



Day	Breakfast	Lunch	Snack	Dinner
Monday	<a href="#">Chia Seed Bircher</a>	<a href="#">Smoked Salmon, Egg and Cream Cheese Open Sandwich</a>	<a href="#">Handful of Almonds and Fresh Berries</a>	<a href="#">Cheats Chicken Curry</a>
Tuesday	<a href="#">Ham and Egg Cups</a>	<a href="#">DIY Pot Noodle</a>	<a href="#">Hummus with Veg Sticks</a>	<a href="#">Jules' Chilli</a>
Wednesday	<a href="#">Full Fat Greek Yoghurt with Berries</a>	<a href="#">Chilli and Guacamole Lettuce Wraps</a>	<a href="#">Inside Out Bread</a>	<a href="#">Cod with Horseradish and Parsley Crust</a>

Having worked with many clients over the years to help them release sugar from their lifestyle, the one area of concern to almost every one of them was “What can I eat?” It is so difficult trying to plan your meals around life, but it is impulse buying and eating that is often the cause of weight issues and other health problems.

My membership plans are designed to take the decision making away from you with my standard package ONLY ~~£15~~ a month - £10 a month if you sign up in the next 24 hours using promotional code ‘**Summer**’!!!

Simply click the meal you want, you get the full recipe and even a shopping list (membership only)! You can even use my full list of recipes to make up your own meal plans to suit your tastes, and members can also upload their own recipes which can also be shared out amongst the community.

I hope you enjoy my *taster* menu and I look forward to you joining the JSF community as we all kick the sugar habits! Join us now!

<http://www.thejoyofsugarfreedom.co.uk/membership/membership-levels/>



## Chia Seed Bircher

- Course: [Breakfast](#)
- Cuisine: [Continental](#)



Servings	Prep Time
2 people	2 minutes

### Ingredients

- 1 cup [oats](#)
- 2 cups [almond milk](#) unsweetened
- 2 tbsp [chia seeds](#)
- 1 handful [fruits, seeds and nuts](#) to suit tastes

Servings: people

Units:

### Instructions

1. Mix together the oats, chia seeds and milk
2. Add the seeds and chopped nuts
3. Then give it a big stir, cover and leave in the fridge for at least 3 hours, or preferably overnight
4. Top with some seeds or berries. It's that simple!

### Recipe Notes

Also known as "overnight oats"



## Smoked Salmon, Egg & Cream Cheese Open Sandwich

- Course: [Lunch](#)
- Cuisine: [British](#), [Continental](#)



Servings	Prep Time
1 person	2 minutes

### Ingredients

- 1 slice [rye bread](#)
- 1 tbsp [cream cheese](#)
- 2 large [smoked salmon slices](#)
- [cucumber](#) chopped
- 1 [boiled egg](#) halved
- 1 pinch [black pepper](#) to season

Servings: person

Units:

### Instructions

1. Spread the cream cheese over the bread, or pip from a piping bag if you feel creative.
2. Tear the salmon into several pieces and arrange on top.
3. Place the cucumber and eggs on top and season with pepper.



## Handful of Almonds & Berries

- Course: [Snacks](#)
- Cuisine: [British](#)



Servings	Prep Time	
1 person	1 minute	<input type="text"/>

### Ingredients

- 1 handful [almonds and berries](#) selection to suit

Servings: person

Units:



## Cheats Chicken Curry

I absolutely love cooking a fabulous curry from scratch and when you have the time, there is nothing nicer. However, it's fabulous to have a yummy short cut recipe at your fingertips for those times when time is tight. But don't think this recipe falls short in the scrumptious stakes because it tastes absolutely gorgeous!!



- Course: [Dinner](#)
- Cuisine: [Indian](#)

Servings	Prep Time	Cook Time
4 people	5 minutes	25 minutes

### Ingredients:

- 2 packets [boneless skinless chicken thighs](#) about 900g
- 1 tbsp [olive oil](#)
- 2 medium [onions](#) chopped
- 300 g [mushrooms](#) chopped
- ½ jar [balti curry paste](#)
- 300 ml [chicken stock](#) organic if possible
- 300 ml [double cream](#)
- 1 packet [coriander](#) chopped

Servings: people

Units:

Instructions:

1. Pre-heat the oven to Fan 180°C/ 200°C / Gas 6.
2. Open out the flesh of each thigh fillet and place in baking tray, sprinkle with salt and pepper and a good glug of olive oil.
3. Place tray into the oven and bake for 20 – 25 minutes.
4. While the chicken is cooking, get a large frying pan and sauté the onions until soft.
5. Next add the mushrooms and fry until all the water has evaporated and they are soft.
6. Add half a jar of curry paste, I use Pataks Balti, but you can use your paste of choice, if you like it a bit hotter go for a madras.
7. Stir and add the chicken stock, bring to the boil, and then simmer until the quantity has reduced by half.
8. Now add the cream, bring back to the boil and simmer about 5 minutes for the cream to caramelise to give a beautiful curry sauce.
9. When the chicken is cooked, remove from the oven, and pull each thigh apart into about 3 pieces with a knife and fork and when all thighs and broken up, add to the curry sauce with some of the chicken juices, this will add extra flavour. Add the juices until the sauce is the consistency that you like.
10. Sprinkle with fresh coriander and serve.



## Ham & Egg Cups

- Course: [Breakfast](#)
- Cuisine: [British](#), [Continental](#)



Servings	Prep Time	Cook Time
6 people	5 minutes	20 minutes

### Ingredients:

- 12 slices [ham](#)
- 12 [eggs](#)
- [butter](#) to grease tins
- 1 pinch [salt and pepper](#) to season

Servings: people

Units:

### Instructions:

1. Preheat oven to 190°C
2. Grease muffin tins with a little butter and line with slices of ham
3. Crack an egg into each spot. (Season with salt and pepper to suit)
4. Bake for 20 minutes.



## DIY Pot Noodle

These are a fabulous take to work lunch. You can get them prepared the night before and it's a simple mix and heat for a delicious alternative health lunch. You can also add any kind of meat, fish or veggies you fancy... go on get creative! The ingredients in this recipe are for one serving, but you can easily multiply the ingredients to cater for other family members or if you want to make up a few extra to keep in the fridge for a quick snack.



- Course: [Lunch](#)
- Cuisine: [Thai](#)

Servings	Prep Time	Cook Time
1 person	10 minutes	5 minutes

### Ingredients:

- 1 tsp [fresh ginger](#) grated
- 1 tsp [red chilli](#) chopped
- 300 ml [fresh good quality chicken stock](#)
- 1 tsp [dark soy sauce](#)
- 2 tsp [sesame oil](#)
- 4 [sugar snap peas](#) halved length ways
- 1 [baby pak choi](#) shredded
- ½ [carrot](#) cut into matchsticks
- 50 g [of prawns or chicken or extra veggies if vegetarian](#)
- 50 g [uncooked wholegrain rice vermicelli noodles or glass noodles](#)
- [salt and pepper](#)

Servings: person

Units:

Instructions:

1. Put the ginger, chilli, soy sauce and sesame oil in a heatproof jar. Add a pinch of salt and a big grind of pepper and place lid back on jar.
2. Place the vegetable and the chicken or prawns in a kilner jar. You will need a jar that is big enough to take the stock as well, about 500ml.
3. Cook the noodles according to instructions, then drain and refresh in cold water and drain them again. Add the noodles to the kilner jar with the other ingredients.
4. When you are ready to eat, heat the stock and spices in the microwave or pour it in a saucepan and heat on the stove until piping hot. Then pour the mixture over the noodles and vegetables leave for a few minutes. It is then ready to eat straight from the jar.



## Hummus

Create your own hummus with this delicious recipe that is high in protein and fibre and makes a great dip for crunchy veg and homemade crackers. Keep in the fridge for those foody mood moments.



- Course: [Snacks](#)
- Cuisine: [Greek](#)

Servings	Prep Time
12 servings	5 minutes

### Ingredients:

- 2 cans [chickpeas](#) drained and rinsed, 400g
- 1 [lemon](#) juiced
- 220 g [tahini sauce](#)
- 1/2 tsp [Salt](#)
- 1 clove [garlic](#) 2 garlic cloves if you don't have to talk to anybody the next day
- [Water](#) optional to get the right consistency

Servings: servings

Units:

### Instructions:

1. Place all ingredients in your food processor and blend until smooth (Please remember to put the lid on before you turn on the processor!).

### Recipe Notes:

If your Hummus is too thick, add either more lemon juice or a little water to loosen it up a bit. Serve on my Inside Out Bread or with veg sticks.





## Jules' Beef Chilli

Everyone loves a beef chilli. I have run my own private catering company for many years now, and I get asked to make this recipe over and over again, it's always a winner. Don't forget, you can make it as spicy as you like, just adjust the chilli quantity to suit you. What's also so nice about something like a chilli, is for those of us that are cutting down on carbs and sugar, we can have it on its own in a bowl or with a plate of courgetti or other vegetables. The rest of the family can get stick in to a bowl of rice... what I am trying to say is, you don't have to miss out on a fabulous dish.



- Course: [Dinner](#)
- Cuisine: [Mexican](#)

Servings	Prep Time	Cook Time
6 people	15 minute	90 minutes

### Ingredients:

- 3 tbsp [olive oil](#)
- 1 kg [minced meat](#) not too lean, you need a bit of fat for flavour
- 2 [onions](#) finely chopped
- 4 cloves [garlic](#) chopped
- 300 g [mushrooms](#) chopped
- 2 [peppers](#) chopped
- 2 [chilli's](#) chopped and as per your taste
- 1 glass [red wine](#)
- 300 ml [beef stock](#)
- 1 big dash [worcestershire sauce](#)
- 4 tbsp [tomato puree](#)
- 2 tins [chopped tomatoes](#) 400g tins
- 1 tsp [dried oregano](#)
- 1 tin [red kidney beans](#) 400g
- 1 pinch [salt and pepper](#) to season

Servings:

Units:



Instructions:

1. In a large pan, heat the olive oil and add the onion and softly fry until soft. Then add the garlic and fry for another minute.
2. Add the peppers, mushrooms and chilli and fry for about 10 minutes until soft. You want them to cook until all the water of the mushrooms has evaporated and they start to fry. You will know when this has happened because they start to make that frying sound not a stewing sound.
3. Once the veg is all nice and soft, add the meat, breaking it up with your fingers as you go and making sure it all gets well mix with the veg. Cook until all meat is brown.
4. Add the wine and cook for a few minutes for it to evaporate and then add the stock, tomato puree and the tinned tomatoes, the oregano, and the Worcestershire sauce. Bring to the boil.
5. Turn down the heat to a slow rumbling simmer and cook for at least an hour.
6. Add salt and pepper to taste and mix in the kidney beans.
7. Serve with a small portion of wholemeal rice or courgetti, I like it with a big bowl of peas and cover with a generous helping of parmesan or cheddar, whatever is your favourite.



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## Greek Yoghurt with Berries & Chopped Nuts

- Course: [Breakfast](#), [Snacks](#)
- Cuisine: [Continental](#)



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Servings	Prep Time
1 person	2 minutes

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Ingredients:

- handful [berries](#)
- 2 tbsp [chopped nuts](#)

Servings: person

Units:



## Chilli & Guacamole Lettuce Wraps



If you are looking for an alternative to bread at lunch time, how about a delicious filled lettuce wrap. More nutritious than a sandwich, with heaps of flavour, an all-round healthier option!! If you have chilli for dinner one night, keep a little back for your lunch the next day, it's delicious wrapped in a lettuce leaf topped with guacamole and grated cheese. This is just one suggestions that can be wrapped in a big crunchy lettuce leaf... have a look at my blog for other ideas - <http://www.cookwithjules.co.uk/cook-with-jules-blog/9-scrumptious-lettuce-wraps-to-try>.

- Course: [Lunch](#)
- Cuisine: [Mexican](#)

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Servings	Prep Time
2 people	15 minutes

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### Ingredients:

- 4 [crunchy lettuce leaves](#)
- [leftover chilli](#)
- 1 handful [grated cheese of your choice](#)

### Guacamole

- 1 [ripe avocado](#)
- 1 [ripe tomato](#)
- 1 small [chilli](#) chopped
- 1 [spring onion](#) finally chopped
- 1/2 [lime](#) juice
- 1 handful [coriander](#) chopped
- [salt and pepper](#)

Servings: people

Units:

Instructions:

1. Firstly, make the guacamole. Chop the tomato into small chunks and place in a bowl. Peel and chop the avocado and add to the tomato. Add the chopped chilli, spring onions and coriander. Pour in the lime juice, mix and season well.
2. Now it's time to assemble your little green parcels. Lay the lettuce leaves out on a serving board. Put a big scoop of cold chilli on each leaf, followed with a big scoop of guacamole and then top with grated cheese.
3. Roll them up and eat!



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## Inside Out Bread

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- Course: [Snacks](#)
  - Cuisine: [British](#), [Continental](#)
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### Ingredients:

- 150 g [almond meal](#)
- 100 g [arrowroot](#)
- 1/2 tsp [sea salt](#)
- 1/2 tsp [bicarbonate of soda](#)
- 5 [eggs](#)
- 1 1/2 tsp [apple cider vinegar](#)
- 1 tbsp [flat leaf parsley](#) finely chopped
- 50 g [putted olives](#) halved
- 125 g [grated courgettes](#)
- 50 g [ham](#) finely diced
- 50 g [Parmesan cheese](#) finely grated
- 2 tbsp [pumpkin seeds](#)

### Servings:

Units:

### Instructions:

1. Pre-heat the oven to 160°C (Gas 3) and line a loaf of tin with baking paper.
2. In a large bowl, mix together the almond meal, arrowroot, salt and bicarbonate of soda.
3. In a separate bowl and using a fork, whisk the eggs lightly with the apple cider vinegar.
4. Add the parsley, olives, courgettes, ham and cheese and whisk well, then add the egg mix to the dry ingredients.
5. Mix well to combine, then pour the dough into the prepared loaf tin and sprinkle with the pumpkin seeds.
6. Bake the bread for 30-35 minutes or until the top starts to turn golden and a skewer comes out clean.
7. Remove from the oven and transfer to a wire rack. Allow to cool for 5 minutes before slicing. Spread with butter or hummus.

Notes: Freeze leftover slices between sheets of baking paper in a zip-lock bag.



## Cod with Horseradish & Parsley Crust

I just love food as you have probably already guessed, and one of my favourite typed of meals are the ones that are simple to prepare but can still wow my family and friends. This recipe does exactly that. The colours of the delicious vegetables topped with the beautiful white flesh of the fish with the gorgeous green topping is stunning. This can pass as a weekday dinner or even be served at a dinner party.



- Course: [Dinner](#)
- Cuisine: [British](#)

Servings	Prep Time	Cook Time
2 people	20 minutes	45 minutes

### Ingredients:

Fish

- 2 125g [chunky cod fillet](#)
- 1 tbsp [creamed horseradish](#)
- 2 slices [smallsourdough bread](#)
- 2 tbsp [fresh parsley](#) chopped
- [salt and pepper](#) to season

### Roasted Vegetable

- 1 [aubergine](#)
- 1 [courgette](#)
- 2 handfuls [chantenay carrots](#) baby
- 1 [red onion](#)
- 1 [red pepper](#)
- 1 [yellow pepper](#)
- handful [cherry tomatoes](#)
- 10 cloves [peeled garlic](#) whole

Servings: people

Units:

### Instructions:

1. Preheat the oven to Fan180°C/200°C/gas mark 6.
2. Chop all the vegetable into bite size chunks but not too small. Put them all in a roasting tray, drizzle with a good glug of olive oil and season well with salt and pepper.



3. Place into the preheated oven for about 45 minutes, until the veg is soft and just starting to brown at the edges. Depending on your oven, you may have to stir half way through the cooking time so they all cook evenly.
4. Whilst the veg is cooking, prepare your breadcrumbs. I find the quickest way to make rough breadcrumbs, is to rub the sliced bread up and down a cheese grater or use a food processor if you have one. Then mix together the horseradish, breadcrumbs and parsley and season well.
5. Press the breadcrumb mixture onto the top of the cod fillets.
6. Place on a baking sheet and place in the oven to accompany the veg for their last 10 minutes of their cooking.
7. To serve, place the vegetable in a nice bowl, and add the cod on top.