

A photograph of a breakfast sandwich on a white plate. The sandwich consists of a fried egg, melted cheese, sautéed onions, and spinach on a piece of bread. An orange rectangular box is overlaid on the right side of the sandwich, containing the word "BREAKFAST" in white, uppercase, sans-serif font.

BREAKFAST

Greek Yogurt, Fruit and Almonds

with Exante Diet

A nice and simple breakfast option, packed with nutritious, protein-rich ingredients.

Ingredients:

- 125g 0% fat Greek yogurt
- 15g almonds
- 15g flax seeds
- 100g mixed berries

Method:

- 1 Place the yogurt in a bowl and place the mixed berries on top. A selection of strawberries, blueberries and raspberries is always a delicious combination.
- 2 Sprinkle the almonds and flax seeds over the top.

Food Hero

Greek yogurt is a great source of protein, a potent probiotic and supports normal digestion and the absorption of nutrients.

Nutritional:

Energy (kcal).....	318
Protein (g).....	17.3
Total Carbs (g).....	24.1
Total fat (g).....	16.9



Food Hero
Salmon is rich in omega 3, a healthy fat which contributes to normal brain function.

Smoked Salmon Eggs Benedict *with Exante Diet*

Prep time:
5 minutes
Cooking time:
8 minutes

A breakfast dish with endless variations and combinations, this version includes protein-rich salmon and iron-boosting spinach.

Ingredients:

- 1x large egg
- 75g spinach
- 50g smoked salmon
- ½ wholemeal English muffin
- ½ tbsp hollandaise sauce

Method:

- 1 Bring a large pan of water to the boil.
- 2 Line a small dish/ramekin with cling film, making sure that there is excess cling film hanging down around the sides of the ramekin, and spray with FryLight.
- 3 Crack the egg into the lined ramekin and fold the excess cling film up and over the egg to enclose it.
- 4 Gently take the cling filmed egg out of the ramekin and place in the boiling water. For a runny centre cook for 4 minutes.
- 5 Whilst the egg is cooking, bring some water to the boil in a kettle.
- 6 Place the spinach in a colander and pour the boiling water over it to wilt the leaves.
- 7 Toast the English muffin.
- 8 To serve, place the toasted muffin in the centre of a plate. Place the spinach over the muffin, top with the salmon and gently lay the poached egg on top.
- 9 To finish, spoon over the hollandaise sauce.

Nutritional:

Energy (kcal).....	317
Protein (g).....	23.1
Total Carbs (g).....	18.9
Total fat (g).....	16.6



Food Hero

Tomatoes are a potent source of vitamin C, which is vital for boosting the immune system.

Huevos Rancheros

with Exante Diet

Prep time:
5 minutes

Cooking time:
15 minutes

A spicy Mexican inspired alternative to breakfast eggs, high in immune-boosting vitamin C.

Ingredients:

- 1x large egg
- ¼ red pepper, diced
- ½ fresh chilli, finely chopped
- 1x garlic clove, minced
- Pinch chilli powder
- 150g chopped tomatoes
- 1 small whole-wheat tortilla
- 10g cheddar cheese, grated
- Salt and pepper

Method:

- 1 Place a large frying pan (preferably one with a lid) on high heat.
- 2 Cook the red pepper, fresh chilli and garlic for 4-5 minutes or until softened.
- 3 Add the chilli powder and chopped tomatoes and season with salt and pepper. Bring to the boil and then turn down the heat.
- 4 Once the tomatoes thicken, this should take 5 minutes, make a well in the middle and break in the egg.
- 5 Place the lid on the frying pan and let cook for 3-4 minutes to allow the egg to poach in the tomato sauce.
- 6 Warm the tortilla in the oven/microwave.
- 7 Sprinkle half the cheese on the warm tortilla then place the rich tomato sauce and poached egg on top.
- 8 Sprinkle the remaining cheese on top of everything and fold over.

Nutritional:

Energy (kcal).....	282
Protein (g).....	16.5
Total Carbs (g).....	28.7
Total fat (g).....	11.3



Prep time:
5 minutes

Cooking time:
10 minutes

Bacon and Eggs *with Exante Diet*

A breakfast favourite for meat eaters, high in protein and a source of good fats.

Ingredients:

- 2x large eggs
- 2x rashers of bacon
- 1x Portobello mushroom
- 1x tomato
- 15ml milk
- 5ml balsamic vinegar

Method:

- 1 Set your grill to a high heat
- 2 Place the two rashers of bacon and the Portobello mushroom on a grill rack and cook under the grill for 7-10 minutes or to your preference, turning halfway through. Grilling, and not frying will avoid adding extra calories from cooking oil and allow excess fat from the bacon to drain off whilst cooking.
- 3 Heat a non-stick pan.
- 4 Whilst this warms, crack the two eggs into a bowl and whisk.
- 5 Add the milk, season and whisk again.
- 6 Cook the eggs to your preference in the hot pan.
- 7 Halve the tomato, add the balsamic vinegar and place under the grill with the bacon and mushroom for the final two minutes of cooking.
- 8 Place the ingredients on your plate for a protein rich, low carb start to your day.

Nutritional:

Energy (kcal)..... **307**
 Protein (g)..... **31.1**
 Total Carbs (g)..... **9.7**
 Total fat (g)..... **16.0**

Food Hero

Eggs are packed with the good fats needed to support healthy cholesterol levels.



Prep time:
5 minutes

Cooking time:
10 minutes

Blueberry & Almond Porridge

with Exante Diet

A hearty, healthy breakfast high in antioxidants.

Ingredients:

- 30g porridge oats
- 160ml milk
- 100ml water
- 20g blueberries
- 15g chopped almonds

Method:

- 1 First, weigh out your porridge oats in a non-stick pan.
- 2 Pour over the milk and water and stand for 5 minutes to allow the oats to absorb the milk and water.
- 3 Heat on low and allow to gently come to the boil.
- 4 While this is coming to the boil, chop the almonds and rinse the blueberries.
- 5 Once the oats have come to the boil, cook for a further 5 minutes to allow to fully soften.
- 6 Pour into a bowl and sprinkle over the chopped almonds and blueberries.

Food Hero

Rich in antioxidants, blueberries assist in the removal of toxins from the body to support the immune system and protect against the signs of ageing.

Nutritional:

Energy (kcal)	292
Protein (g)	12
Total Carbs (g)	31.2
Total fat (g)	13.2



LUNCH



Prep time:
5 minutes

Cream Cheese and Salmon Bagel

with Exante Diet

A nutritious, quick and easy-to-make lunch option that provides an energy boost.

Ingredients:

- 75g smoked salmon
- 25g cream cheese
- ½ wholemeal bagel
- 1x tbsp chopped chives

Method:

- 1 Halve your bagel and toast one portion, saving the other for another meal.
- 2 Spread the tangy cream cheese and sprinkle half of the chopped chives over the top of your half portion.
- 3 Place the smoked salmon on top and add the remaining chives.

Food Hero

Wholemeal products have a low glycaemic index which means they are a slow-release energy source.

Nutritional:

Energy (kcal).....	344
Protein (g).....	22.4
Total Carbs (g).....	19.9
Total fat (g).....	19.4



Food Hero

The hero is more in the method – steaming, as opposed to boiling, vegetables ensures they retain more nutrients.

Prep time:
5 minutes

Cooking time:
10 minutes

Tuna Nicoise Salad

with Exante Diet

A classic, French lunch option, big on taste and low in calories.

Ingredients:

- 1x tin of tuna
- 1x large egg
- 80g green beans
- 45g mixed leaf salad
- 5x cherry tomatoes
- 25g olives

For the dressing

- 5ml olive oil
- ½ tsp Dijon mustard
- ½ tsp lemon juice
- Pinch of salt and pepper

Method:

- 1 Bring a saucepan of water to the boil. Gently add the egg and cook for 9-10 minutes.
- 2 Cook the green beans in a steamer or bain-marie for 10 minutes, ensuring they're cooked through but still aldente.
- 3 Whilst the egg and green beans cook, halve the cherry tomatoes and olives.
- 4 Mix together the olive oil, Dijon mustard and lemon juice in a bowl and season with the salt and pepper.
- 5 To serve, create a bed of mixed-leaf salad and add the tomatoes and olives. Shell your egg and slice into wedges. Place on top of the salad along with the tuna.
- 6 Finally drizzle over the refreshing dressing over the top.

Nutritional:

Energy (kcal)	304
Protein (g)	34.8
Total Carbs (g)	9.5
Total fat (g)	14.1



Prep time:
5 minutes

Cooking time:
20 minutes

Chorizo, Prawn & Butterbean Stew

with Exante Diet

A tasty lunch, packed with protein, Vitamin A and Omega 3 for an overall health kick.

Ingredients:

- 45g chorizo
- 75g cooked prawns
- 100g butterbeans
- ½ small onion
- 1x glove of garlic
- 150g chopped tomatoes
- 1x tsp oregano
- Pinch of salt and pepper

Method:

- 1 Place a saucepan on high heat.
- 2 Dice the chorizo, onion and garlic and add to the saucepan.
- 3 Once the chorizo browns, add in the tomatoes, butterbeans and oregano and bring to the boil.
- 4 Allow to simmer for 20 minutes or until the sauce has thickened.
- 5 Add the prawns and cook for a further 5 minutes.
- 6 Season to taste and serve

Food Hero

Butterbeans are a great vegetarian protein source which is high in fibre too

Nutritional:

Energy (kcal)	395
Protein (g)	31.6
Total Carbs (g)	24.6
Total fat (g)	18.9



Prep time:
5 minutes

Cooking time:
30 minutes

Wild Rice and Chicken Salad

with Exante Diet

A delicious, filling lunch option made with wild rice, a source of slow-release carbohydrate.

Ingredients:

- 1x (115g) chicken breast
- 25g wild rice
- ¼ red pepper
- ½ small red onion
- 75g spinach

For the dressing

- 5ml olive oil
- ½ tsp Dijon mustard
- ½ tsp manuka honey
- Pinch of paprika
- Pinch of salt and pepper

Method:

- 1 Pre-heat your oven to 200C.
- 2 Season the chicken breast with salt and pepper and place in an oven proof dish.
- 3 Bake in the oven for 25-30 minutes ensuring it is cooked through.
- 4 Whilst the chicken cooks, weigh out 25g of rice in a saucepan and pour over boiling water so that it covers the rice by 2cm. Boil for 20-25 minutes until the rice is soft and drain any excess water.
- 5 Whilst the chicken and rice are cooking, dice the onion and pepper.
- 6 Mix together the ingredients for the dressing in a bowl.
- 7 Remove the chicken from the oven and allow to sit for 5 minutes.
- 8 Combine the onion, pepper, rice and spinach in a bowl.
- 9 Slice the chicken and lay on top of the warm rice salad.
- 10 Finally, drizzle over the dressing. Add more paprika for a more intense smokey fragrant flavour.

Nutritional:

Energy (kcal)	392
Protein (g)	31.8
Total Carbs (g)	28.9
Total fat (g)	16.6

Food Hero

Manuka honey has antibacterial properties that can protect against cell damage and defend against infections.



Food Hero
 Polenta is a low carbohydrate source rich in vitamin A and C providing a boost to the immune system.

 Prep time: 20 minutes
 Cooking time: 40 minutes

Polenta Crusted Asparagus & Feta Quiche

with Exante Diet

A healthy lunch choice, easily prepared in advance and a source of probiotics.

Ingredients:

- 180g polenta
- 600ml water
- 50g parmesan
- 1x large egg

For the filling

- 250g asparagus
- 90g Greek yogurt
- 2x large eggs
- 90g milk
- 50g feta cheese

To serve

- 45g mixed leaf salad
- 5x cherry tomatoes

Method:

- 1 Preheat the oven to 190C.
- 2 Break the asparagus where the fibrous end meets the tender stalk and place on a baking tray.
- 3 Roast in the oven for 15-20 minutes.
- 4 Whilst the asparagus is roasting, prepare the crust.
- 5 Bring the water to the boil with ½ teaspoon of salt. Slowly add the polenta stirring all the time and cook on a low heat for 10minutes.
- 6 When fully thickened, remove from the heat and stir in the parmesan, the beaten egg and a pinch of salt and pepper.
- 7 Transfer the mixture to a greased quiche dish and smooth into a rough 3/4inch crust with a spatula. Bake for 20-30 minutes, the crust should be golden and dry to touch.
- 8 For the filling, whisk together the Greek yogurt, eggs, milk and salt and pepper before gently folding in the crumbled feta.
- 9 Pour the filling into the polenta crust and arrange the asparagus on top.
- 10 Return the quiche to the oven and bake for 40-45 minutes until fully set. To check if cooked, a knife inserted into the centre should come out clean.
- 11 Serve with the mixed leaf salad and cherry tomatoes.

Nutritional:

	Whole quiche	Per Serving
Energy (kcal)	866	289
Protein (g)	71.4	23.8
Total Carbs (g)	53.1	17.7
Total fat (g)	40.9	13.6

A close-up photograph of a white plate containing a dinner meal. On the left is a large, roasted pig's knuckle with a golden-brown, crispy skin and some herbs. To its right are roasted vegetable chunks, including what appears to be sweet potato and eggplant. In the foreground, there is a cluster of roasted cherry tomatoes in a dark, glossy sauce. An orange square is overlaid in the center of the image, containing the word "DINNER" in white, uppercase letters.

DINNER



Food Hero

Cinnamon adds sweetness to food with the added benefit of effectively balancing blood sugar levels.

Tex Mex Steak Fajitas

with Exante Diet

Prep time:
10 minutes

Cooking time:
10 minutes

A spicy family favourite, this is an easy-to prepare dinner that's a rich source of protein.

Ingredients:

- 100g sirloin steak
- 1x small wholewheat tortilla
- ½ onion
- ¼ red pepper
- 1x garlic clove
- ½ tsp cumin
- ½ tsp chilli powder
- ½ tsp paprika
- Pinch of cinnamon
- 5ml olive oil
- 1 teaspoon crème fraiche
- FryLight

Nutritional:

Energy (kcal)..... **414**
Protein (g)..... **31.3**
Total Carbs (g)..... **24**
Total fat (g)..... **21.4**

Method:

- 1 Place a frying pan on high heat to get it nice and hot.
- 2 Mix together the spices and garlic clove in a medium sized bowl to create the tex mex seasoning.
- 3 Slice the steak into thin strips and add to the bowl with the spices.
- 4 Add the olive oil and mix until the steak is evenly coated with the spices.
- 5 Allow to stand while you slice the onion and pepper into thin strips.
- 6 Allow the steak to absorb the spicy flavours.
- 7 Spray the hot pan with the FryLight and add the sliced onions and peppers; cook until softened then add the steak. Cook for 3-4 minutes, stirring occasionally to ensure even cooking.
- 8 Lay the tortilla on a plate and add the tender, succulent steak, onion and pepper. To finish add a dollop of crème fraiche for a touch of freshness to the spicy steak.

Prep time:
10 minutes

Cooking time:
10 minutes

Tofu and Mushroom Stir Fry

with Exante Diet

A healthy dinner choice for vegetarians packed full of protein and immune system boosting vitamins.

Ingredients:

- 100g tofu
- 75g mushroom
- 1x carrot
- 50g broccoli
- 50g edamame beans (stir fry pack available at Tesco)
- 2x spring onions
- 50g straight-to-wok noodles

For sauce

- ½ tsp chilli flakes
- 2x tsp soy sauce
- 1x tsp rice wine vinegar
- 1x garlic clove
- 1x tsp sesame oil
- 1x tsp honey

Nutritional:

Energy (kcal)	308
Protein (g)	26.5
Total Carbs (g)	38.5
Total fat (g)	5.3

Method:

- 1 Start by making the stir-fry sauce. Finely chop the garlic clove and combine all ingredients in a small bowl.
- 2 Slice the mushrooms and spring onions, cut the carrots into strips and weigh out the broccoli florets.
- 3 Spray a wok with FryLight and place on a high heat.
- 4 Add the tofu to the pan and cook as directed on the packaging.
- 5 After 5 minutes, add the carrots and broccoli and cook for a further 5 minutes before adding the mushrooms, edamame beans and spring onions.
- 6 Allow the mushrooms to soften and cook for a couple of minutes.
- 7 Finally, add the straight-to-wok noodles and pour over the sauce.
- 8 Allow both the noodles and sauce to warm through and serve.



Food Hero

Containing protein, mushrooms are also high in vitamin C providing a healthy boost to your immune system.



Prep time:
10 minutes

Cooking time:
30 minutes

Mozzarella Stuffed Chicken Breast

with Exante Diet

A healthy dinner choice full of flavour and slow-release carbohydrates to help you feel energised for longer.

Ingredients:

- 125g chicken breast
- 2x slices parma ham
- 30g mozzarella
- 5 cherry tomatoes
- 60g sweet potatoes
- 1x garlic clove
- Pinch rosemary
- 5ml balsamic vinegar

Method:

- 1 Pre-heat the oven to 200C.
- 2 Slice the chicken breast to make a pocket big enough to stuff with the mozzarella. Ensure that the meat is not pierced all the way through otherwise the mozzarella will leak through during cooking.
- 3 Once stuffed, wrap the chicken breast with the 2 slices of Parma ham.
- 4 Chop the sweet potato into 1 cm sized cubes and finely chop the garlic.
- 5 Place in an oven ready dish, mix well and sprinkle over the rosemary.
- 6 Make a space in the middle and place the chicken breast in the dish.
- 7 Place in the centre of the oven. Turn the sweet potatoes after 10 minutes. Cook for a further 10 minutes then add the tomatoes and cook for a further 5 minutes.
- 8 Check that the chicken is cooked through, plate up and drizzle the balsamic vinegar over the tomatoes to serve.

Nutritional:

Energy (kcal).....	331
Protein (g).....	40.6
Total Carbs (g).....	16.2
Total fat (g)	11.5

Food Hero

Sweet potato is a good alternative healthy carbohydrate choice.



Prep time:
5 minutes

Cooking time:
25 minutes

Jerk Salmon, Rice & Peas (Kidney Beans)

with Exante Diet

A Caribbean favourite, this nutritious dinner option provides the perfect ratio of protein to carbohydrate

Ingredients:

- 110g salmon fillet
- 25g brown rice
- ½ onion
- 1x tbsp coconut milk
- 60g kidney beans
- 1x tsp Jerk seasoning
- ½ tsp dried thyme
- Pinch of salt and pepper
- 30g broccoli florets
- 30g green beans

Method:

- 1 Place the rice in a small saucepan and cover with 2 inches of boiling water, bring to the boil and simmer.
- 2 Drain and rinse the kidney beans.
- 3 Once the rice has boiled for 10 minutes, add the kidney beans and thyme.
- 4 Add the coconut milk when it is almost cooked.
- 5 Brush the salmon lightly with a small amount of olive oil and sprinkle on top the jerk seasoning on the bare flesh side.
- 6 Bring a separate pan of water to the boil and add the broccoli florets and green. Simmer until cooked.
- 7 Spray another saucepan with FryLight and place on a high heat.
- 8 Once hot add the salmon skin side down and cook for 6 minutes.
- 9 Flip the salmon to cook the fleshy side for a further 6 minutes.
- 10 To serve, place the rice and peas on a plate and place the salmon flesh side down on the rice.
- 11 Add the cooked greens on the side.

Food Hero

Coconut milk is sweet but low in sugar and provides a healthy dose of good fats.

Nutritional:

Energy (kcal)	402
Protein (g)	29.3
Total Carbs (g)	26.4
Total fat (g)	19.9



Prep time:
10 minutes

Cooking time:
25 minutes

Chicken & Prawn Quinoa Jambalaya *with Exante Diet*

A world cuisine dinner option with a blend of spices, providing big flavours and an essential combination of vitamins.

Ingredients:

- 115g chicken
- 75g prawn
- 20g quinoa
- ½ onion
- ¼ red pepper
- ½ fresh chilli
- 1x garlic clove
- 50g courgette
- 150g chopped tomatoes
- 1x tsp paprika
- 1x tsp chilli powder
- 60ml chicken stock
- Pinch of salt and pepper
- 5-10 basil leaves

Method:

- 1 Cut the chicken into 1 inch cubes and dice the onion, peppers and courgette whilst finely chopping the chilli and garlic.
- 2 Heat a saucepan on high heat, spray with FryLight and add the chicken, cooking for 5 minutes to ensure it is cooked through.
- 3 Remove the chicken, spray the pan with FryLight once more and add the onion. Cook gently for 5 minutes, stirring all the time to allow to soften and once it appears translucent, add the chilli, garlic and teaspoon of paprika.
- 4 Cook for a further 2 minutes before adding the pepper and courgette, allow to soften.
- 5 Pour in the quinoa and cooked chicken stir well and add the chicken stock and chopped tomatoes.
- 6 Bring to the boil, cover and allow to simmer for 10 minutes, stirring occasionally to prevent the mixture from sticking.
- 7 Add the prawns and cover for another 5-10 minutes.
- 8 Season to taste and serve topped with fresh, chopped basil.

Nutritional:

Energy (kcal).....	377
Protein (g).....	42
Total Carbs (g).....	24.5
Total fat (g).....	12.3

Food Hero

High in fibre and protein, Quinoa is a fantastic gluten-free alternative to rice and pasta.

A photograph of healthy snacks. On the left, a white bowl contains sliced red bell peppers and cucumber. In the center, a wooden cutting board holds several stalks of celery. On the right, a white bowl contains hummus topped with a sprinkle of red spices. The background is a plain, light-colored surface.

SNACKS

Banana and Peanut Butter on toasted Rye Bread

with Exante Diet

A delicious, filling snack that provides a steady slow release of carbohydrates, so you feel energised for longer.

Ingredients:

- 1x tbsp natural peanut butter
- ½ banana
- 1x thin slice rye bread
- Pinch cinnamon

Method:

- 1 Toast the rye bread
- 2 Spread a healthy serving of peanut butter on top
- 3 Slice one small banana and place on top of the peanut butter
- 4 Sprinkle the cinnamon over everything

Nutritional:

Energy (kcal)	209
Protein (g)	6.5
Total Carbs (g)	26.5
Total fat (g)	8.5



Trail Mix

with Exante Diet

A quick and easy snack to enjoy on the go,
full of antioxidants and vitamins

Ingredients:

- 10g Almonds
- 10g Pecans
- 5g dark chocolate chips
- 5g sunflower seeds
- 5g dried cranberries

Method:

- 1 Roughly chop the cranberries, almonds and pecans (or leave whole according to preference)
- 2 Combine all ingredients in a serving dish

Nutritional:

Energy (kcal).....	208
Protein (g).....	4.8
Total Carbs (g).....	11.8
Total fat (g).....	15.7



Cottage Cheese and Fruit Bowl

with Exante Diet

A delicious, refreshing snack packed with Vitamin C and essential healthy fats to boost your immune system.

Ingredients:

- 75g cottage cheese
- 1/2 banana
- 20g strawberries
- 20g raspberries
- 10g chopped almonds
- 1x tsp Manuka honey

Method:

- 1 Slice / chop the banana, strawberries and almonds
- 2 Place the cottage cheese in a bowl
- 3 Mix through the fruit and nuts
- 4 Drizzle the Manuka honey on top

Nutritional:

Energy (kcal).....	209
Protein (g).....	11.3
Total Carbs (g).....	21.9
Total fat (g).....	8.5





Prep time:
5 minutes

Cooking time:
10 minutes

Egg Mayo Ryvita

with Exante Diet

A wholesome snack packed with protein to help you stay fuller for longer.

Ingredients:

- 2x ryvita
- 1x large egg
- 2x tsp light mayonnaise
- 1x tsp raisins
- ½ tsp curry powder

Method:

- 1 Boil the egg until it is well done and firm
- 2 Once cool, remove the shell and slice
- 3 Place in a bowl with the raisins, mayonnaise and curry powder
- 4 Mix until well combined and place on top of the Ryvita

Nutritional:

Energy (kcal).....	184
Protein (g).....	9.9
Total Carbs (g).....	18.8
Total fat (g).....	7.7



Prep time:
5 minutes

Cooking time:
10 minutes

Hummus Dippers

with Exante Diet

An easy-to-prepare light snack that provides a healthy, low fat protein option.

Ingredients:

- 50g hummus
- 1x tbs chickpeas
- Pinch paprika
- 50g cucumber
- ¼ pepper
- 1x stalk celery

Method:

- 1 Slice the pepper and cucumber into strips for dipping
- 2 Place the hummus in a dish to serve, placing the chickpeas on top
- 3 Sprinkle the paprika on top
- 4 Serve with the pepper, cucumber and celery

Nutritional:

Energy (kcal)	204
Protein (g)	6.2
Total Carbs (g)	12.6
Total fat (g)	14.3