ham with a green omelette.

Breakfast

Bacon and tomatoes	1 serving grilled lean bacon with grilled tomatoes, mushrooms and cucumber slices
Eggs and bacon	½ serving grilled lean bacon and 1 egg (boiled, scrambled or poached) with tomatoes and salad leaves
Cheese and ham salad	½ serving lean ham with ½ serving cottage cheese, sliced tomatoes and side salad
Smoked salmon salad	1 serving smoked salmon with salad and cherry tomatoes
Scrambled eggs and smoked salmon	½ serving smoked salmon with 1 egg, scrambled, and side salad
Kippers	½ serving grilled kipper with 1 egg, poached, and side salad
Green omelette (V)	2-egg omelette cooked with 1 serving cheese, onion, mushrooms, courgette and peppers
Veggie scrambled eggs (V)	2 eggs, scrambled, with spinach, mushroom and tomatoes on the side
Boiled eggs with crudités (V)	2 eggs, soft-boiled, with sugarsnap peas and strips of pepper, asparagus, carrot sticks and cucumber to dip into the yolk



Lunch ideas

Chicken or Quorn (V) salad	1 serving diced chicken breast or Quorn, with alfalfa sprouts, diced peppers and red onion
Cheesy chicken or Quorn (V)	½ serving diced chicken breast or Quorn, plus ½ serving cottage cheese, with lettuce, peppers and spring onion
Roast beef	1 serving cold roast beef with green salad, radish and tomatoes
Ham and tomatoes	1 serving lean ham with green salad and tomatoes
Sardine or salmon salad	1 serving tinned sardines or salmon with asparagus, tomatoes, mixed leaves, cucumber and spring onion
Niçoise-style salad	½ serving tinned tuna with 1 boiled egg, chopped, plus salad leaves, green beans, baby-leaf spinach and cherry tomatoes
Prawn salad	1 serving prawns with salad leaves, grated carrot and mangetout
Leafy omelette (V)	2-egg omelette with spring onion, tomatoes and coriander, rocket and watercress salad
Green salad with cottage cheese (V)	1 serving cottage cheese with shredded salad leaves, diced raw courgette and cress
Cheesy roasted vegetables (V)	1 serving cottage cheese mixed with slices of pre-roasted peppers, courgette, onion and mushroom
Egg salad (V)	2 boiled eggs, chopped, with bowl of mixed salad (such as spring onion, tomato, cucumber, salad leaves, radish and grated carrot)
Lentil or bean salad (V)	1 serving lentils or beans with rocket or mixed salad leaves, peppers and red onion, topped with 1 serving hard cheese, grated
Greek-style salad (V)	1 serving feta cheese, cubed, plus 2 boiled eggs, quartered, with roughly chopped tomato, cucumber, peppers and red onion, and oregano to taste

Dinner ideas

Poached chicken breast	1 serving poached chicken breast with asparagus and tomatoes
Turkey or Quorn (V) stir-fry	1 serving turkey or Quorn strips, stir-fried with onion, peppers and water chestnuts
Beef or Quorn (V) stroganoff	1 serving beef strips or Quorn strips, plus sliced mushrooms, cooked in quark or plain yoghurt (stroganoff style), with spring greens and swede mash
Steak and mash	1 serving grilled steak, with cheesy cauliflower mash, broccoli and carrots
Creamy pork chop	1 serving grilled pork chop with a mushroom and quark sauce, plus green vegetables
Lamb with oven-roasted vegetables	1 serving lamb chops, baked with garlic-roasted peppers, red onion, cherry tomatoes and courgette
Cod with tomatoes	1 serving fillet of cod with grilled tomatoes and green beans
Salmon stir-fry	1 serving grilled salmon fillet, stir-fried with soy sauce, pak-choi, spring onion and mangetout
Tofu stir-fry (V)	1 serving tofu, stir-fried with mushroom, spinach, onion and beansprouts
Tomato and Quorn casserole (V)	1 serving Quorn, casseroleed with tinned tomatoes, leek, celery, peppers and stock from LighterLife Savoury Broth
Lentil or bean casserole (V)	1 serving lentils or beans, casseroleed with onion, aubergine, broccoli, mushrooms and stock from LighterLife Savoury Broth



Recipe ideas

Each of these recipes contains 1 serving of protein. You could choose to have a second serving with one of your daily Foodpacks, such as a chilli con carne Foodpack with a side serving of cottage cheese to dip vegetable crudités. Alternatively, add another serving to a recipe, such as 1 serving of lentils added to the hearty soup (below).

POACHED EGGS (V)

Fill a saucepan to about 10cm (4in) with cold water, add 1 tsp white-wine vinegar and bring to the boil. Crack the egg into a cup then tip the egg gently into the pan. Cook for 1½ minutes.

■ Poached eggs can be added to vegetable soup for a lunch or dinner.



OMELETTE (V)

2 eggs, milk to taste, vegetables of choice for filling

Beat the eggs well with a splash of milk to give more volume to your omelette. Heat a non-stick pan. When it's hot, add the eggs:

■ For a folded omelette: add in the eggs and cook for 2 minutes, stirring gently with a fork. Add any filling to one half, fold the other half over with the fork, and serve.

■ For a flat omelette: mix your filling ingredients (such as baby-leaf spinach, sautéed onion, mushroom, courgette, peppers) with the beaten eggs, then pour the mixture into the pan and cook until lightly browned on the underside. Now place the pan under a medium grill to finish cooking the top of the omelette.

SPICY SCRAMBLED EGGS (V)

2 tbsp stock from LighterLife Savoury Broth
handful spring onions, chopped
¼ tsp chilli powder
1 clove garlic, chopped, or 1 tsp minced garlic
2 medium tomatoes, finely chopped
2 eggs
leafy salad of choice

1. Heat a non-stick pan over a medium heat, add the spring onions, chilli, garlic and tomatoes, and sauté for about six minutes or until tender.
2. Reduce the heat to low. Beat the eggs in a bowl, then pour into the pan.
3. Stir continuously for 3-4 minutes for creamy eggs, or another 2 minutes if you prefer them firmer. Just before they're ready, take them off the heat. Serve immediately with the leafy salad.

SPICE UP YOUR SALADS

Try these two tangy recipes to add tasty, low-fat interest to your salads. Simply mix the ingredients together and store in the fridge until required.

SALSA (V)

2 medium tomatoes, chopped
120ml (4floz) passata (tomato paste)
1 tsp chopped chilli
1 clove garlic, chopped, or 1 tsp minced garlic
1 tsp basil



TOMATO AND ONION RELISH (V)

100g (3½oz) tomatoes, diced
50g (1½oz) onions, diced
¼ tsp ground cumin
¼ tsp cayenne pepper
2 tbsp coriander

HEARTY SOUP

250ml (9floz) stock from LighterLife Savoury Broth
½ leek
½ onion
1 carrot
½ courgette
1 stick celery
mixed herbs
1 serving cooked, diced chicken/turkey breast, or
lean cooked diced beef/lamb/white fish, or whole prawns

1. Heat a couple of tablespoons of the stock in a deep non-stick pan, add the leek and onion and cook until soft.
 2. Add the rest of the vegetables, and cook for 5 minutes, stirring frequently.
 3. Add the rest of the stock, mixed herbs and protein choice, bring to the boil and simmer for 15 minutes, until the vegetables are tender.
- (V) For a vegetarian version, add 1 serving of lentils, beans or Quorn pieces at stage 3 instead of meat as your protein choice. If you're using lentils, you'll need to add more water as they readily absorb fluid.

VEGETABLE MASH (V)

100g (3½oz) vegetables
splash of milk (optional)
herbs/seasoning – try black pepper, parsley or chives

1. Steam or boil the vegetables until tender, then drain well.
 2. Place in a bowl and mash with a potato masher until smooth, or blend in a processor. If the mash is too dry, add a splash of milk and mix well.
 3. Season and add herbs to taste, and serve with your protein choice.
- This works well with carrot, cauliflower, onion, swede and turnip. Try using two types of veg to make your mash, such as onion with swede.
- Mash cauliflower or swede with soft cheese, quark or grated hard cheese, and use as a topping for a shepherd's/cottage pie with minced lamb, beef, soya or Quorn.



Recipe ideas

EASY CURRY

100ml (3½oz) stock from LighterLife Savoury Broth

½ onion, sliced finely

1 serving lean red meat (eg. lamb), or 1 serving white meat (eg. chicken breast)

2 tsp curry powder or garam masala

handful cauliflower florets

handful green beans

1 carrot, sliced finely

½ x 400g (14oz) tin tomatoes

1. Heat the stock in a large non-stick pan, add the onion and sauté over a medium heat until soft.
 2. Add the meat and curry powder or garam masala, and cook for 2-3 minutes, stirring well.
 3. Now add the rest of the vegetables and the tomatoes, with a splash of hot water to prevent the curry from over-thickening.
 4. Put the lid on the pan and cook over a low heat, stirring frequently, for at least 45 minutes, or until the meat and vegetables are tender. You may need to add more water to stop them from sticking.
- You can make this with 1 serving of white fish or shellfish – add at step 4, and ensure the fish/shellfish are piping hot and cooked through before serving.
 - To make a vegetarian curry, add 1 serving Quorn, lentils or beans at step 3 (if using lentils, these readily absorb fluid, so you may need to add more water). Or add 2 hard-boiled eggs (cut in half) to the vegetables a couple of minutes before serving.



RAGU-STYLE SAUCE

100ml (3½oz) stock from LighterLife Savoury Broth

½ onion, finely diced

½ pepper, finely diced

1 carrot, finely diced

small stick celery, finely diced

1 clove garlic, chopped, or 1 tsp minced garlic

1 serving lean minced beef or Quorn mince (V)

½ x 400g (14oz) tin tomatoes

1 tsp Italian seasoning

1. Heat the stock in a non-stick pan, then sauté the onion, pepper, carrot, celery and garlic until soft.
 2. Add the minced beef, stir well and cook until the meat is browned. If using Quorn, follow the instructions on the packet.
 3. Add the tomatoes and Italian seasoning, cover and simmer for 35-45 minutes. Add a little water if it starts to get too thick.
- This can be served with a green salad, or as a stuffing for courgettes, aubergines or peppers. For a chilli, add 1 serving of kidney beans, plus some chilli, coriander and cumin.

ROASTED MEDITERRANEAN VEGETABLES (V)

½ pepper, deseeded and roughly chopped

½ red onion, roughly chopped

medium mushrooms, quartered

½ courgette, thickly sliced

½ small aubergine, cut into chunks

handful cherry tomatoes

1 clove garlic, chopped, or 1 tsp minced garlic

oregano, basil or Italian seasoning



1. Put the veg in a roasting tray, add the garlic and herbs, and season.
 2. Roast on a medium heat until the tomatoes are soft and bursting and the rest of the vegetables have started to char slightly – around 45 minutes to 1 hour.
 3. Serve with protein choice.
- Add water or stock and liquidise to make a roasted vegetable soup, to which you can add your protein choice.

STIR-FRY

100ml (3½oz) stock from LighterLife Savoury Broth

selection of vegetables, thinly sliced

1 serving salmon/fresh tuna (thinly sliced) or prawns, or 1 serving chicken breast or pork (thinly sliced)

or 1 serving diced tofu (V)

soy sauce or chilli sauce

- You can stir-fry most vegetables. Mushrooms, courgette, broccoli, cauliflower, mangetout, onion, spring onion, leek, pak-choi, cabbage, carrot, bean sprouts, spinach are all good options. Break cauliflower and broccoli into small florets, and finely slice everything else to speed up the cooking time.

1. Add the stock to a non-stick wok or large frying pan over a high heat.
2. Add the vegetables and stir briskly and continuously for 3-5 minutes.
3. Add your protein choice and the soy/chilli sauce and stir-fry for 4-5 minutes until the protein is cooked through. Serve immediately.

LighterLife easy recipes

You'll find lots more healthy easy meal ideas and inspiration in our Living Lighter Every Day recipe book – available to buy from www.lighterlife.ie

