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## Sample Vegetable Recipes

### Low Calorie Diet Programme

#### (~700 calories per day)

- Meal replacement with Optifast (3 sachets each day) – this provides a total of 600 calories and the necessary daily vitamins and mineral requirements.
- Eat up to 3 portions of non-starchy vegetables each day (total of 250g each day) (for fibre content) – this will provide another 200 calories.
- Drink - 3 litre of water or calorie-free beverages each day.

During the 8 weeks of the diet – do not eat other foods and do not have any alcoholic drinks.

During the first few days of the diet, you may experience some symptoms like headache, dizziness, tiredness, hunger, feeling of cold. These are expected as your body adjust to using your fat store as energy source. The symptoms will improve after 2-4 days. It is important to keep up your fluid intake and remember to wrap up warmly!

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### Day Plan and Ideas

**Breakfast:** Optifast milkshake  
**Lunch:** Optifast soup or milkshake/salad  
**Evening meal:** Optifast soup or milkshake  
**Snacks/super:** Salad / roasted veg (no oil) / home made vegetable soup/ vegetable snacks

### **Vegetables allowed (approximately 240g per day)**

Cabbage	Tomatoes	Cauliflower	Broccoli	Celery
Artichoke	Cucumber	Bean Sprouts	Peppers	Onions
Lettuce	Mushrooms	Water chestnuts	Carrots	Leeks
Radish	Brussel sprouts	Mung bean sprouts		

You can have all these vegetables (and some others as well – see below).

Boiled, grilled, dry fry, stir fry, wrap in tin foil and roast in the oven.

### Herbs and Spices

You will need to use some flavouring to prevent your dishes tasting so bland. Try to find some you like e.g.

Oregano	Black pepper	Lemon juice	Parsley	Basil
Tarragon	Curry powder	Vinegar	Ginger	Cumin
Rosemary	Chilli powder	Vanilla essence	Tumeric	Sage
Cinnamon	Dried chillies	Rum essence	Coriander	Thyme
Chillies				

### Meal Ideas

- Salads
- Stir fry
- Soups
- Tomato based sauces

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## Some Recipe Ideas: SOUPS

**Just a small bowl of soup (200 ml) can fill you up for a long time, also good to freeze or leave in the fridge for a couple of days.**

### **French Onion Soup:**

1kg onions, chopped  
2 tbsp thyme  
1litre beef stock

### **Mushroom Soup:**

1 onion, chopped  
1 garlic clove, crushed  
fresh thyme  
400g mushrooms  
850ml vegetable stock

### **Tomato Soup:**

3x400g tins of chopped tomatoes  
850ml vegetable stock  
1 clove garlic, crushed  
basil leaves, chopped

### **Carrot Soup:**

600g carrots, grated  
2tsp cumin seeds  
pinch chilli flakes  
1 litre vegetable stock

### **Vegetable Soup:**

2 onions, chopped  
1tsp mustard seeds  
1tsp cumin seeds  
2 leeks, sliced  
3 carrots, sliced  
2-3 tsp curry powder  
1-2 litre vegetable stock

### **Pea and watercress Soup:**

1 onion, chopped  
1 clove of garlic, crushed  
500ml vegetable stock  
300g fresh peas  
100g watercress

### **Carrot and coriander Soup:**

1 onion, chopped  
1tsp ground coriander  
450g carrots, peeled and chopped  
1-2 litre vegetable stock  
can also add cumin seeds, and chilli flakes

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### Other Recipe Ideas

**Try different lettuces such as rocket and crispy leaf, don't just stick to the iceberg lettuce. Try different types of fat free, low kcal dressings to add some different flavours. Using herbs and vinegars can help with flavour.**

#### Simple Salad:

80g/ 3oz of mixed lettuce/salad leaves (around 1 cereal bowl full)

1 medium tomato, sliced

3 mushrooms, sliced

2-3 sticks celery, chopped

3 sliced rings of green pepper

1 tablespoon fat free dressing

#### Red pepper and chilli soup:

6 red peppers, halved, cored and deseeded

2 red chillies, halved, cored and deseeded

1 bulb garlic, halved but not peeled

6 tomatoes, halved

450 ml ( $\frac{3}{4}$  pint) vegetable stock

#### Tomato sauce:

1 onion, chopped

2 garlic cloves, crushed

1 red pepper

400 g tinned chopped tomatoes

1 tbsp basil

1 tbsp parsley

1 tbsp chives

1 green peppe

#### Salsa:

4 fresh plum tomatoes, finely chopped

1 bunch rocket, finely chopped

1 bunch flat leafed parsley, finely chopped

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