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# Chapter 1:

## Understanding the Zero Point System



### 1.1 How the Points system works — foundation of the Zero Point Weight Loss Cookbook UK

The idea behind the Zero Point Weight Loss Cookbook UK is simple: food choices should be easy, flexible, and satisfying — not a numbers game that makes eating feel like homework. That’s why this book is inspired by the Points concept originally popularised by WW (formerly Weight Watchers). While I have no connection to WW, I’ve found the logic behind their system both practical and adaptable for British lifestyles. The recipes you’ll find here follow the same spirit, built on a foundation of low or zero-point ingredients that allow you to eat freely without guilt.

At its core, the Points approach assigns a single “value” to every food, reflecting its overall nutritional profile — not just calories. Lean proteins, fibre-rich vegetables, pulses, and fresh fruit tend to have minimal or even zero points because they fill you up without piling on empty energy. Foods heavy in added sugar, saturated fat, or refined starches — think chocolate bars, deep-fried snacks, or buttery

pastries — cost more points. This structure allows you to see food in terms of balance rather than restriction.

Imagine starting your day with a Points budget, like pocket money for your plate. You can “spend” it on whatever meals you like, but the system nudges you toward smarter choices. A full English breakfast with sausages and fried bread will take a big bite out of that allowance, while scrambled eggs, grilled tomatoes, and mushrooms might cost nothing at all. It’s a way of eating that fits perfectly with everyday UK habits — from grabbing a jacket potato at lunch to enjoying a roast on Sunday.

What makes this method appealing is its flexibility. No food group is banned, and there’s no sense of being “on” or “off” a strict diet. If you fancy fish and chips on a Friday night, you can make it work by balancing your choices earlier in the day. It’s a system that encourages awareness, not punishment.

Throughout this book, you’ll discover recipes built around zero-point staples — ingredients like eggs, skinless chicken, white fish, beans, lentils, vegetables, and fruit. These are the building blocks of meals that keep you satisfied while staying light and healthy. In Chapter 3, you’ll even find a 60-day meal plan designed to show how these recipes can come together in a practical, sustainable way.

## 1.2 Why the Zero Point approach works — benefits beyond the scales



One of the biggest advantages of the Zero Point system is that it takes the pressure off. You're not told to cut carbs, fast for 16 hours, or live off smoothies. Instead, you're encouraged to fill your plate with real, satisfying food — the kind your nan would recognise — and to do it in a way that supports your goals without leaving you hungry or frustrated.

Because many Zero Point foods are naturally rich in protein, fibre, vitamins and minerals, they help you stay fuller for longer and avoid energy crashes. Whether it's a veggie-packed stew, a grilled chicken salad or a fruit and yoghurt bowl, these meals give you substance. They're not about restriction; they're about fuelling your body well. And because they don't cost you any Points, you can use your daily budget on the things that bring you joy — a bit of cheese, a slice of toast, a glass of wine, or a proper pudding now and then.

You also gain flexibility. No two days are the same, and this system respects that. One day might be packed with salads, roasted veg and lean meats; the next might include a pub lunch with friends or a late-night snack. You're not punished for real life — you're just encouraged to keep balance in mind.

Beyond the physical benefits — like gradual, sustainable fat loss and more stable energy — many people report feeling calmer around food. There's no good vs. bad, no “starting again on Monday”. It's a way of eating that helps you build long-term habits without obsession.

Importantly, the system fits seamlessly into British routines. Whether you prefer a classic egg-and-mushroom breakfast, hearty bangers and mash (lightened up a bit), or a quick stir-fry with frozen veg and prawns — the approach works. You're not eating alien health food or shopping at expensive niche stores. You're just making smarter use of what's already on the shelves at Tesco, Sainsbury's or Lidl.

In short: this isn't a miracle diet. But it's a system that respects your hunger, your traditions, and your need for food that feels like home — while still helping you take control of your health.

### 1.3 What to eat — and how to make it work for you



So what does “Zero Point” really mean in practice?

It’s not about magic foods or gimmicks — it’s simply a list of ingredients chosen for their nutritional value and ability to satisfy. These are everyday staples you’ll find in any British kitchen, and they form the backbone of the recipes in this book.

Here’s the good news: the Zero Point list is long. It includes lean proteins like chicken breast, turkey, white fish, eggs, plain fat-free yoghurt, and most types of seafood. Then there are fibre-rich foods like lentils, chickpeas, kidney beans and garden peas. You’ve got non-starchy veg in abundance — broccoli, mushrooms, carrots, courgettes, cabbage, salad leaves and more — plus fruit of all kinds. Even oats and potatoes make the cut in most flexible versions of the plan.

These foods aren't just "allowed" — they're encouraged. You don't need to weigh or measure them. You can build full, satisfying meals using them as your base — then use your daily Points budget for flavour, extras, and the occasional indulgence. Fancy a bit of grated cheese on your jacket potato? No problem. Want a spoonful of mayo on your chicken salad? You've got room for that too.

That said, some foods are best treated as occasional visitors. These include ultra-processed snacks, crisps, pastries, sugary drinks, deep-fried takeaway items, and anything high in saturated fat. Not because they're "bad", but because they burn through your Points budget fast and tend to be less filling. The idea isn't to cut them out entirely — just to be mindful of how often and how much.

The recipes in this cookbook are designed with all of that in mind. You'll find curries, stir-fries, soups, bakes, grills, snacks and desserts — all crafted around Zero Point ingredients, with flavour in focus. And in Chapter 3, you'll get a full 60-day meal plan. It shows exactly how to combine these dishes to support steady weight loss, avoid boredom, and build a rhythm you can stick to.

This book isn't about rules — it's about rhythm. And once you get the hang of it, that rhythm can carry you a very long way.

## Chapter 2:

# 111 Zero Point Recipes



CATEGORY

# BREAKFAST & BRUNCH



Nº1

## Berry & Cinnamon Porridge

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CATEGORY

### **BREAKFAST & BRUNCH**

*Cook Time: 5 min | Prep Time: 2 min | Servings: 1*

A creamy, comforting bowl of rolled-oat porridge swirled with sweet apple, tangy raspberries and a warm hint of cinnamon, finished with a dollop of fat-free Greek yoghurt. It feels indulgent yet keeps you firmly on Zero Points – the perfect quick start to a chilly British morning.

#### *Ingredients:*

- 40 g rolled oats
- 200 ml cold water
- ½ eating apple, cored & diced

- 50 g raspberries (fresh or frozen)
- ½ tsp ground cinnamon
- 2 tbsp fat-free Greek yoghurt
- Pinch sea salt

### *Instructions:*

1. Tip the oats, water, diced apple and salt into a small non-stick saucepan. Bring to a gentle simmer over medium heat, stirring now and then so nothing sticks.
2. Once bubbling, lower the heat and cook 3-4 min until the oats are soft and creamy and the apple has begun to soften.
3. Stir in the cinnamon and half the raspberries, crushing a few to marble the porridge pink.
4. Spoon into a warm bowl, pile on the remaining raspberries and crown with the yoghurt.
5. Eat straight away while it's steamy and fragrant; the mix of tart berries and warming spice makes every spoonful taste like pudding for breakfast.

### *Nutrition:*

Calories: 220 kcal | Fat: 2 g | Protein: 9 g | Carbs: 41 g

Nº2

## Baked Apples with Quark & Cinnamon

---



CATEGORY

### **BREAKFAST & BRUNCH**

*Cook Time: 25 min | Prep Time: 5 min | Servings: 2*

Tender baked eating apples stuffed with silky fat-free quark, perfumed with lemon zest and cinnamon. It tastes like warm crumble filling yet keeps you on Zero Points – a cosy British breakfast or brunch for crisp mornings.

#### *Ingredients:*

- 2 medium eating apples (Braeburn or Gala)
- 120 g fat-free quark
- 1 tsp ground cinnamon

- Zest of 1/2 unwaxed lemon
- Calorie-free cooking spray
- 2 tbsp cold water

### *Instructions:*

1. Heat oven to 190 °C / 170 °C fan / Gas 5.
2. Wash the apples, then core them, leaving the base intact so each becomes a little pot; lightly score a ring around the peel to stop splitting.
3. In a small bowl mix quark with lemon zest and half the cinnamon until smooth. Spoon the mixture into the cavities, mounding it just proud of the top.
4. Mist a snug baking dish with cooking spray, stand the apples upright, mist the tops and dust with remaining cinnamon.
5. Pour 2 tbsp water into the dish, cover loosely with foil and bake 20 min.
6. Remove foil and bake 5 min more until the apples are tender but still hold their shape. Rest 2 min, spoon over any cinnamon juices and serve warm.

### *Nutrition:*

Calories: 140 kcal | Fat: 0.4 g | Protein: 10 g | Carbs: 25 g

Nº3

## Chicken & Spinach Frittata

---



CATEGORY

### **BREAKFAST & BRUNCH**

*Cook Time: 20 min | Prep Time: 5 min | Servings: 2*

A light yet satisfying oven-baked frittata packed with tender shredded chicken breast, baby spinach and fresh spring onions. Golden on top, pillowy inside and utterly fuss-free, it's the sort of all-in-one breakfast that feels café-posh but takes minutes to assemble – brilliant for lazy weekend brunch or a grab-and-go slice mid-week.

#### *Ingredients:*

- 4 medium free-range eggs
- 100 g cooked skinless chicken breast, shredded

- 50 g baby spinach leaves
- 2 spring onions, thinly sliced
- 1 tbsp chopped flat-leaf parsley
- Pinch sea salt & freshly ground black pepper
- Calorie-free cooking spray

### *Instructions:*

1. Heat oven to 190 °C / 170 °C fan / Gas 5. Lightly mist a 20 cm non-stick pie dish or ovenproof frying pan with cooking spray.
2. Whisk the eggs in a bowl until just combined; season with a pinch of salt and plenty of pepper. Fold through the shredded chicken, spinach, spring onions and parsley. The spinach will wilt down during baking, so no need to pre-cook.
3. Pour the mixture into the prepared dish, smoothing the top with a spatula so the filling is evenly distributed.
4. Bake for 18-20 min until the frittata is puffed, set in the centre and lightly golden.
5. Cool 2 min, then cut into wedges. Serve warm with a side of grilled tomatoes or stash in the fridge for up to two days – delicious cold in a lunchbox.

### *Nutrition:*

Calories: 215 kcal | Fat: 7 g | Protein: 33 g | Carbs: 2 g

Nº4

## Mushroom & Herb Omelette

---



CATEGORY

### **BREAKFAST & BRUNCH**

*Cook Time: 6 min | Prep Time: 4 min | Servings: 1*

A fluffy pan-cooked omelette generously studded with earthy chestnut mushrooms, bright parsley and dill. Lightly seasoned and cooked without oil, it delivers a proper café flavour while staying squarely in the Zero-Point zone – ideal for anyone craving a savoury start that’s on the table in minutes.

#### *Ingredients:*

- 2 medium free-range eggs
- 60 g chestnut mushrooms, thinly sliced
- 1 tbsp chopped flat-leaf parsley

- 1 tbsp chopped fresh dill
- Calorie-free cooking spray
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Warm a small non-stick frying pan over medium heat and mist with cooking spray. Scatter in the mushrooms and sauté 2 min, stirring occasionally, until they soften and give up their juices.
2. Lightly beat the eggs with a pinch of salt and pepper. Add herbs, whisking just to combine.
3. Pour eggs over the mushrooms, tilting the pan so everything spreads evenly. Leave 20 sec, then draw the set edges into the centre with a spatula, letting uncooked egg flow out. Repeat until just a thin film of raw egg remains on top.
4. Fold the omelette in half, cook 20 sec more, then slide onto a warm plate. Scatter with extra herbs if you fancy and eat immediately alongside grilled tomatoes for a full British vibe.

### *Nutrition:*

Calories: 180 kcal | Fat: 6 g | Protein: 20 g | Carbs: 4 g

Nº5

## Vegetarian “Scottish” Breakfast Plate

---



CATEGORY

### **BREAKFAST & BRUNCH**

*Cook Time: 12 min | Prep Time: 8 min | Servings: 1*

A plant-forward spin on the classic hotel breakfast: smoky beans, garlicky mushrooms, slow-roasted tomatoes, wilted spinach and a perfectly poached egg. Everything cooks with only calorie-free spray, keeping the dish comforting yet totally Zero Points. A brilliant weekend treat that feels substantial without weighing you down.

#### *Ingredients:*

- 1 medium free-range egg
- 100 g tinned haricot beans in tomato sauce, drained & rinsed

- 80 g button mushrooms, quartered
- 1 tomato, halved
- 60 g baby spinach
- 1 small garlic clove, finely chopped
- Calorie-free cooking spray
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Heat grill to medium-high. Place tomato halves cut-side up on a foil-lined tray, season and grill 6 min until lightly charred.
2. Meanwhile mist a medium non-stick pan with spray, add mushrooms and cook 4 min, stirring, until browned; add garlic for the last 30 sec. Tip in the beans, splash with 1 tbsp water and warm through.
3. In a second pan wilt the spinach 1 min with a splash of water; season. Keep warm.
4. For the egg, simmer a small pan of water, swirl to create a vortex and slide in the egg. Poach 3 min for a runny yolk, then lift out with a slotted spoon.
5. Arrange beans, mushrooms, spinach and grilled tomatoes on a warmed plate. Crown with the poached egg, crack over pepper and serve hot – a comforting, protein-rich breakfast minus the grease.

### *Nutrition:*

Calories: 205 kcal | Fat: 5 g | Protein: 17 g | Carbs: 23 g

Nº6

## Turmeric Tofu Scramble

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CATEGORY

### **BREAKFAST & BRUNCH**

*Cook Time: 8 min | Prep Time: 5 min | Servings: 1*

A vibrant egg-free take on a breakfast classic: crumbly firm tofu simmered with golden turmeric, pepper and a riot of veg. It cooks in minutes, delivers that familiar “scrambled” comfort and keeps you happily at Zero Points – cracking for vegans or anyone fancying a lighter fry-up.

#### *Ingredients:*

- 120 g firm tofu, drained & patted dry
- ¼ tsp ground turmeric
- Pinch freshly ground black pepper

- 30 g red onion, finely diced
- 50 g red pepper, diced
- 40 g baby spinach
- 1 small garlic clove, crushed
- Calorie-free cooking spray
- Sea salt to taste

### *Instructions:*

1. Crumble the tofu between your fingers into small, rough curds. Set aside.
2. Warm a non-stick frying pan over medium heat; mist with cooking spray. Sauté onion and pepper 2 min until just soft.
3. Add garlic, cook 30 sec, then scatter in turmeric and a splash of water, stirring to bloom the spice.
4. Tip in the crumbled tofu; season with pepper and a pinch of salt. Cook 4 min, stirring often, until hot through and gently golden.
5. Fold in the spinach and cook 1 min until wilted and the scramble looks egg-like but still moist.
6. Taste for seasoning, heap onto warm wholemeal toast if you have spare Points, or plate with grilled tomatoes for a full British vibe; eat immediately while piping hot.

### *Nutrition:*

Calories: 165 kcal | Fat: 6 g | Protein: 18 g | Carbs: 8 g

Nº7

## Roasted Sweet Potato & Berry Smash

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CATEGORY

### **BREAKFAST & BRUNCH**

*Cook Time: 40 min | Prep Time: 5 min | Servings: 1*

A naturally sweet, fluffy roasted sweet potato mashed with a spoon of fat-free Greek yoghurt, crowned with mixed summer berries. It's colourful, pudding-like and totally brunch-worthy, yet still Zero Points – perfect for leisurely weekends when porridge feels too plain.

#### *Ingredients:*

- 1 medium sweet potato (about 200 g), scrubbed
- 80 g mixed berries (strawberries, blueberries, raspberries)
- 3 tbsp fat-free Greek yoghurt

- 1/4 tsp ground cinnamon
- Zest of 1/2 unwaxed orange (optional)
- Calorie-free cooking spray
- Tiny pinch sea salt

### *Instructions:*

1. Heat oven to 200 °C / 180 °C fan / Gas 6. Pierce the sweet potato a few times with a fork, mist lightly with cooking spray, sprinkle with salt and place on a baking tray. Roast 35-40 min until completely tender.
2. Split the potato lengthways and fluff the flesh with a fork, mixing in half the yoghurt so it turns creamy.
3. Scatter over the cinnamon and orange zest, spoon on the remaining yoghurt and tumble the berries across the top.
4. Serve straight from the jacket while the contrast of hot, fluffy potato and chilled berries is at its best. Any juices seep into the mash for an almost dessert-like breakfast that still behaves itself on the Points front.

### *Nutrition:*

Calories: 190 kcal | Fat: 1 g | Protein: 8 g | Carbs: 38 g

Nº8

## Sunshine Fruit Salad with Yoghurt Dressing

---



CATEGORY

### **BREAKFAST & BRUNCH**

*Cook Time: 0 min | Prep Time: 5 min | Servings: 2*

Bursting with juicy orange, sweet pear and tangy kiwi, this vibrant bowl channels British summertime in a spoon. A whisper of lemon-kissed fat-free yoghurt pulls it all together, giving a creamy finish yet keeping the dish firmly in Zero-Point territory – a two-minute crowd-pleaser for any brunch spread.

#### *Ingredients:*

- 1 large orange, peeled & cut into bite-size chunks
- 1 ripe conference pear, cored & diced
- 1 kiwi, peeled & sliced

- 120 g fat-free Greek yoghurt
- Juice of ½ lemon
- 1 tsp finely grated lemon zest
- Small handful fresh mint leaves, shredded (optional)

### *Instructions:*

1. Tumble the orange, pear and kiwi into a glass serving bowl, catching any stray juices.
2. In a mug whisk the yoghurt with lemon juice and zest until glossy. This lifts the sweetness of the fruit without adding sugar.
3. Spoon the yoghurt dressing over the fruit, then gently fold just twice so you keep bright ribbons of white against the colours.
4. Scatter with mint if using and serve straight away while the flavours are sparkingly fresh – perfect on its own or spooned over overnight oats for extra zing.
5. If prepping ahead, chill fruit and dressing separately and combine at the last minute to avoid watering down.

### *Nutrition:*

Calories: 160 kcal | Fat: 0.5 g | Protein: 8 g | Carbs: 34 g

Nº9

## Banana Oat Mini Muffins

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CATEGORY

### **BREAKFAST & BRUNCH**

*Cook Time: 15 min | Prep Time: 5 min | Servings: 4*

Fluffy, naturally sweet bites made from nothing but oats, ripe banana and egg, baked to golden in a muffin tin. Think of them as portable porridge: no added sugar, no oil and totally Zero Points, yet they taste like warm banana bread fresh from a village bakery – the ultimate grab-and-go breakfast.

#### *Ingredients:*

- 120 g rolled oats
- 2 medium ripe bananas, mashed
- 2 medium free-range eggs

- 1 tsp baking powder
- 1 tsp vanilla extract
- Pinch fine sea salt
- Calorie-free cooking spray

### *Instructions:*

1. Heat oven to 180 °C / 160 °C fan / Gas 4. Mist an 8-hole mini-muffin tray with cooking spray.
2. Blitz half the oats in a small blender to make a fine flour; tip into a bowl with remaining whole oats, baking powder and salt.
3. Mash bananas until smooth, whisk in eggs and vanilla, then pour wet mix into dry. Stir just until combined – over-mixing toughens muffins.
4. Divide batter evenly among the holes; they'll be just over half-full.
5. Bake 15 min until risen, golden and a skewer poked in the centre comes out clean. Cool 5 min, then turn out onto a rack.
6. Eat warm or store in an airtight tin for two days; revive with 10 sec in the microwave for that just-baked feel.

### *Nutrition:*

Calories: 180 kcal | Fat: 4 g | Protein: 8 g | Carbs: 30 g

Nº10

## Cottage Cheese & Oat Pancakes

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CATEGORY

### **BREAKFAST & BRUNCH**

*Cook Time: 8 min | Prep Time: 5 min | Servings: 2*

Soft, slightly tangy pancakes that cook up fluffy inside and lightly golden outside without a drop of oil. Fat-free cottage cheese gives protein punch while oats lend slow-release energy, making these Zero-Point wonders perfect for leisurely weekend stacks or speedy weekday plates.

#### *Ingredients:*

- 120 g fat-free cottage cheese
- 40 g rolled oats
- 2 medium free-range eggs

- 1 tsp ground cinnamon
- 1 tsp vanilla extract
- Pinch fine sea salt
- Calorie-free cooking spray

### *Instructions:*

1. Blitz cottage cheese, oats, eggs, cinnamon, vanilla and salt in a blender 30 sec until smooth and pourable; rest 5 min so oats begin to swell.
2. Heat a large non-stick frying pan over medium-low and mist with cooking spray.
3. Pour batter in 8 cm circles (about 2 tbsp each). Cook 2 min until the top looks set and bubbles, edges lifting easily.
4. Flip gently with a silicone spatula; cook another 1-2 min until underside is golden and centres spring back when touched.
5. Slide onto warm plates and keep going with remaining batter, misting the pan as needed.
6. Serve stacks plain or top with fresh berries and a squeeze of lemon. Leftovers reheat beautifully in the toaster for instant weekday treats.

### *Nutrition:*

Calories: 200 kcal | Fat: 4 g | Protein: 20 g | Carbs: 20 g

Nº11

## Steamed Salmon with Lemon & Dill

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CATEGORY

### **BREAKFAST & BRUNCH**

*Cook Time: 8 min | Prep Time: 3 min | Servings: 1*

Moist, flaky salmon gently steamed with fresh dill and a splash of lemon: simple, elegant and totally Zero Points. It's the sort of breakfast you'd get in a coastal B&B – light yet luxurious, packed with protein and ready in under ten minutes.

#### *Ingredients:*

- 1 skinless salmon fillet (120 g)
- 2 sprigs fresh dill, plus extra to garnish
- 2 thin lemon slices

- Sea salt & freshly ground black pepper
- Calorie-free cooking spray

### *Instructions:*

1. Line a steamer basket with a square of baking parchment, mist lightly with cooking spray and lay the salmon on top. Season with salt and pepper, top with dill sprigs and lemon slices.
2. Bring 2 cm water to the boil in a lidded pan, set basket over water, cover and steam 8 min until salmon flakes easily.
3. Slide onto a warm plate, discard dill stalks, squeeze over the lemony juices and scatter fresh fronds.
4. Serve hot with wilted spinach or cold in a brunch platter – either way the fish stays meltingly tender and fragrant.

### *Nutrition:*

Calories: 210 kcal | Fat: 8 g | Protein: 31 g | Carbs: 0 g

Nº12

# Overnight Bircher Porridge

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CATEGORY

## **BREAKFAST & BRUNCH**

*Cook Time: 0 min | Prep Time: 5 min (+overnight) | Servings: 1*

A Swiss classic adored across Britain: creamy oats soaked overnight in tangy yoghurt, folded with crisp grated apple and a kiss of cinnamon. Zero Points yet tastes like pudding for breakfast – pop it in the fridge before bed and wake up to instant nourishment.

### *Ingredients:*

- 40 g rolled oats
- 120 g fat-free Greek yoghurt
- 60 ml cold water

- 1/2 eating apple, coarsely grated
- 1/4 tsp ground cinnamon
- Zest of 1/4 lemon

### *Instructions:*

1. In a lidded jar combine oats, yoghurt, water, cinnamon and lemon zest. Stir until the oats are completely moistened.
2. Clamp on the lid and refrigerate at least 6 h or up to 24 h so the oats swell into a thick, spoonable cream.
3. Next morning stir briskly, then fold in the grated apple just before serving to keep its bite.
4. Eat chilled straight from the jar or decant into a bowl and top with extra apple matchsticks for crunch – breakfast done before you've even switched on the kettle.

### *Nutrition:*

Calories: 195 kcal | Fat: 2 g | Protein: 11 g | Carbs: 33 g

Nº13

## Spinach & Pepper Egg Roll

---



CATEGORY

### **BREAKFAST & BRUNCH**

*Cook Time: 7 min | Prep Time: 5 min | Servings: 1*

A thin, tender omelette sheet rolled around garlicky wilted spinach and sweet red pepper, sliced into pinwheels for an eye-catching plate. All Zero Points, high in protein and ready in minutes – perfect when you fancy something a touch fancier than scrambled eggs.

#### *Ingredients:*

- 2 medium free-range eggs
- 40 g baby spinach
- 40 g red pepper, cut into thin strips

- 1 small garlic clove, crushed
- Calorie-free cooking spray
- Pinch sea salt & freshly ground black pepper

### *Instructions:*

1. Mist a non-stick pan with spray, sauté pepper 2 min until just tender, add garlic and spinach, cook 1 min to wilt. Tip veg onto a plate.
2. Wipe the pan, mist again and heat over medium-low. Beat eggs with salt and pepper, pour in and swirl to coat base in a thin layer.
3. Cook 1-2 min until almost set. Arrange spinach mixture in a line down one side, then, using a silicone spatula, roll the omelette tightly into a log.
4. Cook 30 sec more to seal, slide onto a board and rest 1 min. Slice into 3 cm rounds; serve warm with grilled tomatoes or cooled in a lunchbox – the swirl makes every bite feel special.

### *Nutrition:*

Calories: 170 kcal | Fat: 7 g | Protein: 18 g | Carbs: 4 g

Nº14

## Cinnamon-Roasted Pumpkin Yoghurt Pot

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CATEGORY

### **BREAKFAST & BRUNCH**

*Cook Time: 25 min | Prep Time: 5 min | Servings: 2*

Velvety cubes of roasted pumpkin dusted with cinnamon and nutmeg, cooled then folded through fat-free Greek yoghurt. Sweet, creamy and comforting – like spiced pie filling in a bowl – yet completely Zero Points, making it a guilt-free autumn breakfast or snack.

#### *Ingredients:*

- 300 g peeled pumpkin, cut into 2 cm cubes
- ¼ tsp ground cinnamon
- ⅓ tsp ground nutmeg

- Calorie-free cooking spray
- Small pinch sea salt
- 200 g fat-free Greek yoghurt

### *Instructions:*

1. Heat oven to 200 °C / 180 °C fan / Gas 6. Mist a small roasting tin with cooking spray.
2. Toss pumpkin with cinnamon, nutmeg, salt and another light mist of spray; spread in a single layer.
3. Roast 20-25 min, turning once, until tender and edges caramelize. Cool completely so the yoghurt stays thick.
4. Divide yoghurt between two bowls or jars and gently ripple in the pumpkin.
5. Eat straight away or chill up to 24 h; delightful topped with extra cinnamon dust.

### *Nutrition:*

Calories: 125 kcal | Fat: 0.6 g | Protein: 12 g | Carbs: 18 g

Nº15

## British-Garden Shakshuka

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CATEGORY

### **BREAKFAST & BRUNCH**

*Cook Time: 18 min | Prep Time: 10 min | Servings: 2*

Eggs gently poached in a spiced tomato-pepper sauce, brightened with a pinch of smoked paprika and scattered with fresh parsley. A brunch-café favourite across the UK these days, it's naturally Zero Points when you skip oil and use calorie-free spray – perfect with a side of cauliflower “toast” or steamed greens.

#### *Ingredients:*

- 1 small onion, finely diced
- 1 red pepper, thin strips

- 1 garlic clove, minced
- ½ tsp smoked paprika
- ¼ tsp ground cumin
- 400 g tin chopped tomatoes
- 1 tbsp tomato purée
- 1 small courgette, diced 1 cm
- 4 medium free-range eggs
- Pinch chilli flakes (optional)
- Calorie-free cooking spray
- Sea salt & black pepper
- 1 tbsp chopped flat-leaf parsley

### *Instructions:*

1. Mist a 24 cm non-stick sauté pan with spray, soften onion and pepper 4 min over medium heat.
2. Stir in garlic, paprika, cumin (plus chilli for heat) and cook 30 sec until fragrant.
3. Add chopped tomatoes, purée, courgette, pinch salt and plenty pepper; bubble 6 min, stirring twice, until sauce thickens and courgette starts to soften.
4. Make four small wells with a spoon; crack an egg into each.
5. Cover pan, lower heat and simmer 6-7 min until whites set and yolks still wobble.
6. Scatter parsley, grind extra pepper and serve straight from pan with lemon wedges; sauce mops wonderfully with zero-Point veg “soldiers”.

### *Nutrition:*

Calories: 180 kcal | Fat: 6 g | Protein: 18 g | Carbs: 15 g

CATEGORY

# SNACKS & NIBBLES



Nº16

## Low-and-Slow Chicken Jerky Strips

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CATEGORY

### **SNACKS & NIBBLES**

*Cook Time: 15 min | Prep Time: 5 h 30 min | Servings: 20 strips*

Lean chicken breast marinated in soy, lemon and smoked paprika, then dried for hours in a barely-warm fan oven until chewy, savoury and utterly moreish. It's the British answer to US beef jerky: high-protein, travel-friendly and still Zero Points because there's no sugar or oil – perfect for hike packs, car journeys or a post-gym nibble.

*Ingredients:*

- 2 kg skinless chicken breast fillets
- 200 ml reduced-salt soy sauce
- Juice of ½ lemon
- 1 tsp smoked paprika
- 4 garlic cloves, finely grated
- ½ tsp sea salt
- ¼ tsp cracked black pepper
- Calorie-free cooking spray

### *Instructions:*

1. Slice & trim – Pat chicken dry, remove any sinew, slice across the grain into 1 cm-thick, 10 cm-long strips.
2. Marinate 4 h – Combine soy, lemon, paprika, garlic, salt and pepper in large zip bag, add chicken, massage to coat, chill 4 h (or overnight).
3. Set oven – Heat fan oven to 65 °C; line base with foil to catch drips and wedge door open 2 cm with wooden spoon for moisture escape.
4. Arrange strips – Thread each strip on metal skewer or lay on wire rack over tray, leaving gaps for air flow; lightly mist with spray.
5. Dry 5–6 h – Place rack in centre of oven; dry until strips look mahogany and feel firm yet still bend without snapping. Swap trays halfway if using two racks.

### *Nutrition:*

Calories: 180 kcal | Fat: 3 g | Protein: 35 g | Carbs: 2 g

Nº17

## Classic Chickpea Hummus & Crunchy Veg Dippers

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CATEGORY

### **SNACKS & NIBBLES**

*Cook Time: 0 min | Prep Time: 5 min | Servings: 4*

Creamy yet oil-free hummus blitzed from tinned chickpeas, garlic, lemon and a hint of cumin, served with crisp cucumber and carrot batons. A Mediterranean-style bite that feels indulgent but costs you zero Points – perfect for mid-afternoon munchies or pre-dinner nibbles.

#### *Ingredients:*

- 400 g canned chickpeas in water, drained & rinsed
- 1 small garlic clove
- Juice of 1 lemon

- 1/2 tsp ground cumin
- 4 tbsp cold water (or aquafaba)
- Sea salt & freshly ground black pepper
- 1 medium carrot, cut into sticks
- 1/2 cucumber, cut into batons

### *Instructions:*

1. Tip chickpeas, garlic, lemon juice and cumin into a food processor; blitz 30 sec.
2. Add water a spoon at a time, blending until the hummus turns velvety and spoonable.
3. Season generously and scrape into a serving bowl, swirling the top with a spoon.
4. Arrange the carrot and cucumber sticks alongside for dunking.
5. Keeps 3 days in the fridge; stir in a splash of water to loosen before serving if needed.

### *Nutrition:*

Calories: 115 kcal | Fat: 1 g | Protein: 6 g | Carbs: 20 g

Nº18

## Herby Dijon Boiled Eggs

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CATEGORY

### **SNACKS & NIBBLES**

*Cook Time: 10 min | Prep Time: 2 min | Servings: 2*

Simple hard-boiled eggs brightened with a dab of tangy Dijon and a shower of fresh herbs. They're protein-packed, portable and utterly fuss-free – your zero-Point answer to post-workout hunger or a dainty canapé on a brunch board.

#### *Ingredients:*

- 4 medium free-range eggs
- 2 tsp Dijon mustard

- 1 tbsp finely chopped flat-leaf parsley
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Bring a small pan of water to a gentle boil. Lower in the eggs and simmer 8 min for a firm yet creamy yolk.
2. Drain, rinse under cold water and peel while just warm.
3. Halve the eggs lengthways, dot each yolk with a little Dijon and set on a plate.
4. Sprinkle with parsley, season with pepper and a pinch of salt.
5. Serve straight away or chill in a sealed box up to 2 days for on-the-go snacks.

### *Nutrition:*

Calories: 90 kcal | Fat: 5 g | Protein: 8 g | Carbs: 1 g

Nº19

## Edamame & Sweet Pepper Salad

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CATEGORY

### **SNACKS & NIBBLES**

*Cook Time: 0 min | Prep Time: 5 min | Servings: 2*

Bright green edamame tossed with sweet red pepper strips, spring onion and a zingy soy-lemon dressing. It's crisp, colourful and delivers a hit of plant protein – a five-minute zero-Point salad that travels brilliantly in lunchboxes.

#### *Ingredients:*

- 160 g frozen shelled edamame, thawed
- ½ red pepper, cut into fine strips
- 1 spring onion, thinly sliced

- Juice of ½ lemon
- 1 tsp reduced-salt soy sauce
- 1 tbsp chopped fresh coriander
- Pinch crushed chilli flakes (optional)

### *Instructions:*

1. Pat the thawed edamame dry with kitchen paper and tip into a mixing bowl.
2. Add pepper and spring onion.
3. Whisk lemon juice with soy sauce, then pour over the veg.
4. Toss well to coat, fold through coriander and a tiny pinch of chilli if you like heat.
5. Pile into bowls and eat straight away, or chill up to 24 h – flavours mingle and improve.

### *Nutrition:*

Calories: 130 kcal | Fat: 3 g | Protein: 12 g | Carbs: 14 g

Nº20

## Cottage Cheese with Cucumber & Dill

---



CATEGORY

### **SNACKS & NIBBLES**

*Cook Time: 0 min | Prep Time: 5 min | Servings: 2*

Cool, creamy cottage cheese folded with crunchy cucumber, fragrant dill and a spark of lemon – a five-minute riff on classic Scandinavian flavours that makes a refreshing zero-Point snack, picnic pot or sandwich filling.

#### *Ingredients:*

- 200 g fat-free cottage cheese
- ½ medium cucumber
- 1 spring onion, finely sliced

- 1 tbsp finely chopped fresh dill
- Zest & juice of ½ lemon
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Tip cottage cheese into a small bowl and beat with a spoon until loosened and glossy – this keeps the mix light rather than claggy.
2. Halve the cucumber lengthways, drag out the watery seeds with a teaspoon, then dice the firm flesh into 5 mm cubes so each mouthful stays crisp.
3. Pat the pieces dry with kitchen paper; excess water would thin the cheese.
4. Fold cucumber, spring onion, dill, lemon zest and juice into the cheese; season boldly with pepper and a pinch of salt.
5. Cover and chill 10 min to let the flavours mingle.
6. Serve piled on lettuce leaves, alongside crudités or spooned straight from the bowl – it keeps happily in the fridge for two days and firms up even more deliciously overnight.

### *Nutrition:*

Calories: 95 kcal | Fat: 1 g | Protein: 15 g | Carbs: 6 g

Nº21

## Tomato & Caper Salad with Red Onion

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CATEGORY

### **SNACKS & NIBBLES**

*Cook Time: 0 min | Prep Time: 6 min | Servings: 2*

Thick wedges of ripe British tomatoes tossed with briny capers, slivers of sweet red onion and a sharp balsamic splash. It's sunshine on a plate, ready in minutes, and the salty-sweet tang is brilliant for waking up tired tastebuds – all while staying on zero Points.

#### *Ingredients:*

- 3 large ripe tomatoes, cut into chunky wedges
- ¼ small red onion, very thinly sliced
- 1 tbsp non-pareil capers, rinsed

- 1 tbsp balsamic vinegar
- 1 tsp chopped fresh oregano or parsley
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Pile the tomato wedges into a shallow serving dish, scatter over the capers and tuck the onion slices in and around so every forkful gets a little bite.
2. Drizzle with balsamic and season generously with black pepper plus a small pinch of flaky sea salt; the capers already bring brine so be sparing.
3. Very gently turn the salad with clean fingers – too much stirring will bruise the fruit and muddy the juices.
4. Leave to stand five minutes; the vinegar coaxes out the tomatoes' natural liquor, creating a glossy dressing at the bottom of the dish.
5. Finish with oregano and serve alongside grilled fish or as part of a mezze board; mop the savoury juices with steamed new potatoes if you've spare Points.

### *Nutrition:*

Calories: 70 kcal | Fat: 0.5 g | Protein: 3 g | Carbs: 14 g

Nº22

## Berry & Kiwi “Mini-Trifle”

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CATEGORY

### **SNACKS & NIBBLES**

*Cook Time: 0 min | Prep Time: 5 min | Servings: 2*

Fresh berries and kiwi layered with silky yoghurt for an instant, lightened-up take on the British trifle – no sponge, no custard, just fruit and tangy creaminess that feels like dessert yet sits squarely at zero Points. Perfect for garden parties or a late-night sweet fix.

#### *Ingredients:*

- 80 g strawberries, hulled & sliced
- 60 g blueberries
- 1 kiwi, peeled & diced

- 200 g fat-free Greek yoghurt
- ¼ tsp vanilla extract
- Grated zest of ½ orange

### *Instructions:*

1. Mix yoghurt with vanilla and half the orange zest until velvety.
2. Take two tumbler glasses; spoon a tablespoon of yoghurt into each to form the base.
3. Add a layer of sliced strawberries followed by a scatter of blueberries, pressing lightly so the fruit sits level.
4. Repeat with another spoon of yoghurt, then the diced kiwi, finishing with a final cap of yoghurt.
5. Swirl the tops artfully and sprinkle with remaining zest; the citrus perfume lifts the berries.
6. Serve straight away for contrasting textures, or chill 20 min to meld flavours – after an hour the juices marble attractively through the creamy folds like a cheat's coulis.

### *Nutrition:*

Calories: 110 kcal | Fat: 0.7 g | Protein: 10 g | Carbs: 18 g

Nº23

## Nori Veg Roll-Ups

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CATEGORY

### **SNACKS & NIBBLES**

*Cook Time: 0 min | Prep Time: 5 min | Servings: 2*

Crisp ribbons of carrot and cucumber wrapped in savoury nori sheets for a sushi-style bite that takes minutes but looks gourmet. The salty seaweed and fresh crunch make an addictive combo while staying gloriously at zero Points – ideal for desk-side nibbling or canapé platters.

#### *Ingredients:*

- 4 toasted nori sheets
- 1 small carrot, cut into matchsticks
- ¼ cucumber, deseeded & cut into matchsticks

- 2 tbsp fat-free Greek yoghurt
- 1 tsp reduced-salt soy sauce
- Pinch crushed chilli flakes (optional)

### *Instructions:*

1. Stir yoghurt and soy into a smooth dipping sauce; set aside.
2. Lay a nori sheet shiny-side down on a board. Arrange a few carrot and cucumber sticks horizontally across the bottom third, leaving edges clear.
3. Lightly dampen the top edge of the nori with water; this acts as glue.
4. Roll up firmly like a mini maki, pressing to seal.
5. Slice each roll into three bite-size pieces with a very sharp knife.
6. Repeat with remaining sheets and veg, scatter with chilli flakes if you like heat and serve with the yoghurt dip – a crunchy, sea-fresh snack that travels well in lunchboxes.

### *Nutrition:*

Calories: 55 kcal | Fat: 0 g | Protein: 4 g | Carbs: 9 g

Nº24

## Grilled Pineapple Rings with Cinnamon

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CATEGORY

### **SNACKS & NIBBLES**

*Cook Time: 6 min | Prep Time: 2 min | Servings: 2*

Juicy pineapple rings seared under a hot grill until the natural sugars caramelize, then dusted with warming cinnamon. The result is sticky-sweet, smoky and utterly tropical, yet rings in at zero Points – a speedy way to bring summer barbecue vibes to any British winter evening.

#### *Ingredients:*

- 4 tinned pineapple rings in juice, drained
- ¼ tsp ground cinnamon
- Calorie-free cooking spray

### *Instructions:*

1. Heat grill to high and line a tray with foil. Lightly mist the pineapple rings on both sides with cooking spray and lay on the tray.
2. Grill 3 min, flip carefully and grill 3 min more until edges char and juices bubble.
3. Slide onto serving plates, dust with cinnamon and leave 1 min so the spice blooms in the heat.
4. Serve warm as a pudding-style snack or chill and chop into yoghurt for tomorrow's breakfast – the caramel notes only deepen overnight.

### *Nutrition:*

Calories: 45 kcal | Fat: 0 g | Protein: 0 g | Carbs: 11 g

Nº25

## Prawn Cocktail Shots

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CATEGORY

### **SNACKS & NIBBLES**

*Cook Time: 0 min | Prep Time: 4 min | Servings: 2*

Plump king prawns piled into dinky glasses with a bright, horseradish-spiked tomato sauce and a squeeze of lemon. It nods to the 1970s classic but keeps things light, crisp and zero Point – perfect as party shooters or a posh protein hit after the gym.

#### *Ingredients:*

- 150 g cooked king prawns, chilled
- 80 ml passata
- 1 tsp freshly grated horseradish

- Juice of ½ lemon, plus wedges to serve
- Pinch smoked paprika
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Whisk passata, horseradish, lemon juice, paprika and a pinch each of salt and pepper into a tangy cocktail sauce.
2. Divide half the prawns between two small tumblers; spoon over a little sauce.
3. Layer the remaining prawns and top with the rest of the sauce, letting it dribble appetisingly down the sides.
4. Garnish with lemon wedges. Serve immediately, encouraging guests to swirl, sip and skewer prawns – a nostalgic treat made modern and macro-friendly.

### *Nutrition:*

Calories: 85 kcal | Fat: 0.5 g | Protein: 16 g | Carbs: 4 g

CATEGORY

# SOUPS & SALADS



Nº26

## Hearty Chicken & Vegetable Broth

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CATEGORY

### **SOUPS & SALADS**

*Cook Time: 45 min | Prep Time: 10 min | Servings: 4*

A clear, savoury stock brewed from skinless chicken breast, carrots, celery and leeks, finished with sweet garden peas and parsley. It tastes like Mum's Sunday soup, only lighter and entirely Zero-Point – perfect for batch-cooking or soothing sniffles on a drizzly British evening.

#### *Ingredients:*

- 2 skinless chicken breasts (about 300 g total)
- 2 medium carrots, sliced
- 2 celery sticks, sliced

- 1 small leek, sliced & well rinsed
- 1 bay leaf
- 1 sprig fresh thyme
- 1.2 litres cold water
- 60 g frozen peas
- 2 tbsp chopped fresh parsley
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Put chicken, carrots, celery, leek, bay, thyme and water in a large saucepan. Bring slowly to the boil, skimming any froth, then reduce heat and simmer 35 min.
2. Lift out chicken; when cool enough shred the meat. Discard bay and thyme.
3. Stir peas into the broth, simmer 2 min, then return shredded chicken.
4. Season generously with pepper and just enough salt to lift the flavours.
5. Ladle into warm bowls, sprinkle with parsley and serve with extra black pepper. Keeps 3 days in the fridge; flavour deepens overnight, making tomorrow's lunch even better.

### *Nutrition:*

Calories: 120 kcal | Fat: 2 g | Protein: 22 g | Carbs: 6 g

Nº27

## Silky Carrot & Coriander Soup

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CATEGORY

### **SOUPS & SALADS**

*Cook Time: 25 min | Prep Time: 10 min | Servings: 4*

Velvety, sun-orange soup blended from sweet carrots, onion and a kiss of fresh coriander, with a background warmth of cumin. It's bright, uplifting and utterly soothing – ideal for batch freezing and guaranteed to keep you on track at zero Points.

#### *Ingredients:*

- 600 g carrots, chopped
- 1 medium onion, diced
- 1 garlic clove, crushed

- ½ tsp ground cumin
- 1 litre vegetable stock (zero-Point)
- Handful fresh coriander, leaves & stalks separated
- Calorie-free cooking spray
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Mist a saucepan with spray, soften onion 5 min over medium heat; add garlic and cumin, cook 1 min until fragrant.
2. Tip in carrots and stock, bring to the boil, then cover and simmer 18-20 min until carrots are tender.
3. Add coriander stalks for the final 2 min.
4. Remove from heat, blitz with a stick blender until perfectly smooth. Stir in chopped coriander leaves, season to taste.
5. Serve steaming hot; garnish with extra leaves. Freezes well – reheat from frozen with a splash of water for an instant bowl of goodness.

### *Nutrition:*

Calories: 95 kcal | Fat: 1 g | Protein: 3 g | Carbs: 18 g

Nº28

## Savoyarde Onion & Thyme Soup

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CATEGORY

### **SOUPS & SALADS**

*Cook Time: 50 min | Prep Time: 10 min | Servings: 4*

Sweet onions slowly caramelised in their own juices, deglazed with balsamic and simmered in a light thyme-scented broth. All the depth of classic French onion soup but none of the cheese or bread – keeping it Zero-Point while still delivering that hug-in-a-mug richness.

#### *Ingredients:*

- 4 large onions (about 800 g), thinly sliced
- 2 sprigs fresh thyme
- 1 tbsp balsamic vinegar

- 1 litre beef or vegetable stock (zero-Point)
- Calorie-free cooking spray
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Mist a heavy-based pan with spray, add onions, a pinch of salt and 2 tbsp water. Cover and cook 15 min over low heat, stirring occasionally, until very soft.
2. Remove lid, raise heat slightly and cook 15 min more, stirring often, until onions turn deep gold and sticky; add tiny splashes of water if catching.
3. Stir in balsamic, scraping up browned bits, then add thyme and stock. Bring to a gentle simmer and cook 15 min so flavours meld.
4. Fish out thyme stalks, season generously with pepper.
5. Ladle into warmed bowls; if you have spare Points, top with toasted wholemeal croutons, but it's deeply satisfying just as it is.

### *Nutrition:*

Calories: 80 kcal | Fat: 0.5 g | Protein: 2 g | Carbs: 17 g

Nº29

## Classic Andalusian Gazpacho

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CATEGORY

### **SOUPS & SALADS**

*Cook Time: 0 min | Prep Time: 10 min (+chill) | Servings: 4*

An ice-cold Spanish soup that's become a British summer staple: ripe tomatoes, cucumber and pepper blitzed silky, sharpened with sherry vinegar, then served frosty with a crunchy veg dice on top. It's refreshing, vibrantly red and rings in at zero Points – perfect for heat-wave lunches or as an elegant starter at barbecues.

#### *Ingredients:*

- 700 g ripe vine tomatoes, roughly chopped
- ½ cucumber, deseeded & roughly chopped

- 1 small red pepper, roughly chopped
- 1/4 small red onion, roughly chopped
- 1 garlic clove, crushed
- 1 tbsp sherry vinegar
- 1/2 tsp sea salt
- 200 ml cold water
- Calorie-free cooking spray for garnish (optional)

### *Instructions:*

1. Blitz tomatoes, cucumber, pepper, onion, garlic, vinegar, salt and water in a blender 60 s until utterly smooth.
2. Push through a fine sieve into a jug, pressing to extract every drop; discard pulp for the glossiest texture.
3. Taste – the chill will mute flavour, so the mix should seem slightly over-seasoned now.
4. Cover and refrigerate at least 2 h until icy-cold.
5. Serve in tumblers or shallow bowls; if you like a little bite, top with extra diced veg misted lightly with cooking spray.
6. Any leftover soup keeps 48 h and actually sweetens overnight, making tomorrow's lunch even better.

### *Nutrition:*

Calories: 70 kcal | Fat: 0.4 g | Protein: 2 g | Carbs: 14 g

Nº30

# White Bean & Savoy Cabbage Soup

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CATEGORY

## **SOUPS & SALADS**

*Cook Time: 30 min | Prep Time: 10 min | Servings: 4*

A rustic potage inspired by Welsh farmhouse kitchens: buttery cannellini beans, ribbons of Savoy cabbage, carrot and celery simmered in herby stock. It's thick, hearty and naturally creamy, yet entirely Zero Points – a cosy mid-week warmer that begs for crusty bread if you've spare Points.

### *Ingredients:*

- 400 g tinned cannellini beans, drained & rinsed
- 1 small onion, diced
- 1 carrot, diced

- 1 celery stick, diced
- 2 garlic cloves, crushed
- ½ tsp dried rosemary
- 1 litre vegetable stock (zero-Point)
- 120 g Savoy cabbage, shredded
- 2 tbsp chopped flat-leaf parsley
- Calorie-free cooking spray
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Mist a soup pan with spray, sauté onion, carrot and celery 5 min to soften.
2. Stir in garlic and rosemary 1 min, then add beans and stock. Bring up to a gentle boil.
3. Scoop out 3 ladles of soup, blitz smooth and return – this thickens without cream.
4. Fold in cabbage, simmer 10 min until tender but still bright.
5. Season assertively, stir through parsley and ladle into warmed bowls.
6. Keeps 3 days chilled; flavours meld, making it even more satisfying reheated for desk lunches.

### *Nutrition:*

Calories: 115 kcal | Fat: 0.8 g | Protein: 7 g | Carbs: 20 g

Nº31

## Scottish Cullen Skink-Style Soup

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CATEGORY

### **SOUPS & SALADS**

*Cook Time: 25 min | Prep Time: 10 min | Servings: 4*

A light, dairy-free twist on the Highlands classic: flakes of smoked haddock gently poached with potato and leek in clear fish stock, giving the same smoky comfort minus the cream. Thick, warming and completely Zero Points, it's like a coastal breeze on a winter's night.

#### *Ingredients:*

- 300 g smoked haddock fillets, skin on
- 1 large floury potato, peeled & diced 1 cm
- 1 leek, white part finely sliced & rinsed

- 1 small bay leaf
- 800 ml fish stock (zero-Point)
- 2 tbsp chopped chives
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Put stock, bay and potato into a saucepan, bring to a simmer and cook 8 min.
2. Add leek, cook 4 min until softening. Lay haddock skin-side up on top, cover and poach 6 min until it flakes easily.
3. Lift out fish, peel off skin and break flesh into large flakes. Discard bay.
4. Roughly mash a few potato cubes against the pan side to thicken the broth naturally, then slide fish back in.
5. Heat 1 min to warm through, season smartly with pepper (salt only if needed; the fish is salty).
6. Ladle into deep bowls, shower with chives and serve with lemon wedges if liked – smoky, restorative and proudly Scottish.

### *Nutrition:*

Calories: 135 kcal | Fat: 1.5 g | Protein: 22 g | Carbs: 14 g

Nº32

## Irish Pea & Leek Soup

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CATEGORY

### **SOUPS & SALADS**

*Cook Time: 20 min | Prep Time: 10 min | Servings: 4*

Fresh garden peas and tender leeks blitzed into a vibrant jade purée, brightened with mint and a squeeze of lemon. It captures the essence of spring on the Emerald Isle but warms you through on drizzly UK days – silky, herby and, of course, Zero Points.

#### *Ingredients:*

- 450 g frozen peas
- 1 large leek, white & pale green only, sliced
- 750 ml vegetable stock (zero-Point)

- Handful fresh mint leaves, stalks reserved
- Juice of ½ lemon
- Calorie-free cooking spray
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Mist a saucepan with spray; soften leek 5 min, adding 1 tbsp water if it catches.
2. Pour in stock, peas and mint stalks, bring to a lively simmer and cook 8 min until the peas are tender and bright.
3. Fish out stalks, add mint leaves and lemon juice, then blitz until completely smooth; a stick blender gives the best velvety finish.
4. Reheat gently, seasoning boldly with pepper and just enough salt to lift the sweetness of the peas.
5. Ladle into warmed bowls, add an extra mint leaf for colour and serve piping hot or well-chilled in summer – it's delicious both ways.

### *Nutrition:*

Calories: 115 kcal | Fat: 0.9 g | Protein: 8 g | Carbs: 20 g

№33

## Pumpkin & Apple Autumn Soup

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CATEGORY

### **SOUPS & SALADS**

*Cook Time: 25 min | Prep Time: 10 min | Servings: 4*

Sweet roast pumpkin and tangy eating apples simmered with onion, blitzed smooth and perfumed with nutmeg. The result is a cosy bowl that tastes like bonfire-night flames and orchard breezes yet costs zero Points – a freezer-friendly hug for October evenings.

#### *Ingredients:*

- 600 g peeled pumpkin, diced
- 1 eating apple, cored & chopped
- 1 small onion, diced

- ½ tsp ground nutmeg
- 1 litre vegetable stock (zero-Point)
- Calorie-free cooking spray
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Heat oven to 200 °C /180 °C fan; spread pumpkin on a tray, mist with spray and roast 15 min until just golden.
2. Meanwhile soften onion 5 min in a sprayed saucepan; add apple, roasted pumpkin and nutmeg, stir 1 min to bloom the spice.
3. Pour in stock, bring up to the boil, then simmer 10 min until everything is meltingly soft.
4. Blitz with a stick blender to a silky puree; loosen with hot water if needed.
5. Season, ladle into mugs and grate a whisper more nutmeg on top for fireside aroma – stores 3 days or freezes a month, deepening in flavour each reheat.

### *Nutrition:*

Calories: 90 kcal | Fat: 0.6 g | Protein: 2 g | Carbs: 18 g

Nº34

## Summer Strawberry & Spinach Salad

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CATEGORY

### **SOUPS & SALADS**

*Cook Time: 0 min | Prep Time: 6 min | Servings: 2*

British strawberries, baby spinach and toasted almond flakes in a light balsamic drizzle – a sweet-savory salad that screams Wimbledon fortnight. Juicy, crisp, nutty and entirely Zero Points (minus the scant almond sprinkle), it's a dazzling side for grilled chicken or a standalone light lunch.

#### *Ingredients:*

- 100 g baby spinach
- 150 g ripe strawberries, hulled & halved
- 1 tbsp flaked almonds, dry-toasted (1 Point – omit if strict)

- 2 tsp balsamic vinegar
- 1 tsp lemon juice
- Pinch cracked black pepper

### *Instructions:*

1. Pile spinach into a wide salad bowl; tuck strawberry halves among the leaves, letting their juices dot the green.
2. Shake balsamic and lemon juice together, then drizzle over just before serving so the leaves stay perky.
3. Toss gently with clean fingertips – less bruising than a spoon – until everything glistens lightly.
4. Scatter toasted almonds for crunch if you can spare a Point, otherwise sprinkle extra cracked pepper for contrast.
5. Serve immediately; the sweet fruit, sharp dressing and leafy earthiness sing brightest within minutes of assembly, evoking English summer in every bite.

### *Nutrition:*

Calories: 85 kcal | Fat: 3 g | Protein: 3 g | Carbs: 12 g

Nº35

## Oil-Free Salad Niçoise

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CATEGORY

### **SOUPS & SALADS**

*Cook Time: 10 min | Prep Time: 15 min | Servings: 2*

A lighter spin on the Riviera classic: flaky tuna, crisp green beans, baby potatoes, sweet cherry tomatoes and a soft-boiled egg, all glossed in a punchy lemon-mustard dressing instead of oil. It keeps the look and sunny flavours of holiday lunches on the Med while sitting squarely at zero Points – a colourful main-course salad ready for any alfresco British lunch.

#### *Ingredients:*

- 120 g canned tuna in spring water, drained
- 160 g baby new potatoes, halved

- 100 g fine green beans, trimmed
- 8 cherry tomatoes, halved
- 2 medium free-range eggs
- 6 black olives in brine, sliced (optional, adds 1 Point)
- 2 tbsp chopped fresh parsley
- Juice of  $\frac{1}{2}$  lemon
- 1 tsp Dijon mustard
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Boil potatoes 12 min until tender; add beans for last 3 min, then drain and cool under cold water.
2. Simultaneously soft-boil eggs 7 min; plunge into cold water, peel and quarter.
3. Whisk lemon juice, mustard, pinch of salt and lots of pepper into a sharp dressing.
4. Spread potatoes and beans on a platter, top with tuna flakes, tomatoes and egg wedges.
5. Drizzle with dressing, scatter parsley and olives if using. Serve at once; the zingy dressing soaks into the spuds making every forkful bright and satisfying.

### *Nutrition:*

Calories: 225 kcal | Fat: 3 g | Protein: 28 g | Carbs: 26 g

Nº36

## Turkey, Apple & Celery Crunch Salad

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CATEGORY

### **SOUPS & SALADS**

*Cook Time: 0 min | Prep Time: 8 min | Servings: 2*

Ribbons of roast turkey breast tossed with crisp apple, snappy celery and a lemon-yoghurt dressing. It's light, refreshing and crunchy-sweet – like Boxing-Day leftovers remixed into a year-round zero-Point lunch that travels brilliantly in a lunchbox or sits neatly in a crusty bap if you've spare Points.

#### *Ingredients:*

- 200 g cooked skinless turkey breast, thinly sliced
- 1 crunchy eating apple, cored & match-sticked
- 2 celery sticks, thinly sliced on the angle

- 120 g fat-free Greek yoghurt
- Juice & zest of ½ lemon
- 1 tbsp chopped fresh chives
- Pinch sea salt & freshly ground black pepper

### *Instructions:*

1. Whisk yoghurt, lemon juice and zest in a roomy bowl; season with salt and plenty of pepper until bright and tangy.
2. Fold through turkey, apple and celery, turning gently so the yoghurt coats without breaking the fruit.
3. Scatter in chives, toss once more and taste – the salad should balance creamy, sharp and sweet with a peppery lift.
4. Pile into bowls atop a nest of little gem leaves or spoon into wholemeal pitta; the mix keeps well chilled for 24 h, making tomorrow's desk lunch effortless.

### *Nutrition:*

Calories: 160 kcal | Fat: 1 g | Protein: 26 g | Carbs: 13 g

Nº37

## Chickpea & Tomato Herb Salad

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CATEGORY

### **SOUPS & SALADS**

*Cook Time: 0 min | Prep Time: 6 min | Servings: 2*

Sun-blushed cherry tomatoes, creamy chickpeas and wisps of red onion tumbled with parsley and mint, then brightened with vinegar and a whisper of garlic. This five-minute bowl delivers Mediterranean vibes to a British table, is packed with fibre and sits happily at zero Points – a brilliant make-ahead side or plant-powered main.

#### *Ingredients:*

- 400 g canned chickpeas, drained & rinsed
- 160 g cherry tomatoes, halved

- ¼ small red onion, paper-thin slices
- 2 tbsp chopped flat-leaf parsley
- 1 tbsp chopped fresh mint
- 1 tbsp red-wine vinegar
- 1 small garlic clove, grated
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Whisk vinegar, garlic, a pinch of salt and plenty of pepper in a salad bowl until the salt dissolves.
2. Add chickpeas, tomatoes and onion; toss gently so the acidic dressing begins to mellow the onion and season the beans.
3. Fold through parsley and mint, tasting for balance – you want zing, sweetness and a herbal perfume.
4. Serve immediately for crisp texture, or chill up to 48 h; the flavours marry and the chickpeas absorb the juices, making it even more delicious stuffed into lettuce cups or spooned over grilled chicken.

### *Nutrition:*

Calories: 145 kcal | Fat: 2 g | Protein: 7 g | Carbs: 25 g

№38

## Moroccan Spiced Carrot Salad

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CATEGORY

### **SOUPS & SALADS**

*Cook Time: 10 min | Prep Time: 8 min | Servings: 2*

Tender coin-cut carrots tossed warm with cumin, coriander, smoked paprika and a spritz of lemon, then showered with fresh coriander and parsley. Sweet, citrusy and lightly smoky, it turns humble roots into an exotic zero-Point mezze that's equally at home beside roast lamb or tucked into a lunchbox of mixed salads.

#### *Ingredients:*

- 4 medium carrots, peeled & sliced 5 mm thick
- ½ tsp ground cumin

- ½ tsp ground coriander
- ¼ tsp smoked paprika
- Juice of ½ lemon
- 1 tbsp chopped fresh coriander
- 1 tbsp chopped fresh parsley
- Pinch sea salt & freshly ground black pepper

### *Instructions:*

1. Boil carrot coins 6 min until just tender but still firm; drain well.
2. While hot, tip into a bowl, add cumin, coriander, paprika, lemon juice, pinch of salt and plenty of pepper.
3. Toss thoroughly so spices bloom in the residual heat, tinting the carrots amber.
4. Fold in fresh herbs; taste for seasoning – you want sweet carrot, bright citrus and aromatic warmth.
5. Serve slightly warm or at room temp; flavours intensify as it stands, making it perfect to prep the night before picnics or mezze boards.

### *Nutrition:*

Calories: 80 kcal | Fat: 0.5 g | Protein: 1 g | Carbs: 17 g

Nº39

## Salmon & Cool Cucumber Dill Salad

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CATEGORY

### **SOUPS & SALADS**

*Cook Time: 8 min | Prep Time: 7 min | Servings: 2*

Flakes of gently poached salmon paired with wafer-thin cucumber ribbons, fresh dill and a sharp vinegar spritz. Light, clean and protein-rich, it evokes Scandinavian smørrebrød toppings yet remains completely zero Points – superb piled on rye crispbreads or eaten straight from the bowl as a summer lunch.

#### *Ingredients:*

- 250 g skinless salmon fillet
- ½ cucumber, shaved into ribbons

- 1 tbsp chopped fresh dill + fronds to garnish
- Juice of ½ lemon
- 1 tsp white wine vinegar
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Bring a shallow pan of water to a gentle simmer, slide in salmon, cover and poach 8 min until it flakes. Lift onto a plate, cool 5 min, then break into large chunks.
2. Pat cucumber ribbons dry and place in a mixing bowl; add dill, lemon juice, vinegar and a pinch of salt. Toss lightly so ribbons glisten.
3. Gently fold through salmon, being careful not to break it up too much.
4. Season with plenty of cracked pepper, taste for acidity and salt.
5. Serve chilled, garnished with extra dill; leftovers make a stellar sandwich filler if you can spare Points for bread.

### *Nutrition:*

Calories: 155 kcal | Fat: 5 g | Protein: 25 g | Carbs: 2 g

Nº40

## British Summer Fruit Medley

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CATEGORY

### **SOUPS & SALADS**

*Cook Time: 0 min | Prep Time: 5 min | Servings: 4*

A jubilant bowl of strawberries, redcurrants, blackberries and gooseberries tossed with a drizzle of elderflower and mint – the essence of a UK garden in July. Juicy, tart-sweet and utterly refreshing, it's zero Points and a perfect finale to barbecues, picnics or Wimbledon watching.

#### *Ingredients:*

- 120 g strawberries, hulled & halved
- 80 g redcurrants, stripped from stalks
- 80 g blackberries

- 80 g gooseberries, topped & tailed
- 1 tbsp sugar-free elderflower cordial
- 1 tbsp finely shredded fresh mint

### *Instructions:*

1. Combine all berries in a glass bowl, drizzle with elderflower cordial and very gently turn with a metal spoon so soft fruit doesn't mash.
2. Scatter over mint, fold once more and cover.
3. Chill 15 min so flavours mingle and juices form a lightly perfumed syrup.
4. Serve in small bowls with any pooled liquor spooned over.
5. Leftovers (if any) are superb spooned on yoghurt or blitzed into a smoothie next morning.

### *Nutrition:*

Calories: 60 kcal | Fat: 0.4 g | Protein: 1 g | Carbs: 12 g

CATEGORY

# MAIN DISHES



Nº41

## Slow-Cooked Lean Beef & Root Veg Stew

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CATEGORY

### **MAIN DISHES**

*Cook Time: 6 hr | Prep Time: 15 min | Servings: 6*

A classic British one-pot updated for WW: lean rump roast, baby potatoes, carrots, turnips and onion bubble away for hours in thyme-scented stock until the beef slices like butter and veg turn sweet and silky. It feels like a Sunday afternoon hug yet keeps you solidly at Zero Points – batch-cook once, feast for days.

#### *Ingredients:*

- 900 g lean beef rump roast, all visible fat trimmed
- 400 g baby potatoes, halved

- 3 medium carrots, cut into thick batons
- 2 medium turnips, cubed
- 1 large onion, sliced
- 2 garlic cloves, crushed
- 1 bay leaf
- 3 sprigs fresh thyme
- 500 ml beef stock (zero-Point)
- 1 tbsp tomato purée
- ½ tsp cracked black pepper
- Sea salt to taste

### *Instructions:*

1. Scatter potatoes, carrots, turnips and onion in a 4 l slow-cooker. Nestle the trimmed beef on top.
2. Whisk stock with tomato purée, garlic, pepper and a pinch of salt; pour over meat. Tuck in bay and thyme.
3. Cook on Low 6 h (or High 4 h) until the beef shreds with a fork and veg are tender.
4. Lift out meat, slice or pull into chunks, discarding any stray fat.
5. Return beef to the pot, stir gently and taste – the long cook sweetens the veg so you may only need pepper.
6. Ladle into warm bowls, making sure everyone gets broth, beef and veg. Freezes perfectly; reheat with a splash of water for instant comfort on busy nights.

### *Nutrition:*

Calories: 220 kcal | Fat: 4 g | Protein: 35 g | Carbs: 18 g

Nº42

## No-Oil Chicken Yogurt Curry

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CATEGORY

### **MAIN DISHES**

*Cook Time: 30 min | Prep Time: 10 min | Servings: 4*

Succulent skinless chicken thighs simmered in a tomato-yoghurt gravy spiked with ginger, garlic and Madras curry powder. The sauce turns velvety without cream, clinging to each bite yet keeping the dish firmly Zero Points – big, warm, takeaway vibes minus the guilt.

#### *Ingredients:*

- 600 g skinless chicken thigh fillets, quartered
- 1 large onion, finely diced
- 3 garlic cloves, grated

- 2 cm piece ginger, grated
- 1 tbsp Madras curry powder
- 400 g chopped tomatoes (tin)
- 150 g fat-free Greek yoghurt
- 1 green chilli, slit (optional)
- Handful fresh coriander leaves
- Calorie-free cooking spray
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Mist a non-stick casserole with spray, soften onion 5 min; add garlic, ginger, curry powder and cook 1 min until fragrant.
2. Stir in chicken, turning to coat in spices; cook 3 min to seal.
3. Pour in tomatoes, add chilli, season lightly and bring to a gentle bubble.
4. Cover and simmer 20 min until chicken is tender and sauce thick.
5. Off heat, whisk 2 tbsp hot sauce into yoghurt to temper, then stir back in – prevents splitting and makes the gravy silky.
6. Scatter coriander, taste for salt and serve with steamed cauliflower rice or jacket sweet potato for a full curry-house plate that still scores zero Points.

### *Nutrition:*

Calories: 205 kcal | Fat: 5 g | Protein: 30 g | Carbs: 12 g

Nº43

## Cornish Cod with Tomato, Caper & Lemon

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CATEGORY

### **MAIN DISHES**

*Cook Time: 20 min | Prep Time: 10 min | Servings: 2*

Flaky cod loin baked atop a bed of cherry tomatoes, red onion and briny capers, all splashed with lemon for a bright, seaside supper. It's ready in under half an hour, looks restaurant-smart and stays Zero Points – ideal for mid-week when you fancy something special but simple.

#### *Ingredients:*

- 2 cod loin fillets (150 g each), skinless
- 200 g cherry tomatoes, halved
- ½ small red onion, thin wedges

- 1 tbsp non-pareil capers, rinsed
- Zest & juice of 1 lemon
- 1 tsp chopped fresh oregano
- Calorie-free cooking spray
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Heat oven to 200 °C / 180 °C fan / Gas 6. Mist a small baking dish with spray; scatter tomatoes, onion and capers. Season, zest over half the lemon and toss.
2. Lay cod on top, drizzle with lemon juice, season again and mist lightly.
3. Bake 15-18 min until cod is opaque and flakes; tomatoes should slump into a sauce.
4. Sprinkle oregano and the remaining zest, spooning juices over fish.
5. Serve straight from the dish with steamed green beans or roasted new potatoes if you have spare Points – the pan liquor doubles as dressing.

### *Nutrition:*

Calories: 170 kcal | Fat: 1 g | Protein: 35 g | Carbs: 6 g

Nº44

## Turkey & Mushroom Stuffed Portobellos

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CATEGORY

### **MAIN DISHES**

*Cook Time: 20 min | Prep Time: 15 min | Servings: 2*

Juicy portobello caps brimming with a savoury filling of lean minced turkey, garlic, thyme and mushroom stems, roasted until the tops bronze and the juices mingle into a built-in sauce. It's a comforting dish that feels pub-gratin indulgent, yet every element sits at Zero Points – a clever way to turn humble ingredients into an elegant centrepiece.

#### *Ingredients:*

- 4 large portobello mushrooms
- 250 g extra-lean turkey breast mince

- 100 g chestnut mushroom stems, finely chopped
- 1 small shallot, minced
- 1 garlic clove, crushed
- 1 tbsp chopped fresh thyme
- 1 tbsp chopped parsley, plus extra to garnish
- 1 tsp Dijon mustard
- Calorie-free cooking spray
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Heat oven to 200 °C / 180 °C fan / Gas 6. Twist out mushroom stems, chop finely. Mist a frying pan with spray, soften shallot and chopped stems 3 min.
2. Add turkey mince, garlic, thyme, Dijon, salt and pepper; cook 5 min, breaking up lumps, until no pink remains. Off heat, fold in parsley.
3. Arrange mushroom caps gill-side up on a baking tray, lightly mist, season, then spoon the turkey mix high into each.
4. Roast 15 min until the caps soften, edges char and filling browns.
5. Scatter extra parsley, plate with a crisp green salad and spoon any tray juices over – they're liquid gold.

### *Nutrition:*

Calories: 195 kcal | Fat: 3 g | Protein: 33 g | Carbs: 9 g

Nº45

## Lean Beef & Broccoli Stir-Fry

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CATEGORY

### **MAIN DISHES**

*Cook Time: 7 min | Prep Time: 10 min | Servings: 2*

Vibrant broccoli florets and thin strips of lean rump sizzle together in a hot wok with ginger, garlic and a splash of soy, creating glossy, savoury flavours in minutes. It nails the Friday-night takeaway craving while sticking firmly to Zero Points – serve over cauliflower “rice” for a full bowl experience.

#### *Ingredients:*

- 250 g lean rump steak, sliced thin across the grain
- 200 g broccoli florets
- 1 garlic clove, grated

- 2 cm piece ginger, grated
- 2 spring onions, sliced on the bias
- 1 tbsp reduced-salt soy sauce
- 2 tbsp water
- Calorie-free cooking spray
- Pinch chilli flakes (optional)
- Fresh coriander to finish

### *Instructions:*

1. Steam broccoli 2 min until vivid green; drain and keep handy.
2. Heat a wok until smoking, mist with spray, add beef and sear 1 min undisturbed, then toss 30 sec more.
3. Add garlic, ginger and chilli; stir 30 sec, return broccoli plus soy and water.
4. Stir-fry 2 min so sauce reduces to a glossy glaze clinging to every piece.
5. Scatter spring onion and coriander, crack over black pepper and serve immediately, juices and all.

### *Nutrition:*

Calories: 185 kcal | Fat: 4 g | Protein: 32 g | Carbs: 6 g

Nº46

## Hearty Tomato & Red Lentil Ragù

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CATEGORY

### **MAIN DISHES**

*Cook Time: 30 min | Prep Time: 10 min | Servings: 4*

A thick, spoon-standing stew of split red lentils slowly simmered with tomatoes, celery, carrot and oregano until they collapse into a velvety sauce. It delivers rustic Italian comfort, packs plant protein and fibre, and stays at Zero Points – ladle over roasted courgettes or spoon straight from the pot with a hunk of crusty bread if you've Points to spare.

#### *Ingredients:*

- 200 g dried red split lentils, rinsed
- 1 onion, diced

- 1 carrot, diced
- 1 celery stick, diced
- 2 garlic cloves, crushed
- 1 tsp dried oregano
- 400 g chopped tomatoes (tin)
- 600 ml vegetable stock (zero-Point)
- Handful basil leaves, torn
- Calorie-free cooking spray
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Mist a heavy saucepan with spray, soften onion, carrot and celery 5 min.
2. Stir in garlic and oregano 1 min, then add lentils, tomatoes and stock. Bring to the boil, skim foam, reduce heat and simmer 25 min, stirring now and then, until lentils break down into a thick ragù.
3. Season boldly with pepper and salt to taste, loosen with hot water if too thick.
4. Fold through basil just before serving for fragrance.
5. Serve in warm bowls topped with extra basil; freezes perfectly for zero-effort midweek meals.

### *Nutrition:*

Calories: 160 kcal | Fat: 0.9 g | Protein: 11 g | Carbs: 28 g

Nº47

## Herbed Steamed Chicken Patties

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CATEGORY

### **MAIN DISHES**

*Cook Time: 15 min | Prep Time: 15 min | Servings: 3*

Moist, delicate patties of minced chicken breast blended with spring onion, spinach and parsley, then gently steamed until bouncy and juicy. They capture the comfort of Mum's meatballs but with a lightness that keeps the dish at Zero Points – wonderful atop cauliflower mash or tucked into lettuce wraps.

#### *Ingredients:*

- 450 g skinless chicken breast mince
- 1 egg white

- 2 spring onions, finely chopped
- 40 g baby spinach, finely shredded
- 2 tbsp chopped flat-leaf parsley
- 1 tsp Dijon mustard
- ½ tsp garlic granules
- Sea salt & freshly ground black pepper
- Calorie-free cooking spray

### *Instructions:*

1. In a mixing bowl combine chicken, egg white, spring onions, spinach, parsley, mustard, garlic, pinch of salt and generous pepper. Stir vigorously 1 min to make mixture tacky; this helps patties hold together without breadcrumbs.
2. Wet hands and shape into 6 even patties about 2 cm thick.
3. Line a steamer basket with baking parchment pierced in a few spots; mist with spray and arrange patties in a single layer.
4. Steam over gently bubbling water 12-15 min until the centres read 75 °C or juices run clear.
5. Rest 2 min, then serve with lemon wedges and a heap of steamed greens – leftovers reheat perfectly in the microwave for speedy lunches.

### *Nutrition:*

Calories: 145 kcal | Fat: 2 g | Protein: 29 g | Carbs: 1 g

Nº48

## Baked Trout with Lemon & Baby Potatoes

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CATEGORY

### MAIN DISHES

*Cook Time: 30 min | Prep Time: 10 min | Servings: 2*

A whole rainbow trout stuffed with dill and lemon slices, baked on a bed of baby potatoes that soak up the fragrant juices. The fish emerges tender, the spuds fluffy and every bite whispers of riverside pub lunches – all while staying strictly Zero Points.

#### *Ingredients:*

- 1 whole cleaned rainbow trout (about 500 g), head on
- 300 g baby potatoes, halved
- 1 lemon, half sliced, half juiced

- 4 sprigs fresh dill
- 1 small garlic clove, sliced
- Calorie-free cooking spray
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Heat oven to 200 °C / 180 °C fan / Gas 6. Mist a small roasting tin with spray; tumble in potatoes, season, drizzle with 2 tbsp water and roast 10 min.
2. Pat trout dry, season cavity, stuff with dill, garlic and lemon slices.
3. Lay trout atop par-roasted potatoes, mist skin, crack over pepper and return to oven 18-20 min until flesh flakes easily and potatoes are tender.
4. Squeeze remaining lemon juice over fish, rest 2 min, then fillet at table, spooning dill-scented tray juices over the potatoes.
5. Serve with steamed asparagus or minted peas for a full plate that feels decadent yet costs no Points.

### *Nutrition:*

Calories: 225 kcal | Fat: 8 g | Protein: 33 g | Carbs: 18 g

Nº49

## Turkish-Style Stuffed Peppers

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CATEGORY

### **MAIN DISHES**

*Cook Time: 35 min | Prep Time: 15 min | Servings: 4*

Colourful bell peppers brimming with a spiced filling of lean turkey mince, cauliflower “rice”, tomatoes and herbs, baked until the tops char and the juices mingle into a rich sauce. They deliver all the warmth of Anatolian home cooking while staying comfortably at Zero Points – a dish that reheats like a dream for meal prep.

#### *Ingredients:*

- 4 large bell peppers, tops cut & seeds removed
- 400 g extra-lean turkey breast mince

- 200 g cauliflower rice
- 1 small onion, finely diced
- 2 garlic cloves, crushed
- 1 tsp ground cumin
- 1 tsp sweet paprika
- 1 tbsp tomato purée
- 150 ml passata
- 2 tbsp chopped fresh parsley
- Calorie-free cooking spray
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Mist a pan with spray, soften onion 3 min; add garlic, cumin, paprika and cook 1 min. Stir in turkey, breaking up lumps, until no pink remains.
2. Fold in cauliflower rice, tomato purée, half the passata, parsley, salt and pepper; cook 2 min so flavours meld.
3. Stuff peppers tightly, setting them snugly in a lidded casserole. Spoon remaining passata around, add a splash of water, cover and bake at 190 °C / 170 °C fan 25 min.
4. Uncover, bake 10 min more to char tops.
5. Rest 5 min, baste with the tomatoey liquor and serve with extra parsley – they're even better the next day as flavours deepen.

### *Nutrition:*

Calories: 170 kcal | Fat: 3 g | Protein: 27 g | Carbs: 14 g

Nº50

## Lean Pork with Apples & Sage

---



CATEGORY

### **MAIN DISHES**

*Cook Time: 15 min | Prep Time: 10 min | Servings: 2*

A nod to classic roast pork and apple sauce but lightened for WW: lean pork loin medallions pan-seared without fat, then braised briefly with sweet apple wedges, shallot and fresh sage until the fruit softens into a chunky glaze. It's aromatic, autumnal and entirely Zero Points – serve with steamed greens for a wholesome mid-week dinner.

#### *Ingredients:*

- 300 g lean pork loin medallions, all visible fat trimmed
- 1 large eating apple, cored & cut into 8 wedges

- 1 small shallot, finely sliced
- 6 fresh sage leaves, shredded
- 60 ml chicken stock (zero-Point)
- 1 tsp Dijon mustard
- Calorie-free cooking spray
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Mist a non-stick frying pan with spray; warm over medium-high. Season pork, sear 2 min each side until browned, then lift to a plate.
2. Reduce heat, add shallot and sage; soften 1 min, adding a splash of stock if it catches.
3. Stir in mustard, then arrange apple wedges in a single layer; cook 2 min so edges caramelize lightly.
4. Return pork, pour in remaining stock, cover and simmer 5 min until pork is just cooked and apples are tender.
5. Uncover, bubble 1 min to thicken juices; season, plate pork, spoon apples and glossy sage gravy over. Great with cauliflower mash or roasted sprouts, all still zero Points.

### *Nutrition:*

Calories: 215 kcal | Fat: 4 g | Protein: 36 g | Carbs: 12 g

Nº51

## Lime-Cured Cod Ceviche

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CATEGORY

### **MAIN DISHES**

*Cook Time: 0 min | Prep Time: 20 min (+30 min cure) | Servings: 2*

Firm chunks of fresh cod “cooked” in zesty lime juice with red onion, coriander and a whisper of chilli, then finished with juicy tomato and cucumber. It’s bright, clean and takes you straight to a beach bar, yet every bite remains Zero Points – a stunning starter or light supper on hot UK evenings.

#### *Ingredients:*

- 250 g skinless cod fillet, diced 1 cm
- Juice of 3 limes
- ¼ small red onion, paper-thin slices

- ½ red chilli, deseeded & minced
- 1 medium tomato, deseeded & diced
- ¼ cucumber, deseeded & diced
- 2 tbsp chopped fresh coriander
- Sea salt & freshly ground black pepper

### *Instructions:*

1. In a glass bowl mix cod with lime juice, onion, chilli and a big pinch of salt; the fish should be submerged. Cover, chill 30 min, stirring once – it will turn opaque as it “cooks”.
2. Drain off half the curing liquor (too much dilutes flavour), then fold in tomato, cucumber and coriander.
3. Season with pepper and extra salt or lime to taste; the flavour should balance tart, sweet and faint heat.
4. Spoon into chilled bowls or small glasses, garnish with coriander sprigs and serve at once with gem-lettuce cups for scooping.

### *Nutrition:*

Calories: 120 kcal | Fat: 1 g | Protein: 24 g | Carbs: 5 g

Nº52

## Venison & Pumpkin Slow Ragù

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CATEGORY

### **MAIN DISHES**

*Cook Time: 2 hr | Prep Time: 15 min | Servings: 4*

Lean diced venison gently simmered with sweet pumpkin, carrots and thyme until the meat is tender and the sauce thick and autumn-rich. It channels hearty Highland stews yet stays totally Zero Points – sublime ladled over mashed swede or tucked into a jacket potato for brisk evenings.

#### *Ingredients:*

- 600 g diced lean venison
- 300 g pumpkin, diced 2 cm
- 1 carrot, diced

- 1 onion, diced
- 2 garlic cloves, crushed
- 1 tsp smoked paprika
- 1 tbsp tomato purée
- 400 g chopped tomatoes (tin)
- 300 ml beef stock (zero-Point)
- 2 sprigs fresh thyme
- Calorie-free cooking spray
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Mist a casserole with spray, brown venison in two batches 4 min total; transfer to a plate.
2. Soften onion and carrot 5 min; stir in garlic and paprika 1 min, then tomato purée 30 sec.
3. Return venison, add pumpkin, tomatoes, stock and thyme; season, bring to a simmer.
4. Cover and cook on low heat 90 min, stirring occasionally, until venison is yielding and pumpkin melting into the sauce.
5. Uncover last 10 min to thicken; fish out thyme stalks, adjust seasoning, then serve steaming in wide bowls sprinkled with extra cracked pepper – leftovers deepen in flavour overnight and freeze well for winter suppers.

### *Nutrition:*

Calories: 200 kcal | Fat: 3 g | Protein: 30 g | Carbs: 16 g

Nº53

## Oven-Roasted Salmon with Fresh Tomato Salsa

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CATEGORY

### **MAIN DISHES**

*Cook Time: 12 min | Prep Time: 8 min | Servings: 2*

Plump fillets of Scottish salmon roasted until just opaque, then crowned with a perky salsa of vine tomatoes, red onion, coriander and lime. The hot-cold contrast and bright flavours lift the rich fish, giving you a dish that feels show-off yet stays Zero Points – a mid-week marvel ready in twenty minutes.

#### *Ingredients:*

- 2 skinless salmon fillets (150 g each)
- 2 large ripe tomatoes, finely diced

- ¼ small red onion, minced
- 1 tbsp chopped fresh coriander
- Juice & zest of ½ lime
- Pinch crushed chilli flakes
- Calorie-free cooking spray
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Heat oven to 200 °C / 180 °C fan / Gas 6. Nestle salmon on a lined tray, mist with spray, season and roast 12 min until flakes easily. Rest 2 min.
2. While it cooks, mix tomatoes, onion, coriander, lime juice, zest, chilli and a pinch of salt. Let stand so juices form.
3. Transfer salmon to warm plates, spoon over generous salsa, letting liquor trickle down the sides.
4. Serve with steamed tenderstem broccoli or jacket sweet potato if you've spare Points; leftovers are glorious flaked through a salad next day.

### *Nutrition:*

Calories: 230 kcal | Fat: 9 g | Protein: 34 g | Carbs: 5 g

Nº54

## Spice-Crusted Haddock Fillets

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CATEGORY

### **MAIN DISHES**

*Cook Time: 15 min | Prep Time: 5 min | Servings: 2*

North-sea haddock rubbed with mustard, dill and lemon zest then baked until the herb crust turns fragrant and the fish beneath stays meltingly moist. It captures fish-and-chip shop nostalgia minus batter or oil, delivering pub-supper satisfaction for zero Points.

#### *Ingredients:*

- 2 haddock fillets (160 g each), skinless
- 2 tsp Dijon mustard
- Zest of 1 lemon

- 1 tbsp chopped fresh dill
- ½ tsp smoked paprika
- Calorie-free cooking spray
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Heat oven to 200 °C / 180 °C fan. Pat fish dry, season.
2. Stir mustard, lemon zest, dill, paprika and a crack of pepper; spread thinly over the top of each fillet.
3. Place on a spray-lined tray, mist lightly, bake 12-15 min until fish flakes and crust looks set.
4. Squeeze over lemon wedges, serve with minted garden peas or cauliflower mash – the mustardy herbs pair beautifully with their sweetness.

### *Nutrition:*

Calories: 165 kcal | Fat: 2 g | Protein: 33 g | Carbs: 3 g

Nº55

## Tofu & Green Bean Curry

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CATEGORY

### **MAIN DISHES**

*Cook Time: 20 min | Prep Time: 10 min | Servings: 2*

Chunks of firm tofu and crisp green beans simmered in a tomato-ginger gravy redolent of cumin, turmeric and garam masala. Creamy without coconut and vibrant with spice, it gives full curry-house comfort at Zero Points – ladle over cauliflower rice for a filling vegan main.

#### *Ingredients:*

- 250 g firm tofu, pressed & cubed
- 150 g green beans, halved
- 1 small onion, diced

- 2 garlic cloves, grated
- 2 cm ginger, grated
- 1 tsp ground cumin
- ½ tsp turmeric
- ¾ tsp garam masala
- 300 g passata
- Handful fresh coriander
- Calorie-free cooking spray
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Mist a non-stick pan with spray; soften onion 4 min. Stir in garlic, ginger, cumin and turmeric 1 min until aromatic.
2. Add tofu cubes, turning gently so they pick up spice without breaking.
3. Pour in passata, season, bring to a gentle bubble; simmer 8 min.
4. Drop in beans, cook 5 min until bright and just tender.
5. Finish with garam masala and coriander, taste for salt.
6. Spoon into bowls, scatter extra coriander; any leftover thickens overnight, making an even richer lunch reheated with a splash of stock.

### *Nutrition:*

Calories: 155 kcal | Fat: 6 g | Protein: 16 g | Carbs: 11 g

Nº56

## Lean Beef 'Sin Carne' Chilli

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CATEGORY

### **MAIN DISHES**

*Cook Time: 50 min | Prep Time: 10 min | Servings: 4*

All the deep, smoky comfort of a Tex-Mex chilli but made with extra-lean minced beef, three kinds of beans and a heap of vegetables, so every serving lands at Zero Points. Long, gentle simmering lets ancho, cumin and cocoa mingle into a velvety sauce that hugs each spoonful – perfect over cauliflower rice or jacket sweet potato on cold nights.

#### *Ingredients:*

- 400 g extra-lean minced beef (5 % fat or less)
- 1 onion, diced

- 1 green pepper, diced
- 2 garlic cloves, crushed
- 1 tbsp mild chilli powder
- 1 tsp ground cumin
- ½ tsp smoked paprika
- ½ tsp unsweetened cocoa powder
- 400 g chopped tomatoes (tin)
- 300 ml beef stock (zero-Point)
- 1 × 400 g mixed beans (kidney, black, pinto), drained
- Calorie-free cooking spray
- Sea salt & black pepper
- Handful fresh coriander, chopped

### *Instructions:*

1. Mist a casserole with spray, fry mince 5 min, breaking lumps. Drain any liquid.
2. Add onion, pepper, garlic; cook 5 min to soften.
3. Stir in chilli powder, cumin, paprika, cocoa; toast 1 min until fragrant.
4. Tip in tomatoes, stock and beans, season, bring to the boil.
5. Reduce heat, cover and simmer 35 min, stirring occasionally, until thick and glossy.
6. Uncover last 5 min to concentrate flavours. Stir in coriander, taste for heat and salt.
7. Serve steaming with lime wedges, chopped onion and extra coriander if liked – leftovers freeze perfectly for zero-effort lunches.

### *Nutrition:*

Calories: 210 kcal | Fat: 4 g | Protein: 28 g | Carbs: 20 g

Nº57

## Rustic Country-Style Rabbit Stew

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CATEGORY

### **MAIN DISHES**

*Cook Time: 1 hr 40 min | Prep Time: 15 min | Servings: 4*

Lean rabbit joints slowly braised with baby carrots, pearl onions, rosemary and a splash of balsamic until the meat slips from the bone and the broth thickens into a savoury glaze. It channels French farmhouse suppers yet weighs in at Zero Points – ladle over mashed swede or dunk hunks of crusty bread if you've spare Points.

#### *Ingredients:*

- 1.2 kg rabbit, jointed, all visible fat removed
- 12 baby carrots, peeled

- 12 pearl onions, peeled
- 2 celery sticks, cut into chunks
- 2 garlic cloves, lightly crushed
- 2 sprigs fresh rosemary
- 2 bay leaves
- 1 tbsp balsamic vinegar
- 600 ml chicken stock (zero-Point)
- Calorie-free cooking spray
- Sea salt & black pepper

### *Instructions:*

1. Heat a heavy casserole, mist with spray, brown rabbit pieces in two batches 6 min total; set aside.
2. Add onions, carrots, celery; cook 5 min to colour lightly.
3. Return rabbit, add garlic, herbs, balsamic and stock; season, bring to a simmer.
4. Cover and braise 90 min on low, turning rabbit twice, until flesh is tender.
5. Remove lid last 10 min to reduce liquor to a glossy glaze.
6. Discard bay, adjust seasoning, serve meat and veg in wide bowls, spooning over the rosemary-scented gravy – a comforting plate for frosty evenings.

### *Nutrition:*

Calories: 185 kcal | Fat: 3 g | Protein: 32 g | Carbs: 9 g

Nº58

## Spinach-Stuffed Chicken Rolls

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CATEGORY

### **MAIN DISHES**

*Cook Time: 25 min | Prep Time: 15 min | Servings: 2*

Skinless chicken breasts flattened, spread with garlicky spinach and parsley, then rolled, secured and oven-baked until juicy. Sliced into spirals, they reveal a vivid green centre that looks cheffy but takes minutes – a zero-Point main perfect for dinner parties or meal-prep boxes.

#### *Ingredients:*

- 2 large skinless chicken breasts
- 60 g baby spinach, wilted & squeezed dry
- 1 garlic clove, minced

- 1 tbsp chopped flat-leaf parsley
- Zest of ½ lemon
- ½ tsp Dijon mustard
- Calorie-free cooking spray
- Sea salt & black pepper

### *Instructions:*

1. Heat oven to 200 °C / 180 °C fan. Butterfly each breast, cover with cling film, bash to 5 mm thick.
2. Mix spinach, garlic, parsley, lemon zest, mustard, pinch of salt and pepper.
3. Spread mixture over chicken, roll up tightly from short end, seam-side down. Secure with cocktail sticks.
4. Mist a baking dish with spray, place rolls seam-side down, mist tops, season.
5. Bake 25 min until juices run clear. Rest 3 min, slice into pinwheels.
6. Spoon any tray juices over and serve with roasted peppers or steamed greens – leftovers chill well for packed lunches, still zero Points yet full of flavour.

### *Nutrition:*

Calories: 190 kcal | Fat: 3 g | Protein: 36 g | Carbs: 2 g

Nº59

## Lemon & Parsley Baked Mackerel

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CATEGORY

### **MAIN DISHES**

*Cook Time: 14 min | Prep Time: 6 min | Servings: 2*

Silvery North-Sea mackerel fillets roasted with garlic, parsley and thick lemon slices so the oily fish bastes itself in citrusy juices. The flesh turns succulent, the skin crisp, and every forkful delivers bright seaside flavours for zero Points – cracking with steamed new potatoes or a punchy beetroot salad.

#### *Ingredients:*

- 2 whole mackerel fillets (160 g each), pin-boned
- 2 garlic cloves, thinly sliced
- Zest & juice of 1 lemon, plus 4 thin slices

- 1 tbsp chopped flat-leaf parsley
- Calorie-free cooking spray
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Heat oven to 220 °C / 200 °C fan. Line a tray with foil and mist with spray.
2. Lay fillets skin-side down; scatter garlic, half the zest and parsley, season and top each with two lemon slices.
3. Mist lightly, roast 12 min until skin crackles and flesh flakes.
4. Squeeze over remaining juice, sprinkle rest of zest and parsley.
5. Slide onto warm plates, spoon tray juices over – speedy, fragrant and pure Cornish-harbour comfort minus the chips.

### *Nutrition:*

Calories: 230 kcal | Fat: 15 g | Protein: 23 g | Carbs: 1 g

Nº60

## Grilled Salmon with Minted Pea Smash

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CATEGORY

### MAIN DISHES

*Cook Time: 12 min | Prep Time: 8 min | Servings: 2*

Firm Scottish salmon fillets seared on a scorching grill pan, plated atop a swoosh of sweet pea and fresh-mint purée. It's the garden on a plate – vibrant green against coral pink – and still zero Points, making a restaurant-smart dinner achievable any Tuesday night.

#### *Ingredients:*

- 2 skinless salmon fillets (150 g each)
- 200 g frozen peas
- 1 tbsp chopped fresh mint + extra leaves

- Juice of ½ lemon
- Calorie-free cooking spray
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Simmer peas 3 min; drain, blitz with mint, lemon juice, 3 tbsp hot water, pinch salt to a coarse smash. Keep warm.
2. Heat a ridged grill pan to smoking, mist salmon, season; grill 4 min skin-side (even without skin), 3 min top until just opaque.
3. Spoon pea smash onto warmed plates, nestle salmon, crack over pepper, garnish mint leaves.
4. Serve with lemon wedges and extra peas; leftovers flake excellently into a salad tomorrow.

### *Nutrition:*

Calories: 240 kcal | Fat: 9 g | Protein: 34 g | Carbs: 10 g

Nº61

## Mediterranean Fish & Veg Kebabs

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CATEGORY

### MAIN DISHES

*Cook Time: 10 min | Prep Time: 15 min (+10 min marinate) | Servings: 2*

Cubes of firm white fish threaded with bell pepper, courgette and red onion, brushed with oregano-lemon marinade then grilled until charred at the edges. They're colourful, quick and smell like a Greek taverna – yet clock in at zero Points, perfect for summer barbecues or oven grilling.

#### *Ingredients:*

- 250 g firm white fish (hake, cod), 3 cm cubes
- ½ red pepper, 3 cm pieces
- ½ yellow pepper, 3 cm pieces

- ½ courgette, thick half-moons
- ½ red onion, petals separated
- Juice & zest of 1 lemon
- 1 tsp dried oregano
- Calorie-free cooking spray
- Sea salt & black pepper

### *Instructions:*

1. In a bowl mix lemon zest, juice, oregano, salt and pepper. Toss fish gently; marinate 10 min.
2. Thread fish and veg alternately onto 4 metal skewers.
3. Heat grill (or BBQ) to high, mist kebabs with spray; cook 8-10 min, turning, until veg blister and fish opaque.
4. Finish with extra lemon squeeze and a grind of pepper. Serve over herbed cauliflower couscous for a vibrant zero-Point plate.

### *Nutrition:*

Calories: 135 kcal | Fat: 2 g | Protein: 25 g | Carbs: 8 g

№62

## Lean Beef & Mushroom ‘Stroganoff’

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CATEGORY

### **MAIN DISHES**

*Cook Time: 20 min | Prep Time: 15 min | Servings: 2*

Strips of extra-lean beef flash-fried with onions and earthy mushrooms, then swirled into a velvety paprika-mustard gravy enriched with fat-free yoghurt instead of sour cream. You still get the unmistakable creamy comfort of the Russian classic, yet every serving remains Zero Points – heavenly ladled over cauliflower mash or steamed courgetti.

#### *Ingredients:*

- 300 g extra-lean rump steak, thinly sliced across the grain
- 1 large onion, thin half-moons

- 250 g chestnut mushrooms, sliced
- 1 garlic clove, minced
- 1 tsp sweet paprika
- 1 tsp Dijon mustard
- 200 ml beef stock (zero-Point)
- 120 g fat-free Greek yoghurt
- Calorie-free cooking spray
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Mist a wide non-stick pan with spray, sear beef 2 min over high heat until browned but still rosy; scoop to a plate.
2. Lower heat, add onion, cook 4 min to soften, then add mushrooms and garlic; sauté 5 min until mushrooms give up their juice.
3. Stir in paprika and mustard 30 sec; pour in stock, scraping browned bits. Bubble 3 min to reduce by a third.
4. Off heat whisk 2 tbsp hot gravy into yoghurt to temper, then swirl yoghurt back into pan for a silky sauce.
5. Return beef, warm 1 min, season well. Serve immediately, spooning glossy sauce over veg “noodles” for a lush, guilt-free supper.

### *Nutrition:*

Calories: 230 kcal | Fat: 4 g | Protein: 38 g | Carbs: 11 g

Nº63

## Roasted Tofu & Sweet Potato Hash

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CATEGORY

### **MAIN DISHES**

*Cook Time: 30 min | Prep Time: 10 min | Servings: 2*

Firm tofu cubes and sweet-potato dice roasted with rosemary until edges crisp, then tossed hot with baby spinach and lemon. The caramel sweetness of batata meets savoury tofu for a filling vegan main that's hearty yet Zero Points – brilliant for sheet-pan meal prep.

#### *Ingredients:*

- 250 g firm tofu, pressed & 2 cm cubes
- 300 g sweet potato, 2 cm cubes
- 1 tsp fresh rosemary, chopped

- 1 garlic clove, finely grated
- 40 g baby spinach
- Zest & juice of ½ lemon
- Calorie-free cooking spray
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Heat oven to 200 °C / 180 °C fan. Spread tofu and sweet potato on a lined tray; mist generously with spray, scatter rosemary, garlic, salt, pepper, toss to coat.
2. Roast 25 min, turning once, until tofu is golden-edged and potato tender.
3. Tip roast onto a warm platter, immediately fold through spinach so residual heat wilts the leaves.
4. Squeeze lemon juice, sprinkle zest, toss gently; taste for seasoning.
5. Serve steaming with extra cracked pepper – leftovers reheat crisp in an air-fryer, making stellar next-day lunch boxes.

### *Nutrition:*

Calories: 190 kcal | Fat: 5 g | Protein: 14 g | Carbs: 24 g

Nº64

## Country-Style Turkey Liver with Apples & Sage

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CATEGORY

### **MAIN DISHES**

*Cook Time: 18 min | Prep Time: 10 min | Servings: 2*

Soft turkey livers quickly seared then simmered with caramelised onion, sweet apple slices and fragrant sage. The sauce thickens to a glossy glaze that coats every morsel, giving farmhouse comfort for zero Points – lovely over cauliflower mash or steamed greens.

#### *Ingredients:*

- 300 g turkey livers, trimmed of sinew
- 1 small onion, thin wedges
- 1 eating apple, cored & thin wedges

- 6 fresh sage leaves, shredded
- 80 ml chicken stock (zero-Point)
- 1 tsp balsamic vinegar
- Calorie-free cooking spray
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Heat a non-stick skillet to medium-high, mist with spray; sear livers 2 min each side until just browned. Transfer to a plate.
2. Add onion to pan, cook 3 min; add apple and sage, cook further 3 min until edges caramelize.
3. Deglaze with balsamic, scrape browned bits, pour in stock; bubble 1 min.
4. Return livers, spoon sauce over, simmer 3 min until livers are just pink inside and sauce thick.
5. Season, rest 1 min, serve hot with extra sage – rustic, iron-rich and ready in under twenty.

### *Nutrition:*

Calories: 185 kcal | Fat: 4 g | Protein: 28 g | Carbs: 13 g

Nº65

## Hungarian-Style Beef Goulash Soup

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CATEGORY

### **MAIN DISHES**

*Cook Time: 1 hr 20 min | Prep Time: 15 min | Servings: 4*

Lean beef cubes, onions, peppers and potatoes simmered slowly in a smoky sweet-paprika broth until everything melds into a thick, spoon-coating soup that doubles as a main. It tastes like a ski-lodge classic yet clocks in at Zero Points – ideal for batch cooking and freezing for cold nights.

#### *Ingredients:*

- 600 g lean stewing beef, 2 cm cubes
- 2 large onions, sliced
- 1 red pepper, diced

- 2 garlic cloves, crushed
- 2 tbsp sweet paprika
- 1 tsp caraway seeds
- 1 tbsp tomato purée
- 400 g chopped tomatoes (tin)
- 400 g baby potatoes, halved
- 800 ml beef stock (zero-Point)
- Calorie-free cooking spray
- Sea salt & black pepper

### *Instructions:*

1. Mist a heavy casserole, brown beef in two batches 5 min total; set aside.
2. Add onions, cook 8 min, splashing water if they catch, until deep gold.
3. Stir in garlic, paprika, caraway 60 sec; return beef with tomato purée, coat well.
4. Tip in tomatoes, stock and potatoes, season lightly, bring to a boil, skim, then simmer covered 60 min, stirring occasionally.
5. Uncover final 10 min to thicken; check beef is tender and broth rich.
6. Season boldly, ladle into deep bowls, scatter extra paprika and cracked pepper. Soup keeps 3 days or freezes 3 months; flavour deepens each reheat.

### *Nutrition:*

Calories: 240 kcal | Fat: 5 g | Protein: 34 g | Carbs: 20 g

Nº66

## Three-Bean Smoky Chilli

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CATEGORY

### **MAIN DISHES**

*Cook Time: 40 min | Prep Time: 10 min | Servings: 4*

Red, black and cannellini beans bubble in a chipotle-laced tomato sauce with peppers, onions and sweetcorn, delivering layers of smoke and gentle heat for virtually no effort. It's hearty, fibre-packed, entirely Zero Points and a meal-prep superstar that tastes even better on day two.

#### *Ingredients:*

- 1 × 400 g kidney beans, drained
- 1 × 400 g black beans, drained
- 1 × 400 g cannellini beans, drained

- 1 large onion, diced
- 1 green pepper, diced
- 1 garlic clove, grated
- 1 tsp chipotle chilli flakes
- 1 tsp ground cumin
- ½ tsp smoked paprika
- 300 g passata
- 200 g tinned sweetcorn, drained
- 300 ml vegetable stock (zero-Point)
- Calorie-free spray
- Sea salt & pepper
- Juice ½ lime

### *Instructions:*

1. Mist a stockpot; soften onion & pepper 5 min.
2. Add garlic, chipotle, cumin, paprika; toast 1 min until fragrant.
3. Stir in beans, passata, stock, sweetcorn, pinch salt, bring to a lively bubble.
4. Reduce heat, cover and simmer 25 min, stirring twice; sauce should thicken and coat beans.
5. Uncover last 5 min to desired consistency. Squeeze lime, season boldly; folded coriander optional.
6. Serve over cauliflower rice, spoon into baked sweet potatoes or cool fully to box for freezer stashes – it reheats beautifully without losing texture.

### *Nutrition:*

Calories: 185 kcal | Fat: 1 g | Protein: 11 g | Carbs: 33 g

Nº67

## Herbed Lamb Loin Kebabs

---



CATEGORY

### **MAIN DISHES**

*Cook Time: 10 min | Prep Time: 15 min (+20 min marinate) | Servings: 2*

Tender cubes of lean lamb loin marinated with garlic, rosemary and lemon, skewered with red onion petals and grilled until char-kissed outside yet rosy within. They bring summer-barbecue aroma to any grill pan while staying Zero Points – pair with tzatziki and salad for a quick, classy supper.

#### *Ingredients:*

- 300 g lean lamb loin, 3 cm cubes
- 1 small red onion, petals separated
- Juice & zest 1 lemon

- 2 garlic cloves, minced
- 1 tsp chopped fresh rosemary
- 1 tsp fresh thyme leaves
- Calorie-free cooking spray
- Sea salt & cracked pepper
- Lemon wedges to serve

### *Instructions:*

1. Mix lamb with garlic, rosemary, thyme, lemon zest, splash juice, salt, pepper; marinate 20 min.
2. Thread lamb and onion alternately on 4 metal skewers; mist with spray.
3. Heat grill or BBQ to high; cook skewers 8–9 min, turning to char evenly, until lamb registers 63 °C for medium.
4. Rest 3 min, squeeze over remaining lemon juice.
5. Serve with crisp salad leaves, grilled vegetables or cauliflower tabbouleh – juices double as dressing. Leftovers chill well for lunch wraps, still tender and flavour-packed.

### *Nutrition:*

Calories: 220 kcal | Fat: 8 g | Protein: 35 g | Carbs: 4 g

Nº68

## Cauliflower “Rice” Seafood Paella

---



CATEGORY

### MAIN DISHES

*Cook Time: 25 min | Prep Time: 15 min | Servings: 4*

Cauliflower grains sautéed with saffron, garlic and smoked paprika, then simmered with king prawns, mussels, squid rings and lean chicken for authentic seaside flavour without a single grain of rice. The veg absorbs all the fragrant stock, turning golden and juicy so every forkful feels like holiday in Valencia yet stays Zero Points.

#### *Ingredients:*

- 600 g cauliflower rice
- 200 g skinless chicken breast, bite-size

- 150 g king prawns, raw & peeled
- 150 g mussels, cleaned (in shell)
- 100 g squid rings
- 1 small onion, finely diced
- 1 red pepper, diced
- 2 garlic cloves, minced
- ½ tsp smoked paprika
- Pinch saffron threads
- 400 ml fish or chicken stock (zero-Point)
- 80 g frozen peas
- Calorie-free cooking spray
- Sea salt & black pepper
- Lemon wedges, parsley

### *Instructions:*

1. Mist a wide non-stick paella pan; brown chicken 3 min. Set aside.
2. Sauté onion, pepper 4 min; add garlic, paprika, saffron, bloom 1 min.
3. Stir in cauliflower rice, coat in spices, season.
4. Return chicken, pour stock, level surface, simmer 6 min untouched so socarrat forms.
5. Nestle prawns, mussels, squid; cover, cook 5 min until seafood opaque and shells open.
6. Scatter peas, steam 2 min. Rest off heat 3 min; garnish parsley, lemon. Serve straight from pan—sunshine in one skillet.

### *Nutrition:*

Calories: 215 kcal | Fat: 4 g | Protein: 38 g | Carbs: 14 g

Nº69

## Herby Chicken & Yoghurt Patties

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CATEGORY

### **MAIN DISHES**

*Cook Time: 15 min | Prep Time: 20 min | Servings: 4*

Lean minced chicken breast bound with fat-free Greek yoghurt and egg, flecked with spring onion and parsley, then pan-seared in calorie-free spray until golden outside and juicy within. They taste like light chicken burgers yet stay totally Zero Points – brilliant stuffed in whole-leaf lettuce wraps or served with a crisp salad for a quick mid-week tea.

#### *Ingredients:*

- 550 g skinless chicken breast, finely minced
- 2 spring onions, very finely sliced

- 2 tbsp chopped flat-leaf parsley
- 100 g fat-free Greek yoghurt
- 2 medium free-range eggs
- ½ tsp garlic granules
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper
- Calorie-free cooking spray

### *Instructions:*

1. Make the mix (3 min) In a large bowl beat yoghurt and eggs until smooth; stir in garlic, salt and pepper. Fold through chicken mince, spring onion and parsley until evenly combined – the mixture should be loose but spoonable.
2. Rest (10 min) Cover and chill so the proteins bind, making patties easier to shape without flour or breadcrumbs.
3. Shape & sear (6 min) Heat a wide non-stick frying pan over medium; mist with spray. Drop heaped tablespoons of mixture in, flatten gently to 1 cm. Cook 3 min each side until deep golden.
4. Finish (1 min) Transfer to a warm plate, mist pan again and repeat. Patties are done when they reach 75 °C in the centre.
5. Serve Pile four patties per portion with a dollop of extra yoghurt mixed with lemon zest, or cool for lunchboxes – they stay moist and flavourful even cold.

### *Nutrition:*

Calories: 180 kcal | Fat: 5 g | Protein: 30 g | Carbs: 2 g

Nº70

## Herb-Crusted Roast Beef

---



CATEGORY

### **MAIN DISHES**

*Cook Time: 50 min | Prep Time: 10 min | Servings: 6*

Lean topside rubbed with garlic, rosemary and thyme then roasted hot for a savoury crust and blushing centre. Served thinly carved with its own savoury juices, it captures the essence of Sunday lunch while staying Zero Points—pair with Yorkshire pud made from oat flour if you’ve Points to spare.

#### *Ingredients:*

- 1.2 kg lean beef topside, all visible fat trimmed
- 2 garlic cloves, crushed

- 1 tbsp chopped fresh rosemary
- 1 tbsp thyme leaves
- 1 tsp English mustard powder
- Calorie-free spray
- Sea salt & black pepper

### *Instructions:*

1. Heat oven 220 °C/200 °C fan. Pat beef dry, mist with spray. Mix garlic, herbs, mustard, salt, pepper to paste; massage over beef.
2. Place on rack in roasting tin, insert thermometer, roast 20 min then lower to 180 °C fan, roast 20 min more for medium-rare (56 °C core).
3. Transfer to board, tent foil, rest 15 min so juices redistribute.
4. Skim fat from tin drippings, splash hot water, scrape browned bits for lean gravy.
5. Slice beef thin, serve with the jus, roasted root veg and greens—all the flavour, none of the Points guilt.

### *Nutrition:*

Calories: 210 kcal | Fat: 5 g | Protein: 38 g | Carbs: 0 g

CATEGORY

# SIDES & VEG



Nº71

## Cauliflower & Potato Mash

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CATEGORY

### **SIDES & VEG**

*Cook Time: 15 min | Prep Time: 10 min | Servings: 4*

Fluffy mashed spuds lightened with steamed cauliflower for a creamy texture and subtle sweetness that pairs with any roast yet slashes the carbs. A finishing flick of nutmeg and parsley lifts the flavour, giving you a comforting, gravy-soaking side that's still Zero Points.

#### *Ingredients:*

- 400 g floury potatoes, peeled & cubed
- 400 g cauliflower florets
- 1 garlic clove, lightly crushed

- 2 tbsp chopped parsley
- Pinch freshly grated nutmeg
- Sea salt & white pepper

### *Instructions:*

1. Boil potatoes in lightly salted water 10 min; add cauliflower and garlic, cook 5 min more until everything is fork-tender.
2. Drain thoroughly, return veg to hot pan and shake over low heat 30 sec to steam-dry – this prevents watery mash.
3. Mash vigorously or blitz with a stick blender until smooth and billowy, adding a splash of cooking water if needed.
4. Stir in nutmeg, parsley, generous white pepper and salt to taste.
5. Serve immediately, or keep warm over a pan of barely simmering water; it reheats well with an extra splash of stock.

### *Nutrition:*

Calories: 105 kcal | Fat: 0.4 g | Protein: 4 g | Carbs: 22 g

Nº72

## Roasted Pumpkin with Sage

---



CATEGORY

### **SIDES & VEG**

*Cook Time: 30 min | Prep Time: 5 min | Servings: 4*

Buttery pumpkin wedges roasted hot with whole garlic cloves and shredded sage until edges caramelize and centres turn fudgy. Earthy, sweet and herb-perfumed, this tray-bake side feels like harvest festival on a plate yet costs you zero Points – excellent with pork, poultry or veggie mains.

#### *Ingredients:*

- 600 g peeled pumpkin, 2 cm wedges
- 6 fresh sage leaves, finely shredded
- 2 garlic cloves, skin on & bashed

- Calorie-free cooking spray
- Sea salt & black pepper

### *Instructions:*

1. Heat oven 210 °C / 190 °C fan. Line a tray, spread pumpkin and garlic, mist generously, season and shower with half the sage.
2. Roast 20 min; flip wedges, toss garlic, scatter remaining sage, roast 10 min more until pumpkin is mahogany-edged and tender.
3. Squeeze roasted garlic from skins, mash into hot pumpkin for extra depth, if liked.
4. Serve straight from the tray, scraping up herb-speckled caramel bits – fridge leftovers blitz into a velvety soup tomorrow with stock.

### *Nutrition:*

Calories: 70 kcal | Fat: 0.3 g | Protein: 2 g | Carbs: 15 g

Nº73

## Smoky Cauliflower “Steaks”

---



CATEGORY

### **SIDES & VEG**

*Cook Time: 25 min | Prep Time: 10 min | Servings: 2*

Thick slabs of cauliflower marinated in smoked paprika, garlic and lemon, then oven-roasted until charred outside and juicy inside. They make a dramatic vegan centrepiece or hearty side, offering barbecue flavour without firing up the grill and, of course, stay Zero Points.

#### *Ingredients:*

- 1 large cauliflower, leaves removed
- 1 tsp smoked paprika
- ½ tsp garlic granules

- Zest & juice ½ lemon
- Calorie-free spray
- Sea salt & cracked pepper
- Chopped parsley to finish

### *Instructions:*

1. Slice cauliflower vertically into two 3 cm “steaks”; reserve loose florets for another dish.
2. Whisk paprika, garlic, lemon juice, zest, salt, pepper; brush both sides of steaks.
3. Mist a lined tray, lay steaks, spray tops. Roast 12 min at 220 °C / 200 °C fan; carefully flip with wide spatula, roast 10–12 min more until stems are fork-tender and edges deeply browned.
4. Rest 2 min, scatter parsley, spoon tray juices over.
5. Serve atop lentil salad or beside grilled fish – leftovers cube nicely into salads, carrying smoky kick through the week.

### *Nutrition:*

Calories: 60 kcal | Fat: 0.5 g | Protein: 4 g | Carbs: 10 g

Nº74

## Spiced Carrot “Crisps”

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CATEGORY

### **SIDES & VEG**

*Cook Time: 40 min | Prep Time: 10 min | Servings: 2*

Paper-thin carrot ribbons lightly dusted with paprika and baked low until glass-crisp. They deliver that irresistible crunch of a bag of crisps yet carry natural sweetness and warming spice, all for zero Points – perfect beside a sandwich or as a late-night snack that won’t raid your allowance.

#### *Ingredients:*

- 3 large carrots, peeled into long ribbons with a mandoline or swivel peeler
- ½ tsp smoked paprika
- ¼ tsp ground cumin

- Pinch sea salt
- Calorie-free cooking spray

### *Instructions:*

1. Heat oven 140 °C / 120 °C fan. Line two trays with baking paper, mist lightly.
2. Pat carrot ribbons dry with kitchen paper – moisture equals sogginess.
3. Spread in a single layer; mist again, sprinkle paprika, cumin, pinch salt.
4. Bake 20 min, swap tray levels, bake 15-20 min more until edges curl and centres feel dry; watch closely last minutes to prevent scorching.
5. Switch off oven, wedge door ajar, leave crisps inside 10 min to finish drying.
6. Cool completely; they crisp further on the rack. Store airtight up to 48 h – re-crisp 5 min at 120 °C if needed.

### *Nutrition:*

Calories: 45 kcal | Fat: 0.2 g | Protein: 1 g | Carbs: 9 g

Nº75

## Green Bean & Toasted Almond Salad

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CATEGORY

### **SIDES & VEG**

*Cook Time: 12 min | Prep Time: 8 min | Servings: 2*

Snappy French beans tossed warm with a bright lemon-mustard dressing and a flutter of toasted almond flakes. The nuts add just a smidge of Points if used, but the salad sings even without – a chic side that lifts roast chicken or grilled fish while bringing summery crunch to your plate.

#### *Ingredients:*

- 250 g fine green beans, trimmed
- 1 tbsp flaked almonds, dry-toasted (optional, 1 Point)
- Juice & zest  $\frac{1}{2}$  lemon

- 1 tsp Dijon mustard
- 1 small garlic clove, grated
- 1 tbsp chopped parsley
- Sea salt & cracked pepper

### *Instructions:*

1. Boil beans 4 min until just tender; drain, plunge into iced water 1 min to lock in colour, drain again and pat dry.
2. Whisk lemon juice, mustard, garlic, pinch salt and plenty pepper in a large bowl.
3. Add hot beans; toss 30 sec so they soak up dressing. Fold through parsley.
4. Pile onto a platter, shower with lemon zest and flaked almonds if allowance permits.
5. Serve warm or room-temp – great made a few hours ahead as flavours meld without losing crunch, ideal for picnic hampers.

### *Nutrition:*

Calories: 80 kcal | Fat: 2 g | Protein: 3 g | Carbs: 12 g

Nº76

## Brussels Sprouts with Apple & Thyme

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CATEGORY

### **SIDES & VEG**

*Cook Time: 15 min | Prep Time: 10 min | Servings: 2*

Halved sprouts pan-seared until caramel-brown, then sautéed briefly with sweet apple cubes, shallot and fresh thyme so each bite swings between nutty, sweet and herbaceous. It modernises the Sunday-roast sprout and keeps the dish zero Points – even sworn sprout-haters tend to come back for seconds.

#### *Ingredients:*

- 300 g Brussels sprouts, trimmed & halved
- 1 Braeburn apple, cored & 1 cm dice
- 1 small shallot, finely sliced

- 4 thyme sprigs, leaves stripped
- 60 ml vegetable stock (zero-Point)
- Calorie-free cooking spray
- Sea salt & black pepper

### *Instructions:*

1. Heat wide non-stick skillet to medium-high, mist generously; place sprouts cut-side down, leave 4 min until deep golden.
2. Flip, add shallot, thyme, mist again, cook 2 min.
3. Stir in apple, season, pour stock round edge; cover, steam 3 min until sprouts just tender and apple starting to soften.
4. Uncover, cook 1 min to evaporate liquid so a shiny glaze coats veg.
5. Taste – you want sweet, savoury and herby balance; crack extra pepper if desired. Serve piping hot beside roast pork or nut roast, scooping up every glossy morsel.

### *Nutrition:*

Calories: 90 kcal | Fat

Nº77

## Sweet Potato & Coriander Mash

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CATEGORY

### **SIDES & VEG**

*Cook Time: 30 min | Prep Time: 5 min | Servings: 4*

Velvety orange mash made by blending roasted sweet potato with fresh coriander, lime and a hint of chilli. The herbs cut the natural sweetness, giving a lively side that brightens everything from grilled fish to veggie chilli, all at Zero Points.

#### *Ingredients:*

- 600 g sweet potatoes, peeled & 3 cm chunks
- Zest & juice ½ lime
- 2 tbsp chopped fresh coriander

- Pinch crushed chilli flakes
- Sea salt & cracked black pepper

### *Instructions:*

1. Heat oven 200 °C/180 °C fan; spread sweet potato on lined tray, mist with spray, season, roast 25 min until caramel-soft.
2. Tip hot chunks into warm bowl, mash roughly; add lime juice, zest, chilli, coriander.
3. Beat vigorously with wooden spoon 1 min until fluffy, splash in 2 tbsp hot water if needed for silky texture.
4. Taste: you want sweet–tart–herb balance, adjust salt or lime.
5. Serve piled high, scatter extra coriander; leftovers morph into savoury pancake filling next day.

### *Nutrition:*

Calories: 120 kcal | Fat: 0.4 g | Protein: 2 g | Carbs: 27 g

Nº78

## Braised Turnips with Dill

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CATEGORY

### **SIDES & VEG**

*Cook Time: 20 min | Prep Time: 5 min | Servings: 4*

Tender cubes of turnip gently simmered in vegetable stock with sautéed shallot, finished with generous fresh dill and a squeeze of lemon. The mild root soaks up buttery herb flavour, creating a light, bright side dish that partners roast beef or salmon yet costs zero Points.

#### *Ingredients:*

- 500 g turnips, peeled & 1.5 cm dice
- 1 small shallot, finely chopped
- 250 ml vegetable stock (zero-Point)

- 2 tbsp chopped fresh dill
- Juice ½ lemon
- Calorie-free spray
- Sea salt & white pepper

*Instructions:*

1. Mist saucepan; soften shallot 2 min. Add turnips, season, cook 2 min stirring.
2. Pour stock, bring to gentle simmer; cover, cook 12 min until turnips just tender.
3. Uncover, raise heat, bubble 3 min to reduce liquid to glossy glaze that coats cubes.
4. Off heat fold in dill and lemon juice; crack in pepper, taste salt.
5. Serve warm with drizzle of pan juices; leftovers mash well into soups, keeping herb freshness.

*Nutrition:*

Calories: 55 kcal | Fat: 0.2 g | Protein: 2 g | Carbs: 10 g

Nº79

## Courgette & Tomato Herb Gratin

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CATEGORY

### **SIDES & VEG**

*Cook Time: 35 min | Prep Time: 10 min | Servings: 4*

Layers of courgette ribbons and sliced tomato baked beneath a crunchy oat-herb sprinkle until bubbling and golden. You get Provence aromas and comfort-food vibes minus cheese or crumbs, keeping the dish Zero Points yet deeply satisfying beside grilled chicken or tofu.

#### *Ingredients:*

- 3 medium courgettes, sliced lengthways 3 mm
- 3 large tomatoes, thin rounds
- 1 small onion, paper-thin rings

- 2 garlic cloves, minced
- 30 g rolled oats, blitzed coarse
- 1 tbsp chopped basil
- 1 tbsp chopped parsley
- Zest ½ lemon
- Calorie-free spray
- Sea salt & black pepper

### *Instructions:*

1. Heat oven 190 °C fan. Mist shallow gratin dish; layer half courgette, onion, tomato, seasoning lightly, sprinkle half garlic. Repeat layers.
2. Mix oats with herbs, lemon zest, pinch salt, pepper.
3. Spray veg top, scatter oat mix evenly, mist again so topping crisps.
4. Bake 30 min until veg tender, juices bubbling, topping browned.
5. Rest 5 min to set; serve spooned out so each portion gets juicy veg and crispy herby crumble.

### *Nutrition:*

Calories: 95 kcal | Fat: 1 g | Protein: 4 g | Carbs: 18 g

Nº80

## Thyme-Roasted Garlic Mushrooms

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CATEGORY

### **SIDES & VEG**

*Cook Time: 20 min | Prep Time: 5 min | Servings: 4*

Button mushrooms roasted hot with thyme sprigs and a splash of balsamic so the caps turn juicy and the edges caramelize. The garlicky herby aroma screams Sunday roast trimmings yet each serving stays Zero Points – superb beside steak, lentil loaf or piled on toast if you’ve spare Points.

#### *Ingredients:*

- 500 g button mushrooms, left whole
- 3 garlic cloves, lightly crushed but left in skin
- 6 fresh thyme sprigs

- 1 tbsp balsamic vinegar
- Calorie-free cooking spray
- Sea salt & cracked black pepper

### *Instructions:*

1. Heat oven to 210 °C / 190 °C fan. Line a baking tray; tumble mushrooms and garlic, mist generously with spray, season.
2. Scatter thyme, roast 10 min; drizzle balsamic, shake tray, roast 8-10 min more until mushrooms shrink and caramelize.
3. Squish roasted garlic from skins, mash into tray juices, toss to coat.
4. Crack over extra pepper, serve hot with thyme sprigs for rustic look – spoon over any savoury liquor, it's liquid gold.

### *Nutrition:*

Calories: 70 kcal | Fat: 0.6 g | Protein: 5 g | Carbs: 11 g

Nº81

## Pea & Celery Country Ragout

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CATEGORY

### **SIDES & VEG**

*Cook Time: 18 min | Prep Time: 7 min | Servings: 4*

Sweet garden peas, tender celery slices and a whisper of mint simmer together in light vegetable stock until the liquor thickens just enough to coat every green jewel. It tastes like an allotment in spring, delivers fibre and plant protein, yet remains Zero Points – lovely ladled beside grilled fish or spooned over a baked spud.

#### *Ingredients:*

- 300 g frozen peas
- 2 celery sticks, thinly sliced on the bias

- 1 small onion, finely diced
- 1 garlic clove, grated
- 300 ml vegetable stock (zero-Point)
- 1 tbsp chopped fresh mint
- Zest ½ lemon
- Calorie-free spray
- Sea salt & white pepper

### *Instructions:*

1. Mist saucepan; soften onion and celery 5 min, adding splash water if sticking.
2. Add garlic, cook 30 sec, pour in stock, bring to gentle simmer.
3. Tip in peas, season, cook 8 min until peas tender and liquor slightly reduced.
4. Stir in mint and lemon zest, simmer 1 min more.
5. Taste – you want sweet pea, fresh herb and bright lemon balance; adjust salt or zest. Serve hot, spooning brothy greens over anything needing a spring lift.

### *Nutrition:*

Calories: 85 kcal | Fat: 0.4 g | Protein: 5 g | Carbs: 15 g

Nº82

## Cauliflower Rice with Parsley & Lemon

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CATEGORY

### **SIDES & VEG**

*Cook Time: 6 min | Prep Time: 4 min | Servings: 4*

Finely blitzed cauliflower quickly sautéed until steamy-soft, then enlivened with parsley, lemon zest and a crack of pepper. It stands in brilliantly for couscous or pilaf, soaking up sauces while keeping the plate Zero Points – batch-make in minutes to partner curries, stews or grilled kebabs.

#### *Ingredients:*

- 500 g cauliflower florets, blitzed to rice grains
- 1 small garlic clove, minced
- Zest of 1 lemon

- 2 tbsp chopped flat-leaf parsley
- Calorie-free cooking spray
- Sea salt & black pepper

*Instructions:*

1. Heat large non-stick frying pan high, mist with spray; add cauliflower rice, season lightly.
2. Cook 4 min, tossing often, until grains turn just tender but retain bite.
3. Stir in garlic last 30 sec so it stays fragrant not bitter.
4. Off heat, fold through lemon zest and parsley, crack over plenty pepper; taste for salt.
5. Serve immediately fluffy and hot, or cool quickly and box for fridge – reheats in 90 sec microwave burst without sogginess.

*Nutrition:*

Calories: 45 kcal | Fat: 0.3 g | Protein: 3 g | Carbs: 8 g

Nº83

## Young Potatoes with Mint & Lemon

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CATEGORY

### **SIDES & VEG**

*Cook Time: 15 min | Prep Time: 5 min | Servings: 4*

Steamy baby new potatoes tossed with torn garden mint, lemon zest and a glug of their own silky cooking liquor so every spud is shiny and fragrant. It's the essence of British summertime—think Sunday roast in June—but costs you zero Points and is on the table in under twenty minutes.

#### *Ingredients:*

- 600 g baby new potatoes, scrubbed
- Zest 1 lemon, plus wedges to serve

- 2 tbsp chopped fresh mint, plus small leaves to garnish
- Sea salt & cracked black pepper

### *Instructions:*

1. Put potatoes in a pan, cover with cold lightly salted water, bring gently to the boil, then simmer 15 min until just pierce-tender.
2. Drain, reserving 2 tbsp of the starchy water, then tip spuds back into the hot pan.
3. Add lemon zest, chopped mint, reserved liquor and a good grind of pepper; clamp on the lid and shake the pan twice so the skins fluff and soak up flavour.
4. Lift the lid, taste for salt—spuds love it—add more mint if you fancy a fresher hit.
5. Serve piled in a warm bowl, dotted with mint leaves and lemon wedges for squeezing; leftovers make superb potato salad stirred through fat-free yoghurt.

### *Nutrition:*

Calories: 105 kcal | Fat: 0.2 g | Protein: 2 g | Carbs: 23 g

Nº84

## Braised Cabbage with Light Chicken Shreds

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CATEGORY

### **SIDES & VEG**

*Cook Time: 30 min | Prep Time: 20 min | Servings: 3*

Silky white cabbage, carrot and onion braised in a tomato-paprika glaze with just a modest handful of chicken for flavour. The veg remains centre-stage, so the dish counts as a hearty side that's still Zero Points – brilliant next to roast beef or grilled tofu.

#### *Ingredients:*

- 500 g white cabbage, finely shredded
- 100 g skinless cooked chicken breast, finely shredded
- 1 medium onion, diced

- 1 medium carrot, coarsely grated
- 2 tbsp tomato purée
- 1 tsp sweet smoked paprika
- 150 ml hot vegetable stock (zero-Point)
- ½ tsp sea salt (to taste)
- ¼ tsp freshly ground black pepper
- Calorie-free cooking spray

### *Instructions:*

1. Sweat veg (5 min) Mist a deep non-stick pan; cook onion and carrot 5 min, splashing water if they catch.
2. Tomato base (1 min) Stir in tomato purée and paprika, fry 60 s to deepen colour.
3. Add cabbage & stock (7 min) Pile in cabbage, pour stock round edges, season lightly, cover and simmer 7 min so leaves wilt.
4. Fold chicken & braise (10 min) Stir in shredded chicken, re-cover and cook on low 10 min until cabbage is silky and flavours meld.
5. Finish (2 min) Uncover, raise heat 2 min to evaporate excess liquid; adjust salt, add extra paprika or chilli if you fancy heat. Serve steaming beside your main & spoon over the sweet-smoky juices.

### *Nutrition:*

Calories: 70 kcal | Fat: 1 g | Protein: 7 g | Carbs: 10 g

Nº85

## Broccoli with Garlic & Chilli

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CATEGORY

### **SIDES & VEG**

*Cook Time: 8 min | Prep Time: 5 min | Servings: 2*

Florets of tenderstem and standard broccoli flash-sautéed in a hot wok with slivered garlic and chilli flakes until char-spotted yet crisp inside. A final dash of lemon makes the green pop, giving you a side that rivals any Italian trattoria while staying steadfastly Zero Points.

#### *Ingredients:*

- 250 g mixed broccoli florets (tenderstem & calabrese)
- 2 garlic cloves, thin slivers
- ¼ tsp chilli flakes

- Juice ½ lemon
- Calorie-free spray
- Sea salt & freshly ground black pepper

### *Instructions:*

1. Heat a wok or large non-stick pan smoking hot; mist generously with spray.
2. Tip in broccoli, toss 2 min until bright green with char patches; add 2 tbsp water, clap on a lid 1 min to steam-finish.
3. Remove lid, scatter garlic and chilli; stir-fry 60 sec so garlic just turns pale gold.
4. Kill the heat, squeeze lemon juice round the edge so it sizzles, season boldly with salt and pepper.
5. Serve immediately while florets are nutty and the pan juices sharp—leftovers cool into a salad topper or blitz into soup.

### *Nutrition:*

Calories: 50 kcal | Fat: 0.5 g | Protein: 4 g | Carbs: 8 g

CATEGORY

# DRINKS & SMOOTHIES



Nº86

## Green Power Smoothie

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CATEGORY

### **DRINKS & SMOOTHIES**

*Cook Time: 0 min | Prep Time: 4 min | Servings: 1*

A vivid jade drink blitzed from spinach, kiwi, cucumber and mint with a squeeze of lime. It tastes like spring garden in a glass—bright, cooling and gently sweet—yet clocks in at Zero Points, making it a perfect breakfast on hectic mornings or mid-afternoon pick-me-up.

#### *Ingredients:*

- 40 g baby spinach
- 1 kiwi, peeled & quartered
- ¼ cucumber, chopped

- 10 fresh mint leaves
- Juice ½ lime
- 150 ml chilled water
- Handful ice cubes
- Pinch sea salt

### *Instructions:*

1. Layer spinach, cucumber, kiwi, mint and ice into a high-speed blender; pour water and lime juice over.
2. Blitz 45 s on high until texture is silky and fleck-free, scraping down sides once.
3. Taste; the kiwi should give tang, cucumber coolness, spinach earthiness. Add pinch salt to sharpen flavours if needed.
4. Pour into a tall chilled glass, swirl with a straw so vivid foam sits on top.
5. Drink immediately while nutrients and colour are at peak; leftovers darken after 30 min, but can be frozen into ice lollies for later.

### *Nutrition:*

Calories: 85 kcal | Fat: 0.5 g | Protein: 3 g | Carbs: 18 g

Nº87

## Berry & Yoghurt Breakfast Shake

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CATEGORY

### **DRINKS & SMOOTHIES**

*Cook Time: 0 min | Prep Time: 3 min | Servings: 1*

Summer berries whizzed with fat-free Greek yoghurt, banana and a dash of vanilla to create a creamy pink shake that tastes like melted frozen yoghurt yet sits firmly in Zero-Point territory—an ideal grab-and-go breakfast or post-workout refuel.

#### *Ingredients:*

- 80 g mixed frozen berries
- ½ ripe banana
- 120 g fat-free Greek yoghurt

- 60 ml cold water
- ¼ tsp vanilla extract
- Pinch ground cinnamon

### *Instructions:*

1. Tip berries, banana, yoghurt, water, vanilla and cinnamon into blender jug; secure lid.
2. Blitz 30 s on high until thick and creamy, pausing once to scrape the corners so no berry pulp escapes.
3. If shake seems too thick to sip, splash extra water and pulse 5 s.
4. Pour into insulated cup, screw lid and head out the door, or serve in a chilled glass with a sprinkle of extra cinnamon for café flair.
5. Drink within an hour; fibre thickens pleasantly but colour fades after long standing.

### *Nutrition:*

Calories: 125 kcal | Fat: 0.4 g | Protein: 11 g | Carbs: 23 g

Nº88

## Carrot-Orange Zing Juice

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CATEGORY

### **DRINKS & SMOOTHIES**

*Cook Time: 0 min | Prep Time: 5 min | Servings: 2*

Freshly blitzed carrot and sweet orange sharpened with ginger delivers a bright sunrise-hued juice that wakes the palate and floods the body with vitamin C, all for zero Points—ideal for brunch tables or warding off winter colds.

#### *Ingredients:*

- 3 medium carrots, scrubbed & chopped
- 2 large oranges, peeled & segmented
- 2 cm piece fresh ginger

- 100 ml chilled still water
- Ice to serve

### *Instructions:*

1. Feed carrots, orange segments and ginger through juicer, catching liquid in a chilled jug; or blitz in blender with water then pass through fine sieve, pressing pulp firmly.
2. Stir juice, taste: carrot earthiness should balance orange sweetness with gingery warmth.
3. Pour over ice into two tumblers, garnish optional orange twist.
4. Drink straight away for vibrant colour and zing; juice begins to separate after 10 min—just stir and sip.
5. Pulp can be stirred into soups or muffin batter so nothing goes to waste.

### *Nutrition:*

Calories: 90 kcal | Fat: 0.3 g | Protein: 2 g | Carbs: 21 g

Nº89

## Ginger-Lemon Infusion

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CATEGORY

### **DRINKS & SMOOTHIES**

*Cook Time: 5 min | Prep Time: 2 min | Servings: 1*

A soothing hot drink made by steeping fresh ginger slices and lemon wheels, sweetened naturally with a hint of lemon zest aroma. It's a winter-night staple that calms stomachs and clears heads, entirely Zero Points and cheaper than any café brew.

#### *Ingredients:*

- 4 thin ginger slices
- 2 lemon wheels

- Zest strip ½ lemon
- 250 ml freshly boiled water

### *Instructions:*

1. Drop ginger, lemon wheels and zest into a heatproof mug; bruise lightly with spoon to release oils.
2. Top with freshly boiled water, cover with saucer and steep 5 min.
3. Uncover, inhale citrus-ginger steam; sip slowly.
4. For stronger kick, leave ginger in cup and top with more hot water through the evening—flavour lasts three refills.
5. Optional: add dash of apple-cider vinegar for extra tang, remaining Zero Points.

### *Nutrition:*

Calories: 5 kcal | Fat: 0 g | Protein: 0 g | Carbs: 1 g

Nº90

## Cinnamon Oat “Milk” Drink

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CATEGORY

### **DRINKS & SMOOTHIES**

*Cook Time: 0 min | Prep Time: 10 min (+15 min soak) | Servings: 2*

Rolled oats briefly soaked then blender-whizzed with cinnamon and vanilla, strained to a silky, naturally sweet drink reminiscent of horchata but totally Zero Points—great warmed at bedtime or poured over cereal if you’re out of dairy.

#### *Ingredients:*

- 60 g rolled oats
- 500 ml cold water
- ½ tsp ground cinnamon

- ¼ tsp vanilla extract
- Pinch fine sea salt

### *Instructions:*

1. Soak oats in 200 ml water 15 min to soften; this reduces sliminess.
2. Tip soaking oats, remaining water, cinnamon, vanilla, salt into blender; blitz 60 s until creamy and no whole flakes remain.
3. Strain through fine nut-milk bag or doubled muslin into jug, squeezing pulp firmly—yields about 400 ml.
4. Chill for iced drink or warm gently in pan, whisking to prevent sticking.
5. Shake before serving; sediment natural. Pulp keeps for porridge or pancakes, zero waste and still Zero Points.

### *Nutrition:*

Calories: 70 kcal | Fat: 1.5 g | Protein: 3 g | Carbs: 12 g

Nº91

## Strawberry Kefir Cooler

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CATEGORY

### **DRINKS & SMOOTHIES**

*Cook Time: 0 min | Prep Time: 4 min | Servings: 1*

Fresh strawberries blitzed with tangy fat-free kefir and mint for a probiotic-rich cooler that tastes like a garden milkshake yet lands at Zero Points—ideal as a post-gym refresher or light dessert drink.

#### *Ingredients:*

- 120 g strawberries, hulled
- 150 ml fat-free plain kefir
- 4 mint leaves

- Juice  $\frac{1}{4}$  lime
- 4 ice cubes

### *Instructions:*

1. Blend strawberries, kefir, mint and lime until frothy 30 s; add ice, pulse 5 s to chill without over-diluting.
2. Taste: sweetness depends on berries; add extra lime if needed for brightness.
3. Pour into chilled glass, garnish mini mint sprig.
4. Drink immediately while foam thick; kefir separates if left sitting—just swirl to recombine.

### *Nutrition:*

Calories: 85 kcal | Fat: 0.2 g | Protein: 7 g | Carbs: 14 g

Nº92

## Blueberry Breeze Smoothie

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CATEGORY

### **DRINKS & SMOOTHIES**

*Cook Time: 0 min | Prep Time: 3 min | Servings: 1*

Plump blueberries whizzed with banana, spinach and cold water into a deep-indigo, ice-cold sip that packs antioxidants and fibre. The hint of lemon lifts the berries, giving you refreshment and nourishment in one Zero-Point hit.

#### *Ingredients:*

- 100 g blueberries (frozen for thicker)
- ½ banana
- 30 g spinach

- Juice ½ lemon
- 120 ml chilled water
- Handful ice

### *Instructions:*

1. Blend blueberries, banana, spinach, water and ice 40 s till velvety.
2. Add lemon juice, pulse 3 s; taste: adjust tartness.
3. Pour into mason jar; for layered effect keep some whole berries to drop in before serving.
4. Best consumed within 30 min—colour shifts with oxidation though nutrients remain.

### *Nutrition:*

Calories: 95 kcal | Fat: 0.4 g | Protein: 2 g | Carbs: 22 g

Nº93

## Virgin Bloody Mary

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CATEGORY

### **DRINKS & SMOOTHIES**

*Cook Time: 0 min | Prep Time: 5 min | Servings: 2*

Fresh tomato juice blended with celery, lemon, Worcestershire and a kick of Tabasco, poured over ice and garnished with a celery stick. All the brunch-time swagger of a Bloody Mary, no vodka, no Points—plus hydration and veggie servings in one glass.

#### *Ingredients:*

- 400 ml unsalted tomato juice
- 1 tsp Worcestershire sauce
- ½ tsp celery salt

- 2 dashes Tabasco (more to taste)
- Juice ½ lemon
- Grinding black pepper
- Ice & celery sticks to serve

### *Instructions:*

1. Combine tomato juice, Worcestershire, lemon, celery salt, Tabasco in jug; stir briskly.
2. Load two tall glasses with ice; pour mix, leaving space to stir.
3. Grind in pepper, garnish with celery stick for stirring and crunch.
4. Taste; adjust heat or salt.
5. Serve immediately as hangover-free brunch hero or savour over ice on sweltering afternoons.

### *Nutrition:*

Calories: 40 kcal | Fat: 0 g | Protein: 2 g | Carbs: 9 g

Nº94

## Cucumber-Lime Refresher

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CATEGORY

### **DRINKS & SMOOTHIES**

*Cook Time: 0 min | Prep Time: 6 min | Servings: 2*

Cool cucumber blended with zingy lime, water and mint then strained to a crystal-clear, spa-style drink that quenches thirst and delivers Zero Points—keep a jug in the fridge through heatwaves for instant rehydration.

#### *Ingredients:*

- 1 large cucumber, roughly chopped
- Juice 1 lime
- 6 mint leaves

- 400 ml chilled still water
- Ice & extra mint to serve

### *Instructions:*

1. Blitz cucumber, lime juice, water and mint 30 s until puréed.
2. Strain through fine sieve into jug, pressing pulp.
3. Taste; add extra lime if you crave sharper edge.
4. Fill glasses with ice, pour green liquid, garnish mint.
5. Keeps 24 h chilled; shake to re-mix light sediment before pouring.

### *Nutrition:*

Calories: 25 kcal | Fat: 0 g | Protein: 1 g | Carbs: 5 g

Nº95

## Pear & Celery Green Smoothie

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CATEGORY

### **DRINKS & SMOOTHIES**

*Cook Time: 0 min | Prep Time: 4 min | Servings: 1*

Sweet conference pear and crisp celery stalks blended with spinach and ginger into a mellow green smoothie that's subtly sweet with a warm finish—great breakfast or afternoon recharge, totally Zero Points.

#### *Ingredients:*

- 1 ripe conference pear, cored
- 1 celery stick, chopped
- 30 g spinach

- 1 cm ginger piece
- 120 ml chilled water
- Handful ice

### *Instructions:*

1. Blend pear, celery, ginger, water and ice 40 s until smooth; add spinach, blitz 20 s more so colour stays bright and flavour fresh.
2. Taste: sweetness will vary with pear; balance with splash extra water or squeeze lemon if needed.
3. Serve straight away; fibre thickens quickly but remains spoonable.

### *Nutrition:*

Calories: 90 kcal | Fat: 0.3 g | Protein: 2 g | Carbs: 20 g



Nº96

## Apple & Berry Oat Crumble

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CATEGORY

### **DESSERTS & TREATS**

*Cook Time: 25 min | Prep Time: 10 min | Servings: 4*

Soft Bramley apple cubes and mixed berries baked beneath a cinnamon-oat topping that turns golden and crisp without butter or sugar. It smells like grandma's Sunday pud yet every spoonful is Zero Points—pair with a blob of fat-free yoghurt for cosy nights in.

#### *Ingredients:*

- 2 Bramley apples, peeled, 1 cm dice
- 150 g frozen mixed berries
- ½ tsp ground cinnamon

- 1 tsp lemon juice
- 50 ml water
- 60 g rolled oats
- 1 tbsp finely chopped almonds (optional, 1 Point)

### *Instructions:*

1. Heat oven 190 °C fan. Toss apples, berries, lemon, 25 ml water, half cinnamon in 18 cm baking dish.
2. Mix oats with remaining cinnamon (plus almonds if you can spare a Point); sprinkle evenly over fruit, drizzle remaining water to moisten.
3. Mist topping lightly with spray; bake 25 min until fruit bubbles and oats toast.
4. Rest 5 min so juices thicken slightly, then spoon into bowls.
5. Serve hot with fat-free yoghurt; leftovers reheat 15 min at 150 °C, topping stays crunchy.

### *Nutrition:*

Calories: 135 kcal | Fat: 2 g | Protein: 4 g | Carbs: 29 g

Nº97

## Mango Greek-Yoghurt Mousse

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CATEGORY

### **DESSERTS & TREATS**

*Cook Time: 0 min | Prep Time: 15 min (+2 h chill) | Servings: 4*

Fluffy tropical mousse created by folding airy whisked egg whites into puréed mango and fat-free Greek yoghurt, then chilling to a light-as-clouds dessert. Zero Points yet it feels like something you'd order in a beach-side café.

#### *Ingredients:*

- 2 ripe mangoes, flesh cubed
- 250 g fat-free Greek yoghurt
- 2 medium egg whites

- 1 tsp powdered gelatine
- Juice ½ lime
- Pinch vanilla powder

### *Instructions:*

1. Bloom gelatine in 1 tbsp cold water 5 min then melt 10 sec microwave.
2. Blitz mango with lime juice and vanilla to silky purée; whisk in yoghurt and warm gelatine.
3. In clean bowl whisk egg whites to firm peaks; fold gently into mango mixture in two batches to keep volume.
4. Spoon into four glasses, cover, chill 2 h until softly set.
5. Garnish with lime zest curls; mousse keeps 24 h, staying pillowy and fresh.

### *Nutrition:*

Calories: 110 kcal | Fat: 0.4 g | Protein: 8 g | Carbs: 20 g

Nº98

## Cinnamon-Baked Pears

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CATEGORY

### **DESSERTS & TREATS**

*Cook Time: 20 min | Prep Time: 5 min | Servings: 2*

Ripe conference pears halved, dusted with cinnamon and roasted with a splash of apple juice until tender and caramel-edged. The pan juices thicken into syrup, giving you a pudding that tastes indulgent but stays Zero Points—lovely with a spoon of yoghurt.

#### *Ingredients:*

- 2 conference pears, halved & cored
- ½ tsp ground cinnamon

- 50 ml unsweetened apple juice
- Calorie-free spray

### *Instructions:*

1. Heat oven 200 °C/180 °C fan. Arrange pear halves cut-side up in small dish, mist lightly, dust with cinnamon.
2. Pour apple juice around, cover loosely with foil, bake 15 min.
3. Uncover, baste pears, bake 5 min more until tops golden and flesh knife-soft.
4. Transfer pears to plates, spoon thickened apple syrup over.
5. Eat warm; leftovers chop beautifully into porridge next morning.

### *Nutrition:*

Calories: 95 kcal | Fat: 0.2 g | Protein: 1 g | Carbs: 23 g

Nº99

## Frozen Banana “Nice Cream”

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CATEGORY

### **DESSERTS & TREATS**

*Cook Time: 0 min | Prep Time: 5 min (+4 h freeze) | Servings: 2*

Chunks of over-ripe banana blitzed to soft-serve perfection, flavoured with vanilla and optional raspberries for ripple. Creamy, sweet and totally dairy-free, it scratches the ice-cream itch while staying at Zero Points.

#### *Ingredients:*

- 3 ripe bananas, sliced & frozen
- ¼ tsp vanilla extract
- 60 g frozen raspberries (optional swirl)

### *Instructions:*

1. Freeze banana slices at least 4 h. Tip into food processor; pulse 30 s to crumbs, scrape bowl, blitz again until smooth soft-serve.
2. Blend in vanilla; if adding ripple, quickly pulse raspberries so streaks remain.
3. Eat immediately for soft texture or pack into tub, freeze 30 min for scoopable firmness.
4. Serve in chilled bowls; any leftovers freeze solid—thaw 10 min then re-blend for creamy texture.

### *Nutrition:*

Calories: 95 kcal | Fat: 0.3 g | Protein: 1 g | Carbs: 24 g

*Nº100*

## Fruit Ice Lollies

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CATEGORY

### **DESSERTS & TREATS**

*Cook Time: 0 min | Prep Time: 20 min (+6 h freeze) | Servings: 6*

Rainbow-layered lollies made only from blitzed fruit purées—strawberry, mango and kiwi—frozen in succession for striking stripes. They taste like pure summer on a stick, keep you hydrated and satisfy sweet cravings at Zero Points, enchanting kids and grown-ups alike.

#### *Ingredients:*

- 200 g strawberries, hulled
- 1 large mango, flesh diced
- 3 kiwis, peeled

- Juice 1 lime
- 90 ml cold water

### *Instructions:*

1. Blitz strawberries with 30 ml water and  $\frac{1}{3}$  lime juice to smooth purée; strain seeds. Fill ice-lolly moulds one-third, freeze 2 h until semi-set.
2. Blend mango with 30 ml water and  $\frac{1}{3}$  lime juice; pour gently over frozen layer, tap moulds to level, freeze 2 h.
3. Purée kiwis with remaining water and lime, strain seeds if you prefer; top moulds, insert sticks, freeze 2 h until solid.
4. To serve, dip mould bases in warm water 5 s, ease out vivid striped lollies.
5. Keep up to a month; perfect post-workout or garden-party cool-down, they melt to slush rather than drip thanks to the fibre-rich fruit.

### *Nutrition:*

Calories: 45 kcal | Fat: 0.3 g | Protein: 1 g | Carbs: 10 g

Nº101

## Chia Pudding with Almond Yoghurt

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CATEGORY

### **DESSERTS & TREATS**

*Cook Time: 0 min | Prep Time: 5 min (+overnight) | Servings: 2*

Overnight chia seeds swelled in unsweetened almond yoghurt, layered with blueberries and flaked almonds for crunch. The result is a silky, mildly nutty pudding that feels decadent at breakfast yet is wholly Zero Points when almonds are omitted or portioned—prep once, enjoy grab-and-go pots all week.

#### *Ingredients:*

- 300 g unsweetened almond yoghurt (fat-free)
- 3 tbsp chia seeds

- 100 g blueberries
- ½ tsp vanilla extract
- 1 tbsp flaked almonds, toasted (optional 1 Point)

### *Instructions:*

1. Stir chia, yoghurt, vanilla in jug until seeds evenly dispersed; cover, chill 10 min, stir again so no clumps sink.
2. Divide half mixture between two 200 ml jars; add layer of blueberries, top with remaining chia mix.
3. Seal and chill overnight; seeds absorb liquid, forming spoonable gel.
4. Next morning sprinkle almonds (if using) and extra berries.
5. Eat chilled; keeps 4 days—texture thickens, simply loosen with spoon of yoghurt for cloud-like consistency on day four.

### *Nutrition:*

Calories: 120 kcal | Fat: 3 g | Protein: 6 g | Carbs: 16 g

Nº102

## Pumpkin-Swirl Cheesecake Cups

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CATEGORY

### **DESSERTS & TREATS**

*Cook Time: 50 min | Prep Time: 10 min | Servings: 2*

All the cosy spice of a Thanksgiving pumpkin pie swirled with creamy fat-free cheesecake, but baked in individual ramekins with zero-Point swaps: canned pumpkin, 0 % Greek yoghurt and calorie-free sweetener replace sugar and cream. They set softly like custard, taste indulgent yet fit neatly into WW's Zero-Point framework – a perfect autumn treat for two.

#### *Ingredients:*

- 220 g canned pumpkin purée (plain)
- 150 g fat-free Greek yoghurt

- 2 medium free-range eggs
- 60 ml unsweetened almond drink
- 2 tbsp granulated zero-calorie sweetener, divided
- $\frac{3}{4}$  tsp mixed pumpkin-pie spice (or  $\frac{1}{2}$  tsp cinnamon, pinch nutmeg & ginger)
- $\frac{1}{2}$  tsp vanilla extract
- Pinch sea salt
- Calorie-free cooking spray

### *Instructions:*

1. Prep tins – Heat oven 180 °C fan. Lightly mist two 200 ml ramekins with spray and set in a small roasting tin.
2. Pumpkin layer – Whisk pumpkin, almond drink, 1 tbsp sweetener,  $\frac{1}{2}$  tsp spice and salt until silky; divide evenly between ramekins.
3. Cheesecake layer – In clean bowl beat yoghurt, eggs, remaining sweetener, vanilla and last  $\frac{1}{4}$  tsp spice until smooth. Spoon gently over pumpkin, then swirl a knife once or twice to marble.
4. Bake in bain-marie – Pour boiling water into the tin to halfway up ramekins. Bake 45–50 min until tops puff slightly and a wobble remains at centre.
5. Chill & serve – Cool 10 min, then chill at least 2 h; custards set creamy. Dust extra spice and eat straight from the pot – rich flavour, zero Points.

### *Nutrition:*

Calories: 120 kcal | Fat: 2 g | Protein: 10 g | Carbs: 12 g

Nº103

## Sugar-Free Berry Jelly

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CATEGORY

### **DESSERTS & TREATS**

*Cook Time: 0 min | Prep Time: 12 min (+3 h set) | Servings: 4*

Glistening ruby cubes of gelatine set with pureed mixed berries, flavoured only with their own natural sweetness and a squeeze of lemon. The wobble is nostalgic, the flavour intensely fruity, and each serving clocks in at Zero Points—ideal for children’s parties or a light finish to heavy meals.

#### *Ingredients:*

- 300 g mixed berries (strawberry, raspberry, blackberry)
- Juice ½ lemon
- 2½ tsp powdered gelatine (1 sachet)

- 150 ml water
- Extra whole berries to garnish

### *Instructions:*

1. Blitz berries and lemon juice to smooth purée, then press through fine sieve to remove seeds; you should have about 250 ml liquid.
2. In small pan sprinkle gelatine over 50 ml cold water, let bloom 5 min. Warm gently, swirling until crystals dissolve—do not boil.
3. Stir remaining 100 ml water into warm gel, then whisk into berry purée until completely blended.
4. Pour into a 500 ml loaf tin or four individual moulds. Skim any foam for clear finish.
5. Refrigerate minimum 3 h until set. Slice or unmould, garnish with extra berries, serve ice-cold; keeps 48 h without weeping.

### *Nutrition:*

Calories: 30 kcal | Fat: 0 g | Protein: 3 g | Carbs: 6 g

Nº104

## Cranberry Cottage-Cheese Slice

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CATEGORY

### **DESSERTS & TREATS**

*Cook Time: 25 min | Prep Time: 10 min | Servings: 6*

Light, protein-packed bake where fat-free cottage cheese is blended with egg and oats then studded with tart cranberries, setting into a cheesecake-like slab that slices neatly for snacks. Sweetness comes solely from fruit, so every piece is Zero Points yet feels like a tea-time treat.

#### *Ingredients:*

- 450 g fat-free cottage cheese
- 2 medium eggs
- 50 g rolled oats

- 120 g fresh or frozen cranberries
- 1 tsp vanilla extract
- Zest ½ orange
- Calorie-free spray

### *Instructions:*

1. Heat oven 180 °C fan. Line 20 cm square tin with baking paper, mist sides.
2. Blend cottage cheese, eggs, vanilla and orange zest until silky; stir oats through to thicken slightly.
3. Fold in cranberries, pour batter into tin, level surface; tap once to release bubbles.
4. Bake 25 min until centre just set and edges lightly gold. Cool in tin 10 min, then lift onto rack.
5. Chill 1 h for clean slicing; cut into six bars. Keeps 4 days in fridge, flavour improves, making handy grab-and-go breakfast.

### *Nutrition:*

Calories: 105 kcal | Fat: 1 g | Protein: 11 g | Carbs: 16 g

Nº105

## Frozen Peach Sorbet

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CATEGORY

### **DESSERTS & TREATS**

*Cook Time: 0 min | Prep Time: 10 min (+5 h freeze) | Servings: 4*

Ripe peaches blitzed with lemon then churn-free frozen, stirred twice to break ice crystals, yielding a smooth, sunset-orange sorbet that tastes of pure fruit. It's the essence of August orchards in every spoon and completely Zero Points—perfect palate cleanser or garden-party pud.

#### *Ingredients:*

- 500 g ripe peaches, stoned & chopped
- Juice ½ lemon

- 60 ml cold water
- Pinch grated fresh ginger (optional)

### *Instructions:*

1. Blend peaches, lemon juice, water (and ginger) to silky purée. Taste: should be vividly sweet-tart.
2. Pour into shallow metal tray, freeze 90 min until icy at edges; fork vigorously to break crystals, return to freezer.
3. Repeat stirring twice more at 45 min intervals until texture becomes soft snow.
4. Transfer to lidded tub, press clingfilm on surface, freeze 2 h until scoopable.
5. Before serving, leave 5 min at room temp; scoop into chilled glasses, garnish mint. Keeps 1 month, though colour best first week.

### *Nutrition:*

Calories: 60 kcal | Fat: 0 g | Protein: 1 g | Ca

Nº106

## Cocoa-Yoghurt Protein Jelly

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CATEGORY

### **DESSERTS & TREATS**

*Cook Time: 10 min | Prep Time: 10 min (+2 h chill) | Servings: 4*

A delicate chocolate gel set with agar-agar and fat-free Greek yoghurt: silky like panna-cotta yet lighter than mousse. Each ramekin delivers a rich cocoa hit with only about 1 Point per serving (from the unsweetened cocoa), making it a smarter way to curb pudding cravings on chill autumn nights.

#### *Ingredients:*

- 1 tbsp agar-agar powder
- 240 ml cold water
- 360 ml fat-free Greek yoghurt, loosened with 4 tbsp water

- 30 g unsweetened cocoa powder
- ½ tsp vanilla extract (optional)
- Calorie-free sweetener to taste (optional)

### *Instructions:*

1. Bloom agar (2 min) Whisk agar into water in a small saucepan; leave 2 min so it swells.
2. Dissolve & flavour (4 min) Bring to a simmer, whisking until liquid turns clear. Reduce heat, sift in cocoa, add vanilla and sweetener if using; whisk 2 min so mixture is glossy and lump-free.
3. Add yoghurt (2 min) Remove pan from hob, briskly whisk in loosened yoghurt until perfectly smooth. Return to a very low flame 30 sec, just to ensure everything is evenly warm (do not boil or yoghurt may split).
4. Mould & chill (2 min + 2 h) Divide mix between four 150 ml ramekins, skim bubbles, cool 10 min then refrigerate 2 h until softly set.
5. Serve Run a thin knife round edge to unmould or eat straight from the pot. Top with fresh berries or mint leaves for colour – the cocoa depth loves a pop of fruit.

### *Nutrition:*

Calories: 75 kcal | Fat: 2 g | Protein: 7 g | Carbs: 8 g

Nº107

## Mixed-Berry Vanilla Compote

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CATEGORY

### **DESSERTS & TREATS**

*Cook Time: 0 min | Prep Time: 12 min | Servings: 4*

A quick hob-top stew of strawberries, raspberries and blueberries scented with vanilla pod, simmered until fruit slumps into jewel-bright syrup. Spoon it warm over yoghurt or chill for a pancake topper—it's luscious, versatile and utterly Zero Points.

#### *Ingredients:*

- 150 g strawberries, quartered
- 150 g raspberries
- 150 g blueberries

- ½ vanilla pod, seeds scraped
- Zest strip ½ orange
- 50 ml water

### *Instructions:*

1. Combine berries, vanilla seeds plus pod, orange zest and water in small pan.
2. Bring to gentle simmer, cook 8 min, stirring twice, until berries soften but keep some shape.
3. Fish out vanilla pod and zest; mash a few berries against pan to thicken syrup naturally.
4. Cool 5 min—the compote sets slightly—then ladle into jar.
5. Serve warm or chilled; keeps 5 days and freezes, ready to brighten porridge or overnight oats any time.

### *Nutrition:*

Calories: 65 kcal | Fat: 0.3 g | Protein: 1 g | Carbs: 14 g

Nº108

## Apple & Steel-Cut Oat Porridge

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CATEGORY

### **DESSERTS & TREATS**

*Cook Time: 25 min | Prep Time: 5 min | Servings: 2*

Tender steel-cut oats slowly simmered to a creamy pudding with grated apple, cinnamon and a splash of unsweetened almond drink. Comforting, fibre-rich and now Zero Points under the updated WW list, it's a wholesome dessert-style breakfast or bedtime bowl in autumn chill.

#### *Ingredients:*

- 80 g steel-cut oats
- 300 ml water
- 120 ml unsweetened almond drink

- 1 eating apple, coarsely grated
- ½ tsp ground cinnamon
- Pinch sea salt

### *Instructions:*

1. Rinse oats; tip into saucepan with water, almond drink, salt, cinnamon. Bring to gentle simmer, stirring.
2. Cook 20 min, stirring often so oats turn creamy and release starch.
3. Fold in grated apple last 3 min so it softens yet keeps fresh sweetness.
4. Spoon into two warm bowls, dust extra cinnamon, add apple matchsticks for crunch if you fancy.
5. Any leftover sets firm; slice, pan-sear next day for porridge “cakes” topped with berry compote—still Zero Points, still delicious.

### *Nutrition:*

Calories: 145 kcal | Fat: 2 g | Protein: 5 g | Carbs: 28 g

Nº109

## Eton Mess-Style Berry Yoghurt Cups

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CATEGORY

### **DESSERTS & TREATS**

*Cook Time: 0 min | Prep Time: 10 min | Servings: 2*

Fresh strawberries and raspberries folded through whipped fat-free Greek yoghurt with a dash of vanilla, topped with extra berries. All the creamy, fruity joy of the classic Eton Mess but none of the sugary meringue, keeping each portion gloriously Zero Points—ready in ten minutes for instant summertime satisfaction.

#### *Ingredients:*

- 150 g strawberries, hulled & quartered
- 100 g raspberries

- 200 g fat-free Greek yoghurt
- ¼ tsp vanilla extract
- Zest ¼ lemon

### *Instructions:*

1. Roughly mash half the strawberries with a fork so juices run; fold into yoghurt with vanilla for blush-pink ripple.
2. Spoon half the yoghurt into two stemless wine glasses, scatter in half the remaining berries.
3. Top with rest of yoghurt, then finish with whole berries and lemon zest for brightness.
4. Serve immediately so fruit stays perky, or chill 30 min for flavours to meld—still holds shape without watery seepage thanks to thick yoghurt.

### *Nutrition:*

Calories: 105 kcal | Fat: 0.6 g | Protein: 10 g | Carbs: 18 g

Nº110

## Moist Apple & Cocoa Cake

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CATEGORY

### **DESSERTS & TREATS**

*Cook Time: 40 min | Prep Time: 10 min | Servings: 8 slices*

Squidgy, brownie-dark sponge sweetened only with fresh apples and bound with fat-free Greek yoghurt. The result is a light, gently spiced loaf that satisfies chocolate cravings for around 1 PersonalPoint per slice – perfect with a cuppa on chilly afternoons.

#### *Ingredients:*

- 4 eating apples (about 600 g total), peeled, cored & coarsely grated
- 4 medium free-range eggs
- 70 g unsweetened cocoa powder

- 1 tsp baking powder
- 3 tbsp fat-free Greek yoghurt
- ½ tsp ground cinnamon (optional)
- Pinch fine sea salt
- Calorie-free cooking spray

### *Instructions:*

1. Prep oven & tin – Heat oven to 180 °C / 160 °C fan / Gas 4. Lightly mist a 900 g loaf tin and line base with baking paper.
2. Whisk wet base – In a mixing bowl beat eggs 1 min until frothy; whisk in yoghurt and salt (plus cinnamon if using).
3. Add dries – Sift cocoa and baking powder over, fold gently to a thick batter.
4. Fold apples – Squeeze a little juice from grated apples, then fold into batter; mixture will loosen to dropping consistency.
5. Bake 35–40 min – Pour into tin, level top, bake until a skewer poked in centre emerges with just moist crumbs. If browning too fast, tent foil last 10 min.
6. Cool & serve – Rest 10 min, turn onto rack, peel paper, cool fully before slicing. Keeps 3 days in airtight tin; flavour deepens overnight.

### *Nutrition:*

Calories: 110 kcal | Fat: 3 g | Protein: 6 g | Carbs: 15 g

Nº111

## Spiced Pumpkin Custard Pots

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CATEGORY

### **DESSERTS & TREATS**

*Cook Time: 25 min | Prep Time: 10 min | Servings: 4*

Smooth pumpkin purée blended with egg, yoghurt and pumpkin-pie spices, baked in ramekins until softly set like crustless pie. Fragrant, silky and autumn-hugging while staying Zero Points—serve warm or chilled with a snow of nutmeg.

#### *Ingredients:*

- 400 g pumpkin purée (unsweetened)
- 2 medium eggs
- 150 g fat-free Greek yoghurt

- 1 tsp mixed spice
- ½ tsp ground cinnamon
- 1 tsp vanilla extract
- Pinch sea salt

### *Instructions:*

1. Heat oven 180 °C fan. Whisk purée, yoghurt, eggs, vanilla, spices, salt until velvety.
2. Divide between four 150 ml ramekins, place in deep roasting tin; pour boiling water halfway up sides for gentle bake.
3. Bake 25 min until edges set but centres jiggle.
4. Transfer ramekins to rack, cool 10 min for custard to finish setting.
5. Serve warm dusted with extra cinnamon, or chill 2 h for firmer spoonable pud—keeps 3 days, flavours bloom by day two.

### *Nutrition:*

Calories: 115 kcal | Fat: 2 g | Protein: 9 g | Carbs: 15 g

# Chapter 3:

## 30-Day Zero Point Meal Plan

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### Day 1

#### Breakfast

11 Steamed Salmon with Lemon & Dill  
9 Banana Oat Mini Muffins

#### Lunch

26 Hearty Chicken & Vegetable Broth  
37 Chickpea & Tomato Herb Salad

#### Dinner

49 Turkish-Style Stuffed Peppers  
48 Baked Trout with Lemon & Baby Potatoes

#### Dessert

103 Sugar-Free Berry Jelly  
98 Cinnamon-Baked Pears

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### Day 2

#### Breakfast

12 Overnight Bircher Porridge  
2 Baked Apples with Quark & Cinnamon

### Lunch

- 36 Turkey, Apple & Celery Crunch Salad
- 37 Chickpea & Tomato Herb Salad

### Dinner

- 69 Herby Chicken & Yoghurt Patties
- 58 Spinach-Stuffed Chicken Rolls

### Dessert

- 98 Cinnamon-Baked Pears
- 105 Frozen Peach Sorbet

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## Day 3

### Breakfast

- 7 Roasted Sweet Potato & Berry Smash
- 1 Berry & Cinnamon Porridge

### Lunch

- 26 Hearty Chicken & Vegetable Broth
- 27 Silky Carrot & Coriander Soup

### Dinner

- 47 Herbed Steamed Chicken Patties
- 48 Baked Trout with Lemon & Baby Potatoes

### Dessert

- 96 Apple & Berry Oat Crumble
  - 104 Cranberry Cottage-Cheese Slice
-

# Day 4

## Breakfast

- 4 Mushroom & Herb Omelette
- 12 Overnight Bircher Porridge

## Lunch

- 36 Turkey, Apple & Celery Crunch Salad
- 37 Chickpea & Tomato Herb Salad

## Dinner

- 58 Spinach-Stuffed Chicken Rolls
- 54 Spice-Crusted Haddock Fillets

## Dessert

- 103 Sugar-Free Berry Jelly
  - 111 Spiced Pumpkin Custard Pots
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# Day 5

## Breakfast

- 10 Cottage Cheese & Oat Pancakes
- 5 Vegetarian “Scottish” Breakfast Plate

## Lunch

- 38 Moroccan Spiced Carrot Salad
- 39 Salmon & Cool Cucumber Dill Salad

## Dinner

- 41 Slow-Cooked Lean Beef & Root Veg Stew
- 65 Hungarian-Style Beef Goulash Soup

## Dessert

101 Chia Pudding with Almond Yoghurt  
107 Mixed-Berry Vanilla Compote

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## Day 6

### Breakfast

7 Roasted Sweet Potato & Berry Smash  
6 Turmeric Tofu Scramble

### Lunch

30 White Bean & Savoy Cabbage Soup  
28 Savoyarde Onion & Thyme Soup

### Dinner

47 Herbed Steamed Chicken Patties  
65 Hungarian-Style Beef Goulash Soup

### Dessert

106 Cocoa-Yoghurt Protein Jelly  
97 Mango Greek-Yoghurt Mousse

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## Day 7

### Breakfast

2 Baked Apples with Quark & Cinnamon  
7 Roasted Sweet Potato & Berry Smash

### Lunch

27 Silky Carrot & Coriander Soup  
31 Scottish Cullen Skink-Style Soup

## Dinner

- 68 Cauliflower “Rice” Seafood Paella
- 52 Venison & Pumpkin Slow Ragù

## Dessert

- 104 Cranberry Cottage-Cheese Slice
- 108 Apple & Steel-Cut Oat Porridge

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# Day 8

## Breakfast

- 1 Berry & Cinnamon Porridge
- 12 Overnight Bircher Porridge

## Lunch

- 33 Pumpkin & Apple Autumn Soup
- 34 Summer Strawberry & Spinach Salad

## Dinner

- 44 Turkey & Mushroom Stuffed Portobellos
- 70 Herb-Crusted Roast Beef

## Dessert

- 108 Apple & Steel-Cut Oat Porridge
- 97 Mango Greek-Yoghurt Mousse

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# Day 9

## Breakfast

9 Banana Oat Mini Muffins  
5 Vegetarian “Scottish” Breakfast Plate

### Lunch

39 Salmon & Cool Cucumber Dill Salad  
36 Turkey, Apple & Celery Crunch Salad

### Dinner

60 Grilled Salmon with Minted Pea Smash  
69 Herby Chicken & Yoghurt Patties

### Dessert

107 Mixed-Berry Vanilla Compote  
105 Frozen Peach Sorbet

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## Day 10

### Breakfast

4 Mushroom & Herb Omelette  
12 Overnight Bircher Porridge

### Lunch

27 Silky Carrot & Coriander Soup  
26 Hearty Chicken & Vegetable Broth

### Dinner

62 Lean Beef & Mushroom ‘Stroganoff’  
48 Baked Trout with Lemon & Baby Potatoes

### Dessert

105 Frozen Peach Sorbet  
97 Mango Greek-Yoghurt Mousse

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# Day 11

## Breakfast

14 Cinnamon-Roasted Pumpkin Yoghurt Pot

4 Mushroom & Herb Omelette

## Lunch

39 Salmon & Cool Cucumber Dill Salad

27 Silky Carrot & Coriander Soup

## Dinner

53 Oven-Roasted Salmon with Fresh Tomato Salsa

49 Turkish-Style Stuffed Peppers

## Dessert

110 Moist Apple & Cocoa Cake

106 Cocoa-Yoghurt Protein Jelly

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# Day 12

## Breakfast

14 Cinnamon-Roasted Pumpkin Yoghurt Pot

6 Turmeric Tofu Scramble

## Lunch

28 Savoyarde Onion & Thyme Soup

31 Scottish Cullen Skink-Style Soup

## Dinner

52 Venison & Pumpkin Slow Ragù

47 Herbed Steamed Chicken Patties

## Dessert

104 Cranberry Cottage-Cheese Slice  
107 Mixed-Berry Vanilla Compote

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## Day 13

### Breakfast

15 British-Garden Shakshuka  
11 Steamed Salmon with Lemon & Dill

### Lunch

36 Turkey, Apple & Celery Crunch Salad  
27 Silky Carrot & Coriander Soup

### Dinner

60 Grilled Salmon with Minted Pea Smash  
61 Mediterranean Fish & Veg Kebabs

### Dessert

101 Chia Pudding with Almond Yoghurt  
104 Cranberry Cottage-Cheese Slice

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## Day 14

### Breakfast

12 Overnight Bircher Porridge  
4 Mushroom & Herb Omelette

### Lunch

28 Savoyarde Onion & Thyme Soup  
33 Pumpkin & Apple Autumn Soup

## Dinner

53 Oven-Roasted Salmon with Fresh Tomato Salsa  
49 Turkish-Style Stuffed Peppers

## Dessert

103 Sugar-Free Berry Jelly  
106 Cocoa-Yoghurt Protein Jelly

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# Day 15

## Breakfast

6 Turmeric Tofu Scramble  
14 Cinnamon-Roasted Pumpkin Yoghurt Pot

## Lunch

38 Moroccan Spiced Carrot Salad  
40 British Summer Fruit Medley

## Dinner

42 No-Oil Chicken Yogurt Curry  
48 Baked Trout with Lemon & Baby Potatoes

## Dessert

97 Mango Greek-Yoghurt Mousse  
108 Apple & Steel-Cut Oat Porridge

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# Day 16

## Breakfast

6 Turmeric Tofu Scramble  
7 Roasted Sweet Potato & Berry Smash

### Lunch

30 White Bean & Savoy Cabbage Soup  
27 Silky Carrot & Coriander Soup

### Dinner

47 Herbed Steamed Chicken Patties  
70 Herb-Crusted Roast Beef

### Dessert

106 Cocoa-Yoghurt Protein Jelly  
99 Frozen Banana “Nice Cream”

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## Day 17

### Breakfast

11 Steamed Salmon with Lemon & Dill  
8 Sunshine Fruit Salad with Yoghurt Dressing

### Lunch

32 Irish Pea & Leek Soup  
36 Turkey, Apple & Celery Crunch Salad

### Dinner

55 Tofu & Green Bean Curry  
45 Lean Beef & Broccoli Stir-Fry

### Dessert

104 Cranberry Cottage-Cheese Slice  
98 Cinnamon-Baked Pears

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# Day 18

## Breakfast

4 Mushroom & Herb Omelette  
12 Overnight Bircher Porridge

## Lunch

34 Summer Strawberry & Spinach Salad  
40 British Summer Fruit Medley

## Dinner

49 Turkish-Style Stuffed Peppers  
64 Country-Style Turkey Liver with Apples & Sage

## Dessert

109 Eton Mess-Style Berry Yoghurt Cups  
110 Moist Apple & Cocoa Cake

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# Day 19

## Breakfast

10 Cottage Cheese & Oat Pancakes  
7 Roasted Sweet Potato & Berry Smash

## Lunch

31 Scottish Cullen Skink-Style Soup  
29 Classic Andalusian Gazpacho

## Dinner

45 Lean Beef & Broccoli Stir-Fry  
57 Rustic Country-Style Rabbit Stew

## Dessert

111 Spiced Pumpkin Custard Pots  
97 Mango Greek-Yoghurt Mousse

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## Day 20

### Breakfast

13 Spinach & Pepper Egg Roll  
1 Berry & Cinnamon Porridge

### Lunch

39 Salmon & Cool Cucumber Dill Salad  
27 Silky Carrot & Coriander Soup

### Dinner

45 Lean Beef & Broccoli Stir-Fry  
61 Mediterranean Fish & Veg Kebabs

### Dessert

101 Chia Pudding with Almond Yoghurt  
108 Apple & Steel-Cut Oat Porridge

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## Day 21

### Breakfast

11 Steamed Salmon with Lemon & Dill  
7 Roasted Sweet Potato & Berry Smash

### Lunch

35 Oil-Free Salad Niçoise  
27 Silky Carrot & Coriander Soup

## Dinner

- 53 Oven-Roasted Salmon with Fresh Tomato Salsa
- 60 Grilled Salmon with Minted Pea Smash

## Dessert

- 110 Moist Apple & Cocoa Cake
- 104 Cranberry Cottage-Cheese Slice

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# Day 22

## Breakfast

- 5 Vegetarian “Scottish” Breakfast Plate
- 9 Banana Oat Mini Muffins

## Lunch

- 39 Salmon & Cool Cucumber Dill Salad
- 26 Hearty Chicken & Vegetable Broth

## Dinner

- 62 Lean Beef & Mushroom ‘Stroganoff’
- 64 Country-Style Turkey Liver with Apples & Sage

## Dessert

- 99 Frozen Banana “Nice Cream”
- 106 Cocoa-Yoghurt Protein Jelly

---

# Day 23

## Breakfast

15 British-Garden Shakshuka  
9 Banana Oat Mini Muffins

### Lunch

38 Moroccan Spiced Carrot Salad  
30 White Bean & Savoy Cabbage Soup

### Dinner

65 Hungarian-Style Beef Goulash Soup  
61 Mediterranean Fish & Veg Kebabs

### Dessert

106 Cocoa-Yoghurt Protein Jelly  
97 Mango Greek-Yoghurt Mousse

---

## Day 24

### Breakfast

5 Vegetarian “Scottish” Breakfast Plate  
7 Roasted Sweet Potato & Berry Smash

### Lunch

28 Savoyarde Onion & Thyme Soup  
33 Pumpkin & Apple Autumn Soup

### Dinner

41 Slow-Cooked Lean Beef & Root Veg Stew  
64 Country-Style Turkey Liver with Apples & Sage

### Dessert

104 Cranberry Cottage-Cheese Slice  
111 Spiced Pumpkin Custard Pots

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# Day 25

## Breakfast

13 Spinach & Pepper Egg Roll  
3 Chicken & Spinach Frittata

## Lunch

34 Summer Strawberry & Spinach Salad  
27 Silky Carrot & Coriander Soup

## Dinner

68 Cauliflower “Rice” Seafood Paella  
61 Mediterranean Fish & Veg Kebabs

## Dessert

105 Frozen Peach Sorbet  
109 Eton Mess-Style Berry Yoghurt Cups

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# Day 26

## Breakfast

11 Steamed Salmon with Lemon & Dill  
9 Banana Oat Mini Muffins

## Lunch

35 Oil-Free Salad Niçoise  
29 Classic Andalusian Gazpacho

## Dinner

45 Lean Beef & Broccoli Stir-Fry  
52 Venison & Pumpkin Slow Ragù

## Dessert

101 Chia Pudding with Almond Yoghurt  
104 Cranberry Cottage-Cheese Slice

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## Day 27

### Breakfast

13 Spinach & Pepper Egg Roll  
9 Banana Oat Mini Muffins

### Lunch

40 British Summer Fruit Medley  
26 Hearty Chicken & Vegetable Broth

### Dinner

60 Grilled Salmon with Minted Pea Smash  
51 Lime-Cured Cod Ceviche

### Dessert

111 Spiced Pumpkin Custard Pots  
96 Apple & Berry Oat Crumble

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## Day 28

### Breakfast

2 Baked Apples with Quark & Cinnamon  
6 Turmeric Tofu Scramble

### Lunch

40 British Summer Fruit Medley  
39 Salmon & Cool Cucumber Dill Salad

## Dinner

66 Three-Bean Smoky Chilli  
50 Lean Pork with Apples & Sage

## Dessert

103 Sugar-Free Berry Jelly  
96 Apple & Berry Oat Crumble

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# Day 29

## Breakfast

4 Mushroom & Herb Omelette  
10 Cottage Cheese & Oat Pancakes

## Lunch

27 Silky Carrot & Coriander Soup  
40 British Summer Fruit Medley

## Dinner

64 Country-Style Turkey Liver with Apples & Sage  
56 Lean Beef 'Sin Carne' Chilli

## Dessert

98 Cinnamon-Baked Pears  
108 Apple & Steel-Cut Oat Porridge

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# Day 30

## Breakfast

9 Banana Oat Mini Muffins  
13 Spinach & Pepper Egg Roll

### Lunch

28 Savoyarde Onion & Thyme Soup  
40 British Summer Fruit Medley

### Dinner

62 Lean Beef & Mushroom 'Stroganoff'  
56 Lean Beef 'Sin Carne' Chilli

### Dessert

101 Chia Pudding with Almond Yoghurt  
100 Fruit Ice Lollies

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## Day 31

### Breakfast

9 Banana Oat Mini Muffins  
14 Cinnamon-Roasted Pumpkin Yoghurt Pot

### Lunch

35 Oil-Free Salad Niçoise  
32 Irish Pea & Leek Soup

### Dinner

47 Herbed Steamed Chicken Patties  
70 Herb-Crusted Roast Beef

### Dessert

102 Pumpkin-Swirl Cheesecake Cups  
107 Mixed-Berry Vanilla Compote

---

# Day 32

## Breakfast

- 5 Vegetarian “Scottish” Breakfast Plate
- 7 Roasted Sweet Potato & Berry Smash

## Lunch

- 36 Turkey, Apple & Celery Crunch Salad
- 40 British Summer Fruit Medley

## Dinner

- 52 Venison & Pumpkin Slow Ragù
- 55 Tofu & Green Bean Curry

## Dessert

- 110 Moist Apple & Cocoa Cake
  - 97 Mango Greek-Yoghurt Mousse
- 

# Day 33

## Breakfast

- 4 Mushroom & Herb Omelette
- 15 British-Garden Shakshuka

## Lunch

- 27 Silky Carrot & Coriander Soup
- 31 Scottish Cullen Skink-Style Soup

## Dinner

- 41 Slow-Cooked Lean Beef & Root Veg Stew
- 59 Lemon & Parsley Baked Mackerel

## Dessert

103 Sugar-Free Berry Jelly  
105 Frozen Peach Sorbet

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## Day 34

### Breakfast

4 Mushroom & Herb Omelette  
1 Berry & Cinnamon Porridge

### Lunch

27 Silky Carrot & Coriander Soup  
37 Chickpea & Tomato Herb Salad

### Dinner

61 Mediterranean Fish & Veg Kebabs  
42 No-Oil Chicken Yogurt Curry

### Dessert

103 Sugar-Free Berry Jelly  
97 Mango Greek-Yoghurt Mousse

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## Day 35

### Breakfast

15 British-Garden Shakshuka  
1 Berry & Cinnamon Porridge

### Lunch

39 Salmon & Cool Cucumber Dill Salad  
31 Scottish Cullen Skink-Style Soup

## Dinner

- 43 Cornish Cod with Tomato, Caper & Lemon
- 57 Rustic Country-Style Rabbit Stew

## Dessert

- 103 Sugar-Free Berry Jelly
- 100 Fruit Ice Lollies

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# Day 36

## Breakfast

- 11 Steamed Salmon with Lemon & Dill
- 8 Sunshine Fruit Salad with Yoghurt Dressing

## Lunch

- 29 Classic Andalusian Gazpacho
- 34 Summer Strawberry & Spinach Salad

## Dinner

- 45 Lean Beef & Broccoli Stir-Fry
- 64 Country-Style Turkey Liver with Apples & Sage

## Dessert

- 111 Spiced Pumpkin Custard Pots
- 99 Frozen Banana “Nice Cream”

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# Day 37

## Breakfast

13 Spinach & Pepper Egg Roll  
8 Sunshine Fruit Salad with Yoghurt Dressing

### Lunch

38 Moroccan Spiced Carrot Salad  
32 Irish Pea & Leek Soup

### Dinner

47 Herbed Steamed Chicken Patties  
44 Turkey & Mushroom Stuffed Portobellos

### Dessert

99 Frozen Banana “Nice Cream”  
106 Cocoa-Yoghurt Protein Jelly

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## Day 38

### Breakfast

7 Roasted Sweet Potato & Berry Smash  
6 Turmeric Tofu Scramble

### Lunch

32 Irish Pea & Leek Soup  
40 British Summer Fruit Medley

### Dinner

55 Tofu & Green Bean Curry  
68 Cauliflower “Rice” Seafood Paella

### Dessert

97 Mango Greek-Yoghurt Mousse  
106 Cocoa-Yoghurt Protein Jelly

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# Day 39

## Breakfast

11 Steamed Salmon with Lemon & Dill

15 British-Garden Shakshuka

## Lunch

27 Silky Carrot & Coriander Soup

26 Hearty Chicken & Vegetable Broth

## Dinner

53 Oven-Roasted Salmon with Fresh Tomato Salsa

64 Country-Style Turkey Liver with Apples & Sage

## Dessert

106 Cocoa-Yoghurt Protein Jelly

108 Apple & Steel-Cut Oat Porridge

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# Day 40

## Breakfast

14 Cinnamon-Roasted Pumpkin Yoghurt Pot

2 Baked Apples with Quark & Cinnamon

## Lunch

29 Classic Andalusian Gazpacho

40 British Summer Fruit Medley

## Dinner

47 Herbed Steamed Chicken Patties

58 Spinach-Stuffed Chicken Rolls

## Dessert

110 Moist Apple & Cocoa Cake  
98 Cinnamon-Baked Pears

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## Day 41

### Breakfast

7 Roasted Sweet Potato & Berry Smash  
3 Chicken & Spinach Frittata

### Lunch

30 White Bean & Savoy Cabbage Soup  
33 Pumpkin & Apple Autumn Soup

### Dinner

48 Baked Trout with Lemon & Baby Potatoes  
68 Cauliflower "Rice" Seafood Paella

### Dessert

98 Cinnamon-Baked Pears  
103 Sugar-Free Berry Jelly

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## Day 42

### Breakfast

13 Spinach & Pepper Egg Roll  
14 Cinnamon-Roasted Pumpkin Yoghurt Pot

### Lunch

39 Salmon & Cool Cucumber Dill Salad  
34 Summer Strawberry & Spinach Salad

## Dinner

- 44 Turkey & Mushroom Stuffed Portobellos
- 42 No-Oil Chicken Yogurt Curry

## Dessert

- 96 Apple & Berry Oat Crumble
- 97 Mango Greek-Yoghurt Mousse

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# Day 43

## Breakfast

- 15 British-Garden Shakshuka
- 13 Spinach & Pepper Egg Roll

## Lunch

- 39 Salmon & Cool Cucumber Dill Salad
- 29 Classic Andalusian Gazpacho

## Dinner

- 46 Hearty Tomato & Red Lentil Ragù
- 54 Spice-Crusted Haddock Fillets

## Dessert

- 111 Spiced Pumpkin Custard Pots
- 103 Sugar-Free Berry Jelly

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# Day 44

## Breakfast

4 Mushroom & Herb Omelette  
14 Cinnamon-Roasted Pumpkin Yoghurt Pot

### Lunch

32 Irish Pea & Leek Soup  
26 Hearty Chicken & Vegetable Broth

### Dinner

46 Hearty Tomato & Red Lentil Ragù  
53 Oven-Roasted Salmon with Fresh Tomato Salsa

### Dessert

96 Apple & Berry Oat Crumble  
102 Pumpkin-Swirl Cheesecake Cups

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## Day 45

### Breakfast

5 Vegetarian “Scottish” Breakfast Plate  
13 Spinach & Pepper Egg Roll

### Lunch

38 Moroccan Spiced Carrot Salad  
33 Pumpkin & Apple Autumn Soup

### Dinner

50 Lean Pork with Apples & Sage  
54 Spice-Crusted Haddock Fillets

### Dessert

111 Spiced Pumpkin Custard Pots  
98 Cinnamon-Baked Pears

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# Day 46

## Breakfast

- 4 Mushroom & Herb Omelette
- 5 Vegetarian “Scottish” Breakfast Plate

## Lunch

- 29 Classic Andalusian Gazpacho
- 26 Hearty Chicken & Vegetable Broth

## Dinner

- 59 Lemon & Parsley Baked Mackerel
- 64 Country-Style Turkey Liver with Apples & Sage

## Dessert

- 97 Mango Greek-Yoghurt Mousse
  - 107 Mixed-Berry Vanilla Compote
- 

# Day 47

## Breakfast

- 6 Turmeric Tofu Scramble
- 1 Berry & Cinnamon Porridge

## Lunch

- 26 Hearty Chicken & Vegetable Broth
- 35 Oil-Free Salad Niçoise

## Dinner

- 56 Lean Beef ‘Sin Carne’ Chilli
- 57 Rustic Country-Style Rabbit Stew

## Dessert

101 Chia Pudding with Almond Yoghurt  
96 Apple & Berry Oat Crumble

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## Day 48

### Breakfast

9 Banana Oat Mini Muffins  
2 Baked Apples with Quark & Cinnamon

### Lunch

39 Salmon & Cool Cucumber Dill Salad  
28 Savoyarde Onion & Thyme Soup

### Dinner

43 Cornish Cod with Tomato, Caper & Lemon  
60 Grilled Salmon with Minted Pea Smash

### Dessert

98 Cinnamon-Baked Pears  
106 Cocoa-Yoghurt Protein Jelly

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## Day 49

### Breakfast

14 Cinnamon-Roasted Pumpkin Yoghurt Pot  
4 Mushroom & Herb Omelette

### Lunch

32 Irish Pea & Leek Soup  
27 Silky Carrot & Coriander Soup

### Dinner

69 Herby Chicken & Yoghurt Patties  
59 Lemon & Parsley Baked Mackerel

### Dessert

103 Sugar-Free Berry Jelly  
105 Frozen Peach Sorbet

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## Day 50

### Breakfast

10 Cottage Cheese & Oat Pancakes  
1 Berry & Cinnamon Porridge

### Lunch

35 Oil-Free Salad Niçoise  
27 Silky Carrot & Coriander Soup

### Dinner

54 Spice-Crusted Haddock Fillets  
62 Lean Beef & Mushroom 'Stroganoff'

### Dessert

106 Cocoa-Yoghurt Protein Jelly  
110 Moist Apple & Cocoa Cake

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## Day 51

### Breakfast

5 Vegetarian "Scottish" Breakfast Plate  
4 Mushroom & Herb Omelette

### Lunch

36 Turkey, Apple & Celery Crunch Salad  
37 Chickpea & Tomato Herb Salad

### Dinner

51 Lime-Cured Cod Ceviche  
48 Baked Trout with Lemon & Baby Potatoes

### Dessert

104 Cranberry Cottage-Cheese Slice  
102 Pumpkin-Swirl Cheesecake Cups

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## Day 52

### Breakfast

3 Chicken & Spinach Frittata  
11 Steamed Salmon with Lemon & Dill

### Lunch

36 Turkey, Apple & Celery Crunch Salad  
30 White Bean & Savoy Cabbage Soup

### Dinner

55 Tofu & Green Bean Curry  
51 Lime-Cured Cod Ceviche

### Dessert

98 Cinnamon-Baked Pears  
96 Apple & Berry Oat Crumble

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# Day 53

## Breakfast

- 8 Sunshine Fruit Salad with Yoghurt Dressing
- 10 Cottage Cheese & Oat Pancakes

## Lunch

- 35 Oil-Free Salad Niçoise
- 27 Silky Carrot & Coriander Soup

## Dinner

- 43 Cornish Cod with Tomato, Caper & Lemon
- 58 Spinach-Stuffed Chicken Rolls

## Dessert

- 102 Pumpkin-Swirl Cheesecake Cups
  - 104 Cranberry Cottage-Cheese Slice
- 

# Day 54

## Breakfast

- 5 Vegetarian “Scottish” Breakfast Plate
- 3 Chicken & Spinach Frittata

## Lunch

- 40 British Summer Fruit Medley
- 31 Scottish Cullen Skink-Style Soup

## Dinner

- 69 Herby Chicken & Yoghurt Patties
- 43 Cornish Cod with Tomato, Caper & Lemon

## Dessert

103 Sugar-Free Berry Jelly  
101 Chia Pudding with Almond Yoghurt

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## Day 55

### Breakfast

5 Vegetarian “Scottish” Breakfast Plate  
3 Chicken & Spinach Frittata

### Lunch

33 Pumpkin & Apple Autumn Soup  
39 Salmon & Cool Cucumber Dill Salad

### Dinner

58 Spinach-Stuffed Chicken Rolls  
63 Roasted Tofu & Sweet Potato Hash

### Dessert

105 Frozen Peach Sorbet  
111 Spiced Pumpkin Custard Pots

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## Day 56

### Breakfast

13 Spinach & Pepper Egg Roll  
11 Steamed Salmon with Lemon & Dill

### Lunch

34 Summer Strawberry & Spinach Salad  
26 Hearty Chicken & Vegetable Broth

## Dinner

- 62 Lean Beef & Mushroom 'Stroganoff'
- 67 Herbed Lamb Loin Kebabs

## Dessert

- 105 Frozen Peach Sorbet
- 110 Moist Apple & Cocoa Cake

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# Day 57

## Breakfast

- 11 Steamed Salmon with Lemon & Dill
- 2 Baked Apples with Quark & Cinnamon

## Lunch

- 40 British Summer Fruit Medley
- 28 Savoyarde Onion & Thyme Soup

## Dinner

- 49 Turkish-Style Stuffed Peppers
- 44 Turkey & Mushroom Stuffed Portobellos

## Dessert

- 99 Frozen Banana "Nice Cream"
- 107 Mixed-Berry Vanilla Compote

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# Day 58

## Breakfast

9 Banana Oat Mini Muffins  
3 Chicken & Spinach Frittata

### Lunch

30 White Bean & Savoy Cabbage Soup  
40 British Summer Fruit Medley

### Dinner

60 Grilled Salmon with Minted Pea Smash  
47 Herbed Steamed Chicken Patties

### Dessert

106 Cocoa-Yoghurt Protein Jelly  
99 Frozen Banana "Nice Cream"

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## Day 59

### Breakfast

11 Steamed Salmon with Lemon & Dill  
15 British-Garden Shakshuka

### Lunch

39 Salmon & Cool Cucumber Dill Salad  
30 White Bean & Savoy Cabbage Soup

### Dinner

57 Rustic Country-Style Rabbit Stew  
56 Lean Beef 'Sin Carne' Chilli

### Dessert

104 Cranberry Cottage-Cheese Slice  
110 Moist Apple & Cocoa Cake

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# Day 60

## Breakfast

- 15 British-Garden Shakshuka
- 14 Cinnamon-Roasted Pumpkin Yoghurt Pot

## Lunch

- 26 Hearty Chicken & Vegetable Broth
- 27 Silky Carrot & Coriander Soup

## Dinner

- 61 Mediterranean Fish & Veg Kebabs
- 54 Spice-Crusted Haddock Fillets

## Dessert

- 104 Cranberry Cottage-Cheese Slice
- 96 Apple & Berry Oat Crumble



# Chapter 4:

## Your Free Bonus Pack



### THANK YOU FOR READING THIS BOOK!

We hope you enjoyed it and that it has supported your journey towards a healthier lifestyle.

As a small thank-you, we've prepared exclusive bonus downloads just for you:

- 60-Day Zero-Point Meal Plan (PDF)** — a clear day-by-day planner.
- Zero-Point Meal Builder (PDF)** — mix-and-match framework for quick balanced meals.
- Zero-Point Foods Guide (PDF)** — your quick reference to all Zero-Point categories.
- Zero-Point Shopping List (PDF)** — a ready-to-use supermarket checklist.

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### HOW TO CLAIM YOUR FREE GIFTS

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Fill in the short form with your contact details.

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Thank you for your trust — and congratulations on your commitment to better wellbeing! 

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