



Special G

George Foreman Menu Plan

BREAKFAST – 250 Kcal (average = 240Kcal, ~6g fat)

Choose one from the following;

- 6 tbsp wholegrain cereal topped with 1 tbsp mixed berries and 1/3 pint semi-skimmed milk.
- 2 rashers of back bacon (fat removed and grilled) on 2 slices of wholegrain bread with 1 tbsp of reduced sugar and salt sauce (tomato ketchup, brown sauce)
- 1 bagel (warmed on your pre-heated grill) topped with 1 tbsp low fat soft cheese and 1 tsp marmite. 1 banana.
- 1 medium bowl of fresh fruit salad topped with 1 tbsp low fat yoghurt. 1 slice of wholegrain toast with 1 tsp of butter or 2 tsp low fat spread.
- 2 Scotch pancakes (warmed on your pre-heated grill) with 1 tbsp maple syrup and 8 strawberries.
- 6 tbsp porridge oats made up with semi-skimmed milk and topped with 1 tbsp dried fruit.
- 1 English muffin (warmed on your pre-heated grill) topped with scrambled eggs and grilled tomato and mushrooms.
- 2 Scotch pancakes with grilled pineapple slices topped with 1 tsp honey and cinnamon
- 2 slices of wholemeal toast with 2 tsp low fat spread/low sugar jam and 250ml of fresh fruit smoothie
- 1 grilled Portobello mushroom topped with scrambled egg and chives, served on 1 slice of wholegrain toast.

LUNCH – 300Kcal (average = 280Kcal, ~9g fat)

Choose from one of the following delicious recipes. All lunch recipes are quick and easy to prepare the night before so you can enjoy your lunch any time, any place!

Top Tip: Make up a batch of grilled vegetables at the start of the week and keep them in an airtight container in the fridge ready to add to your lunch recipes.

For recipes and nutritional analysis see following pages.

- Warm Asian Style Noodle salad
- Creamy cheese chicken parcels
- Feta balsamic Panini
- Grilled vegetable pasta salad
- Green garden salad with herb and bacon vinaigrette
- Grilled garden vegetable sandwiches
- Chicken cheese quesadillas
- Couscous with Greek vegetables in Lemon & Garlic
- Grilled steak sandwich
- Garden vegetable and salmon fettuccini salad

SNACKS

Choose two snacks (one from each column for women, plus an extra 250 Kcal snack for men) to eat over the day.

100 Kcal snacks

1 large pear
1 medium banana
1 portion fruit salad
1 medium apple
2 large slices of pineapple
2 large plums
2 slices of melon

250Kcal snacks

2 tbsp houmous & 1 carrot
2 slices of malt loaf
2 crackers and 60g cheese
2 crumpets with 2 tsp spread
2 scoops ice cream
Fruit salad & 1 low fat yoghurt
1 pot of chocolate mousse

EVENING MEAL – 600Kcal (average = 580Kcal, ~15g fat)

Your balanced evening meal should be low in fat, with plenty of fruit and vegetables, moderate amounts of carbohydrate and one lean portion of meat, fish or an alternative protein source. For full recipes, portion sizes, nutritional analysis and vegetarian alternatives see following pages.

- Herbed chicken and mushroom kebabs, served with mixed vegetable couscous
- Garlic lamb and new potatoes, served with steamed green vegetables
- Curried fish goujons, with honeyed carrot sticks and sweet potato wedges
- Ranchero Burgers, served with green salad
- Tandoori grilled chicken, served with basmati rice, Raita and salad
- Lemon pepper salmon, served with new potatoes, vegetable strips and wholegrain mustard and dill crème fraiche
- Teriyaki pork and rice bowls, served with steamed green vegetables
- Milano sirloin steaks, served with baked potato and green salad
- Jerk Chicken with Coriander Rice, served with a tomato salad.
- Florentine Tuna

Add one of these delicious grilled fruity puddings:

- Grilled Cinnamon Peaches and Papaya
- Grilled Apple Pecan Cups
- Hawaiian pineapple slices

DRINKS: Water should be consumed freely throughout the day. Other acceptable drinks include low calorie soft drinks and tea/coffee with a small amount of semi-skimmed milk and no added sugar. Alcohol – ONE item from the following list (or equivalent) 2-3 times per week: ½ pint of lager/beer, 2 pub measures of any spirit and a diet mixer, 1 small glass of wine.

LUNCH RECIPES - All recipes given serve 4 people are suitable for the whole family to enjoy.

Top Tip: Make up a batch of grilled vegetables at the start of the week and keep them in an airtight container in the fridge ready to add to your lunch recipes.

Warm Asian Style Noodle Salad – Cook the night before and pop in your lunchbox. Keep refrigerated. Delicious served hot or cold.

Combine 2 crushed garlic cloves, 2 chopped red chillis, 4 tbsp reduced salt soy sauce, 2 tsp sweet chilli dipping sauce, 2 tsp sesame oil, juice of 1 lime in a bowl, add 500g of pre cooked tofu (drained and cut into cubes) and leave for a few hours in the fridge or overnight. Place the marinated tofu on a preheated grill and cook for 2-3 minutes until golden brown. Remove and set aside. Place 2 peeled carrots (grated into long thin strips), 1 courgette (cut into long strips), 2 heads of pak choi (shredded), and 1 red onion (cut into strips) onto the hot grill and wilt down for 30 seconds – 1 minute. On a serving dish place 120g noodles, cooked and drained, top with the wilted vegetables and the grilled tofu. Scatter with fresh coriander leaves and a squeeze of lime juice to serve.

Energy (Kcal): 261 Total Fat: 7.9g Saturated Fat: 1.1g
Carbohydrate: 33.2g Protein: 16.2g Sodium: 718mg

Creamy Cheese Chicken Parcels – Cook the night before and pop in your lunchbox. Keep refrigerated. Delicious served hot or cold.

Place 200g fresh washed baby spinach leaves on to a preheated grill for around 25-30 seconds until wilted. Remove and squeeze any excess moisture with a kitchen towel. Place 2 skinless chicken breasts on the grill for 6-8 minutes then remove and cut into strips. In a bowl combine the chicken strips with the spinach and 150g reduced fat cream cheese, 1 tsp mustard powder, 1 tsp grated nutmeg, pinch of black pepper and mix together. Spoon on to the centre of the tortilla wraps, fold over the end to secure and roll up. Place on a hot grill for 2 minutes until warmed, or serve cold.

Energy (Kcal): 370 Total Fat: 10.5g Saturated Fat: 5.3g
Carbohydrate: 36.4g Protein: 33.6g Sodium: 1207mg

Feta Balsamic Panini

Combine 2 red onions (cut into thin strips) with 2 red peppers (cut into thin strips), 8 tbsp balsamic vinegar and 2 tsp black pepper. Place on a preheated grill for 1-2 minutes until softened. Remove and set aside, Wipe the grill to clean any residue. Cover four slices of wholegrain bread with the warm balsamic pepper and onion strips and scatter with 200g feta cheese. Place the other slices of bread on top and grill for around 2-3 minutes until heated through.

Energy (Kcal): 297 Total Fat: 8.1g Saturated Fat: 5.6g
Carbohydrate: 40.5g Protein: 17.2g Sodium: 743mg

Grilled Vegetable Pasta Salad – Cook the night before and pop in your lunchbox. Keep refrigerated. Delicious served hot or cold.

Preheat your grill. Place 2 courgettes (thinly sliced), 1 small red onion (thinly sliced), 1 garlic clove (finely chopped) and 1 red pepper (sliced) on the grill and cook for 6-8 minutes. In a large serving bowl combine the grilled vegetables and 225g cooked linguine pasta. In a small bowl make the dressing by combining 15ml balsamic vinegar, 30ml olive oil, 1 tsp black pepper, 1 tsp oregano, 1 tbsp chopped fresh parsley and a pinch of salt. Pour the dressing over the linguine and vegetables, toss and garnish with 1 chopped tomato.

Energy (Kcal): 172 Total Fat: 8.0g Saturated Fat: 1.0g
Carbohydrate: 22.0g Protein: 5.0g Sodium: 302mg

Green garden salad with herb and bacon vinaigrette, served with Ciabatta bread. Cook the night before and pop in your lunchbox. Keep refrigerated.

In a large salad bowl, combine 900g lettuce leaves, 115g celery (sliced), 4 radishes (sliced), 115g frozen peas (thawed and drained), 1 large tomato (cut into wedges) and ½ small red onion (sliced into thin rings). Grill 4 turkey rashers (fat removed) for 3-4 minutes on a preheated grill until crispy. Cool, crumble and set aside. Assemble the dressing by blending 30ml olive oil, 30ml balsamic vinegar, 30ml water, 1 tsp garlic powder, a pinch of salt and pepper and shake well. Pour the dressing over the salad, toss the ingredients and garnish with the turkey rashers.

Energy (Kcal): 310 Total Fat: 11.0g Saturated Fat: 1.3g
Carbohydrate: 36.5g Protein: 9.9g Sodium: 728mg

Grilled Garden Vegetable Sandwiches

Layer 2 courgettes (thinly sliced), ½ small red onion (thinly sliced), 1 red pepper (seeded and thinly sliced), 10 mushrooms (thinly sliced), 225g diced aubergine in a preheated grill and sprinkle with 15ml olive oil, 1 garlic clove (crushed) and a pinch of salt and pepper. Grill for 5-6 minutes. Top 4 onion rolls (split and toasted) with equal portions of the vegetables and sprinkle 55g reduced fat Parmesan cheese over each roll.

Energy (Kcal): 262 Total Fat: 10.0g Saturated Fat: 2.0g
Carbohydrate: 35.0g Protein: 11.0g Sodium: 680mg

Chicken Cheese Quesadillas

Preheat the grill. Grill 1 skinless chicken breast for 5-7 minutes, or until fully cooked. Cool and chop into small pieces. On one half of 4 flour tortillas place ¼ of the cooked chicken, and divide 225g reduced fat cheddar cheese, 28g spring onion (chopped) and 120ml tomato salsa between the four tortillas. Fold the top half of the tortilla over the cheese and chicken and grill for 2-3 minutes, or until the quesadilla is lightly browned and the cheese is melted. Remove and repeat the grilling process with the remaining tortillas.

Energy (Kcal): 342 Total Fat: 11.0 Saturated Fat: 3.0g
Carbohydrate: 42.0g Protein: 18.0g Sodium: 624mg

Couscous with Greek Vegetables in Lemon and Garlic – Cook the night before and pop in your lunchbox. Keep refrigerated. Delicious served hot or cold.

Cook the couscous of your choosing as per packet instructions and preheat your grill. Clean 1 small aubergine, 1 red pepper and 1 green pepper and chop into 12mm thick slices. Peel 1 small onion and cut into 6mm thick slices. Clean 10 mushrooms and slice thinly. Grill the aubergine, peppers and onion for 3 minutes. Add the mushrooms and sprinkle with 30ml olive oil and 15ml lemon juice. Grill for 5 minutes, or until vegetables are tender-crisp. Place in a serving bowl and mix lightly with the cooked couscous and 1 small chopped tomato and cucumber.

Energy (Kcal): 260 Total Fat: 4.4g Saturated Fat: 1.1g
Carbohydrate: 48.4g Protein: 8.0g Sodium: 309mg

Grilled steak sandwich with watercress and rocket

Remove the visible fat from 450g of skirt steak (or thin frying steak) and place the steak in a large glass dish. In a small pan combine 15ml Dijon mustard and 60ml cider vinegar; season with salt and pepper. Pour over the steak. Refrigerate covered for 30 minutes. Grill the steak on a preheated grill for 4 minutes. Add 1 small sweet onion (thinly sliced) and continue grilling for 3-4 minutes. Slice the beef thinly across the grain. Serve on a crusty bread roll, with the onions and a handful of watercress and rocket salad.

Energy (Kcal): 285 Total Fat: 6.8g Saturated Fat: 2.6g
Carbohydrate: 23.9g Protein: 33.3g Sodium: 598mg

Garden vegetable and salmon fettuccini salad – Cook the night before and pop in your lunchbox. Keep refrigerated. Delicious served hot or cold.

Preheat the grill. Grill 2 salmon fillets for 3-4 minutes, or until fully cooked. Cool and flake. Place 1 red pepper and 1 green pepper (cut into 2.5 cm pieces), 450g aubergine (cubed), 115g onion (sliced) and 1 clove of garlic (finely chopped) in the grill and cook for 6-8 minutes. In a large serving bowl combine the flaked salmon and grilled vegetables with 1 chopped tomato and 225g cooked fettuccini noodles. Mix together 15ml garlic flavoured oil, 30ml balsamic vinegar, 1 tsp Italian seasoning, 2 tbsp fresh parsley (chopped), 1 tsp dried rosemary and a pinch of salt and pepper. Pour the dressing over the salad and toss gently to blend the flavours.

Energy (Kcal): 233 Total Fat: 11.6g Saturated Fat: 2.0g
Carbohydrate: 16.6g Protein: 16.2g Sodium: 242mg

EVENING MEAL RECIPES - All recipes given serve 4 people are suitable for the whole family to enjoy.

Herbed Chicken and Mushroom Kebabs, served with mixed vegetable couscous

Cut 4 boneless, skinless chicken breasts into 1 inch pieces and place in a bowl with 455g fresh whole chestnut mushrooms. Mix 1 tsp dried rosemary, 1tbsp dried parsley, ½ tsp dried thyme, ¼ cup lemon juice, 2 tbsp white wine vinegar, ½ cup of chicken stock and a pinch of salt and pepper. Pour over the chicken and mushrooms and marinate for 4 -12 hours in the refrigerator. Cook the couscous of your choosing as per packet instructions and preheat your grill. Clean 1 small aubergine, 1 red pepper and 1 green pepper and chop into 12mm thick slices. Peel 1 small onion and cut into 6mm thick slices. Grill the aubergine, peppers and onion for 3 minutes. Sprinkle with 30ml olive oil and 15ml lemon juice. Grill for 5 minutes more, or until vegetables are tender-crisp. Place in a serving bowl and mix lightly with the cooked couscous. Take the marinating chicken and mushrooms and assemble the kebabs on wooden skewers. Place the kebabs on a preheated grill for 5-7 minutes, or until the chicken is fully cooked and the mushrooms lightly charred. Serve with the grilled vegetable couscous.

Energy (Kcal):477 Total Fat: 8.2g Saturated Fat: 2.0g
Carbohydrate: 49.9g Protein: 52.1g Sodium: 552mg

Garlic Lamb and New Potatoes, served with steamed green vegetables

Remove any visible fat from 4 lamb loin chops and place the chops in a flat glass dish. Combine 2 cloves of garlic (finely chopped), 30ml lemon juice, 15ml olive oil, 1tbsp fresh rosemary (finely chopped) and black pepper and pour over the chops. Cover tightly and marinate in the refrigerator for 2-8 hours. Scrub 4 small new potatoes and slice into 6mm rounds. Preheat the grill for 5 minutes. Place the potatoes and 8 mushrooms (thinly sliced) in the grill and sprinkle with 1 tsp of olive oil. Move the potatoes and mushrooms to the sides of the grill and add the lamb chops. Grill the lamb and vegetables for 4-6 minutes, or until the chops are rare to medium and potatoes are tender. Serve with steamed green vegetables of your choice (courgettes, broccoli, beans etc...)

Energy (Kcal):345 Total Fat: 13.0g Saturated Fat: 4.0g
Carbohydrate: 32.0g Protein: 26.5g Sodium: 636mg

Curried Fish Goujons, with honeyed carrot sticks and sweet potato wedges

Cut 4 medium tuna, cod or salmon steaks into strips. Mix together 100g wholemeal flour, 2 tsp medium curry powder and some black pepper and place in a bowl. Put 4 egg whites and fresh wholemeal breadcrumbs (4 slices) in separate bowls. Firstly, dip the fish goujons into the seasoned flour, then into the egg whites and then into the breadcrumbs until well coated. Set aside. Mix 4 medium carrots (peeled and cut into thick slices) with 4 tsp clear honey, 2 tsp olive oil and 4 tsp paprika and set aside. In a bowl coat 4 small sweet potatoes (peeled and cut into wedges) with 4 tsp olive oil. Preheat the grill for 5 minutes. Cook the carrots and potatoes for 3-4 minutes and then add the fish goujons with the vegetables for a further 3-4 minutes, depending on the thickness, or until cooked through.

Energy (Kcal):546 Total Fat: 8.0g Saturated Fat: 1.4g
Carbohydrate: 81.6g Protein: 41.8g Sodium: 442mg

Ranchero Burgers, served with a green salad

Mix together thoroughly 340g extra lean beef mince, 115g canned kidney beans (drained and mashed), 2 cloves of garlic (crushed), 60ml barbecue sauce, and season with salt and pepper. Shape into 4 burgers. Preheat the grill for 5 minutes. Grill the burgers for 7-8 minutes, or according to your preference. Place each burger on a sesame seed bun and serve with a green salad.

Energy (Kcal):525 Total Fat: 19.6g Saturated Fat: 4.1g
Carbohydrate: 60.3g Protein: 24.3g Sodium: 670mg

Tandoori grilled chicken, served with basmati rice, Raita and tomato salad

In a small bowl mix together 228g plain low fat yoghurt, 1tbsp lemon juice, 2tsp paprika, 2 garlic cloves (crushed), ½ tsp ground ginger, ½ tsp cumin, ½ tsp cayenne pepper and ½ tsp cinnamon. Place 4 boneless, skinless chicken breasts in a shallow glass dish and pour the marinade over the chicken, turning to coat thoroughly. Cover tightly and refrigerate for 1-8 hours, turning occasionally. Place the chicken on a preheated grill for 5-7 minutes. Serve with 400g cooked Basmati rice (divided between four), Raita and a tomato salad.

Energy (Kcal):680 Total Fat: 20.9g Saturated Fat: 4.4g
Carbohydrate: 91.2g Protein: 26.9g Sodium: 671mg

Lemon pepper salmon, served with new potatoes and vegetable strips

Make the wholegrain mustard and dill crème fraiche by combining 6 heaped tbsp reduced fat crème fraiche and 2 tsp wholegrain mustard, pepper and a large bunch of fresh dill (finely chopped). Refrigerate until required. Cut the following vegetables into long thin strips; 2 medium carrots (peeled), 1 parsnip (peeled), 1 courgette, 1 red pepper and 1 yellow pepper. Coat with 2 tsp olive oil and season with black pepper. Place 4 George Foreman Lemon Pepper Salmon Fillets on the a preheated grill and cook for 5 minutes, after that add the vegetable strips and continue cooking for a further 3-5 minutes. Remove the cooked salmon and vegetables and serve a spoonful of the mustard and dill dip on the side or over the hot salmon.

Energy (Kcal):420 Total Fat: 13.3g Saturated Fat: 4.1g
Carbohydrate: 49.8g Protein: 28.0g Sodium: 645mg

Teriyaki pork and rice bowls, served with steamed green vegetables

Remove any visible fat and the bone from 500g of pork loin chops. Cut the pork into very thin slices and set aside. In a small saucepan heat and blend 2 spring onions (finely chopped), 120ml low salt soy sauce, 1 tsp ground ginger, 28g brown sugar, 30ml rice vinegar and 1 clove of garlic (crushed). Grill the pork slices on a preheated grill for 3 minutes. Drizzle 30ml of sauce over the pork. Spoon 450g cooked long-grain white rice over the pork and pour the remaining sauce over the rice. The teriyaki sauce may melt and run into the drip tray. Grill for 2-3 minutes. Remove the pork and rice from the grill and serve, spooning any melted sauce over each. Serve with steamed green vegetables.

Energy (Kcal):501 Total Fat: 15.3g Saturated Fat: 5.2g
Carbohydrate: 47.9g Protein: 46.0g Sodium: 765mg

Milano sirloin steaks, served with baked potato and green salad

Remove the visible fat from 4 small sirloin steaks. Place the steaks on a preheated grill and sprinkle with 28g fresh basil, 1 tsp dried oregano, salt and pepper to taste. Grill for 5 minutes. Add 450g tomatoes (roughly chopped) and grill for 2-4 minutes. As the tomatoes grill, the juice will collect in the drip tray. If desired pour the juice over the grilled steaks before serving. Serve with 4 small baked potatoes and a large green salad.

Energy (Kcal):373 Total Fat: 9.7g Saturated Fat: 5.2g
Carbohydrate: 37.9g Protein: 35.8g Sodium: 298mg

Jerk Chicken with Coriander Rice, served with a tomato salad.

In a small bowl combine 120ml of lemon juice, 30ml of Szechwan chilli sauce, 2 tbsp fresh parsley (chopped), 30ml of vegetable oil, 2 tsp paprika and 15ml of mustard. Place 4 boneless, skinless chicken breasts in a preheated grill and spoon the jerk sauce over each piece. Grill for 5-7 minutes. Watch the drip tray carefully, as the sauce will melt and run into the tray. Remove the chicken from the grill and keep warm. In a large bowl, combine 450g cooked long grain rice, 28g fresh coriander leaves (finely chopped), 28g spring onion (finely chopped) and 1 grated carrot. Turn the rice onto the preheated grill. Drizzle melted sauce over the rice and grill for 3-4 minutes. To serve, arrange the rice on a large platter and top with the chicken breasts. Serve with a tomato salad.

Energy (Kcal):412 Total Fat: 12.2g Saturated Fat: 2.2g
Carbohydrate: 41.5g Protein: 36.8g Sodium: 378mg

Florentine Tuna

Rinse a bag of fresh spinach and steam for 5 minutes. Cool and chop finely. In a saucepan combine the chopped spinach with 2 ripe tomatoes (chopped), 30ml olive oil, 1 clove of garlic (crushed), 2 tbsp fresh parsley (chopped), 15ml cider vinegar and season with salt and pepper. Simmer for 10 minutes. Grill 4 tuna steaks on a preheated grill for 6-8 minutes, or until the fish flakes easily. Divide 225g cooked noodles among four serving plates, spoon the sauce over each and top with the grilled tuna.

Energy (Kcal):432 Total Fat: 12.0g Saturated Fat: 2.0g
Carbohydrate: 22.0g Protein: 57.0g Sodium: 732mg

VEGETARIAN ALTERNATIVES - All recipes given serve 4 people are suitable for the whole family to enjoy.

Halloumi, squash and cherry tomato skewers, served with a large salad.

Place 350g reduced fat Halloumi cheese (cut into 2.5cm cubes), 16 small patty pan squash and 16 baby plum tomatoes in a shallow non-metallic dish. Make the marinade by mixing 4 tbsp extra virgin olive oil, 2 tbsp chopped mixed fresh oregano, thyme, mint, rosemary and parsley, juice of 1 lemon and black pepper to taste. Pour over the cheese and vegetables and stir to coat evenly. Cover and leave in a cool place for at least 2 hours or up to 24 hours. Lift the cheese and vegetables from the marinade (reserving the marinade) and thread alternately onto skewers, beginning and ending with a patty pan squash – push all the ingredients close together. Cook on a preheated grill for 5-7 minutes, brushing with remaining marinade occasionally, until flecked with brown. Serve with a large salad.

Energy (Kcal):377 Total Fat: 25.7g Saturated Fat: 10.4g
Carbohydrate: 13.3g Protein: 24.0g Sodium: 890mg

Quorn Fajitas

Cut 2 red peppers into thin strips. Peel, halve and thinly slice 1 red onion. Put the vegetables in a bowl with 350g chicken style Quorn pieces, 2 tsp smoked paprika and a pinch of ground cumin. Squeeze over the juice of 1 lime, drizzle over 2 tsp olive oil, season with salt and pepper and mix well. Marinate for 5 minutes whilst you preheat your grill. Place the Quorn and vegetable mixture on the preheated grill for 4-6 minutes, until cooked through and vegetables are tender. Divide the mixture between 4 wheat tortillas and add 1 tsp reduced fat sour cream and 1 tsp reduced fat Guacamole to each tortilla. Wrap up and heat on the grill for 2-3 minutes before serving.

Energy (Kcal): 322 Total Fat: 8.4g Saturated Fat: 1.9g
Carbohydrate: 46.3g Protein: 18.5g Sodium: 501mg

Santa Fe Veggie Burgers, served with a large salad.

In the bowl of a food processor, combine 225g cooked, cooled white rice, 115g sweetcorn kernels (drained), 1 green pepper (finely chopped), 115g onion (finely chopped), black pepper, a pinch of salt, 5ml lemon juice and 2 tsp chilli powder. Pulse rapidly to produce a coarse, mealy texture. Shape the vegetable, rice mixture into 4

burgers and refrigerate for 2 hours. Grill the burgers on a preheated grill for 6-7 minutes, or until well browned. Place the burgers in 4 wholegrain hamburger buns and top with 1 tbsp tomato salsa. Serve with a large green salad.

Energy (Kcal): 428 Total Fat: 6.0g Saturated Fat: 1.3g
Carbohydrate: 84.3g Protein: 15.9g Sodium: 916mg

Tofu and mushroom kebabs, served with mixed vegetable couscous

Cut 500g precooked tofu into 1 inch pieces and place in a bowl with 455g fresh whole chestnut mushrooms. Mix 1 tsp dried rosemary, 1tbsp dried parsley, ½ tsp dried thyme, ¼ cup lemon juice, 2 tbsp white wine vinegar, ½ cup of chicken stock and a pinch of salt and pepper. Pour over the tofu and mushrooms and marinate for 4 - 12 hours in the refrigerator. Cook the couscous of your choosing as per packet instructions and preheat your grill. Clean 1 small aubergine, 1 red pepper and 1 green pepper and chop into 12mm thick slices. Peel 1 small onion and cut into 6mm thick slices. Grill the aubergine, peppers and onion for 3 minutes. Sprinkle with 30ml olive oil and 15ml lemon juice. Grill for 5 minutes more, or until vegetables are tender-crisp. Place in a serving bowl and mix lightly with the cooked couscous. Take the marinating tofu and mushrooms and assemble the kebabs on wooden skewers. Place the kebabs on a preheated grill for 3-4 minutes, or until the tofu is fully cooked and the mushrooms lightly charred. Serve with the grilled vegetable couscous.

Energy (Kcal):376 Total Fat: 10.6g Saturated Fat: 1.9g
Carbohydrate: 50.8g Protein: 20.7g Sodium: 486mg

Portabella Mushroom Burger, served with sweet potato wedges and salad

In a bowl coat 4 small sweet potatoes (peeled and cut into wedges) with 4 tsp olive oil. Cook on a preheated grill for 3-4 minutes and then add 4 Portabella mushrooms (cleaned and stems removed) onto the preheated grill with the potatoes, underside facing up. Drizzle 30ml olive oil and 30ml balsamic vinegar over each mushroom and sprinkle with 2 cloves of garlic (crushed), 14g Italian seasoning and black pepper to taste. Grill for 5-6 minutes until mushrooms and potatoes are tender. Serve the mushrooms in 4 wholemeal baps, topped with 1 tbsp salsa, with the potato wedges and a large green salad.

Energy (Kcal):497 Total Fat: 15.6g Saturated Fat: 2.7g
Carbohydrate: 78.5g Protein: 15.4g Sodium: 689mg

DESSERT OPTIONS - All recipes given serve 4 people are suitable for the whole family to enjoy

Grilled Cinnamon Peaches and Papaya

Pit and peel 3 ripe peaches. Chop the peaches and 1 papaya (peeled and deseeded) into small cubes (about 6mm thick). In a bowl combine 55g low fat margarine, 2.5g ground cinnamon and 15ml apple juice and blend well. Add the peaches and papaya and toss lightly. Grill the fruit for 2-3 minutes, or until the fruit is warm and lightly glazed. Serve with 1 tbsp 0% fat Greek yoghurt.

Energy (Kcal): 172 Total Fat: 2.0g Saturated Fat: >1.0g
Carbohydrate: 24.0g Protein: 14.5g Sodium: 79mg

Grilled Apple Pecan Cups

Peel, core and cut 2 small baking apples in half crosswise. Inside the "cup" of each half evenly place 4 tbsp honey. Sprinkle 28g of chopped pecans over the four "cups" of honey and dust the apples with 14g brown sugar. Preheat the grill for 5 minutes. Place the apples in the grill and cook for 6-8 minutes or until warm and tender. Watch carefully as the apples grill to avoid burning.

Energy (Kcal): 157 Total Fat: 3.0g Saturated Fat: >1.0g
Carbohydrate: 29.0g Protein: >1.0g Sodium: 1 mg

Hawaiian pineapple slices

Peel, core and slice 1 fresh pineapple into 12mm thick slices. In a bowl combine 55g clear honey and 5g ground cinnamon. Preheat the grill for 5 minutes. Place the slices in a single layer in the grill and drizzle the honey-cinnamon over the slices. Grill for 5-7 minutes, or until the pineapple is tender. Repeat with remaining slices. Serve with 1 tbsp 0% fat Greek yoghurt.

Energy (Kcal): 125 Total Fat: 1.5g Saturated Fat: >1.0g
Carbohydrate: 33.0g Protein: 1.5g Sodium: 1.5 mg