



How to
use my
recipes



 EAT
THINK
EXPLORE
with Sarah



Hey! I've created a host of recipes to make your life easier!

Some are new concoctions, others are old favourites given a revamp to ensure they fit my principles. All my recipes follow some general guidelines:

- they use **seasonal vegetables** and foods grown as close to the UK as possible to **reduce the impact of your food**
- they are **balanced nutritionally**
- they are **full of fruit and veg** to help you get more than 5 a day and be healthier
- help you **reduce your environmental impact** in the kitchen with other tips
- are **simple to cook**, with no faff steps
- are **generally low GL** (and state their GL rating) to help you balance blood sugars if needed
- they **educate you on healthy eating** in simple steps

So that you can get the most out of these recipes, and use them with the greatest ease, have a quick read of how I've used the terms in the recipes and the best ways to add them into your life.

I hope you enjoy them, and please comment your thoughts when you try them :)

Sarah

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More about my recipes and what makes them different...

Seasonal

They use UK seasonal vegetables and can be filtered by season, so you pick your meals from the seasonal selection and know you're doing your bit for the planet - with no extra effort from you!

Nutritionally balanced

They are balanced nutritionally to the UK Government standards for your macros (carbs, proteins and fats). So you don't need to worry about calculating your calories and macros in detail. Choose meals from my selection and know that you're achieving the rough right balance over the week!

Packed with Fruit and Veg

They are built to help you achieve at least 5 portions of fruit and veg a day, if not 10! So they are optimised to include veg

Eco-optimised with eco-friendly tips

Are seasonal, minimise packaging, use less meat and dairy, use foods as local to the UK as possible and contain tips on how to improve your eco-friendly rating with each recipe

More about my recipes and what makes them different...

Educate you on health

Contain simple snippets to help you learn what to eat in a bitesize way

Contain a range of vitamins and minerals

Because I aim for variety of foods and use lots of different fruits and vegetables, you should be getting all the vitamins and minerals you need from your food

Have a GL rating to help if you need to control blood sugars

Because stabilising my blood sugar has been a vital part of reclaiming my health, I include a guideline GL rating for each recipe

Have reduced amounts of meat and dairy

The meat debate is huge in the eco world. As an advocate of the Regenerative Diet (and regenerative agriculture), I believe we can continue to consume some meat and dairy, but it must be in small amounts and the quality of the meat and dairy is vitally important.

Are the recipes right for everyone?

Everyone is different, and based on your lifestyle and internal environment you'll have different needs for calories and nutrition. You can get meal plans tailored more closely to you, but they will cost a lot more!

Generally speaking though, we need the same base, so I have created these recipes around the 'typical' female. i.e. the needs 2000 calories a day model.

This means that, in general, breakfasts will have around 400-500 calories, lunch around 500 and dinner about 600. Coupled with snacks of around 300 calories in total and some drinks, you're at about 2000.

For men, children, very active or very inactive or people looking to reduce calories, eating one serving may not be the right amount **BUT the meals are balanced** so simply adjust the volumes for you.

If you are a 'standard' family with 2 adults 2 kids, serve more to the dad, less to the kids. If you end up with leftovers that's fine - add them to another 'leftovers meal' or eat for lunch.

From the age of around 5, children need almost as many calories as an adult (around 1400 aged 5 to 2000 by the age of 15), and should be getting a similar balance of macronutrients. Children under 5 need a very high energy diet as their stomachs are so small - which means lots of healthy fats.

Getting kids to eat these recipes

Getting kids (and adults!) to eat vegetables is one of the main parenting battles it seems. As my recipes are veg rich, you'll probably experience some resistance! Here's some tips to make it easier...

Many veg can be blended into sauces, or chopped really small to start. It's a bit of a pain, but is a good way to ensure some veg is eaten whilst you encourage them to try and develop a taste for other veg.

Ease them in and get them involved. Explain that eating more veg will help them to have more energy and not feel ill. Let them have some choice over the veg choices (the veg are very swappable - but you do need to encourage variety so build over time).

Encourage kids to try their vegetables each time, just need a mouthful. Don't force them to eat them all for a promise of pudding. Over time, their palates will get used to the new taste and they will eat more.

If you can, grow your own - kids are much more open to eating veg when they've grown it!

Have patience. You can't change what someone eats overnight, use encouragement and positive reinforcement rather than punishments, keep mealtimes fun and set an example of always trying new foods.

What do I mean with my terms?

Prep Time and Cook Time

I count prep time as anything before you start cooking.

Cook time is from when you first start cooking until serving - some of this time may not require any effort from you...

Vegetable weight

People's definition of a medium' carrot can vary massively, so I try to give the approx weight too. Weights stated are as you would buy them from the shops.

GL

Glycaemic Load - a measure of how quickly the carbs/sugars in the food will enter your blood. Generally speaking <10 is low, 11-19 is medium (ok) and above 20 is high.

I try to keep most recipes to under 25, but it's ok to go over sometimes.

What do I mean with my terms (cont)?

Optional

These are ingredients you can leave out if you can't find them or really don't like them, without changing the flavour or nutrition too much.

These optional foods are included in the nutrition info.

How accurate are the calculations?

Not very!

That sounds bad, so I should rephrase - about as accurate as can be without a lab to analyse each individual meal.

You see, the nutrients and the condition of the sugars will vary with each piece of fruit and veg, where it's been grown, how it's been stored, how you cooked it and how old it is.

You might chop off more of the vegetable, or use a different brand of yoghurt.

This means ***it's impossible to be totally accurate***, so the GL score, portions of veg, calories and nutrients are all estimates based on generally agreed numbers.

Use them as a guide so you know if something is likely to contain a particular vitamin, meet your calorie needs or have a suitable GL.

Very few of us need to be focusing hard on specific numbers anyway - I don't believe in calorie counting (more calorie awareness...).

How flexible are the recipes?

The fruits and vegetables are very flexible as they usually have similar macro levels (beware swapping starchy veg for leafy ones though). If you've not got broccoli, but have green beans, swapping them in is very unlikely to cause any issues with the recipe.

Feel free to have a play with the flavourings and spice levels, and anything really! Just be aware that if you're swapping a lot of ingredients around, you may not be getting a balanced meal. But that's totally fine sometimes :)

How are my recipes sorted?

Meals

In general, breakfasts will have around 400-500 calories, lunch around 500 and dinner about 600

Keywords

Each recipe is saved with some keywords, like the type of food to some main/common ingredients. This will make it easier for you to use up something, or find the sort of recipe you're after.

Seasons

Select your month

Diets

Limit the recipes to those that fit your needs, either nut, egg, lactose or gluten-free to help with allergies, or Vegan and Vegetarian. Note that some meals will include unwanted foods in the recipe, but this will be optional or swaps will be suggested.

It's also your responsibility to double-check the recipe and make any simple swaps, like changing from coconut oil or dairy yoghurt if you need to...

If it's got that diet tag, it means you can amend very simply to fit your needs.

Note that Nut-free means it is free of peanuts, tree nuts and sesame.

What's the easiest way to use these recipes?

The simplest answer is to use my site meal planning software!

This gives you access to many more recipes, enables you to save meals to collections for later and even into meal plans. Save your meal plans, and print your shopping list out - all in one place! You'll also get a free suggested meal plan each month.

If you're not already in the Eat for Body and Planet Meal Planning Club, check it out at the link below - as well as the meal planning software you'll get full access to ALL recipes, suggested meal plans, diet change support and my seasonal veg guide FREE each month. All for a low monthly price!

[CHECK OUT THE CLUB](#)

If the meal planning club isn't your thing, try these tips instead:

- use the filter boxes to filter by meal type, season and diet preferences (i.e. vegan)
- look at the Notes section at the bottom for advice on how to switch the recipe up a bit to suit your tastes or cooking equipment
- the notes section also has tips on how to be more eco-friendly and teaches you some snippets about what makes the meal healthy. Worth a read so you can put these tips into practice:)