

Recipes for Life

Before and after a sleeve
gastrectomy or gastric bypass



Modified consistency diets

After having bariatric surgery everyone is advised to follow a modified consistency diet for approximately eight weeks. This is a gradual progression from liquids (stage one) to puree (stage two), to soft foods (stage three) and then onto a long term mixed consistency diet.

This diet is necessary as your digestive tract needs time to heal and adapt to digest food.

Stage one - liquid consistency

In this recipe booklet all the soups and some smoothies and puddings can be modified to a liquid consistency.

Stage two - thick puree consistency

Most of the recipes can be liquidised to a smooth thick puree. Adding a nourishing liquid like milk may help.

Using taste, vision and smell helps to savour each mouthful of food, so try and make your food look appealing. Liquidising, then plating food separately helps. For example, liquidised mince with a small portion of smooth mash on the side.

Stage three - soft consistency

When cooking it is important to cut up ingredients to less than the size of a 20p piece, this means the food will cook quicker and will be more easily chewed and broken down to a mush.

Handy hints for liquidising

Liquidising equipment

- jug liquidiser or hand-held blender
- plastic jug
- sieve
- plastic containers
- ice cube trays



Preparation and cooking

- Cook minced meat, chicken or casserole meat slowly. Liquidise with a sauce or gravy.
- Mash potatoes with semi-skimmed or skimmed milk and liquidise. You can also use instant mash as a quick alternative.
- Soft pasta liquidises well with a sauce, for example, a bolognese sauce.
- Boil vegetables in a small amount of water until tender, then drain and mash or liquidise.
- Mash or liquidise tinned, fresh or stewed fruit and add extra fruit juice for the desired consistency.
- Add artificial sweetener as required.
- To add flavour to meals use herbs and spices rather than salt.

- Make sure your food is moist before liquidising.
- Liquidise food items separately to make them more appetising.
- Cool food before liquidising it.
- Add nourishing liquids, if possible, to dilute food to the correct consistency before liquidising – for example, milk or yoghurt.
- Cover the blades of the liquidiser with food before switching it on.
- Use a sieve to remove pips, seeds and lumps.
- For smaller portions of food use a hand held blender with a plastic measuring jug.
- Serve liquidised food attractively using a scoop or spoon on a smaller plate.
- Plan ahead – cook, liquidise and then freeze items in ice cube trays or plastic containers for convenience.

Freezing

It is a good idea to prepare meals before you have surgery. Make them in soft, thick puree and liquid consistencies and freeze them in small portions. Remember to label and date the food before putting it in the freezer. The portion size should be approximately 150 - 200g or the size of a standard yoghurt pot. This is made up of 75g protein rich food, 50g vegetables and 50g of starchy carbohydrate food – for example, potatoes, cooked rice or pasta.

Look for different containers for freezing food in portions – for example, ice cube trays and small plastic pots with lids.

Meal times

The recipes in this booklet have all been tried and tested and are tasty meals that all the family can enjoy. You may need to multiply the recipes if you are cooking for more people. In some of the casserole recipes a slow cooker could be used.



All the ingredients should be available from your local supermarket. We have included hints on alternative ingredients you can use in recipes and many of the recipes include similar store cupboard items.

The portion sizes are what you will be able to eat in the longer term – not right away. If you feel you can't quite finish the amount recommended, don't try to push yourself as you will end up feeling unwell. Exceeding these portions will result in weight gain and will stretch your new stomach size.

It is important to eat your food slowly and to savour and enjoy what you eat. Good posture at meals times helps you digest food better. Try sitting at a table on a chair with good back support.

Using smaller plates, bowls and cutlery is a good idea as it tricks the mind into feeling you are eating a normal size portion. It is important however, not to pile up the small plate with food. If you use smaller cutlery it helps you slow down when eating - for example, using a teaspoon to eat soup.

The following pictures show various plate sizes including a normal sized dinner plate (27cm), however we recommend using the smaller plate and bowl.



Store cupboard solutions – Recipes for life

The following are store cupboard or freezer food items to buy in so you have all the ingredients to make the recipes in this booklet. You will then only need to purchase fresh ingredients:

Tins

- Peaches in juice
- Strawberries in juice
- Pears in juice
- Apricots in juice
- Mangoes in juice
- Potatoes
- Cannellini beans
- Chick peas
- Butter beans
- Chopped tomatoes
- Baked beans
- Tuna in spring water or brine
- Lean corned beef
- Light evaporated milk

Cereals

- Porridge
- Ready brek
- Weetabix

Frozen food

- Peas
- Cauliflower
- Mixed vegetables

Drinks

- Pure fruit juice – for example, unsweetened orange juice.





Packet, jars and bottles

Sunflower oil	Barley
Vanilla extract	Worcestershire sauce
Semolina	Tomato ketchup
Cornflour	Brown sauce
Plain flour	Low fat mayonnaise
Macaroni	Vinegar
Pasta shapes	Bottled lemon juice
Dried skimmed milk	Honey
Low fat custard pots	Caster sugar
Sunflower oil	Sugar free jelly – strawberry
Stock cubes: vegetable, chicken and beef	Reduced sugar smooth marmalade
Dried yellow split peas	
Dried red lentils	
Dried apricots	

Herbs and spices

Black pepper	Ground nutmeg
Ground cinnamon	Curry powder
Dried mixed herbs	Ground cumin
Mustard powder	Chilli powder
Ground ginger	

Handy hints for shopping

Planning ahead is vital when trying to change any behaviour, including your eating habits, as it makes it easier to keep on track with your plan. The following are some suggestions when shopping:

- Read food labels to identify healthy options.
- Avoid shopping when hungry, stressed, tired, angry or depressed as it may lead to poor food choices.
- Make a shopping list and stick to it.
- Plan meals ahead and make low fat choices.
- Don't be tempted by high calorie offers or bargains.
- Don't 'supersize' items if it means you'll eat bigger portions.
- Choose seasonal fruit and vegetables or those on special offer.
- When you come home with your shopping put it away immediately or you may be tempted to start eating it.
- Avoid buying too many ready meals or convenience food.
- Try to cook from scratch more often using fresh or store cupboard ingredients.



Protein

After having bariatric surgery it is recommended that a person has 60 - 80g protein a day. This is difficult to achieve with a small stomach. Protein is an essential nutrient that helps to build and repair muscle and tissue and also provides many vitamins and minerals.

You should aim to have 20g of protein at a main meal. If you occasionally choose ready meals or sandwiches look at the label, however you may find this difficult to achieve if you only eat half a ready-made sandwich or half a ready meal. They may also be high in calories and fat. Use the following guide to identify healthy choices:

What is a lot per 100g?

22.5g sugars
17.5g fat
5g saturates
1.5g salt
0.6g sodium

What is a little per 100g?

5g sugars
3g fat
1.5g saturates
0.3g salt
0.1g sodium



The following is a guide to how much protein you get from a bariatric sized portion of food. However, it is important to read labels and compare products to achieve low fat, low calorie and high protein choices:

Food	Portion	Protein
Milk	200ml	7g
Skimmed milk powder	20g	7g
Soya milk	200ml	6g
Yoghurt	150g	7g
Low fat Greek strained yoghurt	150g	12g
Hard cheese – for example, Cheddar	25g	6g
Low fat cottage cheese	75g	10g
Low fat soft cheese	75g	6g
Eggs	2 large	16g
Beef	75g	22g
Lamb	75g	22g
Pork	75g	22g
Chicken	75g	22g
Fish	75g	18g
Prawns	75g	17g
Corned beef	75g	19g
Beans	200g	12g
Baked beans	200g	10g
Lentils - cooked	100g	8g
Split peas - cooked	100g	8g
Quorn mince	75g	8g
Nuts	25g	5g

Rice - cooked	50g	1g
Pasta - cooked	50g	2g
Bread	1 slice	4g
Potatoes - cooked	50g	1g
Ready made fish pie (400g)	200g	12g
Ready made cottage pie (400g)	200g	9g
Ready made chicken salad sandwich (400g)	200g	12g

High protein milk

We recommend you use high protein milk for at least the first two weeks after your bariatric surgery. If you feel you are not getting the recommended protein intake then you can use high protein milk for a little longer. However, the long term aim should be to include enough protein rich foods in your diet to achieve 60g - 80g of protein in a day. Replace high protein skimmed milk in the recipes with semi-skimmed or skimmed milk once you are eating a higher protein diet.

During the first few weeks after surgery, to increase protein further, add one to two dessertspoons of dried skimmed milk powder to a portion of strained soup, yoghurt or low fat custard.

The following recipe is for high protein milk, this is used in many of the recipes in this booklet:

What you need:

- 1 pint or 568ml of skimmed milk
- 60g or 4 heaped dessertspoons of skimmed milk powder

What you do:

1. Measure 1 pint skimmed milk into a measuring jug.
2. Put the skimmed milk powder into a bowl and gradually add the measured skimmed milk, mixing to a smooth paste with a whisk, wooden spoon or hand blender until all the skimmed milk is added and you have a smooth liquid with no lumps.
3. Keep the high protein milk in the fridge and use within a 24 hour period.

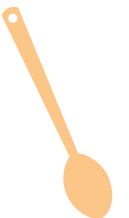
What does this provide?

60g or 4 dessertspoons of skimmed milk powder:

- 200kcal
- 21g protein
- 0.4g fat
- 30.5g carbohydrate

568ml or 1 pint skimmed milk:

- 210 kcal
- 20.4g protein
- 1.7g fat
- 27.8g carbohydrate



1 pint or 568ml high protein milk (when the ingredients are added together):

- 410kcal
- 41.4g protein
- 2.1g fat
- 58.3g carbohydrate

Daily meal plans

The following are examples of modified consistency meal plans using the recipes in this booklet. The amounts are based on the portion sizes in the booklet. This gives you an idea how you could plan your meals over a day when on a modified consistency diet and also when on the long term mixed texture diet:

Stage one (liquid consistency)			
Meal	Food	Protein g	Calories kcal
Breakfast	150ml apricot smoothie	10	150
Mid-morning	150ml high protein milk	11	107
Lunch	150ml spicy lentil and bacon soup	10	160
Mid-afternoon	150ml egg custard (thinned with high protein milk)	10	200
Dinner	150ml yellow split pea soup	10	160
Supper	150ml low calorie hot chocolate made with high protein milk	12	100
Total		63	877

Stage two (thick puree consistency)			
Meal	Food	Protein g	Calories kcal
Breakfast	1 Weetabix with yoghurt and tinned peaches	5	85
Mid-morning	200ml semi-skimmed milk	7	100
Lunch	Tuna pasta bake	24	330
Mid-afternoon	Greek pear dessert	10	130
Dinner	Smoked haddock fish pie with carrots	23	230
Supper	Semolina and peach layer	12	200
Total		81	1075

Stage three (soft consistency)			
Meal	Food	Protein g	Calories kcal
Breakfast	Porridge with cinnamon and bananas	10	250
Mid-morning	Bowl strawberries	1	50
Lunch	Corned beef and poached egg hash with cauliflower	28	345
Mid-afternoon	200ml semi-skimmed milk	7	100
Dinner	Chicken and bean casserole	18	158
Supper	Spicy orange bread pudding	10	220
Total		74	1123

Stage four (long term eating plan)			
Meal	Food	Protein g	Calories kcal
Breakfast	Porridge with Greek yoghurt	10	200
Mid-morning	1 banana	1	100
Lunch	Salmon pâté with two crisp breads and salad	12	268
Mid-afternoon	1 apricot smoothie	5	100
Dinner	Bolognese mince sauce with 90g cooked pasta and 1 dessert spoon grated parmesan cheese	23	340
Supper	Banana and vanilla frozen yoghurt	5	100
Before bed	200ml semi-skimmed milk	7	100
	Total	63	1208

Notes on the recipes

- Measurements are given in metric only.
- Spoon measurements are level.
- Tbsp = tablespoon, 15ml.
- Tsp = teaspoon, 5ml. An accurate set of measuring spoons helps to avoid mistakes.
- Eggs are size 1 or 2 (large).
- Pepper is used as a seasoning to add flavour rather than salt.

You will see these codes next to some of the recipes, depending on the stages they can be modified to, whether they are vegetarian or can be frozen:

- ① Stage one (liquid consistency)
- ② Stage two (thick puree consistency)
- ③ Stage three (soft consistency)
- ④ Long term eating plan
- Ⓥ Vegetarian option (suitable for vegetarians that eat dairy products and eggs)
- ⓕ Suitable for freezing



Recipes for life

● Breakfasts

	Page
• Weetabix with yoghurt and tinned peaches	22
• Smooth instant porridge with hot milk and banana	23
• Cinnamon porridge with banana	24
• Porridge with Greek yoghurt	25
• Orange and mango smoothie	26
• Apricot smoothie	27
• Microwave scrambled eggs with cheese	28

● Soups

• Tomato and bean soup	29
• Yellow split pea soup	30
• Spicy lentil and bacon soup	32
• Chicken and vegetable soup	33
• Lamb and barley broth	35
• Smoked haddock and bean soup	36
• Green pea and ham soup	38

● Lunches

• Salmon pâté	40
• Baked potato with fillings: cheese and baked beans, cottage cheese, avocado and tomato, lemon tuna	40 – 43

• Omelette with fillings: ham and tomato or cheese and tomato	45
• Corned beef hash and poached egg	47
• Cauliflower cheese	49
• Tuna pasta bake	50
• Macaroni cheese	52

● Main meals

• Smoked haddock fish pie	54
• Bolognese mince sauce	56
• Chicken and butter bean casserole	57
• Beef curry	59
• Lamb tagine	60
• Pork and bean casserole	62
• Chickpea casserole	63
• Herby salmon with lentils	65

● Desserts

• Spicy orange bread pudding	68
• Baked egg custard with stewed apples	69
• Semolina and peach layer	71
• Greek pear dessert	72
• Strawberry fluffy jelly	73
• Blueberry dessert	75
• Banana and vanilla frozen yoghurt	76

Breakfasts:

● Weetabix with yoghurt and tinned peaches (serves 1)

② ③ ④ V

You will need:

- 1 Weetabix
- 100g of tinned peaches in juice, drained
- 75g low fat natural yoghurt



What you do:

1. Liquidise the low fat natural yoghurt with the peaches, then pour over the Weetabix and soften to a puree texture (stage 2).
2. For stage 3, add chopped tinned fruit to the yoghurt and pour over 1 Weetabix.

Hint - You can use any soft tinned fruit in juice or fresh fruit.

In a portion (176g):

Energy: 85Kcal

Protein: 4.5g

Fat: 0.6g

Carbohydrate: 16.1g

of which sugars: 15.4g



● Smooth instant porridge with hot milk and banana (serves 1)

② ③ ④ V

You will need:

- 20g smooth instant porridge
- 100ml high protein milk or semi-skimmed milk
- 1 small banana (80g)



What you do:

1. Make the smooth instant porridge as instructed, with the milk.
2. For stage 2, liquidise banana and drizzle over the top.
3. For stage 3, top with sliced banana.

Hint - You can use other soft fruit like strawberries or any tinned fruit. You can sweeten with granulated low calorie sweetener.

In a portion:

Energy: 218 Kcal

Protein: 10.2g

Fat: 2g

Carbohydrate: 42.6g

of which sugars: 27.4g



● Cinnamon porridge with banana (serves 1)

2 3 4 V

You will need:

- 25g porridge oats
- ¼ tsp cinnamon, plus extra to serve
- 175 ml high protein or semi-skimmed milk
- ¼ mashed banana (50g)
- 50g pot low fat natural yoghurt

What you do:

1. In a medium-sized saucepan, mix the oats, cinnamon and milk. Bring to the boil, stirring occasionally. Turn down the heat and cook for 4-5 minutes, stirring all the time.
2. Top with a dollop of yoghurt and a sprinkle of cinnamon (stage 2).
3. Garnish with pieces of fruit (stage 3).

Hint - You can use other spices – for example, nutmeg or ginger, as well as other soft fruit – for example, stewed apple or tinned peaches.

In a portion:

Energy: 272.6 Kcal

Protein: 17.7g

Fat: 2.6g

Carbohydrate: 47.8g

of which sugars: 32.2g



● Porridge with Greek yoghurt (serves 1)

2 3 4 V

You will need:

- 30g porridge oats
- 200ml high protein or semi-skimmed milk
- 1 heaped tbsp low fat Greek yoghurt

What you do:

1. Put the oats in a saucepan with the milk. Bring to the boil and simmer for 4-5 minutes, stirring from time to time and watching carefully to make sure it doesn't stick to the bottom of the pan. Or you can make it in a microwave - mix the oats and milk in a microwave proof bowl, then microwave on high for 3 minutes, stirring halfway through. Leave to stand for 2 minutes before eating.
2. To serve, pour into a bowl and spoon yoghurt on top (stage 2).

Hint - Instead of low fat Greek yoghurt you can top with a diet, flavoured yoghurt or plain milk and slices of fruit (stage 3).

In a portion:

Energy: 265.8Kcal

Protein: 19.1g

Fat: 6.2g

Carbohydrate: 35.9g

of which sugars: 21.5g



● Orange and mango smoothie (serves 2)

1 2 3 4 V F

You will need:

- 50ml fresh orange juice
- 1 small, very ripe and juicy mango or ½ tin mangoes (425g tin = 120g drained weight) – reserve some to garnish (stage 3)
- 100g low fat natural yoghurt

What you do:

1. If using fresh mango, peel mango, slice fruit away from the stone in the centre, then chop the flesh into rough pieces.
2. Put the orange juice, mango flesh and yoghurt into a liquidiser and blend until smooth. Pour into 2 glasses and serve (stage 2).
3. For stage 1, add high protein milk.
4. For stage 3, top stage 2 consistency with pieces of mango.

Hint – You can also use a mixture of any fresh, frozen or tinned fruit to make a smoothie. Liquidise equal quantities of milk, natural yoghurt and soft fruit.

In a portion:

Energy: 77.3Kcal

Protein: 3g

Fat: 0.5g

Carbohydrate: 16.6g

of which sugars: 16.6g



● Apricot smoothie (serves 3)

1 2 3 4 V F

You will need:

- 1 small tin (approx 200g) or ½ large tin (400g tin) of apricots in juice (drained)
- 1 standard size (150g) 0% fat pot of natural yoghurt
- 250ml high protein milk

What you do:

1. Place all ingredients in a blender and liquidise till smooth (stage 2).
2. Add extra high protein milk for stage 1.
3. For stage 3, top with pieces of apricot.

Hint- You can use any soft fruit in this smoothie instead, or with, the apricots. For a dessert, leave out the milk.

Keep the smoothie in the fridge and use within 24 hours.

In a portion:

Energy: 106 kcal

Protein: 9.3g

Fat: 0.3g

Carbohydrate: 16.5g

Of which sugars: 16.5g



● Microwave scrambled eggs with cheese (serves 1)

2 3 4 V

You will need:

- 2 large eggs
- 4 tbsp high protein or semi-skimmed milk
- 25g mature grated Cheddar cheese



What you do:

1. Beat eggs and milk together and pour into a microwaveable dish, stir in the grated cheese and season with pepper.
2. Microwave on high for 2 minutes. Stir half way through cooking.

Hint - Instead of cheese, mix chopped ham, cooked lean bacon bits or smoked salmon trimmings through the scrambled eggs.

In a portion:

Energy: 354.6Kcal

Protein: 28.7g

Fat: 23.2g

Carbohydrate: 8.3g

of which sugars: 8.3g



Soups:

● Tomato and bean soup (serves 4 x 200ml)

1 2 3 4 V F

You will need:

- 1 tbsp sunflower oil
- 1 onion, chopped
- 1 stick celery, chopped
- 1 garlic clove, finely chopped
- 1 vegetable stock cube dissolved in 300ml boiling water
- 300g can cannellini beans (175g drained weight and rinsed)
- 400g can chopped tomatoes
- Pinch of black pepper
- 50g mature Cheddar cheese, grated

What you do:

1. Heat the oil in a large pan, add the onion, garlic and celery and soften gently for 5 minutes.
2. Add the stock, beans, tinned tomatoes and pepper.
3. Bring to the boil, cover and simmer for 25 minutes.
4. Liquidise for stage 2. Add extra high protein milk for stage 1.
5. Serve with a sprinkle of grated cheese on the top (stage 3).

Hint - Any strong hard cheese can be used to sprinkle over the soup – for example, parmesan or gruyere. To make this into minestrone soup add cooked lean bacon bits, mixed herbs and small pasta shapes.

In a portion:

Energy: 145.1Kcal

Protein: 7.6g

Fat: 7.8g

Carbohydrate: 12.1g

of which sugars: 5.5g



🟢 Yellow split pea soup (serves 4 x 200ml)

1 2 3 4 V F

You will need:

- 1 small chopped onion
- 1 medium chopped carrot
- 1 chopped clove garlic
- 1 chopped stick of celery
- 1 tbsp sunflower oil
- 200g yellow split peas - rinsed
- 1 vegetable stock cube dissolved in 700ml boiling water

What you do:

1. Peel and finely chop the onion, carrot, celery and garlic.
2. Add to a heavy-based saucepan with the oil and put on medium heat.
3. Cook for 5-10 minutes, until vegetables are soft but not coloured.
4. Add the split peas, stir and cover with stock and bring to the boil.
5. Cover with a lid, turn down the heat and cook for about an hour until everything is tender.
6. If the mixture becomes too thick, gradually add water.
7. Season with black pepper and serve (stage 3).
8. Liquidise for stage 2.
9. Liquidise and add high protein milk for stage 1.

Hint - You can add cooked chicken, beef, lamb or pork to this recipe to increase the protein further (not vegetarian).

In a portion (200ml):

Energy: 207Kcal

Protein: 11.7g

Fat: 4.5g

Carbohydrate: 32.3g

of which sugars: 3.4g



Spicy lentil and bacon soup (serves 4 x 200ml)

1 2 3 4 F

You will need:

- 1 tbsp sunflower oil
- 1 chopped onion
- 150g finely chopped lean bacon medallions
- 1 diced carrot
- 2 tsp curry powder
- 1 garlic clove, finely chopped
- ½ stock cube (vegetable or ham) dissolved in 600ml boiling water
- 100g red lentils, rinsed



What you do:

1. Heat the sunflower oil in a medium saucepan. Add the onion, bacon and carrot. Cook on a medium heat for 10 minutes until the onions are soft.
2. Add the curry powder and chopped garlic and cook for a further 1–2 minutes.
3. Add the stock and lentils to the saucepan. Bring to a simmer and cook for 30 minutes, stirring occasionally to make sure the lentils don't stick (stage 3).
4. Liquidise for stage 2. Add high protein milk for stage 1.

Hint - You can add more or less curry powder depending on how spicy you like food. To make a vegetarian version don't add the bacon.

In a portion (200ml):

Energy: 210.6Kcal

Protein: 13g

Fat: 9.65g

Carbohydrate: 19.1g

of which sugars: 4.2g



Chicken and vegetable soup (serves 4 x 200ml)

1 2 3 4 F

You will need:

- 1 tbsp sunflower oil
- 1 onion, chopped
- 2 medium carrots, chopped
- 1 tsp dried mixed herbs (optional)
- 600ml chicken stock - 1 cube dissolved in 600ml boiling water
- 150g raw chicken breast or leftover cooked chicken
- 100g frozen peas

What you do:

1. Heat the oil in a medium saucepan. Add onions, carrots, chicken and mixed herbs, then gently soften for 10 minutes.
2. Stir in the stock and frozen peas, bring to a boil, cover, and then simmer for 20 minutes (stage 3).
3. Liquidise for stage 2. Add high protein milk for stage 1.

Hint - You can use ham instead of chicken in this recipe or for a vegetarian option use 100g of lentils or split peas and vegetable stock.

In a portion (200ml):

Energy: 112.8Kcal

Protein: 11.4g

Fat: 3.9g

Carbohydrate: 8.7g

of which sugars: 5.7g



● Lamb and barley broth (serves 4 x 200ml)

1 2 3 4 F

You will need:

- 1 tbsp sunflower oil
- 150g lean lamb, cut into small pieces
- 1 medium onion, finely chopped
- 25g pearl barley
- 2 small potatoes, peeled and chopped
- 1 medium parsnip, peeled and chopped
- 1 medium carrot, peeled and chopped
- 1 tsp Worcestershire sauce (optional)
- 1 stock cube (lamb or beef) dissolved in 600ml of boiling water
- ½ tsp mixed herbs (optional)
- 50g frozen or fresh cauliflower
- pepper



What you do:

1. Heat the oil in a medium saucepan, add the lamb, and then cook for 5 minutes until browned.
2. Add the onion and barley, and then gently soften for 1 minute.
3. Add the potatoes, parsnip, carrot and cauliflower and cook for 5 minutes.

4. Add the Worcestershire sauce, stock and mixed herbs. Cover, and simmer for 45 minutes (stage 3).
5. Liquidise for stage 2. Add high protein milk and liquidise for stage 1.

Hint – Add more barley for a thicker soup. Or you can add more potatoes instead of pearl barley.

In a portion (200ml):

Energy: 164.4 Kcal

Protein: 10.3 g

Fat: 6.4g

Carbohydrate: 18.1g

of which sugars: 5.4g

● **Smoked haddock and bean soup (serves 4 x 200ml)**

① ② ③ ④ F

You will need:

- 1 tbsp sunflower oil
- 1 onion, chopped
- black pepper
- 300g can cannellini beans, drained (175g drained weight)



- ½ chicken stock cube dissolved in 300ml stock boiling water
- 300ml high protein or semi-skimmed milk
- 150g smoked haddock, skinned and boned and cut into 1cm pieces



What you do:

1. Heat the oil in a non-stick pan. Add the onions and cook very gently for 5 minutes until soft but not coloured. Stir in the beans, chicken stock, milk and a good pinch of pepper.
2. Cover and simmer gently for 15 minutes.
3. For stage 3, liquidise the bean mixture and add the smoked haddock pieces and simmer for a further 10 minutes.
4. For stage 2, add the smoked haddock to the bean mixture and simmer for a further 10 minutes then liquidise the fish and bean mixture together.
5. For stage 1, add extra high protein milk.

Hints – You can use other types of tinned beans instead of cannellini – for example, butter beans. You can also use any other kind of smoked white fish – for example, smoked cod.

Instead of fish you could chop cooked chicken, prawns or ham through the bean mixture (stage 3).

In a portion:

Energy: 164.8Kcal

Protein: 17.2g

Fat: 3.8g

Carbohydrate: 16.5g

of which sugars: 10.3g

● Green pea and ham soup (serves 4 x 200ml)

1 2 3 4 F

You will need:

- 150g finely chopped lean bacon medallions
- 1 tbsp sunflower oil
- 600ml boiling water
- 1 small onion, chopped
- 1 small carrot, chopped
- 1 small stick celery, chopped
- 200g frozen peas

What you do:

1. Heat the oil in a medium saucepan. Add the bacon and onion and soften for 5 minutes over a medium heat.

2. Add the carrots, celery, peas and 600ml of boiling water to the saucepan.
3. Simmer for 40 minutes (stage 3).
4. Liquidise for stage 2. Add high protein milk for stage 1.

Hint - For a vegetarian version leave out the bacon and use 300g frozen peas instead and a vegetable stock cube dissolved in the boiling water.

In a portion (200ml):

Energy: 148.6 Kcal

Protein: 9.3g

Fat: 9.5g

Carbohydrate: 6.9g

of which sugars: 3.1g



Lunches

Salmon pâté (serves 2)

2 3 4 F

What you need:

- 150g skinless salmon fillet
- 1 small lemon
- 50g smoked salmon (trimmings)
- 50g low fat soft cream cheese
- ground black pepper



What you do:

1. Put the salmon fillet in a small saucepan and pour over enough water to cover. Peel a wide strip of lemon zest using a vegetable peeler and add it to the pan. Bring the water to a gentle simmer. Cover with a lid and cook for 5 minutes. Drain the salmon, transfer it to a plate and leave to cool.
2. Flake the poached salmon into chunky pieces and liquidise with the smoked salmon, soft cheese and 1 tsp lemon juice.
3. Season to taste with black pepper.
4. Spoon the salmon mixture into a small container.
5. Cover and leave to set in the fridge. Eat within two days.
6. Serve with the inside of a baked potato or mashed potato for stage 2.
7. This is good on crispbreads and crackers.

Hint - To make an even lower fat version, use very low fat soft cheese. For smoked mackerel pâté, use all smoked mackerel instead of salmon. There is no need to cook the smoked mackerel.

In a portion:

Energy: 107.7Kcal

Protein: 11.9g

Fat: 6.5g

Carbohydrate: 1.63g

of which sugars: 1.63g



Baked potato with baked beans and cheese (serves 1)

2 3 4 V

You will need:

- 1 small washed potato - skin on (75g)
- 1 small (200g) tin baked beans
- 25g mature Cheddar cheese, grated



What you do:

1. Microwave potato on high power for 4 minutes.
2. Heat baked beans and stir in the grated cheese. Serve with the hot baked potato (stage 3).

3. For stage 2, scoop out the inside of the hot baked potato and liquidise with the warm beans and cheese mixture.

Hints - If you use extra mature cheese you get more flavour without having to use as much cheese. Try adding ½ tsp of curry powder to spice up the beans.

In a portion:

Energy: 367Kcal

Protein: 18.9g

Fat: 10g

Carbohydrate: 54g

of which sugars: 12.5g



● **Baked potato with cottage cheese, avocado and tomatoes (serves 1)**

② ③ ④ V

You will need:

- 1 small washed potato - skin on (75g)
- 75g low fat cottage cheese
- ½ small avocado, peeled and diced
- 2 tbsp tinned chopped tomatoes

What you do:

1. Microwave the potato on high power for 4 minutes.
2. Mix the low fat cottage cheese with the avocado and chopped tomatoes. Serve with the hot baked potato (stage 3).
3. For stage 2, scoop out the inside of the potato and liquidise with the above cottage cheese mixture.

Hint - You can use fresh tomatoes but they need to be ripe. Plunge the tomatoes into boiling water, then remove the skins and pips and chop the flesh. You can use flavoured cottage cheese – for example, cottage cheese and chives to add a different flavour.

In a portion:

Energy: 300Kcal

Protein: 14.6g

Fat: 14.9g

Carbohydrate: 28.8g

of which sugars: 4.9g



● **Baked potato with lemon tuna (serves 1)**

② ③ ④

You will need:

- 1 small washed potato - skin on (75g)
- 75g drained tinned tuna in spring water or brine

- 1 tbsp low fat Greek yoghurt
- 1 tbsp low fat mayonnaise
- 2 tsp lemon juice
- pinch of black pepper



What you do:

1. Microwave the potato on high power for 4 minutes.
2. Mix together the tuna, Greek yoghurt, low fat mayonnaise, lemon juice and pepper in a bowl. Serve with the hot baked potato (stage 3).
3. For stage 2, scoop out the inside of the potato and liquidise with the above tuna mixture.

Hint - You can now buy very low fat mayonnaise which you could use instead of the low fat mayonnaise. Once you can eat chunkier food you can add chopped cucumber, red onion or chives through the tuna mixture. Leave out the lemon juice for a traditional tuna mayonnaise mixture. You could use tinned salmon instead of tuna.

In a portion:

Energy: 242.2Kcal

Protein: 22.8g

Fat: 5.1g

Carbohydrate: 28.1g

of which sugars: 4.7g



● Omelette (serves 2)

2 3 4

You will need:

- 2 large eggs
- pepper to taste
- 1 tsp cold water
- 1 tsp sunflower oil



Fillings:

- 2 tbsp of canned chopped tomatoes with **either**
- 25g grated mature cheddar cheese **or** 25g lean chopped ham

What you do:

1. Beat the eggs together with the pepper and water.
2. Heat oil in a medium non-stick frying pan.
3. Pour the egg mixture into the centre of the pan and cook over a high heat for 1-2 minutes.
4. As the egg begins to set, use a spatula to push the set egg towards the middle of the pan.
5. Continue this action until the entire egg mixture has set.
6. Mix the tinned chopped tomatoes with **either** the chopped ham **or** grated mature Cheddar cheese and add to the top of the cooked omelette.

7. Cook the set omelette for another minute, then loosen the edges with a spatula and fold the omelette in half.
8. Tilt the pan and slide the omelette onto a warm plate and serve (stage 3).
9. Liquidise for stage 2.

Hint - Once you can eat chunkier food you can add a combination of the following to the basic egg mixture: onion, cooked potato, mushrooms, peas, cooked chicken, spring onion, smoked salmon and tinned tuna.

In a portion (195g): filling tomato and cheese

Energy: 332Kcal

Protein: 23g

Fat: 26g

Carbohydrate: 0.9g
of which sugars 0.9g



In a portion (195g): filling tomato and ham

Energy: 259Kcal

Protein: 22g

Fat: 18.7g

Carbohydrate: 1.0g
of which sugars 1.0g



● Corned beef hash and poached egg (serves 3)

② ③ ④

You will need:

- 1 potato, peeled (250g)
- 1 medium onion, diced (100g)
- ½ tbsp of sunflower oil
- 5g or 1 tsp butter
- 200g lean corned beef, cut into small pieces
- 3 large eggs
- 1 tbsp vinegar
- 1 tbsp brown sauce
- 1 tbsp water



What you do:

1. Cut the potatoes into small cubes and boil in water for about 10 minutes or until tender, drain.
2. In a non-stick pan gently cook the onion in the oil until soft, then add the drained potatoes with the butter. Keep turning them until the mixture looks golden, add the corned beef and cook for a further 3-4 minutes, season with pepper.
3. To poach the eggs, bring a pan of water to the boil (at least 10cm of water) and add the vinegar. Wait until the bubbles are breaking

on the surface and tip in each egg and allow to cook for at least 2 minutes until the white has set around the yolk. Remove using a slotted spoon.

- To serve, warm the plates and put a cutter into the centre of a plate and fill with the corned beef hash mixture. If you don't have cutters place the hash in a neat pile. Sit a cooked poached egg on top. Mix the brown sauce with the water and spoon around the plate (stage 3).
- For stage 2, liquidise corned beef hash mixture with the soft poached egg. If required add a very small amount of boiling water and brown sauce to achieve the correct consistency.

Hint - If you don't like brown sauce you can use tomato ketchup instead. For a vegetarian option, instead of the corned beef use 200g baked beans.

In a portion (269g)

Energy: 345Kcal

Protein: 28g

Fat: 17.9g

Carbohydrate: 18.9g

of which sugars 4.3g



● Cauliflower cheese (serves 3 x 200g)

1 2 3 4 V F

You will need:

- 1 small cauliflower 450g (leaves cut off), broken into pieces
- 250ml high protein or semi-skimmed milk
- 2 level tsp cornflour
- 50g grated mature Cheddar cheese



What you do:

1. Place the cauliflower in a saucepan and cover with boiling water and simmer for 5 minutes on the hob until it is cooked, then drain. Place in an ovenproof dish.
2. Blend 2 tbsp of the milk with cornflour. Heat the rest of the milk in a saucepan and add the blended cornflour.
3. Simmer for 2 minutes until thickened, take off the heat and stir in the cheese.
4. Pour the cheese sauce over the cooked cauliflower. You can then choose to serve or bake in an oven proof dish in a heated oven at 200°C or gas mark 6 for 15 minutes until bubbling (stage 3) .
5. Liquidise for stage 2. Add high protein milk for stage 1.

Hint – You can make this into cauliflower soup (stage 2) by adding 400ml vegetable stock, 2 chopped medium potatoes, a chopped leek and 1 chopped onion to the cauliflower and cheese sauce mixture and cook for 30 minutes until the vegetables are tender and then liquidise until smooth. For stage 1, add high protein milk.

In a portion (200g)

Energy: 154Kcal

Protein: 12g

Fat: 5.5g

Carbohydrate: 15g
of which sugars 9.9g



2 3 4 F Tuna pasta bake (serves 3)

2 3 4 F

You will need:

- 100g pasta shapes such as fusilli, penne or macaroni
- 1 ½ tbsp cornflour
- 300ml high protein or semi-skimmed milk
- ½ tsp mustard powder
- 50g extra-mature Cheddar, grated



- 50g frozen peas
- 100g drained tuna in spring water or brine (120g tin)

What you do:

1. Cook the pasta in a saucepan of boiling water according to packet instructions, then drain.
2. Blend the cornflour with 2 tbsp of the milk in a jug.
3. In a separate saucepan, heat the rest of the milk.
4. Stir the blended cornflour mixture into the hot milk and continue to heat until it thickens then stir in the mustard powder.
5. Remove the pan from the heat and stir in 25g of the cheese and all of the peas.
6. Season with freshly ground black pepper. Add cooked drained pasta to the sauce.
7. Spoon the tuna into the bottom of an ovenproof dish. Pour over the pasta and sauce. Sprinkle over the remaining 25g of grated cheese.
8. Liquidise for stage 2.
9. For stage 3, grill under a hot grill until the top is golden brown.

Hint – You can use other frozen vegetables instead of frozen peas – for example, frozen cauliflower, or green beans.

In a portion:

Energy: 332 Kcal

Protein: 24.2g

Fat: 7.1g

Carbohydrate: 45.9g

of which sugars: 11.8g



Macaroni cheese (serves 3)

2 3 4 V F

You will need:

- 100g macaroni
- 50g mature Cheddar cheese
- 200ml (½ large tin) light evaporated milk
- 2 large eggs, beaten
- pepper (to taste)

What you do:

1. Preheat the oven to 220°C / gas mark 7 / 425°F. Cook the macaroni according to the packet instructions, drain and then put back into the hot pan.
2. While the pasta is cooking, grate the cheese and mix with the evaporated milk and beaten eggs.
3. Pour this cheese sauce mixture over the macaroni, stir well, and season with pepper to taste.

4. Tip into a shallow ovenproof dish and bake in the oven for about 10-15 minutes until the top is golden brown (stage 3).
5. Liquidise for stage 2. Adding a little extra milk if required.

Hint – You can add cooked lean bacon medallions to this to increase the protein.

Per portion:

Energy: 274.4 Kcal

Protein: 16.4 g

Fat: 9g

Carbohydrate: 34g

of which sugars: 6.1g



Main courses

Smoked haddock fish pie (serves 3)

2 3 4 F

You will need:

- 2 large eggs
- 200g peeled potatoes
- 300ml high protein milk
- 4 tsp cornflour
- 150g smoked haddock
- 15g mature Cheddar cheese, grated
- ground black pepper



What you do:

1. Preheat the oven to 200°C / 400°F / Gas Mark 6. Place the eggs in a small pan and cover with cold water. Bring slowly to the boil, and then simmer for 6 minutes. Remove from the heat, drain and rinse the eggs in cold running water. Tap the shells then peel away the shells. Cut into slices and leave to cool.
2. Place the potatoes in a large saucepan and cover with cold water. Cover with a lid and bring to the boil. Simmer for 10-15 minutes or until tender. Drain and mash the potatoes with 2 tbsp of the milk.
3. Blend another 2 tbsp of the milk with the cornflour to make a paste.

Put the rest of the milk in a saucepan with the smoked haddock. Bring this to a boil and simmer for 5 minutes.

4. Remove the haddock from the milk (reserve the milk) and place the haddock in the bottom of a casserole dish with the hard boiled egg slices on top.
5. Stir the blended cornflour into the hot milk. Heat on the hob until it thickens, stirring all the time. Cook for 1 minute and season with pepper.
6. Pour the hot sauce over the fish and eggs. Heap the mashed potatoes on top of the filling, and then sprinkle over the cheese. Bake for 15 minutes in the oven until the top is golden (stage 3).
7. Liquidise for stage 2.

Hint - Any fish, smoked fish or shellfish can be used in this recipe – for example, salmon, prawns, cod or mackerel. Serve with a green salad or vegetables.

In a portion:

Energy: 228.6 Kcal

Protein: 22.9g

Fat: 2.6g

Carbohydrate: 30.1g

of which sugars: 11.2g



● Bolognese mince sauce (serves 3)

2 3 4 F

You will need:

- 150g lean minced beef
- 2 tsp sunflower oil
- 1 small onion, peeled and finely chopped
- 1 small carrot, peeled and finely diced
- 1 stick of celery
- ½ green pepper, seeded and finely diced
- 1 clove garlic, peeled and crushed
- 1 tsp mixed dried herbs
- 200g or ½ tin chopped tomatoes
- 200ml water
- ground pepper



What you do:

1. Heat the oil in a saucepan and add the mince. Cook over a high heat to brown the meat, breaking up any lumps with the back of a fork.
2. Add the chopped onion, carrot, celery and green pepper until they start to soften.
3. Stir in the garlic and the herbs and cook for 2 minutes.
4. Stir in the chopped tomatoes and 200ml of water and season.
5. Simmer gently for 45 minutes until cooked.

6. Use to make lasagne, chilli (add kidney beans and chilli powder) or serve with pasta (stage 3).
7. For stage 2, liquidise with well cooked soft pasta.

Hint – You can use Quorn or turkey mince in this recipe to reduce the amount of fat.

In a portion:

Energy: 132Kcal

Protein: 12.3g

Fat: 7g

Carbohydrate: 5.3g

of which sugars: 4.5g



● Chicken and butter bean casserole (serves 3)

2 3 4 F

You will need:

- 2 tsp sunflower oil
- 1 small onion, chopped
- 1 carrot, chopped
- 1 stick celery, chopped
- 150g chicken breast, cut into 1½ cm cubes
- 2 tsp plain flour
- 100g new potatoes or tinned potatoes (quartered)



- 1 tsp mixed herbs
- 1 chicken stock cube dissolved in 300ml boiling water
- 100g tinned drained butter beans

What you do:

1. Heat the oil in a large pan, add the chopped onions, carrots and celery. Cook for 5 minutes until soft.
2. Toss the chicken in the flour, add to pan and brown the meat. Then add potatoes, mixed herbs and stock.
3. Heat until simmering and cook on the hob for 45 minutes.
4. Add the beans and cook for a further 10 minutes (stage 3).
5. For stage 2, liquidise with sauce.

Hint – You can use any tinned beans in this recipe. Leave out the chicken and use a vegetable stock cube for a vegetarian option.

In a portion:

Energy: 158Kcal

Protein: 17.9g

Fat: 5.4g

Carbohydrate: 16.3g

of which sugars: 2.9g



● Beef curry (serves 3 x 200g)

2 3 4 F

You will need:

- 1 tbsp sunflower oil
- 150g lean beef braising steak, cut into 1cm pieces
- 1 small onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 tsp ground ginger
- 2 tsp medium curry powder
- 200g (½ can) chopped tomatoes
- ½ vegetable or beef stock cube dissolved in 200ml boiling water
- 1 tbsp mango chutney
- 150g natural yoghurt



What you do:

1. Heat the oil in a medium saucepan and brown the beef for 5 minutes.
2. Add the onions and cook for 5 minutes, then add the garlic, curry powder and cook for another 2-3 minutes.
3. Add the chopped tomatoes and stock to the saucepan.
4. Bring to a gentle simmer and cook for 1½ hours.

5. About 30 minutes before serving, stir in the natural yoghurt and mango chutney.
6. Serve with boiled rice (stage 3).
7. Liquidise for stage 2.

Hint - You could use lamb, pork, chicken or Quorn instead of beef. You could bulk it out with lentils or chickpeas. Add more or less curry powder depending on how spicy you like food.

In a portion:

Energy: 176.1Kcal

Protein: 15.4g

Fat: 7g

Carbohydrate: 14.1g

of which sugars: 12.1g



● Lamb tagine (serves 3 x 200g)

② ③ ④ F

You will need:

- 1 tbsp sunflower oil
- 1 small onion, finely diced
- 1 carrot, finely diced
- 150g diced lean lamb - 1cm dice
- 1 clove garlic, crushed
- ½ tsp cumin
- ½ tsp ground ginger

- ½ tsp ground cinnamon
- ½ tbsp clear honey
- 50g soft dried apricots, cut into quarters
- ½ vegetable stock cube dissolved in 300ml boiling water
- ½ small butternut squash, peeled, seeds removed and cut into 1cm dice



What you do:

1. Heat the oil in a medium saucepan and add the onion and carrot. Cook for 5 minutes until softened.
2. Add the diced lamb and cook for 5 minutes or until browned all over. Stir in the garlic, cumin, ginger and cinnamon and cook for 3 minutes.
3. Add the honey, dried apricots, butternut squash and stock. Stir and bring to the boil.
4. Turn down to a simmer, cover with a lid and cook for 1½ hours (stage 3).
5. Liquidise for stage 2.

Hint – Use beef, pork, chicken or Quorn instead of lamb. Use 3 carrots instead of butternut squash if you prefer.

In a portion:

Energy: 200.1 Kcal

Protein: 12.2g

Fat: 8.4g

Carbohydrate: 20.7g

of which sugars: 17.8g



● Pork and bean casserole (serves 3 x 200ml)

② ③ ④ F

You will need:

- 150g pork tenderloin, cut into 1cm pieces
- 1 tbsp sunflower oil
- 100g can cannellini beans, drained
- 1 small onion, chopped
- 1 medium carrot, chopped
- 200g or ½ tin chopped tomatoes
- 1 tsp mixed herbs
- ½ chicken stock cube dissolved with 200ml boiling water
- 1 garlic clove



What you do:

1. Heat the oil in a medium saucepan and then add the pork tenderloin and cook for 5 minutes or until browned.

2. Add the beans, onion, garlic, carrots, mixed herbs, tinned tomatoes and chicken stock to the saucepan.
3. Bring to the boil and then cover the pan with a lid and simmer gently for 1 hour.
4. Season to taste with pepper (stage 3).
5. Liquidise for stage 2.

Hint - For a vegetarian option use mixed beans instead of adding the pork. You can spice up the recipe by adding 2 tsp of chilli or curry powder.

In a portion:

Energy: 131.8 kcal

Protein: 13g

Fat: 6g

Carbohydrate: 7.1g

of which sugars: 5.5g



● Chickpea casserole (serves 4 x 200ml)

② ③ ④ V F

You will need:

- 2 small potatoes, diced (fresh or tinned)
- 1 tbsp sunflower oil
- 1 small onion, peeled and chopped
- 1 clove garlic, crushed

- 2 tsps chilli powder
- 1 carrot, peeled and diced
- 300g can chickpeas, drained and rinsed
- 400g can chopped tomatoes
- ½ tsp dried mixed herbs
- 1 vegetable stock cube dissolved in 150ml boiling water
- 1 tbsp tomato ketchup
- black pepper



What you do:

1. In a medium saucepan heat the oil. Add the chopped onion, potato, garlic and carrot and cook for 5 minutes.
2. Add the chilli powder and mixed herbs and cook for 1 minute.
3. Add the chickpeas, chopped tomatoes, stock, tomato ketchup and some ground black pepper.
4. Simmer for 45 minutes (stage 3)
5. Liquidise for stage 2.

Hint - You can also use mixed beans in this recipe or add meat, fish or prawns at the start of the recipe.

In a portion:
 Energy: 155.4 Kcal
 Protein: 6.9g
 Fat: 5.4g
 Carbohydrate: 22g
 of which sugars: 6.9g



Herby salmon with lentils (serves 3)

2 3 4 F

You will need:

- 100g lentils
- 1 stick celery, chopped
- 1 small carrot, chopped
- 1 small onion, chopped
- 1 clove garlic, crushed
- ½ vegetable stock cube dissolved in 200ml boiling water
- 150g salmon fillet – skinless or remove skin once cooked
- 1½ tsp dried mixed herbs
- 2 tsp sunflower oil
- 2 tsp lemon juice
- zest of 1 lemon
- ground black pepper



What you do:

1. Preheat the oven to 180°C / 350°F / Gas 4.
2. Place the lentils into a saucepan and cover with the vegetable stock.
3. Add the celery, carrot, garlic, onion, ½ tsp mixed herbs to the pan and simmer for 40 minutes, or until the vegetables and lentils are tender.
4. Season with ground black pepper and set the pan aside with the lid on to keep warm.
5. For the herby salmon, mix the mixed herbs, sunflower oil, lemon zest, lemon juice and black pepper in a small bowl. Place the salmon fillets into a shallow oven proof dish and spread the lemon and herb mixture all over the salmon fillets.
6. Place the salmon in the pre-heated oven for 10 minutes, or until the salmon is cooked through.
7. Flake the cooked salmon into 1 cm pieces and serve on the warm lentils (stage 3).
8. For stage 2, add a small amount of extra vegetable stock and liquidise the salmon with the lentil mixture.

Hint – You can use any oily or white fish for this recipe – for example, haddock, cod, fresh tuna or mackerel. Try using a mixture of fresh herbs instead of dried herbs – for example, parsley, tarragon and chives.

In a portion:

Energy: 231.4 Kcal

Protein: 19.3g

Fat: 6.5g

Carbohydrate: 25.4g

of which sugars: 5.8g



Desserts

Spicy orange bread pudding (serves 3)

3 4 V F

You will need:

- 2 large slices of white bread, cut into quarters
- 1 tbsp caster sugar
- 2 large eggs
- 100ml high protein or semi-skimmed milk
- ½ tsp ground nutmeg
- ½ tsp ground ginger
- 15g unsalted butter
- 2 tsp reduced sugar smooth orange marmalade



What you do:

1. Pre-heat oven to 180°C / 350°F / Gas 4.
2. Lightly grease a medium sized oven proof dish.
3. Beat eggs with milk, half the sugar, nutmeg and ginger.
4. Spread the butter and marmalade over the bread.
5. Layer the bread in the oven proof dish.
6. Pour over the egg mixture and leave to soak in for 5 minutes.
7. Sprinkle over the rest of the sugar.
8. Bake in a pre-heated oven for 30 minutes or until set and golden on top (stage 3).

Hint – You could use wholemeal bread to make it higher fibre or use a granulated low calorie sweetener instead of sugar. Try using a spread – for example, olive oil spread instead of butter. Once you can eat chunkier food use a textured marmalade and 1 tbsp dried fruit – for example, sultanas. Serve with extra milk.

In a portion:

Energy: 218.3 Kcal

Protein: 10g

Fat: 9.6g

Carbohydrate: 25.5 g

of which sugars: 11.12g



Baked egg custard with stewed apples (Serves 2 x 200ml)

1 2 3 4 V

You will need:

- 1 tbsp caster sugar
- 2 large eggs
- 200ml high protein or semi-skimmed milk
- ½ tsp vanilla extract
- 2 eating apples peeled, cored and chopped



What you do:

1. Preheat the oven to 180°C / 350°F / Gas 4 and grease a medium sized oven proof dish or individual ramekins.
2. Lightly whisk the eggs in a bowl. Warm the milk (do not boil) and pour it onto the eggs, whisk in the vanilla and the sugar. Pour the mixture into the oven proof dish or ramekins and place them in a roasting tin containing enough hot water to come half way up the sides of the dish or dishes.
3. Bake for 20 minutes or until set. Remove from the oven and leave to cool, preferably overnight, and then if you wish you can turn the custard out onto a serving dish (stage 3).
4. Stew the apples in a pan with 200ml water. Add extra water if it gets too dry (stage 3).
5. Serve the stewed apples on a plate beside the baked egg custard (stage 3).
6. Liquidise the apples and the custard separately and layer the purees in a serving dish (stage 2).
7. For stage 1, add extra high protein milk to the custard puree.

Hint – You could serve other fruit with the baked custard – for example, stewed pears or rhubarb, banana, strawberries or tinned peaches or apricots.

In a portion:

Energy: 253 Kcal
Protein: 15.7g
Fat: 7.5g
Carbohydrate: 32.6g
of which sugars: 32.6g



● Semolina and peach layer (serves 2)

1 2 3 4 V

You will need:

- 25g semolina
- ½ tin peaches in juice (120g drained weight)
- 300 ml high protein or semi-skimmed milk
- 1 tbsp sugar
- 1 egg, beaten

What you do:

1. Mix the semolina with the sugar and enough milk to form a paste.
2. Pour the remaining milk into a pan and bring to the boil, then remove from the heat and stir in the semolina mixture.
3. Return to the heat and simmer gently for 5 minutes, stirring occasionally until thickened. Beat in the egg and stir continuously for 5 minutes on a very low heat to cook the egg.

4. Layer the semolina with the sliced peaches in juice in individual dessert dishes or glasses (stage 3).
5. For stage 2, liquidise ½ tin peaches with juice and layer the semolina with the peach puree in individual dessert dishes or glasses.
6. For stage 1, add extra high protein milk to the semolina.

Hint – You could use other tinned fruit instead of peaches. Garnish with pieces of fruit for stage 3. Try using pudding rice instead of semolina, but this needs to be cooked for longer (approximately 15 minutes) stirring frequently (stage 3).

In a portion:

Energy: 257 Kcal

Protein: 16.3g

Fat: 4.1g

Carbohydrate: 41.4g

of which sugars: 31.8 g

● Greek pear dessert (serves 2)

1 2 3 4 V F

You will need:

- ½ tin pears in juice (230g drained weight) - drained
- 150g low fat Greek yoghurt

What you do:

1. Liquidise together and serve in individual dessert dishes or glasses.
2. For stage 1, add extra high protein milk.

Hint – Use low fat natural yoghurt instead of low fat Greek yoghurt. Try using any tinned or fresh fruit instead of pears if it can be liquidised to a smooth consistency. Garnish with fruit pieces for stage 3.

In a portion:

Energy: 109.5 Kcal

Protein: 5g

Fat: 6.8g

Carbohydrate: 7.2g

of which sugars: 7.2g



● Strawberry fluffy jelly (Serves 4)

1 2 3 4 V F

You will need:

- 1 pack strawberry sugar free jelly cubes or granules
- 410ml tin light evaporated milk
- 30g skimmed milk powder
- 410g tin of strawberries (150g drained weight) or fresh strawberries



Sample For Reference Only
Copyright Protected
Not For Use With Patients

What you do:

1. Divide the jelly into cubes or if using granules place them in a bowl. Pour 100ml boiling water over and stir until the jelly has completely dissolved.
2. Allow the mixture to cool for about 15-20 minutes before adding the light evaporated milk, skimmed milk powder and drained strawberries.
3. Liquidise the mixture until smooth and fluffy, sieve and pour into a medium size serving bowl, jelly mould or individual dessert dishes or glasses. Chill in the fridge for 2-3 hours or until set.

Hint – You can use different flavoured sugar free jelly with other tinned or fresh fruit and light evaporated milk if it can be liquidised to a smooth consistency. If jelly is not dissolving well, try dissolving it in the microwave.

In a portion:

Energy: 176 Kcal

Protein: 12.3g

Fat: 4.1g

Carbohydrate: 31.6g

of which sugars: 18.5g



● Blueberry dessert (serves 4)

3 4 V F

You will need:

- 200g low fat fromage frais
- 1tbsp caster sugar
- 1tsp cornflour
- 1tsp lemon juice
- Grated zest of 1 lemon
- ½ tsp vanilla essence
- 2 large eggs, beaten
- 125g fresh blueberries



What you do:

1. Preheat the oven to 180°C / 350°F / Gas 4 and grease a medium baking dish or individual ramekins.
2. In a bowl whisk together the eggs, fromage frais, cornflour, sugar, lemon juice, lemon zest and vanilla essence.
3. Gently mix the blueberries into this mixture.
4. Pour into an oven proof dish and bake in the pre-heated oven for 20 minutes.
5. Serve warm or chilled (stage 3).

Hint - Use fresh strawberries or another soft chopped fruit instead of blueberries.

In a portion:

Energy: 137.8 Kcal

Protein: 7.9g

Fat: 7.2g

Carbohydrate: 10.9g

of which sugars: 9.7g

In a portion:

Energy: 78.4 Kcal

Protein: 3.8g

Fat: 0.3g

Carbohydrate: 16.1g

of which sugars: 15g



● Banana and vanilla frozen yoghurt (serves 2)

① ② ③ ④ V F

You will need:

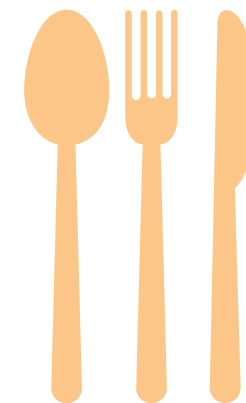
- 150g vanilla diet yoghurt
- 1 tsp lemon juice
- 1 banana

What you do:

1. In a medium bowl liquidise the banana, lemon juice and yoghurt together.
2. Pour into a freezer container and freeze for approximately 2 hours. Beat every 30 minutes to break up the ice crystals. Serve for stage 2.
3. Garnish with banana slices (optional) for stage 3.

Hint - Use other soft fruit – for example, tinned apricots, pears, peaches or fresh strawberries. For stage 1 melt in the mouth before swallowing. You can also serve this without freezing. You could use natural yoghurt instead of diet vanilla yoghurt.

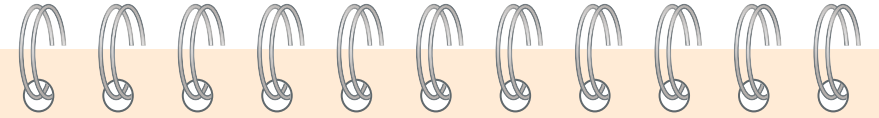
For further information about this booklet, please contact:





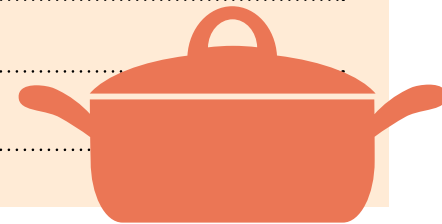
Notes

Dotted lines for writing on the left page.



Notes

Dotted lines for writing on the right page.



Sample For Reference Only
Copyright Protected
Not For Use With Patients

Sample For Reference Only
Copyright Protected
Not For Use With Patients

This information was developed by NHS Ayrshire and Arran and is managed by Nutrition and Diet Resources UK (NDR-UK). At the time of publication the information contained within the resource was, to the best of our knowledge, correct and up-to-date. Always consult a suitably qualified dietitian and/or your GP on health problems. NDR-UK cannot be held responsible for how clients/patients interpret and use the information within this resource. Visit www.ndr-uk.org for more information and to contact the team on the development and evidence supporting this resource.



© NDR-UK Ref 9016, First published: 12/15
Reviewed 2019
To re-order visit www.ndr-uk.org and follow instructions



Part funded by the Scottish Government.
NDR-UK – the UK's practitioner-led nutrition and diet resource provider.
Registered charity number SC041043, company number SC364677.