



OPTIFAST® RECIPE HANDBOOK

We're passionate about helping people like you reclaim your health and vitality. With over 40 years of experience and more than 120 clinical studies proving safety and efficacy when used as a total diet replacement, our OPTIFAST products have been developed by scientists to ensure that you feel supported and confident to achieve successful weight loss. The flexible and customisable OPTIFAST weight loss plans mean that you can cater your weight loss journey to you and your needs.

Whether you're ready to move on from your Total Meal Replacement plan, or wish to follow an Intermittent Fasting plan, Partial Meal Replacement plan or our Maintenance plan, you'll be able to reintroduce and enjoy conventional low-calorie meals alongside your OPTIFAST meal replacement products.

We've put together this handy recipe book to help you find inspiration for your low-calorie meals to support you on your weight loss journey. Including a wide range of low-calorie recipes for smoothies, salads and salsas, hot meals, and desserts, there are plenty of delicious dishes for you to enjoy.

Discover ways to add variety to your OPTIFAST Shakes, Soups and Desserts, or try out our ideas for nutritious low-calorie dishes that have been selected specifically to complement your weight loss plan.

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SMOOTHIES

Low-Calorie Banana & Vanilla Smoothie

Serves 2

DESCRIPTION

When you begin to introduce more conventional foods into your diet, a smoothie made with fresh fruit and skimmed milk or fat-free yoghurt can make a great healthy breakfast option. You can also make this recipe vegan-friendly by using a plant-based milk and leaving out the honey.

INGREDIENTS

250ml skimmed milk
1 small banana, peeled and sliced into chunks
2 tbsp fat-free natural yoghurt
1 tbsp honey

METHOD

1. Peel and slice the banana into small ½ inch rounds.
2. Add the sliced banana along with the milk, yoghurt and honey into a food processor.
3. Blend the ingredients on high until you have a smooth consistency.
4. If the smoothie is too thick to drink, add a small amount of cold water to loosen the mixture and blend again.
5. Pour the smoothie mixture into two glasses and serve immediately.

ALLERGENS

Contains the following allergens:
Milk/Dairy

NUTRITIONAL VALUES *(Per serving)*

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
202 kcal	13.2g	36g	0.5g	33g	0.3g	1.9g	155mg



OPTIFAST Green Smoothie

Serves 1

DESCRIPTION

OPTIFAST Shake Mixes are incredibly versatile and can be used in a number of ways, allowing you to create a variety of unique, delicious and nutritious drinks. This recipe for an OPTIFAST green smoothie makes a refreshing breakfast to kickstart your day. It features cucumber and spinach, combined with a sachet of OPTIFAST Shake Mix and crushed ice.

INGREDIENTS

1 sachet OPTIFAST Shake Mix
(Vanilla or Strawberry flavour)
½ a medium-sized cucumber, washed
and diced
15g spinach leaves, washed
75g crushed ice
200ml cold water

METHOD

1. Wash the spinach leaves and gently blot any excess water using a kitchen towel.
2. Wash and dice the cucumber.
3. Place all the ingredients, including the crushed ice, into a food processor and blend until smooth.
4. If you prefer a thinner consistency, add more water.
5. Pour into a glass and enjoy.

ALLERGENS

OPTIFAST Shakes contain milk, soy, fish (fish oil).

NUTRITIONAL VALUES *(Per serving)*

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
202 kcal	13.2g	36g	0.5g	33g	0.3g	1.9g	155mg

PRODUCTS USED



1 sachet OPTIFAST Shake Mix
(Vanilla or Strawberry flavour)



OPTIFAST Mocha Smoothie

Serves 1

DESCRIPTION

This mocha smoothie recipe is a great way to start your day when you're pushed for time. All you need is OPTIFAST Chocolate Shake Mix, a spoonful of instant coffee granules and some water - ice is optional. If you don't have a blender or food processor, simply shake all of the ingredients together in an OPTIFAST Shaker Bottle instead.

INGREDIENTS

1 sachet OPTIFAST Chocolate Shake
300ml cold water
1 tsp instant coffee

METHOD

1. Add all of your ingredients to a blender and blend until smooth.
2. Serve immediately, with added ice cubes or crushed ice if you prefer.

ALLERGENS

OPTIFAST Shakes contain milk, soy, fish (fish oil)

NUTRITIONAL VALUES *(Per serving)*

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
204 kcal	20.1g	18.9g	4.5g	9.5g	0.9g	3.6g	232.6 mg

PRODUCTS USED



1 sachet OPTIFAST Chocolate Shake
OPTIFAST Shaker Bottle





SALADS & SALSAS

Mixed Bean and Pineapple Salsa

Serves 6

DESCRIPTION

Looking for a salsa recipe to serve at your next summer party or BBQ that's a little bit different than the standard tomato-based dip, and still fits with your weight loss plan? This mixed bean and pineapple salsa could be exactly what you've been looking for.

INGREDIENTS

310g tinned kidney beans, drained and rinsed
 310g tinned mixed beans, drained and rinsed
 310g tinned soybeans, drained and rinsed
 300g fresh green beans, rinsed and sliced into 1-inch pieces
 440g tinned pineapple chunks, drained (but keep the juice for another part of the recipe)
 1 onion, peeled and thinly sliced
 2 red peppers, washed and thinly sliced
 2 tbsp unsaturated vegetable oil
 2 tbsp pineapple juice (from the drained juice)
 2 tsp sugar
 Garlic salt to taste

ALLERGENS

Contains the following allergens:

Soy
 Lupins
 Sulphites (in canned pineapple)

METHOD

1. Begin by preparing the green beans. Rinse them in cold water, blot dry and slice into 1-inch pieces. Place the sliced beans in a saucepan over a medium-high heat and fill the pan with water, leaving about ¼-inch from the top of the beans.
2. Cover with a lid and leave to steam for 5-7 minutes or until most of the water has evaporated. Remove from the heat, drain any excess water and leave the green beans to one side.
3. While the beans are steaming, peel and slice the onion, wash and slice the peppers, and separate the pineapple chunks from their juice. Set aside.
4. Drain and rinse the kidney beans, mixed beans, and soybeans, then combine together in a large mixing bowl. Stir in the cooked green beans, pineapple chunks, sliced onion, and red pepper.
5. In a small bowl, mix together the oil, pineapple juice, sugar, and garlic salt, then add it to the bean mixture and stir to combine. Place the large mixing bowl in the fridge for at least one hour to allow the flavours to blend together.

Remove from the fridge and divide into six servings. Enjoy!

NUTRITIONAL VALUES *(Per serving)*

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
202 kcal	16.5g	30.3g	11.01g	17.4g	1.7g	14.6g	603.2 mg

Fresh Tomato Salsa

Serves 2

DESCRIPTION

This fresh tomato salsa recipe is easy to throw together and is made simply using fresh vegetables and seasoning, making it a great healthy barbecue side dish.

INGREDIENTS

2 medium tomatoes, washed and finely diced
 1 small red onion, peeled and diced
 3 spring onions, washed with ends removed and finely chopped
 1 garlic clove, peeled and minced
 ½ dried red chilli, finely chopped (be careful not to touch your eyes after chopping)
 3 tbsp fresh coriander, finely chopped
 3 tbsp fresh lime juice

METHOD

1. Peel the onion and garlic; wash the tomatoes and spring onions. Finely chop the tomatoes, onion, coriander and red chilli. Remove the ends from the spring onions and finely chop.
2. Add all of the prepared ingredients to a large mixing bowl and gently stir together. Add in the freshly squeezed lime juice and stir again until all the ingredients are well combined.
3. Divide into two portions and serve immediately or place in the fridge in a tightly sealed container for up to 3 days.

ALLERGENS

Contains the following allergens:
 Sulphites (in bottled lime juice)

NUTRITIONAL VALUES *(Per serving)*

ENERGY	PROTEIN	CARBOHYDRATES	FAT	TOTAL SUGARS	SATURATED FAT	FIBRE
50 kcal	2.75g	6.21g	0.38g	5.81g	0.02g	3.41g



Classic Caesar Salad

Serves 1

DESCRIPTION

A Caesar salad is a solid choice for many of us. To make it a tasty main course without adding an extra carbs, top the crisp lettuce, crunchy croutons, and shavings of parmesan cheese with a juicy grilled chicken breast.

INGREDIENTS

225g lettuce, washed and chopped
 1 small carrot, grated
 30g fresh peas, washed
 40g cucumber, sliced
 120g lean chicken breast, chargrilled
 1 slice wholemeal bread, toasted and sliced into small square 'croutons'
 1 tbsp parmesan cheese, grated
 2 tbsp low-fat Caesar salad dressing

ALLERGENS

Contains the following allergens:

Milk

Wheat

Dressing may contain musard, fish, egg and sulphites depending on the recipe

METHOD

1. Start by removing any skin from the chicken breast. Place the chicken on a baking tray and chargrill over high heat for about 10-12 minutes or until cooked through.
2. While the chicken is cooking, wash the lettuce leaves and blot dry with a kitchen towel. Then, roughly chop and place into a large bowl.
3. Next, wash and shell the fresh peas, peel and grate the carrot, and slice the cucumber, and add them to the bowl of lettuce.
4. Toast the bread and cut into small squares to create your croutons.
5. Once the chicken is cooked, cut into thin slices and place it in the bowl along with the lettuce, peas, carrot and cucumber slices.
6. Lastly, add the croutons and grated parmesan cheese to the bowl and gently toss to mix everything together.
7. Transfer the salad to a serving bowl and drizzle over the Caesar dressing.

NUTRITIONAL VALUES (Per serving)

ENERGY	PROTEIN	CARBOHYDRATES	FAT	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
375 kcal	45.5g	22g	10.2g	12g	2.3g	6g	658 mg



Niçoise Salad

Serves 6

DESCRIPTION

The classic Niçoise salad features tuna, hard-boiled eggs, baby new potatoes, olives and juicy cherry tomatoes, creating a burst of flavour with every forkful. It's a great option for a lunch dish or even an evening meal.

The tuna and eggs provide a good source of protein, while the potatoes supply a source of complex carbohydrates, making this salad a meal that can help to keep you feeling full longer.

INGREDIENTS

12 small new potatoes, washed and halved
 150g baby spinach, washed and blotted dry
 200g green beans, washed, trimmed and sliced into halves
 150g cherry tomatoes, washed and halved
 400g tuna in spring water, drained and flaked
 8 pitted black olives, halved
 Handful of fresh basil leaves, washed and finely chopped
 4 hard-boiled eggs, peeled and quartered
 55g low-fat mayonnaise
 1 tbsp Dijon mustard
 2 tsp lemon juice
 Freshly ground black pepper

METHOD

1. First, make the salad dressing. In a small bowl, mix together the mayonnaise, mustard and lemon juice, and set aside.
2. Next, wash and halve the new potatoes and place in a large saucepan. Cover the potatoes with water and bring to a boil over a medium heat. Boil for 8-10 minutes or until the potatoes are cooked through. Drain and place into a large mixing bowl.
3. In a separate pan, hard-boil four eggs. When done, submerge the eggs into a bowl of ice-cold water to cool. Once the eggs are cool, peel, cut into quarters and set aside.
4. Meanwhile, wash, trim and slice the green beans and place in a medium-sized saucepan. Steam for 2-3 minutes or until just lightly cooked through. Remove the pan from the heat and allow the beans to slightly cool, then transfer them to the bowl of potatoes and set aside.
5. While the beans are cooling, wash the cherry tomatoes and spinach leaves. Cut the tomatoes into halves and blot dry the spinach leaves and add them to the bowl of green beans and potatoes.
6. Lastly, drain and flake the tuna and add to the salad mixture, then lightly toss to combine all the ingredients.
7. Portion the salad into six bowls and top each with the halved olives, chopped basil and hard-boiled eggs.

ALLERGENS

Contains the following allergens:

Fish
 Eggs
 Mustard
 Sulphites (black olives, mayonnaise, depending on brand of maple syrup)

8. Lightly drizzle the salad dressing over the salads and season with freshly ground black pepper.

NUTRITIONAL VALUES *(Per serving)*

ENERGY	PROTEIN	CARBOHYDRATES	FAT	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
317 kcal	27.4g	27.6g	9.2g	5.3g	2.2g	5.3g	467.5 mg



Pumpkin & Courgette Couscous Salad

Serves 2

DESCRIPTION

This salad is not just your ordinary lettuce and tomato salad – this salad uses slightly different ingredients that can be eaten warm or cold. It makes an ideal low-calorie lunch or dinner that feels wonderfully hearty, thanks to the couscous and roasted vegetables.

INGREDIENTS

150g instant couscous
235ml boiling water
500g baby spinach leaves, washed and blotted dry
30g pumpkin, peeled and diced into 1-inch cubes
30g courgette, washed and cut into 1-inch thick slices
6 macadamia nuts, chopped
Juice of ½ a lime
2 tsp balsamic vinegar
Low-calorie cooking spray

ALLERGENS

Contains the following allergens:
Wheat/Gluten
Nuts
Sulphites (balsamic vinegar)

METHOD

1. Preheat the oven to 200°C.
2. Wash and slice the courgette and peel and dice the pumpkin into cubes. Spray a baking tray with low-calorie cooking oil and place the vegetables on it. Place in the oven and roast for 20-25 minutes, until softened and lightly browned. Remove from the oven and set aside to cool.
3. While the vegetables are roasting, add the dried couscous to a large bowl and carefully pour in the boiling water. Cover and leave to stand for 5 minutes.
4. Once the couscous has puffed up and absorbed all of the water, gently fluff with a fork and add the roasted vegetables and chopped macadamia nuts. Lightly stir to combine.
5. To make the dressing, combine the lime juice and balsamic vinegar in a small bowl, then add it to the couscous mixture and stir to mix through. Portion into two bowls and serve.

NUTRITIONAL VALUES *(Per serving)*

ENERGY	PROTEIN	CARBOHYDRATES	FAT	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
394 kcal	12.72g	70g	5.3g	2.3g	0.7g	6.5g	19 mg



Spinach, Orange & Strawberry Salad with Honey & Lime Dressing

Serves 4

DESCRIPTION

This salad of fresh, juicy orange segments and sweet strawberries paired with baby spinach leaves and cos lettuce, then finished with a sweet yet tangy honey and lime dressing makes a great starter dish or a light summery lunch.

INGREDIENTS

200g baby spinach, washed and blotted dry
200g cos lettuce, washed, dried and roughly chopped
2 oranges, peeled and cut into segments
250g strawberries, washed, stems removed and sliced
1 tsp cumin
2 tsp honey
2 tbsp freshly squeezed lime juice

METHOD

1. Peel the oranges and cut into segments, and wash, destem and slice the strawberries into halves. Set both aside.
2. Wash the spinach and cos lettuce, then place in a kitchen towel and gently squeeze out the excess water. Shred the lettuce and toss with the spinach in a large mixing bowl.
3. To make the dressing, mix together the cumin, honey and lime juice in a small bowl.
4. Drizzle the dressing over the salad leaves and top with the sliced fresh fruit.

ALLERGENS

Contains the following allergens:
Sulphites (in bottled lime juice)

NUTRITIONAL VALUES *(Per serving)*

ENERGY	PROTEIN	CARBOHYDRATES	FAT	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
82.8 kcal	4.6g	11.5g	0.7g	11.4g	0.08g	5.6g	26.3 mg



Tuna Pasta Salad

Serves 4

DESCRIPTION

Pasta salads are great meals to batch cook, especially a classic tuna pasta salad. This recipe features carrot, pepper and spring onion, adding plenty of nutritious, fresh veg to the dish, while a low-calorie salad dressing helps to keep the dish wonderfully moist. Enjoy this tuna pasta salad warm on the first day it's made and leave a few portions to cool before placing in the fridge so you've got healthy, low-calorie lunches for the rest of the week.

INGREDIENTS

200g pasta, uncooked (we recommend penne, fusilli or rigatoni)
 40ml low-calorie Italian-style salad dressing
 425g tuna in spring water, drained
 1 medium carrot, peeled and grated (approx. 50g)
 1 red pepper, sliced into strips (approx. 75g)
 2 spring onions, finely chopped

METHOD

1. In a large pan, add your pasta and cover with water. Bring the water to a boil and cook, according to the packet instructions.
2. Meanwhile, drain the tuna and set aside. Next, wash all the vegetables and peel and grate the carrot, slice the pepper into strips and finely chop the spring onions. Add all the prepared vegetables to a large mixing bowl, and stir gently to combine.
3. When the pasta is cooked, drain the water from the pan and pour the pasta into the bowl with the vegetables. Lightly stir to combine the pasta and vegetables.
4. Add the drained tuna and salad dressing to the pasta and vegetables. Mix thoroughly until all ingredients are combined.
5. Serve either while the pasta is still warm or allow to chill thoroughly before eating.

ALLERGENS

Contains the following allergens:

Wheat/Gluten

Fish

Note: Italian-style salad dressing ingredients may vary and may contain sulphites

NUTRITIONAL VALUES *(Per serving)*

ENERGY	PROTEIN	CARBOHYDRATES	FAT	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
396.5 kcal	34g	53.5g	4g	2.5g	1.1g	3.5g	445.5 mg



Avocado & Melon Salad with Honey Orange Dressing

Serves 4

DESCRIPTION

Try this recipe for a delicious and vibrant salad of juicy melon and avocado on a bed of crisp salad leaves, accompanied by a gorgeous orange, honey and mustard dressing that will create a burst of flavour in your mouth.

INGREDIENTS

1 medium-sized avocado, peeled, stone removed and sliced
 350g melon, peeled and sliced
 300g mixed salad leaves, washed and thoroughly dried
 2 tbsp fresh orange juice
 1 tbsp honey
 1 tbsp cider vinegar
 1 tbsp olive oil
 1 tsp wholegrain mustard

METHOD

1. Cut the washed and peeled avocado in half, remove the stone, scoop out each half with a large spoon, then slice.
2. Wash and cut the melon in half, scoop out the seeds, peel (remove the outer rind) and cut into slices.
3. Divide the washed salad greens into bowls and top with both the sliced avocado and melon.
4. To make the dressing, add the orange juice, honey, vinegar, oil and mustard to a food processor, and blend until smooth.
5. Pour 1 tbsp of the dressing over each salad serving, and enjoy.

ALLERGENS

Contains the following allergens:
 Sulphites (in cider vinegar)
 Mustard

NUTRITIONAL VALUES *(Per serving)*

ENERGY	PROTEIN	CARBOHYDRATES	FAT	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
224 kcal	2.7g	12g	17.7g	12g	3.6g	3.9g	56 mg



Shredded Brussels Sprouts Salad

Serves 4

DESCRIPTION

Brussels sprouts are high in fibre to help keep you feeling full and they're also a good source of vitamins C and K, as well as other vitamins and minerals. This recipe takes just minutes to rustle up and makes a great lunch for using up festive leftovers or as a side dish to accompany cold meat. And because this recipe is low in calories, it will fit perfectly into your weight loss plan, helping you to stay on track amid the Christmas period.

INGREDIENTS

2 cloves garlic, peeled and crushed
 350g Brussels sprouts, washed and shredded
 1tsp olive oil
 1tsp Dijon mustard
 Freshly ground black pepper to taste
 Optional: 1tbsp nutritional yeast

ALLERGENS

Contains the following allergens:
 Mustard

METHOD

1. Peel and crush the garlic and set aside. Wash and shred the Brussels sprouts into thin strips.
2. Heat the olive oil in a non-stick frying pan over a medium heat, then add the sprouts and garlic and lightly sauté for 2-3 minutes or until the sprouts begin to wilt slightly. Add a little water if you need to prevent the sprouts from burning or sticking to the pan.
3. Remove the pan from the heat and stir through the Dijon mustard and black pepper to taste.
4. Sprinkle with nutritional yeast if desired.

NUTRITIONAL VALUES *(Per serving)*

ENERGY	PROTEIN	CARBOHYDRATES	FAT	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
45 kcal	3.57g	2.27g	1.5g	2.1g	0.28g	4.43g	46.07 mg



Cauliflower Tabbouleh Salad

Serves 1

DESCRIPTION

A tabbouleh salad is light, summery and bursting with flavour. This popular mezze dish is traditionally made with bulgur wheat, although some variations use couscous instead. Our version is made using cauliflower in place of other grains, creating a tasty, low-carb alternative. This dish works well as a side, served with lean meat or fish; alternatively, it's a delicious lunch or light meal by itself.

INGREDIENTS

1 head of cauliflower, cut in half with core removed, then grated
 ½ a cucumber, diced
 8 tomatoes, halved, deseeded and diced
 1 spring onion, finely chopped
 Handful of parsley
 Handful of mint leaves
 Handful of chives
 For the dressing:
 2 tbsp olive oil
 Juice of 1 lemon
 3 cloves of garlic, crushed
 Pinch of salt
 Pinch of ground black pepper

ALLERGENS

No allergens

METHOD

To make the dressing:

1. In a small bowl, whisk together the olive oil, lemon juice and garlic. Add salt and pepper to taste, then set aside

To make the salad:

1. Wash the cauliflower, separate into halves and remove the core. Grate the cauliflower halves into small chunks, and place these in a large bowl
2. Add the diced tomatoes and cucumber to the grated cauliflower and lightly stir
3. Lastly, add the herbs and dressing to the cauliflower mix and stir thoroughly until mixed
4. Serve and enjoy!

NUTRITIONAL VALUES (Per serving)

ENERGY	PROTEIN	CARBOHYDRATES	FAT	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
87 kcal	2.6g	6.1g	4.4g	0g	0.6g	3.2g	407 mg



Veggie Summer Rolls

Serves 1

DESCRIPTION

Light, summery, fresh and delicious, these tasty vegetarian rolls make a great snack, light lunch or even a starter. Serve them alongside our gorgeous dipping sauce and they'll go down a treat with the whole family, whether they're joining you on your weight loss journey or not.

INGREDIENTS

For the summer rolls:

4 rice paper wraps
Handful of fresh coriander, finely chopped
Handful of mung bean sprouts
1 small bunch of chives, finely chopped
1 red pepper, sliced into thin strips
1 cucumber, sliced into thin strips
1 carrot, peeled and sliced into thin strips
Handful of mangetout
Handful of cabbage, shredded
1 thumb of fresh ginger, grated

For the dipping sauce:

1tbsp black vinegar
1tbsp sesame oil

ALLERGENS

Contains the following allergens:

Sesame
Sulphites (in black vinegar)
Lupin (in mung bean sprout)

METHOD

1. Slice the red pepper, cucumber and carrot into matchstick shapes
2. Finely chop the herbs
3. Rehydrate one of the rice paper wraps in warm water for just a few seconds. Place on a clean tea towel, as they can otherwise be quite hard to handle
4. Then, place an even amount of each sliced vegetable in the rice paper wrap and roll into a cigar-like shape
5. Rehydrate and fold the rest of the wraps to make the remainder of the veggie rolls
6. Mix together the sesame oil and black vinegar and serve alongside the summer rolls as a tasty dipping sauce
7. Tuck in!

NUTRITIONAL VALUES *(Per serving)*

ENERGY	PROTEIN	CARBOHYDRATES	FAT	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
92 kcal	2.1g	10.8g	3.3g	0g	0.4g	2.6g	31.3 mg





HOT MEALS

Protein Oatmeal Pancakes

Serves 1

DESCRIPTION

Protein oat pancakes are a great filling breakfast option. They help support your weight loss journey by keeping you feeling full for longer and less likely to snack.

INGREDIENTS

50g fine oat flakes
 200g low-fat quark (0.3% fat)
 1 egg a dash of cinnamon
 100ml milk (1.5% fat)
 1 tbsp THOMY pure rapeseed oil

METHOD

1. Whizz the oats in a blender until finely chopped.
2. Add the low-fat quark, egg, cinnamon and milk and mix until combined.
3. In a small pan, heat THOMY pure rapeseed oil and fry 6 small pancakes in it one at a time. Serve with fresh fruit, e.g. berries.

ALLERGENS

Contains the following allergens:
 Milk/Dairy
 Wheat/Gluten (in oats)

NUTRITIONAL VALUES *(Per serving)*

ENERGY

PROTEIN

CARBOHYDRATES

TOTAL FATS

90
kcal

7g

7g

4g



Spring Couscous

Serves 1

DESCRIPTION

Couscous is a great low-calorie option when you're following a weight loss plan. This simple recipe combines couscous with spring vegetables and a delicious dressing, so it's packed with fresh flavours.

INGREDIENTS

100g onions
 150g red peppers
 100g courgette
 100g fresh mushrooms
 2 tbsp THOMY pure sunflower oil
 300ml water
 3 tsp MAGGI vegetable bouillon
 150g couscous
 2 tsp lime juice

METHOD

1. Peel and finely dice the onions. Wash the peppers, remove the seeds and white inner flesh and finely dice. Clean and wash the courgette and finely dice. Clean, quarter and slice the mushrooms.
2. Heat up the THOMY pure sunflower oil in a pan. Sweat the onions, add the vegetables and sauté for approx. 5 mins.
3. Pour over water. Add MAGGI vegetable bouillon, dissolve and bring to the boil. Add couscous and stir in. Switch off the hob, cover and leave for 5 mins to absorb.
4. Stir in lime juice. Break up the couscous and serve immediately. Goes great with cubes of feta.

ALLERGENS

Contains the following allergens:
 Wheat/Gluten (in bouillon)
 Sulphites (in bouillon)
 Celery
 Note that vegetable bouillon ingredients may vary

NUTRITIONAL VALUES *(Per serving)*

ENERGY

PROTEIN

CARBOHYDRATES

TOTAL FATS

99
kcal

3g

6g

7g



Mini Pepper Pizza

Serves 1

DESCRIPTION

Using sliced peppers as a pizza base can be a tasty way to enjoy a lower-calorie pizza when you're following a weight loss plan. This recipe suggests salami and tomatoes as toppings, but you can use up anything you have in your fridge - just bear in mind that this may alter the calorie count slightly.

INGREDIENTS

760g green peppers
 200g tomato passata
 1 tsp MAGGI seasoning mix 6 - Pasta & Pizza
 80g cocktail tomatoes
 4 slices of salami
 150g grated Gouda
 5 stems of basil

METHOD

1. Preheat the oven to 200°C.
2. Wash the peppers and cut off the tops. Finely dice the tops. Remove the seeds and the white inner flesh. Halve the peppers or cut into thirds depending on how big they are. You should have flat pepper halves to make it easier to add toppings.
3. Mix the passata with MAGGI seasoning mix no. 6. Pour over the pepper halves.
4. Wash and slice the cocktail tomatoes. Dice the salami. Spread the cocktail tomatoes, salami and diced pepper tops over the pepper halves and cover with grated Gouda. Place the pepper pizzas on a baking sheet lined with baking paper and bake for approx. 15 mins.
5. Wash the basil, pluck the leaves from the stems and finely slice.
6. Remove the pepper pizzas from the oven after approx. 15 mins, scatter over some basil and serve.

ALLERGENS

Contains the following allergens:
 Milk (Gouda)
 Wheat/Gluten (in seasoning mix)
 Sulphites (in seasoning mix)
 Celery
 Note that seasoning ingredients may vary

NUTRITIONAL VALUES *(Per serving)*

ENERGY

PROTEIN

CARBOHYDRATES

TOTAL FATS

226
kcal

13g

8g

16g



Low Carb Waffles

Serves 1

DESCRIPTION

Waffles are a real treat and this low-carb version is a fantastic way to enjoy them when you're trying to watch what you're eating. They're delicious as a weekend breakfast, topped with a selection of fresh fruit and drizzle of honey.

INGREDIENTS

3 eggs
 1 tsp coconut sugar
 0.5 vanilla pod(s)
 50g almonds (ground)
 30g coconut flour
 100ml milk
 1 tsp THOMY pure sunflower oil

ALLERGENS

Contains the following allergens:

Milk
 Eggs
 Nuts

METHOD

1. Separate the eggs. Whip the whites into peaks. Mix the yolks with the coconut sugar until frothy.
2. Halve the vanilla pod lengthways and scrape out the pulp. Mix the vanilla pulp with the almonds and coconut flour and stir into the egg mixture. Slowly stir in milk. Then carefully fold in the egg whites.
3. Heat up a waffle iron and grease with THOMY pure sunflower oil. Spoon 2 large tbsp of batter into the waffle iron per waffle and cook until golden brown. Dust the waffles with cinnamon to taste and serve with fresh fruits.

NUTRITIONAL VALUES *(Per serving)*

ENERGY

195
kcal

PROTEIN

11g

CARBOHYDRATES

5g

TOTAL FATS

14g



Middle Eastern Spiced Stew

Serves 4

DESCRIPTION

This Middle Eastern-inspired spiced stew is quick and easy to make. It uses only fresh vegetables, vegetable stock, herbs and spices, which not only help keep the calorie content low, but also make it an ideal and nutritious meal to rustle up when you're following a weight loss plan such as the OPTIFAST Intermittent Fasting or Partial Meal Replacement plans.

INGREDIENTS

3 tbsp vegetable stock (reduced salt if available)
 1 green pepper, washed, deseeded and diced
 2 courgettes, washed and sliced into 1cm chunks
 2 celery sticks, washed and diced
 400g can chopped tomatoes
 1 tsp chilli powder
 2 tbsp fresh mint, chopped
 1 tbsp ground cumin
 Pinch of black pepper
 Mint sprigs to garnish

ALLERGENS

Contains the following allergens:
 Wheat/Gluten (in vegetable stock)
 Sulphites (in vegetable stock)
 Celery

Note that vegetable stock ingredients may vary.

METHOD

1. Start by washing the green pepper, removing the seeds carefully using a knife and dice into small pieces. Wash and dice the celery, and wash and dice the courgettes. Leave the vegetables to one side.
2. In a large saucepan over a medium-high heat, add the vegetable stock and heat until boiling.
3. Then lower the heat to medium and add the pepper, courgettes and celery, then stir for 2-3 minutes until the vegetables begin to soften.
4. Next, add the chopped tomatoes, chilli powder, chopped fresh mint and cumin, and stir to combine.
5. Reduce the heat to medium-low, cover the pan, and leave to simmer for 30 minutes or until all of the vegetables are tender.
6. Remove the saucepan from the heat and season with black pepper to taste.
7. Pour into 4 bowls and serve hot, garnished with fresh mint sprigs.

NUTRITIONAL VALUES *(Per serving)*

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
45 kcal	2.05g	5.5g	0.95g	4.4g	0.1g	3.04g	148.4 mg



Spanish-Inspired Rice

Serves 4

DESCRIPTION

Bring the taste of summer holidays to your kitchen with this delicious, flavour-packed, Spanish-inspired vegetable rice recipe.

This dish combines rice with vegetables, tinned tomatoes, olives, saffron and fresh herbs, creating a vibrantly coloured savoury burst of Mediterranean flavour. Enjoy this Spanish-inspired rice as a filling main course for lunch or dinner.

INGREDIENTS

1 onion, peeled and finely chopped
 1 red pepper, washed, deseeded and finely chopped
 150g mushrooms, washed and sliced
 2 garlic cloves, peeled and crushed
 2 tsp olive or vegetable oil
 200g long grain white rice
 250ml reduced salt chicken stock
 400g tinned chopped tomatoes
 ¼ tsp saffron
 10 pitted black olives
 1 tbsp chopped parsley or basil

METHOD

1. Wash the pepper and mushrooms; deseed and finely chop the pepper and slice the mushrooms. Peel the onion and garlic, then finely chop the onion and crush the garlic.
2. Place a large frying pan over a medium heat and add the olive oil, onion and garlic. Sauté for 2-3 minutes or until the onion is softened and translucent - add a small amount of water if you need to prevent the garlic from burning.
3. Stir in the long grain rice and cook for 5 minutes. Then, add the stock, chopped tomatoes and saffron, and stir to combine.
4. Cover the pan with a lid, turn the temperature to low and leave to simmer for 20 minutes. Check and stir occasionally to ensure the rice is not sticking to the bottom of the pan.
5. When almost cooked through, add the sliced pepper and mushrooms, stir and leave to simmer for another 8-10 minutes, until almost all of the liquid is absorbed.
6. Remove the pan from the heat, stir in the olives and chopped herbs, divide into four portions and serve.

ALLERGENS

Contains the following allergens:
 Wheat/gluten (in vegetable stock and black olives)
 Sulphites (vegetable stock and black olives)
 Celery
 Note that vegetable stock ingredients may vary.

NUTRITIONAL VALUES *(Per serving)*

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
306 kcal	7g	51g	7g	7.5g	1g	4g	887 mg



Vietnamese Chicken Lettuce Cups

Serves 4

DESCRIPTION

Bring the taste of summer holidays to your kitchen with this delicious, flavour-packed, Spanish-inspired vegetable rice recipe.

This dish combines rice with vegetables, tinned tomatoes, olives, saffron and fresh herbs, creating a vibrantly coloured savoury burst of Mediterranean flavour. Enjoy this Spanish-inspired rice as a filling main course for lunch or dinner.

INGREDIENTS

1 onion, peeled and finely chopped
 1 red pepper, washed, deseeded and finely chopped
 150g mushrooms, washed and sliced
 2 garlic cloves, peeled and crushed
 2 tsp olive or vegetable oil
 200g long grain white rice
 250ml reduced salt chicken stock
 400g tinned chopped tomatoes
 ¼ tsp saffron
 10 pitted black olives
 1 tbsp chopped parsley or basil

METHOD

1. Wash the chillies, lettuce leaves, cucumber and carrot, using a kitchen towel to blot any excess water. Set the lettuce leaves to one side when you deseed and finely chop the chillies; peel and slice the cucumber and carrot into ribbons, grate the ginger, and peel and crush the garlic.
2. To make the topping for your lettuce cups, in a small bowl, combine the sliced cucumber, carrot strips, and rice vinegar and set aside.
3. Place a non-stick pan over a medium heat and add the minced chicken, grated ginger, crushed garlic, five spice powder, hoisin sauce and soy sauce. Stir the chicken so it's well coated with all of the seasonings.
4. Then, stir-fry the chicken for 7-10 minutes or until cooked through. Remove the pan from the heat and allow to cool for 5 minutes.
5. Arrange the lettuce leaves in 4 bowls. Spoon one-quarter of the chicken mixture into the centre of each lettuce leaf and garnish with the cucumber and carrot mixture. If you're using the jalapenos, sprinkle them over each cup and serve.
6. To make a wrap instead of cup, add the mince mixture to the middle of a large lettuce leaf and roll closed.

ALLERGENS

May contain celery
 Note that vegetable stock ingredients may vary

NUTRITIONAL VALUES (Per serving)

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
306 kcal	7g	51g	7g	7.5g	1g	4g	887 mg



Asparagus & Tomato Stir Fry

Serves 4

DESCRIPTION

Stir fries are a great low-calorie meal option and an ideal way to pack lots of vegetables into one dish. This stir fry recipe features asparagus, tomato, mushroom and spring onion, and is full of flavour and texture, with a delicious yet simple sauce made using lemon juice and soy sauce.

INGREDIENTS

1 tsp sesame oil
 500g asparagus, washed and cut diagonally into 3cm pieces
 4 spring onions, washed and sliced diagonally into 2cm pieces
 150g tinned mushrooms, drained
 2 cherry tomatoes, washed and sliced
 ½ tsp lemon zest
 1 tbsp soy sauce
 2 tsp lemon juice

METHOD

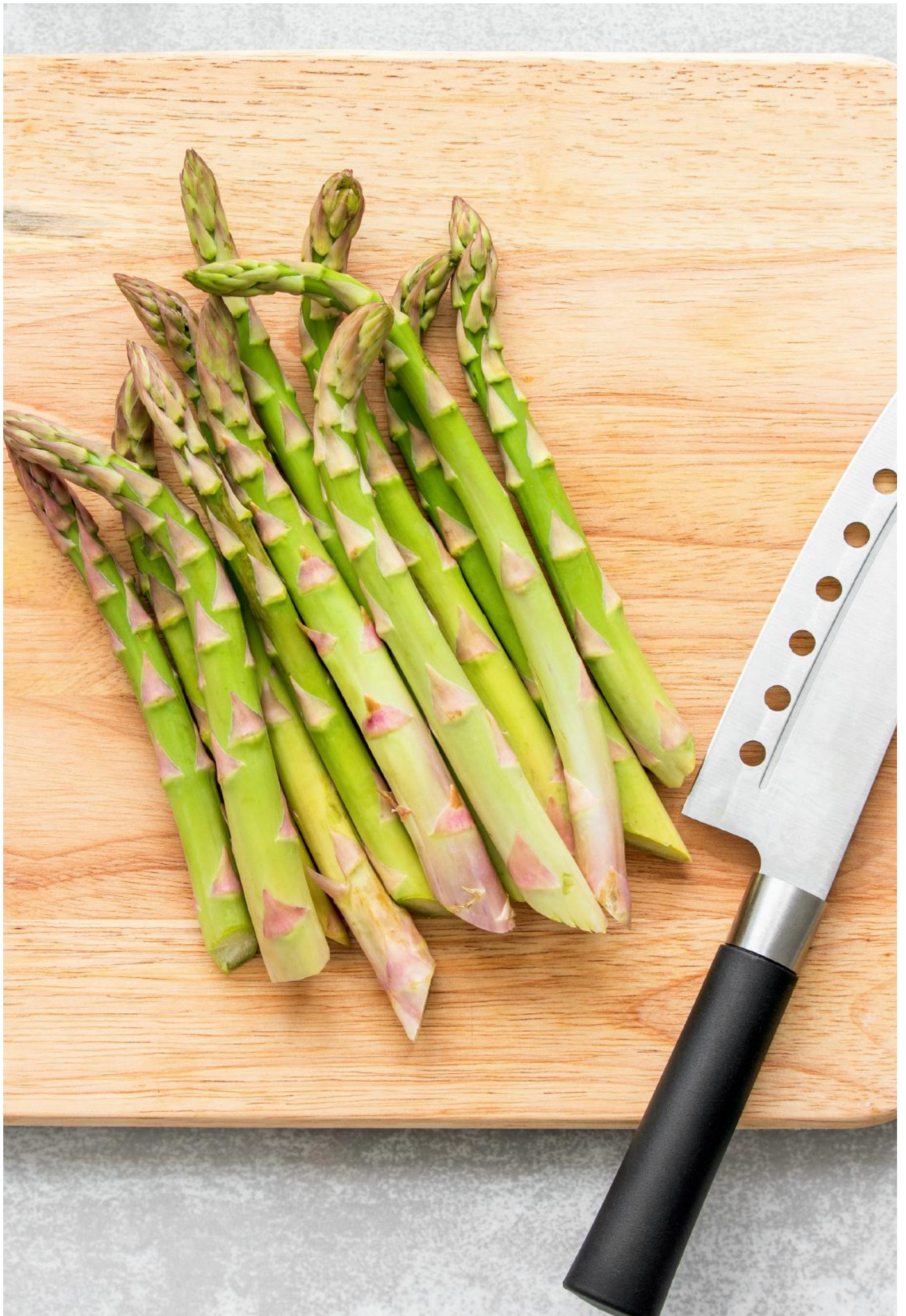
1. Wash and slice the asparagus, spring onions and cherry tomatoes, and drain the tinned mushrooms. Set aside.
2. Heat the sesame oil in a large saucepan over a medium-high heat. Add the asparagus and spring onions and cook for 3-4 minutes or until lightly browned, stirring occasionally to avoid burning.
3. Add the drained mushrooms to the pan and cook for 1-2 minutes until the mushrooms are heated through.
4. Lastly, stir in the tomatoes, lemon zest, soy sauce and lemon juice and cook for another 1-2 minutes or until everything is cooked through.
5. Remove the pan from the heat, divide into two portions and serve.

ALLERGENS

Contains the following allergens:
 Sesame
 Soy
 Soy sauce may contain wheat/gluten

NUTRITIONAL VALUES *(Per serving)*

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
125 kcal	10g	8.6g	3.11g	8.4g	0.42g	10.5g	931 mg



BBQ Vegetables Kebabs

Serves 4

DESCRIPTION

These skewers threaded with chunks of red onion, colourful peppers, mushrooms, courgettes, aubergine and juicy cherry tomatoes, coated in a garlic and balsamic dressing are bursting with vibrant colour and delicious flavour.

Enjoy barbecue season while staying on track with your Intermittent Fasting or Partial Meal Replacement Plan with these mouth-watering BBQ kebabs.

INGREDIENTS

8 wooden skewers
 1 red onion, peeled and sliced into quarters
 1 garlic clove, peeled and crushed
 1 red pepper, washed and sliced into chunks
 1 green pepper, washed and sliced into chunks
 8 button mushrooms, washed and sliced
 1 courgette, washed and sliced into rounds
 1 small aubergine, washed and chopped into 2.5cm pieces
 200g cherry tomatoes, washed and halved
 2 tbsp balsamic fat free salad dressing
 2 tbsp olive oil

METHOD

1. Fill a large bowl with cold water and soak the wooden skewers in it while you prepare the vegetables.
2. Wash, peel and prepare the garlic, onion, peppers, mushrooms, courgette, aubergine and tomatoes as directed.
3. In a small bowl, mix the crushed garlic with the salad dressing and olive oil. Leave to one side.
4. Remove the skewers from the bowl of water and begin to pierce the vegetables onto each one. Aim to have at least one chunk or slice of each vegetable on each skewer.
5. Take the garlic-infused dressing you made earlier and use a pastry brush to spread it over the vegetables on each skewer.
6. Barbecue the skewers or cook them over a griddle pan for around 10 minutes, turning them several times during cooking. Halfway through their cooking time, brush the vegetables with any remaining dressing.
7. Allow to cool slightly before eating.

ALLERGENS

May contain mustard (balsamic fat-free salad dressing)

NUTRITIONAL VALUES (Per serving)

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
74 kcal	3.3g	6.8g	2.7g	6.4g	0.3g	4.5g	96 mg



Aubergine & Mushroom Ratatouille

Serves 2

DESCRIPTION

Ratatouille can be a delicious side dish or even a light meal on its own. This vegetable-packed Italian favourite is a great low-calorie dish to prepare when you're following one of our Intermittent Fasting, Partial Meal Replacement or Maintenance Plans and able to enjoy meals made with conventional foods.

INGREDIENTS

1 tsp olive oil
 1 medium-sized onion, peeled and thinly sliced
 2 garlic cloves, peeled and crushed
 1 medium-sized aubergine, washed, halved and cut into 1-inch cubes
 1 medium-sized courgette, washed and sliced into rounds
 1 x 400g tin chopped tomatoes
 200g mushrooms, washed and sliced
 1 red pepper, washed, deseeded and cut into 1-inch strips
 1 tsp fresh or dried oregano
 1 tsp fresh or dried basil

METHOD

1. Peel and dice the onion, peel and crush the garlic, then wash and slice the aubergine, courgette, mushrooms and red pepper. Leave to one side.
2. In a large frying pan over a medium/high heat, heat the olive oil.
3. Add the onion to the pan and sauté for around 2-3 minutes or until soft. Add the garlic and cook for another minute. If needed, add a little water to the pan to keep the onion and garlic from burning.
4. Reduce the heat to low and add the aubergine, courgette, mushrooms, red pepper and chopped tomatoes, along with the oregano and basil.
5. Stir the mixture to combine, cover, and leave to simmer for approximately 1 hour or until the vegetables are tender, stirring occasionally.
6. Divide into two portions and serve warm.

ALLERGENS

No allergens

NUTRITIONAL VALUES *(Per serving)*

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
113 kcal	6.2g	10g	3.5g	8.93g	0.48g	8g	110 mg



Spiced Salmon with Tomato & Mint Riata

Serves 4

DESCRIPTION

In this recipe, salmon is coated in a mixture of spices, giving it a unique and delicious burst of flavour. Serve it alongside a homemade raita to add freshness and brighten up your dish while keeping the calories low.

INGREDIENTS

600g salmon fillet, with skin removed, cut into 4 portions
 200g low-fat natural yoghurt
 12 cherry tomatoes, sliced into quarters
 2 spring onions, washed and thinly sliced
 2 tbsp fresh mint leaves, finely chopped
 1 tsp ground turmeric
 ½ tsp ground cumin
 1 cucumber, finely diced
 1 garlic clove, peeled and crushed:

METHOD

1. Preheat the grill to 200°C
2. In a small bowl, mix ¾ of the yoghurt (saving the rest to use later in the recipe), turmeric and cumin.
3. Remove any skin from the salmon, cut into four portions, and place the fillets into the bowl with the yoghurt mixture. Gently spread the mixture on the salmon, ensuring each one is well-coated. Marinate for 30 minutes.
4. Meanwhile, wash the cherry tomatoes, slice them into quarters and place them in a separate large bowl. Wash and finely chop the mint and slice the spring onions and add them to the bowl of tomatoes.
5. Wash and dice the cucumber, and peel and crush the garlic. Add them to a new bowl, along with the remaining yoghurt. Gently mix to create the raita and set aside.
6. Place the marinated salmon fillets on a grill pan and cook for approximately 10 minutes on each side or until lightly firm to the touch.
7. Remove the salmon from the grill and top each fillet with one-quarter of the raita. Serve alongside a small serving of steamed rice or a small fresh green salad.

ALLERGENS

Contains the following allergens:

Fish
 Milk

NUTRITIONAL VALUES (Per serving)

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
400 kcal**	46g	5.5g	21.3g	5.1g	6.3g	1.7g	127.2 mg

**Does not include calories from the rice or salad



Low-Calorie Pitta Bread Pizza Recipe

Serves 1

DESCRIPTION

Pizza doesn't have to be off the menu when you're following our Intermittent Fasting or Partial Meal Replacement Plan. If you plan ahead, you can make your own pizza using a low-calorie pitta bread as the base and top it with fresh vegetables and lean protein.

INGREDIENTS

1 wholemeal pitta
 1 tbsp passata
 1 slice of cooked turkey, shredded
 1 medium-sized mushroom, washed and sliced
 1 small tomato, washed and sliced into 4 rounds
 ¼ onion, peeled and sliced
 30g reduced fat cheese

ALLERGENS

Contains the following allergens:
 Wheat (gluten)
 Milk

METHOD

1. Preheat the oven to 180°C.
2. While the oven is preheating, prepare your toppings. Peel and slice the onion, tomato and mushrooms, shred the turkey and grate the cheese.
3. To prepare your pizza, place your pitta bread on a baking tray and top it with the passata. Arrange the toppings on top of the passata, then sprinkle the grated cheese over the top.
4. Place the baking tray in the oven and cook the pitta pizza for approximately 5 minutes or until the cheese has melted.
5. Remove from the oven and enjoy on its own or serve it with a small green salad.

NUTRITIONAL VALUES *(Per serving)*

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
346 kcal**	22g	37g	10.6g	6.5g	5.6g	6.6g	960 mg

**Does not include calories from an accompanying salad



Stuffed Baked Potato

Serves 1

DESCRIPTION

A baked potato can be an incredibly comforting lunch, especially on a cold day, and it also contributes a reasonable amount of calories and carbohydrates. You can manage the calorie and carbohydrate count of your overall dish by turning it into a stuffed baked potato, by replacing some of the inside with fresh vegetables and lean protein such as tuna or low-fat cheese.

INGREDIENTS

1 medium potato, washed (approx. 150g)
60g tuna in brine, drained
1 stick celery, finely chopped (approx. 20g)
30g low-fat cheese, grated
2tbsp cooked peas

METHOD

1. Preheat the oven to 180°C.
2. Wash a large baking potato and prick the skin all over with a fork.
3. Place the potato on a microwaveable plate and microwave for 5 minutes.
4. Transfer the potato to a baking tray and place in the hot oven for 20 minutes. You can tell that the potato is cooked when you can easily pierce the skin with a fork.
5. Remove the potato from the oven and carefully slice it in half. Scoop the potato out of the skin, placing it into a bowl.
6. Add the drained tuna and chopped celery into the bowl with the potato, then spoon this mixture back into the potato skins. Fill each potato skin to the top, then sprinkle the peas and grated cheese on top.
7. Put the filled potato skins back into the oven for a further 10 minutes, until the cheese has melted.
8. Allow to cool slightly before serving.

ALLERGENS

Contains the following allergens:

Fish
Celery
Milk

NUTRITIONAL VALUES *(Per serving)*

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
270 kcal	27.26g	17.6g	9g	2.3g	5.2g	4g	405.5 mg



Creamy Corn Chowder

Serves 6

DESCRIPTION

This recipe takes a little bit longer to make, but is ideal to begin making ahead of time in the morning in between working or doing jobs around the house. Then, when you come back to it at lunchtime, you'll have a warm and delicious creamy chowder waiting for you. This dish is packed with fibre from the sweetcorn and potatoes, which will help you to stay feeling full and keep your hunger at bay in the afternoon.

INGREDIENTS

1 tbsp olive oil
 1 onion, peeled and chopped
 4 large potatoes, peeled and diced into 1cm cubes
 950ml water
 4 tbsp chicken stock
 420g tinned sweetcorn, drained
 410g canned creamed corn

ALLERGENS

May contain celery
 Note that chicken stock ingredients may vary

METHOD

1. Peel and chop the onion and potatoes, and drain the water from the tinned sweetcorn, then set aside.
2. In a large saucepan, add the olive oil and heat over a low to medium heat.
3. Add the onion to the pan, and cook for 2-3 minutes until it's soft and translucent. Stir frequently to avoid browning or burning.
4. Next, add the diced potatoes and cook for another 3-4 minutes, stirring to avoid burning.
5. Lastly, add the water, chicken stock, tinned sweetcorn and creamed corn to the pan. Stir to mix, then cover and leave to simmer for 20-30 minutes or until the potatoes begin to soften, stirring occasionally.
6. When the potato is cooked through, remove the pan from the heat. To serve, you can either ladle the soup immediately into bowls if you prefer a chunky soup or if you'd like to have a smoother soup, blend before serving.
7. If desired and to add a little more colour, sprinkle with a little chopped parsley before serving.

NUTRITIONAL VALUES *(Per serving)*

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
277 kcal	6.9g	48g	4.3g	15.35g	0.6g	6.6g	1,313 mg



OPTIFAST Tomato Florentine Soup

Serves 1

DESCRIPTION

Who doesn't enjoy a warm and delicious bowl of tomato soup? Or even better, a tomato florentine soup? Thanks to the OPTIFAST Tomato Soup sachets, it's a meal you can continue to enjoy even while you're on an OPTIFAST weight loss journey.

INGREDIENTS

1 sachet OPTIFAST Tomato Soup
250ml hot water (approx. 60°C)
2 tbsp frozen chopped spinach, cooked and well-drained
½ tbsp parmesan cheese, grated

METHOD

1. Cook the frozen spinach according to the package instructions. Squeeze out all the excess liquid has been blotted off, and set aside.
2. In a heat-proof bowl, combine the hot water and OPTIFAST Tomato Soup sachet, and stir until dissolved.
3. Next, add the cooked spinach and stir until combined.
4. Pour the florentine-style soup into a bowl and serve with a grating of parmesan cheese.

ALLERGENS

Contains the following allergens:

Milk

OPTIFAST Tomato Soup contains soy, fish (fish oil)

NUTRITIONAL VALUES *(Per serving)*

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
233 kcal	22g	20g	7g	4g	1.5g	3.8g	535.4 mg

PRODUCTS USED



1 OPTIFAST Tomato Soup Sachet



Sweet Chilli Fish Cakes

Serves 4

DESCRIPTION

These sweet chilli fish cakes make a delicious light lunch or low-calorie main course. With fresh coriander, zingy lemon, peppery sweet ginger, and fiery sweet chilli sauce, these homemade fish cakes are packed with flavour and they're also wonderfully filling thanks to the potato and protein-rich tuna they contain.

INGREDIENTS

3 medium-sized potatoes, peeled and diced
 75g sweet Thai sweet chilli sauce
 1 tsp fish sauce
 425g tuna in spring water, drained
 1 tsp lemon zest
 1 tsp ginger, grated
 5g coriander, chopped
 40g dried breadcrumbs
 1 celery stick, finely chopped
 1 egg, lightly beaten
 2 tbs olive oil

ALLERGENS

Contains the following allergens:

Wheat/Gluten

Celery

Eggs

Fish

Shellfish (in fish sauce and thai sweet chili sauce)

METHOD

1. Wash, peel and dice the potatoes, place them in a medium-sized pan of water, bring to a boil over a high heat and cook for 10-15 minutes, or until soft and cooked through.
2. Remove the potatoes from the heat, drain, place into a large mixing bowl and mash. Then, pour them into a large mixing bowl.
3. Add the grated ginger and lemon zest and the drained tuna into the bowl of potatoes and stir until well-mixed.
4. Wash and chop the celery and coriander and add to the bowl. Lastly, mix in the sweet chilli sauce, fish sauce and egg.
5. Mix until well-combined, divide the mixture into four, and with slightly damp hands, shape each portion into four evenly sized patties.
6. Over a medium heat, add and heat the olive oil in a griddle pan; carefully place the fish cakes into the pan and fry for 4-5 minutes on each side until golden brown.
7. Serve with salad leaves, extra sweet chilli sauce and lemon wedges.

NUTRITIONAL VALUES *(Per serving)*

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
350 kcal	30.6g	25.1g	13.5g	8.9g	2.8g	2.22g	787.5 mg



OPTIFAST Cauliflower Soup

Serves 1

DESCRIPTION

This recipe is for a delicious cauliflower soup, which uses a sachet of OPTIFAST Vegetable Soup as the base, and is enhanced with a hint of tarragon and just a few extra ingredients. It's quick and easy to rustle up and low in calories, making it fit easily into your weight loss or maintenance plan.

INGREDIENTS

1 sachet OPTIFAST Vegetable Soup
250ml boiled water, cooled to 60°C
65g cooked cauliflower florets
¼ tsp dried tarragon

METHOD

1. Mix the OPTIFAST Vegetable Soup sachet with the warm water. Stir until the soup powder dissolves in the water.
2. Pour the soup mixture into a food processor and add the cooked cauliflower florets and tarragon.
3. Blend until all ingredients are combined and serve immediately.

ALLERGENS

OPTIFAST Vegetable Soup contains milk, soy, fish (fish oil)

NUTRITIONAL VALUES *(Per serving)*

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
220 kcal	21.5g	20.9g	4.7g	10.8g	0.9g	4.6g	729.3 mg

PRODUCTS USED



1 OPTIFAST Vegetable Soup Sachet



Fruit Toast with Ricotta and Strawberries

Serves 1

DESCRIPTION

Toasted wholemeal bread or even wholemeal fruit bread can be a nutritious, filling breakfast that not only is a good source of fibre, but also complex carbs that can help keep your hunger at bay until lunchtime. Here's one idea using toasted wholemeal bread, creamy ricotta and fresh strawberries that will make you feel like you're starting your day with a treat, but only takes minutes to assemble.

INGREDIENTS

2 slices wholemeal fruit bread, toasted
 2 tbsp low-fat ricotta
 2 tbsp fresh strawberries, washed and sliced
 ¼ tsp cinnamon

METHOD

1. Wash and slice the strawberries, taking care to remove the stems.
2. Toast the fruit bread and place on a plate.
3. Spread the toast with ricotta, and top with the fresh strawberry slices and a sprinkling of cinnamon.

ALLERGENS

Contains the following allergens:
 Wheat/Gluten
 Milk (ricotta)

NUTRITIONAL VALUES *(Per serving)*

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
222 kcal	10.1g	33.3g	4.8g	11.6g	2.3g	3.3g	204 mg



Spinach and Mushroom Omelette

Serves 1

DESCRIPTION

This omelette is an excellent breakfast option that will help to keep you feeling full throughout the morning and provide vitamins and minerals, such as iron and vitamins A and C from the spinach, and B vitamins from the mushrooms. Protein and vegetables should be the key focus of your weight loss maintenance plan, which makes this recipe an ideal choice on those mornings where you have a little extra time to cook, or for a weekend brunch.

INGREDIENTS

2 eggs
1 tbsp reduced fat cheese, grated
20g spinach, washed
40g mushrooms, washed and sliced
Splash of skimmed milk

METHOD

1. Preheat the grill to 200°C
2. Wash and slice the mushrooms, and wash the spinach, squeezing out excess water with a kitchen towel.
3. In a medium-sized bowl, whisk the eggs with the milk, then add the grated cheese, spinach and mushroom slices.
4. Place a non-stick frying pan on a medium heat and spritz with cooking oil spray. Pour in the omelette mixture.
5. Cook for 3-5 minutes or until the mixture begins to set.
6. Remove the pan from the heat and place it under the grill for 1-2 minutes, or until the top of the omelette turns light brown in colour.
7. Turn out the omelette onto a plate and enjoy immediately.

ALLERGENS

Contains the following allergens:

Egg
Milk

NUTRITIONAL VALUES (Per serving)

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
218 kcal	21.3g	3.5g	13.2g	3.1g	5.2g	0.9g	242.2 mg



French Toast

Serves 2

DESCRIPTION

French toast feels like an indulgent treat, but you can keep it healthy and nutritious by using wholemeal or nutrient-packed multigrain bread drizzled with light maple syrup and a side of fresh berries. Tucking into this in the morning could help to curb your sweet cravings and keep hunger at bay for the rest of the day.

INGREDIENTS

2 eggs
235ml skimmed milk
4 slices multigrain bread
1 tbsp light maple syrup

ALLERGENS

Contains the following allergens:
Milk
Wheat/Gluten
Egg

METHOD

1. In a large mixing bowl, beat together the eggs and milk.
2. Place each slice of bread in the egg and milk mixture, allowing it to soak up the liquid on one side, before turning it over and coating the other side.
3. Place a frying pan on a high heat and fry each piece of bread for 1-2 minutes, or until golden, on each side.
4. Serve two pieces of bread per person, drizzling maple syrup over to serve.

NUTRITIONAL VALUES *(Per serving)*

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
327 kcal	16.9g	41.8g	9.9g	16.5g	2.7g	3.2g	459 mg



Vegetable-Stuffed Mushrooms

Serves 6

DESCRIPTION

Our flavoursome stuffed mushrooms are low in calories but high in flavour, thanks to a delicious filling that includes onion, garlic, oregano, parsley and parmesan. This is a great easy recipe to make when you're starting to reintroduce conventional foods to your diet as part of the Partial Meal Replacement stage of your weight loss journey.

INGREDIENTS

24 large or 12 extra-large mushrooms, washed and with stems removed
 2 tsp olive oil
 1 onion, peeled and finely chopped
 3 garlic cloves, peeled and finely chopped
 1 carrot, washed, peeled and finely chopped
 1 red pepper, deseeded and finely chopped
 ½ cup chicken stock
 1 tsp dried oregano
 3 tbsp parmesan cheese, grated
 2 tbsp parsley, finely chopped

METHOD

1. Preheat the oven to 200°C. Wash the mushrooms and remove the stems.
2. Peel and chop the onion, garlic and carrot, and finely chop the pepper.
3. Make up the chicken stock using the stock cube and boiling water.
4. Fill a medium saucepan with boiling water, place on a high heat and cook the mushrooms for around two minutes.
5. Carefully remove the mushrooms from the pan using a ladle, and leave to drain on paper towels.
6. Heat the olive oil in a frying pan on a moderate heat. Add the onion and garlic, and sauté for five minutes or until soft, stirring occasionally to avoid burning.
7. Add the carrot and pepper to the onion mixture and cook for another four minutes.
8. Carefully pour in the chicken stock, sprinkle in the oregano and leave the pan to simmer for another four minutes, or until the vegetables are heated through and soft.
9. Meanwhile, place the mushrooms onto a lined baking tray.
10. Once the vegetable mixture is cooked, remove the pan from the heat, then stir in the parmesan and parsley.
11. Spoon a small amount (about a tablespoon) of the mixture into each mushroom cup.

ALLERGENS

Contains the following allergens:
 Milk
 Chicken stock ingredients will vary, may contain mustard

12. Place the baking tray in the oven and bake for ten minutes, or until piping hot.

NUTRITIONAL VALUES *(Per serving)*

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
87 kcal	5g	5.8g	3.4g	0g	1.2g	3.3g	239 mg



Chicken & Pesto Fettuccini

Serves 4

DESCRIPTION

Pesto pasta is a simple, comforting dish with a burst of flavour, and this version includes chicken for added protein. Making your own pesto is really easy, and it means you're in total control of what you're putting into your food - and your body. If you don't want the carb content of the pasta, you could substitute the fettuccini for Konjac noodles, a low-calorie alternative.

INGREDIENTS

300g dry fettuccini or Konjac noodles
 20g chopped basil
 4 garlic cloves, peeled and chopped
 18g parmesan cheese, grated
 300g soft ricotta cheese
 2 tbsp pine nuts, finely chopped
 65ml chicken stock
 50g partially sun-dried tomatoes, chopped into small pieces
 200g cooked chicken, chopped

ALLERGENS

Contains the following allergens:
 Sulphites (in sun-dried tomatoes)
 Milk/Dairy
 Nuts (pine nuts)

METHOD

1. Fill a large saucepan with water, add salt if preferred and bring to a boil over a high heat. Add the pasta or Konjac noodles and cook according to the packet instructions or until al dente. Drain the pasta and set aside in a large bowl.
2. While the pasta is cooking, place the basil, garlic, parmesan, ricotta, pine nuts and chicken stock in a food processor and blend until smooth.
3. Add the pesto to the pasta and lightly toss to coat the pasta.
4. Blot the sun-dried tomatoes with kitchen paper to remove any excess oil, then chop into small pieces.
5. Stir the tomatoes and pieces of chopped chicken through the pasta. Reheat the dish in the microwave for 2-3 minutes to warm the chicken.
6. Serve with a green salad.

NUTRITIONAL VALUES (Per serving)

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
520 kcal	32.3g	60.4g	15.5g	6.9g	5.7g	5.4g	235 mg



Sicilian Vegetable Stew

Serves 8

DESCRIPTION

This simple but delicious stew is packed with tasty vegetables, helping to keep it low-calorie yet hearty. You can make this recipe with any vegetables you've got left over in the drawer of your fridge, but bear in mind that adjusting recipes can alter the total calorie count.

INGREDIENTS

1kg aubergine, washed and diced
 250g white onions, peeled and thinly sliced
 1 tbsp olive oil
 500g ripe tomatoes, seeded and sliced into strips
 2 tbsp capers, drained
 3 celery stalks, washed and chopped
 150g black olives
 1/3 cup vinegar
 1 tsp sweetener

METHOD

1. Wash and slice the aubergines, and place in a large strainer. Sprinkle with salt and leave to one side to drain for at least an hour.
2. Meanwhile, plan a wide, shallow pan on a medium-high heat. Drizzle in half of the olive oil and fry the onions until golden.
3. Add the tomatoes, celery, olives and capers. Cook for 15 minutes, stirring throughout. Remove from the heat.
4. Rinse the aubergine and dry using paper towels.
5. Heat the remaining oil in a saucepan over a high heat. When the oil is hot, add the aubergine pieces and fry until well-browned.
6. Drain the aubergine and stir it into the tomato mixture. Drizzle over the vinegar and sweetener, and return the pan to a low heat.
7. Cook until the vinegar has completely evaporated.
8. Remove from the heat and serve either hot or cold.

ALLERGENS

Contains the following allergens:
 Celery
 Sulphites (in capers, vinegar, olives)

NUTRITIONAL VALUES (Per serving)

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
113 kcal	3g	7.4g	6.6g	6.6g	0.9g	5.5g	331.6 mg



Tuna Hot pot

Serves 4

DESCRIPTION

Hot pot is traditionally made with lamb, or sometimes beef, but these can both be quite fatty meats. Instead, try adding tuna and turn this into a light and lower-calorie recipe, creating a unique but incredibly tasty twist on a classic family meal.

INGREDIENTS

3 medium tomatoes, washed and sliced
 440g can of tuna in brine, drained and divided into flakes
 3 medium potatoes, boiled and sliced
 1 tbsp plain flour
 1 pinch cayenne pepper
 250ml skimmed milk
 60g reduced fat cheese, grated

ALLERGENS

Contains the following allergens:
 Wheat/Gluten
 Fish
 Milk

METHOD

1. Preheat the oven to 200°C and lightly grease a large casserole dish using low-calorie cooking oil spray.
2. Place half of the sliced tomatoes on the bottom of the dish, then evenly cover with half of the drained tuna flakes.
3. Using the remaining sliced tomatoes and tuna, add another layer, followed by the slices of cooked potato.
4. Meanwhile, you can make your white sauce. Start by melting the remaining margarine in a saucepan over a medium-high heat. Stir in the flour and cayenne pepper to form a smooth paste, taking care not to let it burn.
5. Turn down to a low heat. Using a whisk, slowly stir in the milk until you have a thick, smooth mixture, being careful not to scald it.
6. Stir in the grated cheese, then remove the sauce from the heat.
7. Pour the sauce over the potatoes, then bake for 20 minutes or until the potatoes are golden brown.

NUTRITIONAL VALUES *(Per serving)*

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
310 kcal	34.7g	19.6g	9.3g	7g	3.8g	3.26g	573.8 mg



Green Chicken & Vegetable Curry

Serves 4

DESCRIPTION

Curries made with a creamy base can be high in calories and often get ruled out if you're following a weight loss maintenance plan. However, this doesn't mean that all curries are off limits. You can still enjoy a curry dish with this green chicken and vegetable curry, which is a healthier, lower-calorie option.

INGREDIENTS

500g chicken fillets, skinned and chopped into small pieces
 3 tsp Thai green curry paste
 60ml water
 240g pumpkin, peeled and chopped into bite-sized pieces
 150g green beans, washed and sliced
 235ml light evaporated milk
 2 tsp cornflour
 Cooking oil spray

ALLERGENS

Contains the following allergens:
 Milk
 Thai green curry paste may contain fish (fish sauce) or soy (soy sauce).

METHOD

1. Place a large saucepan over a medium-high heat and lightly spray with cooking oil.
2. Add the chicken pieces to the pan and stir-fry for 5-10 minutes, or until golden.
3. Spoon the curry paste into the pan and stir until the chicken is coated.
4. Next, add the water and the diced pumpkin, stir to combine, then cover with the lid and cook for about 5 minutes.
5. Remove the lid, stir in the green beans and cook for a further 5 minutes, uncovered.
6. While the green beans are cooking, in a small bowl, combine the evaporated milk and cornflour together. Then, add the mixture to the pan and bring to a boil.
7. Stir occasionally, reduce the heat slightly and simmer uncovered for 5 minutes before serving.

NUTRITIONAL VALUES *(Per serving)*

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
229 kcal	35g	12.5g	3.8g	9.7g	0.97g	2.8g	294 mg



Garlicky Green Beans & Mushrooms

Serves 4

DESCRIPTION

This recipe for garlicky green beans and mushrooms makes a tasty and interesting vegetable side dish - a low-calorie alternative to sides like potatoes, pasta and rice.

INGREDIENTS

250g green beans, washed and with ends cut off
 250g button mushrooms, rinsed and sliced into quarters
 2 tsp olive oil
 1 garlic clove, peeled and crushed
 Pinch of salt and pepper
 Optional: 1 tsp dried chilli flakes

ALLERGENS

No allergens

METHOD

1. Wash the green beans and mushrooms, then cut the ends off the green beans, slice the mushrooms in half and set aside.
2. In a frying pan over a medium heat, add the olive oil and then the crushed garlic and cook for 30-60 seconds, taking care not to burn the garlic.
3. Add the mushrooms to the pan and cook until golden brown in colour.
4. Meanwhile, add the green beans to a small pot of boiling water, cover and leave to blanch for three to four minutes, until they are slightly softened.
5. Once the green beans are ready, drain and add to the pan with the mushrooms.
6. Cook the bean and mushroom mixture for four to five minutes or until the green beans are soft and the mushrooms are golden brown.
7. Remove the pan from the heat and season the vegetables with salt and pepper. Add dried chilli flakes if you want to add a kick of extra heat.

NUTRITIONAL VALUES *(Per serving)*

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
77 kcal	3.4g	5.7g	2.3g	0g	0.3g	4.8g	400 mg



Multi-Coloured Vegetable Stir-Fry

Serves 6

DESCRIPTION

To keep the calories low and flavour high, this stir fry recipe uses Konjac noodles, which can be found in most Chinese supermarkets and many world food aisles. Also, if you have extra veggies in your fridge drawer that need using, you can add them into the recipe too, but remember this will change the total calorie count.

INGREDIENTS

- | | |
|--|--|
| 1 pak choi, sliced into quarters | 100g button mushrooms, washed and sliced |
| 1 onion, peeled and diced | 100g green beans, chopped |
| 1 stick of celery, diced | 100g mangetout, washed |
| 1 leek, washed well, sliced into rounds | 100ml chicken stock, made using a stock cube and boiling water |
| 1 carrot, peeled and sliced into ½ inch sticks | 1 packet Konjac noodles, rinsed |
| 1 red pepper, deseeded and sliced into ½ inch sticks | 1 red chilli, deseeded and chopped |
| 1 yellow pepper, deseeded and sliced into ½ inch sticks | 1 garlic clove, peeled and crushed |
| ½ white cabbage, washed and roughly chopped | 1 thumb-sized piece of fresh ginger, grated |
| Handful of asparagus sticks, washed and cut into ½ inch pieces | Soy sauce to taste |
| 1 patty pan squash (also known as summer squash), peeled and sliced into ½ inch sticks | 50ml sesame oil |
| | Handful of fresh coriander, finely chopped |
| | Cooking oil spray |



METHOD

1. Start by washing and slicing the pak choi into four even pieces, and place them in a griddle pan lightly coated with non-stick spray over a medium-high heat. Cook for 3-5 minutes on each side, until griddle lines begin to appear. Remove from the heat and set aside
2. Next, prepare your vegetables; dice the onion and celery into small pieces, wash and slice the leeks, and deseed and finely chop the red chilli
3. Peel and crush the garlic, then, with the grated ginger, add to a non-stick pan that's been spritzed with cooking spray. Heat for 30 seconds, then add along with the diced onion, celery, leeks and red chilli
4. Sauté over a medium heat for 5-7 minutes, stirring occasionally
5. Meanwhile, slice the carrots and peppers, slice the mushrooms and chop the squash, cabbage, asparagus and griddled pak choi into evenly sized sticks
6. Add the carrots, green beans and leeks to the non-stick pan along with a little chicken stock to soften the leeks - add more stock as needed to avoid burning
7. Next, add the peppers and pak choi, and stir fry for an additional 5-7 minutes, until the peppers and pak choi begin to soften
8. Then, add the squash, mushrooms and other remaining vegetables (except for the bean sprouts) and stir fry for 5-7 minutes, or until the vegetables are cooked through
9. Rinse the Konjac noodles and add to the pan of vegetables
10. Lastly, add the bean sprouts and cook for 30-60 seconds, then remove from the heat and add the soy sauce taste to the stir-fry
11. Plate up the stir-fry, sprinkle over 1tsp of sesame oil per serving, and garnish with fresh coriander

ALLERGENS

Contains the following allergens:

Celery

Soy, may contain Wheat/Gluten

Sesame

Chicken stock ingredients vary, may contain mustard.

NUTRITIONAL VALUES *(Per serving)*

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
82 kcal	4.8g	9.9g	0.6g	0g	0.1g	4.3g	591 mg

Veggie Minestrone Soup

Serves 1

DESCRIPTION

This vegetable minestrone soup is a great way to use up leftovers and help you avoid unnecessary food waste. If you've made our veggie bolognese recipe for an evening dinner, you can turn the leftovers into a tasty low-calorie soup for a totally different meal.

INGREDIENTS

1 serving of veggie Bolognese
50g button mushrooms, washed and sliced
½ packet Konjac noodles, rinsed
120ml tomato passata
240ml vegetable stock
Handful of finely chopped fresh parsley or coriander

ALLERGENS

Vegetable stock ingredients vary. May contain celery and mustard.
Veggie bolognese ingredients unknown.

METHOD

1. Wash and slice the mushrooms, and add to a non-stick saucepan along with the leftover Bolognese, passata, stock and chopped herbs
2. Bring to a simmer and allow to cook for approximately 5-10 minutes to reheat the Bolognese, and until the mushrooms are softened and cooked thoroughly
3. Rinse the Konjac noodles, then cut them up into lengths of 4cm, and stir into the soup
4. Simmer for another 3 minutes. Taste and adjust the seasoning as desired
5. Ladle into a soup bowl and finish with a teaspoon of olive oil or tabasco sauce, and extra herbs if desired

NUTRITIONAL VALUES (Per serving)

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
179 kcal	7.2g	23.1g	2.2g	1g	0.4g	4.4g	873.6 mg

Grilled Mediterranean Stack

Serves 1

DESCRIPTION

Eating a variety of veg-based dishes can really help you to keep on track with a Partial Meal Replacement or Maintenance Plan, and our grilled Mediterranean stack is a great way to mix things up. This dish of chargrilled, lightly seasoned vegetables features different layers of flavour for a taste sensation that's low-carb and low-fat.

INGREDIENTS

2 large, Portabella mushrooms, sliced in half
 1 aubergine, sliced
 1 roasted red pepper, sliced
 1 courgette, sliced
 1 red onion, roughly chopped
 3 cloves of garlic, finely sliced
 450g cherry tomatoes
 1 tsp olive oil, with a sprinkle of basil
 Rocket leaves to serve
 Salt and pepper to taste

METHOD

1. Preheat your oven to 180°C
2. Prepare the vegetables, slicing the mushrooms, aubergine, pepper, courgette, onion and garlic, and roughly chop the red onion
3. Spritz a griddle pan with spray oil and place it on a high heat
4. Griddle all of the vegetables (apart from the rocket leaves), until they have griddle lines on them. This should only take a few minutes
5. Season the veg, then place on a baking tray that's been sprayed with your spray oil for around 20 minutes
6. Drizzle the olive oil and basil on top before serving

ALLERGENS

No allergens

NUTRITIONAL VALUES *(Per serving)*

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
145 kcal	5.6g	13.9g	3.6g	0g	0.5g	4.2g	625.5 mg





DESSERTS

Chocolate & Almond Pudding

Serves 1

DESCRIPTION

Chocolate puddings don't have to be off limits when you're following an OPTIFAST weight loss plan – you just need to make them a little differently. Combine an OPTIFAST Chocolate Dessert with almond extract and beaten egg whites to create a mousse-like texture.

INGREDIENTS

1 x OPTIFAST Chocolate Dessert sachet
200ml ice cold water
¼ tsp almond essence
1 egg white

ALLERGENS

Contains the following allergens:
Almonds (nuts)
Egg
OPTIFAST Desserts contain milk, fish (fish oil), soy

METHOD

1. Start by separating the egg. Discard the yolk or save to use at a later time. Whisk the egg white until you have soft peaks or a foam-like consistency and set aside.
2. Combine 200ml of ice-cold water and an OPTIFAST Chocolate Dessert sachet in a medium-sized bowl and whisk until all the powder has dissolved.
3. Add in the almond essence and mix through, then gently fold in the beaten egg white.
4. Place the mixture in the fridge for 5-10 minutes to set.
5. Once ready, scoop the pudding into a dessert bowl or ramekin and enjoy!

NUTRITIONAL VALUES *(Recipe makes 2 servings)*

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
236 kcal	21.7g	17.3g	2.7g	9.2g	0.6g	3g	293 mg

PRODUCTS USED



1 OPTIFAST Chocolate Dessert Sachet

Strawberry Whip Pudding

Serves 1

DESCRIPTION

Using the right balance of ingredients, including fresh fruit and an OPTIFAST Shake Mix, can help you to create a quick, tasty, tempting dessert that will satisfy your sweet tooth and leave you feeling like you've indulged in a real treat.

INGREDIENTS

1 sachet OPTIFAST Strawberry Shake
2 tsp diet strawberry jelly
100ml boiling water
4 strawberries, washed and sliced into quarters
1 tsp lemon juice
Handful of ice cubes

METHOD

1. In a small heat-proof bowl, mix the jelly with the boiling water.
2. Next, add the ice cubes to the bowl and stir until the mixture starts to thicken and is partially set.
3. Remove the remaining pieces of ice and replace with the OPTIFAST Strawberry Shake Mix instead. Stir to combine.
4. Wash the strawberries and slice into quarters, then fold them into the jelly and shake mixture along with the lemon juice.
5. Pour the mixture into a bowl, then place in the fridge and allow to set.
6. Once set, serve in a small dish and enjoy.

ALLERGENS

OPTIFAST Strawberry Shake contains milk, soy, fish (fish oil)

NUTRITIONAL VALUES *(Recipe makes 2 servings)*

ENERGY	PROTEIN	CARBOHYDRATES	TOTAL FATS	TOTAL SUGARS	SATURATED FAT	FIBRE	SODIUM
244 kcal	20.3g	23.9g	4.6g	13.8g	0.9g	4.6g	222.8 mg

PRODUCTS USED



1 OPTIFAST Strawberry Shake Sachet



OPTIFAST[®]

