

diet
chef
enjoy losing weight

All you need to know

It's easy to **get in touch**

Customer Services

Got questions? At Diet Chef, we're always here to help. So if you need any support, or want to ask us anything, it couldn't be easier to get in touch. Feel free to email our customer advisers who will be happy to help in any way they can.

info@dietchef.co.uk

With the Live Help feature on our website, you have another convenient way to get in touch.

www.dietchef.co.uk

Need to write to us?

Our postal address is:

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46 Melville Street
Edinburgh EH3 7HF, UK.

Alternatively, you can email us at **info@dietchef.co.uk**

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Welcome to Diet Chef

**Congratulations on choosing to lose weight with Diet Chef!
You've taken the first steps towards the new you.**

Your Diet Chef hamper has the food you've selected: breakfasts, lunches, dinners and snacks. Just add fruit, vegetables and dairy for a calorie controlled diet that's easy to stick to. And the advice you get in this guide will help you get the best results.

For ease and convenience, you can manage your account online, so it's easy to change your details or set up the choices in your hamper. Find out more at www.dietchef.co.uk/members.

Find us on Facebook

Connect with the Diet Chef community for support, tips and advice. You'll find competitions, healthy recipe ideas and much more. Share your experiences, get encouragement and celebrate hitting your target weight!



facebook.com/dietchef
twitter.com/dietchef
pinterest.com/dietchef
youtube.com/user/dietchef
dietchef.com/forums

It's easy to **get started**

Losing weight with Diet Chef means you don't have to count the calories in your food – it's been done for you.

Before you start, take a moment to work out your daily calorie allowance. It's simple to do – just fill in your BMI Profile using our simple calculator. You'll find this on our homepage at dietchef.co.uk or in our app, Diet Chef New You.

As you lose weight and your BMI goes down, your daily calorie allowance will change – this is because your body will require less calories – so it's important to complete a new BMI Profile regularly. We suggest after every 7lb you lose is the best time to do this.

The following pages give suggestions and explanations of how to make up your daily calorie allowance.

Before you do anything else,
complete your
BMI Profile
at dietchef.co.uk



How to follow the plan

The Diet Chef menu is full of healthy, tasty meals, and each day you choose a breakfast, lunch and dinner plus one snack. By sticking to your daily calorie allowance you'll consume less calories than you burn. Following the plan you should be aiming to lose 1-2lb per week.

It's up to you what combination you eat the food in. And while some days may be slightly higher or slightly lower in calories, it all balances out.

To consume your daily calorie allowance, you need to add fresh fruit, vegetables and low-fat dairy to your Diet Chef food. As a guide you should aim for five portions of fruit and vegetables and two portions of low-fat dairy.



You may also need to add extra calories to your daily menu to bring you up to your daily calorie allowance.

“ I cannot thank Diet Chef enough for giving me my confidence back and improving my overall health. I finally have the self-esteem to live life to the full, and feel like the version of myself I have always wanted to be. Diet Chef has changed my relationship with food and helped me learn how easy it is to maintain a healthy lifestyle. ”

Sara, 45

The Diet Chef plan is easy to follow, and helps you learn healthy eating habits.

Portion control. Your Diet Chef daily menu provides you with convenient portion controlled meals and a snack. These may be smaller portions than you would normally eat, but as your body adjusts you'll feel satisfied eating less.

Eat little and often. It is important not to skip meals as this may lead to overeating when you do eat. Diet Chef helps you eat smaller meals and snacks throughout the day, making it easier to manage your hunger levels.

Moderation. Diet Chef helps you eat a balanced, healthy diet - it's all about moderation. As long as it's within your daily calorie allowance you can still enjoy the food you love, whether it's a slice of crusty bread with your soup or the odd bit of chocolate.

Fill up on fruit and vegetables. Most fruit and vegetables are high in fibre which helps make you feel full. They are a tasty way to add a filling addition to your meals without adding too many calories. They are also packed with essential nutrients.

How much weight do you want to lose?

Work out what's right for you

To make sure you're aiming for the right target weight, work out your Body Mass Index. You'll find a BMI calculator on our website, or see the table on page 32.

A healthy BMI is between 18.5 and 25, and your target weight should be somewhere in that area. Take a few moments to complete your own BMI Profile on our website, in our app.

What you **need to add**

Here's an example:

Carol's BMI Profile recommended her **daily calorie allowance of 1400** in order for her to lose 1-2lbs per week.

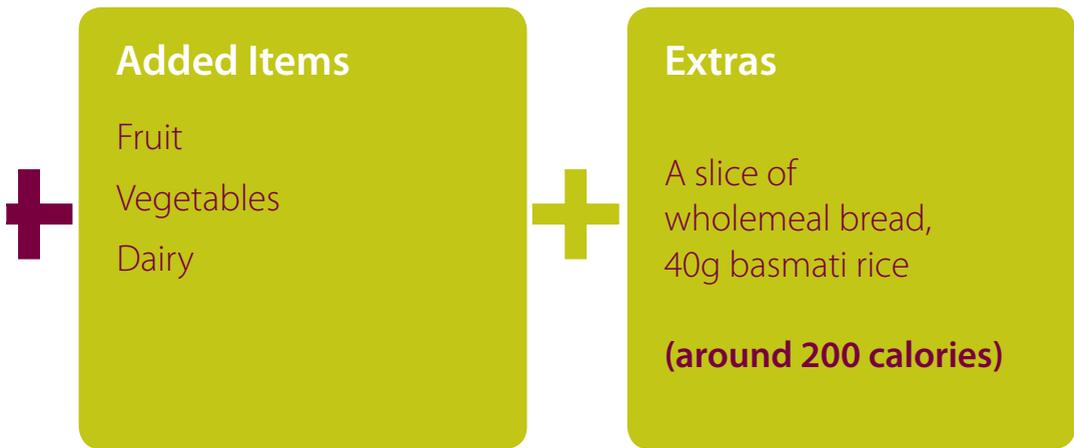
Diet Chef

Breakfast
Lunch
Dinner
Snack



Photograph shows an example of 1200 calories

Your Diet Chef food has been calorie-counted to let you add fruit, vegetables and dairy products to your daily menu. Over the next couple of pages we will give you an idea of what a typical day and a typical week could look like - and what you might add, depending on your daily calorie allowance.



daily calorie allowance = 1400

This is just an example. Everyone is different and will have their own calorie recommendation – so the amount of extra calories you need to add could be more or less than this.

Getting the right **balance**

Diet Chef makes it easy for you to learn portion control. Moderation is a key part to losing weight and maintaining your weight loss.

When choosing what to add to your Diet Chef food, we suggest aiming for at least 5 portions of fruit and vegetables and 2 portions of low-fat dairy per day to reach 1200 calories.

When adding your extra calories remember that no foods are banned – you can use the calorie guide on pages 27-31 to help keep you within your daily calorie allowance.



Here is a handy guide
to help you make the
best choices.

Fruit & Vegetables

Aim to eat five a day

They are low in calories and packed with goodness so are great to fill up on.

Pulses such as lentils and beans also count as one of your five-a-day and they are a great inexpensive addition to your Diet Chef meals - low in fat and a good source of protein and fibre. They include kidney beans, chickpeas, butter beans, lentils.

It's a good idea to stick with whole fruits instead of juices or smoothies as these have far less calories.

Always try to include a variety of different fruits and vegetables as different ones provide us with different nutrients.

Most fruit and vegetables are low in calories but not all of them. Use our calorie guide to spot ones that have more calories than we might think, like parsnips and avocados.

Dairy

Try to add two portions of low-fat dairy products per day.

Dairy portions include products such as yoghurt and milk you add to teas and coffees or cereal which is a great source of protein and calcium.

A typical portion size:

250ml of semi-skimmed or skimmed milk (around half a pint)

30g of cheese (matchbox size) or half-fat cheese

125g (small pot) of low-fat yoghurt

To make healthier choices, go for low-fat milk and dairy food as these will typically be lower in calories however it's a good idea to keep an eye on sugar content of these foods also.

If you're using cheese to flavour a dish or a sauce, you could try using a more strongly-flavoured cheese, such as mature cheddar or blue cheese, because you'll need to add less.

Extras

After completing your BMI Profile online, it will suggest extra calories you are able to have in addition to your Diet Chef food, fruit, vegetables and dairy.

They can be anything from more fruit to pasta or rice. Use our calorie guide as a quick reference point.

If you opt for any starchy foods, where possible opt for wholegrain varieties with more fibre to fill you up.

Remember – as you lose weight, you will require less calories so re-do your profile after every 7lbs you lose to ensure you are not adding too much.

Drinks

We are usually aware of what we eat on a diet, but it can be easy to overlook our drinks. It's important to remember drinks also contain calories that all count. So to make sure drinks don't let you down on the diet, use these helpful hints.

Teas & Coffees

There is nothing wrong with having teas or coffee while you're on Diet Chef but you do need to consider what you add to them.

Don't add sugar : in one heaped teaspoon there is 28 kcal. So, only 4 cups of tea and coffee throughout the day will give you over 100 extra calories just in sugar.

Milk matters: Milk can be added as part of your dairy portions – remember, lower fat

versions (skimmed or semi-skimmed) will save you calories. Also, the amount added is important: a small latte can have around 100-200 kcal.

Fizzy Drinks

You should avoid fizzy drinks if possible – just one can add up to nearly 140 kcal.

Sugar-free options: If you must have fizzy drinks, stick to diet versions.

Healthier substitutes: Try a flavoured sparkling water as an alternative – but read the label and make sure it's a low calorie one with no added sugar.

“ I'd got used to eating massive quantities. But after a few days your body adapts and you stop feeling hungry. Diet Chef gave me a clearer idea of portion size. I also became more aware of the nutritional value of different foods ”

Scott, 25

Fruit Juice & Smoothies

Fruit juices and smoothies can sometimes be just as calorific as fizzy drinks and can contain a lot of sugar - it's a much better idea (and less calories) to just eat the whole fruit.

Portion Control: If you do enjoy a smoothie or glass of fruit juice, keep the portion small. Just 150ml counts as one of your five a day – so you don't need a tall glass.

Fruit Spritzers: Adding sparkling water is a tasty way to cut down on your portion size – think half juice and half water.

Alcohol

If you can, it's best to refrain from alcohol while trying to lose weight as it contains lots of 'empty' calories and can lower self-discipline.

If you are going to have a drink – use our calorie guide on page 31 to help you choose wisely.

Keep Hydrated

Water is important to keep us healthy but it can also help when losing weight. Thirst can sometimes be mistaken for hunger, and drinking enough water throughout the day can help curb the appetite until mealtimes – reducing the temptation to snack. You should aim to drink eight 150ml glasses of water a day.



Weekly Menu

As you'll see the great tasting meals in your hamper are so versatile – here is a suggestion of what you could include in your weekly menu.

Monday



Breakfast Vanilla & Banana Porridge
add milk and blueberries

Lunch Minestrone Soup

Snack Paprika Flavour Soya & Potato
Snack, and raspberries and
melon

Dinner Chilli con Carne
*add 40g rice and sprinkling
of cheese*

Thursday



Breakfast Treacle & Pecan Granola
add milk

Lunch Spicy Beef & Tomato Soup

Snack Seasalt & Balsamic Vinegar Oat
Bites

Dinner Thai Chicken Curry, *add green
beans and broccoli*

Friday



Breakfast Luxury Muesli
add yoghurt and chopped peach

Lunch Tomato Soup

Snack Cranberry Protein Snack Bar,
pear and strawberries

Dinner Lasagne *add a sprinkling of
cheese and a green salad*

Tuesday



- Breakfast** Original Muesli Bar with small pot of yoghurt and banana
- Lunch** Creamy Pesto Pasta Pot
- Snack** Choc Chip Oat Biscuits and a Kiwi fruit, glass of milk
- Dinner** Chicken & Blackbean Sauce add mangetout, broccoli, pak choi

Wednesday



- Breakfast** Chocolate Granola greek yoghurt and raspberries
- Lunch** Chocolate Flavour Protein Bar
- Snack** Sweet Flavour Microwavable Popcorn
- Dinner** Minced Beef Hotpot add peas, carrots and cauliflower

Saturday



- Breakfast** Spiced Sultana Porridge
- Lunch** Vanilla Milkshake add a fruit salad
- Snack** Ginger Oat Biscuits
- Dinner** Vegetable Curry add red & green pepper, pot of yoghurt

Sunday



- Breakfast** Fruit & Oat Cookie banana, glass of milk
- Lunch** Tomato, Pepper, Cheese Pasta Pot
- Snack** Cheese & Red Onion Flavour Soya & Potato Snacks
- Dinner** Sweet & Sour Chicken add babycorn and mangetout

Days off the plan

Although we've made the Diet Chef plan easy to stick to, we know there will be times you can't – when you're on holiday for example. The main thing is to keep an eye on the calories.

It's not about counting every single calorie – but you need to be calorie aware. As far as possible, remember sensible portion sizes, and choose healthy options – that's the best way to keep losing weight, whatever you're doing.



And why not try to eat in a Diet Chef style? Something like porridge with skimmed milk for breakfast, homemade soup with loads of vegetables for lunch, and grilled skinless chicken served with steamed vegetables for dinner. Don't forget your fruit and vegetable portions each day, too.

Here comes the weekend

Want to take a weekend off now and then? As well as developing new ideas for Diet Chef, our chef has also created some delicious recipes designed for those times when you feel like cooking yourself – but still want to keep losing weight. You'll find them on pages 23-26.

Stay on track while you're eating out

You don't have to give up on special occasions. Think of eating out with friends and family as a treat – it's the way you eat every day that will make the difference in the long term. Things like ordering a starter with a salad are a great way of making sure you don't overindulge – and here we've given you a few tips on how to have a tasty meal without overdoing things.

Italian

Try a pasta like penne piccante, with a spicy tomato-based sauce rather something creamy. Or if you fancy pizza, why not have the thin-crust version with vegetable toppings? Sharing a pizza's a great idea too.

Chinese

Most Chinese soups are made from a nutritious, clear broth – so they're great as a starter. Avoid the deep-fried dishes, and go for something like chop suey or stir-fry with plenty of vegetables.

Indian

Remember that chicken or prawn dishes are lower in calories, and a tandoori or tikka dish comes with less sauce. Try sticking to plain boiled rice, and why not share with a friend to cut down on portion size?

Mexican

Fajitas, with grilled chicken and loaded with healthy vegetables are a great choice if you can avoid the sour cream, guacamole and cheese toppings. Beware of large portions and things like nachos topped with cheese.

Got your eyes on that dessert?

If you're thinking about a dessert, give your meal time to settle before ordering. If you still feel hungry, why not choose a delicious sorbet instead of ice cream, or refreshing fruit salad instead of cake?

Terms to Avoid

Battered, Fried
Deep Fried, Crispy
Creamy, Cheesy, Rich
Smothered in, Loaded with
Lashings of
Jumbo, King-Size, Super-size

Terms to Adopt

Steamed, Grilled,
Poached, Baked
Drizzled with, On the Side



Staying **on track!**

Customers tell us that the Diet Chef plan is easy to stick to.

But if you do slip up on the Diet Chef plan, don't give up. It's important to reward yourself and celebrate when you are doing well! Make these helpful to achieving your goal by choosing non-food related items like perhaps new shoes, a bubble bath, a shopping trip with some friends or that new dress!

If you need a little support to keep going, you could get together with a friend who is dieting. It's an even better idea if they're using Diet Chef as well. Our Facebook site is a great place to get help and support, as well as advice from people who are doing the same thing as you. Take a look at www.facebook.com/dietchef

Nobody loses weight at exactly the same rate – so some weeks will be different to others. That's when it's useful to see how you're doing overall, by looking at longer-term progress – and keeping a diary might help too. There's a handy example on page 34.



Make sure the **weight stays off**

By eating calorie-counted Diet Chef meals, you'll be surprised how much you're learning about portion control. This is one of the biggest changes you can make to your eating habits, giving you a much better chance of keeping the weight off once you've lost it.

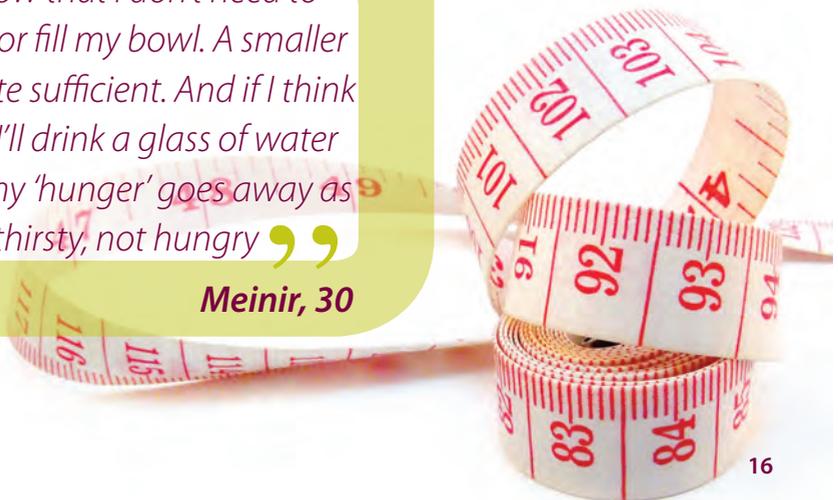
And when you reach your target weight you'll want to stay there. The Diet Chef BMI Profile makes it easy to work out your new daily calories for maintaining your weight. Now is the time to make sure you don't fall back into old habits. And don't forget calories that are in drinks – especially alcohol.

Remember, the occasional over-indulgence won't ruin all your good work. It's the way you eat day in, day out that counts – and being calorie aware means you can easily make the right choices from the supermarket shelves. After all, food products are all labelled with their calorie value.

And if you do put a bit of weight back on, doing the Diet Chef plan for a week or two will quickly get you back on track!

“ I now know that I don't need to pile my plate or fill my bowl. A smaller portion is quite sufficient. And if I think I feel hungry, I'll drink a glass of water first to see if my 'hunger' goes away as I may just be thirsty, not hungry ”

Meinir, 30



Easy ways to **get active**

You don't have to exercise to lose weight with the Diet Chef plan, but there are so many benefits to adding physical activity to your daily life.

Exercise is a great stress reliever. It also keeps your bones and joints healthy, it lowers blood pressure and just makes you feel better. Here are some easy ways to make it part of your daily life. And the Diet Chef Shape Up at Home DVD has some great ideas too. This is available to buy on our website.



On the house

Putting more effort into doing the housework burns calories and improves your fitness levels. Turn on your favourite music and get to work with dusting, vacuuming, washing dishes and making beds. As you clean your home, you'll clear your mind too!

In your stride

You don't need to go on a two-hour hike! Try walking to work instead of taking the car, or having a brisk 30-minute walk at lunch time. Or why not just get off the bus one stop early? A great way to burn calories and feel better.

“ I got fitter just by weighing less – I hadn't realised what a huge difference carrying extra weight can make ”

Simon, 43



Take the stairs!

For a really quick and simple way to keep in shape, take the stairs. Use the stairs instead of the lift at work, or when you go shopping. There's no easier – or more cost effective – way to work out!

Green-fingered fitness

After an hour in the garden, you can feel the effects. And when you think about it, gardening is full of movements like squats and lifts. So get outside for digging, lifting and weeding – not to mention plenty of fresh air.

Fit together

Having fun with the family is a great way to get everyone involved in a healthy lifestyle. It could be something as simple as a game of rounders or Frisbee. Kids love swimming or cycling – and whether you take the kids, or exercise with a friend, it's much easier to keep your motivation.

They've done it! **Why not you?**

Real-life success stories

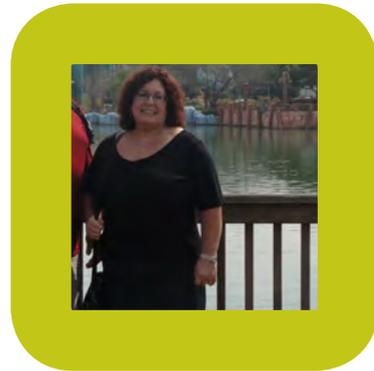
Name: Debby Roberts

Age: 52

Weight Loss: 4st 3lb

Weight Before: 15st 6lb Size 20

Weight After: 11st 3lb Size 12



"A long-awaited holiday in Florida last year was tainted with embarrassment when I saw photos of myself. At 15.5st and a BMI of 38, and struggling to get into a size 20, I couldn't argue with the facts.

I've lost over 4 stone with Diet Chef and my BMI is now in the healthy range. Not having to carry around all that excess weight has given me a new lease of life and energy. Friends and family see such a difference, it's so nice to receive compliments.

The best thing about Diet Chef is the portion control. It gives you just enough to eat, and it means there is no extra sandwich or no extra spoonful – that really is useful to me. Losing the weight with Diet Chef has meant I don't even mind getting my photograph taken – which is a huge change".



Name: Simon Hayman

Age: 24

Weight Loss: 5st

Weight Before: 19 st

Weight After: 14st

“As a teenager, I was always overweight but was still active in sports and activities with my friends. Over the last couple of years I had been gradually piling on the weight and when my weight reached 19 stone it was an almighty wake up call.

I chose Diet Chef because there was lots of choice and it looked the best method of dieting. After losing 2 stone I noticed such a difference in my energy levels I started concentrating on my fitness again.

I can now proudly say I've lost 5 stone. It's good when you see people you haven't seen for a while, and the looks on their faces like they have to check it's really you. It's also great that I can go shopping and buy clothes I like instead of the ones that came in my size”.



Got **questions?** Find the answers here

Q *I work shifts. How will Diet Chef work for me?*

With Diet Chef, it's the amount of food you eat each day that matters, not when you eat it. So plan your meals around your work. Perhaps it makes more sense to have your main meal before your shift. Milkshakes are particularly convenient, but you could take your soup in a vacuum flask. Even main meals can go in a wide-mouthed flask with some salad in a plastic tub.

Q *My weight's stayed the same for a while. What can I do?*

If you're taking in fewer calories than you are using, you will lose weight. Some weeks you'll lose less than others, so don't expect to lose the same amount every week. Check you're sticking to a calorie level that will give you weight loss, which may mean reducing any extras. The nearer you get to your target weight, the stricter you need to be with your diet. Keeping a food diary can make you more aware of what you're eating – and drinking.

Q *How can I resist temptation?*

Don't skip meals, to start with. You'll end up feeling really hungry – and that's when you're likely to eat the wrong food. Make a list of what you need to buy each week so you have everything to hand – and don't go shopping when you are hungry! Get rid of all the high calorie food from your house – or at least make sure it's hidden away. Throw away leftovers rather than eating them if you're cooking for other people.

Q *Help – I've got a celebration coming up!*

Don't panic! Give yourself a bit of leeway for the special day – but don't completely overdo it. Always keep in mind how many calories there are in alcoholic drinks, and try and use some of tips in the Eating Out pages of this guide. And if you do have a blowout, it's not the end of the world. Just keep going and get back on track!

Weight-loss tips that really work

Slow and steady wins the race

Losing weight is a long game – and in the end the tortoise eventually beats the hare. Making small, manageable changes and losing weight gradually is better in the long term, as it's more likely to last. Meaningful weight loss doesn't happen overnight but it will happen. Dramatic weight loss in a short space of time is more likely to be water, not fat.

If you slip up don't give up

Whatever the cause, 'falling off the wagon' doesn't spell defeat – in fact, it's to be expected. Nobody's perfect. Because you're making big lifestyle changes, it will take some time – so pick yourself up, dust yourself down and move on. And if you feel you're going one step back and two steps forward – well, that still leaves you one step ahead.

Don't underestimate exercise

Exercise doesn't have to mean expensive gym memberships – the important thing is to choose something you like. Even increasing your activity levels in everyday situations, like walking more, can work wonders. It reduces stress, improves sleep, improves your health, reduces the risk of chronic diseases and, of course, can help you reach your weight loss goals.

Do what you can, with what you have, where you are

Everyone is an individual and weight loss is no different. Many people start with unrealistic goals that simply won't happen. Setting achievable small goals makes a lot more sense. Some people lose weight quickly and easily, but others won't. Remember, as long as you're not putting weight on, you'll succeed.

Healthy recipes

Our chef has developed the following recipes for when you feel like cooking. The recipes are also great when you have reached your goal and move into maintaining your weight loss.

Stir-fried tiger prawns with noodles, bamboo shoots and chilli



Ingredients


Serves 4

Approximately 1,411 calories per recipe / 353 calories per serving
Preparation time 35 minutes. Approximate cooking time 10 minutes

Stir-fry

400g tiger prawns – peeled and de-veined
300g cooked egg noodles
1 bird's eye chilli – chopped, seeds removed
60g fresh/tinned bamboo shoots
60g spring onions – sliced thinly at an angle
90g carrot – sliced into fine matchsticks
10g fresh coriander – chopped
80g water chestnuts – sliced thinly sliced, peeled garlic
10g fresh ginger – cut into fine strips

80g fresh bean sprouts
10g sesame seeds
30ml sunflower oil

Sauce

1 tbspn chilli sauce
1 tbspn sesame oil
1 tbspn lime juice
1 tbspn light soya sauce

Thai fish sauce to finish

Method

To cook

Place a wok on the heat to get very hot, add half the oil and quickly stir-fry the prawns. Once cooked remove them from the wok and keep warm. Place the wok back on the heat and get it hot again. Add remaining oil, garlic, ginger and chilli for 5 seconds. Then add the carrot and

bean sprouts. After 20 seconds, add the noodles, heat or further 20 seconds, adding the bamboo shoots, water chestnuts, spring onion and fresh coriander. Stir-fry for 30 seconds. Finally, add the cooked prawns and stir-fry sauce and quickly heat through. Add a splash of Thai fish sauce to finish. Remove from the heat and serve.

Fish pie

Ingredients

 Serves 6

Approximately 2,220 calories per recipe / 370 calories per serving
Preparation time 35 minutes. Approximate cooking time 40 minutes

Pie filling

200g	salmon fillet – skinned and pin boned
200g	cod fillet – skinned and pin boned
150g	undyed smoked haddock. Or replace all fish with 550g fish pie mix
200g	frozen Norwegian prawns – defrosted in the fridge
150g	leeks (approx. 1 medium leek)
200g	frozen peas – defrosted
5g	fresh tarragon – chopped
5g	fresh flat parsley – chopped
	zest of 1 lemon
	salt

White sauce

35g	plain flour
35g	butter
350ml	semi-skimmed milk
50ml	water
	1 bay leaf
10g	whole grain mustard
	salt

Potato topping

750g	red rooster or Maris Piper potatoes
40ml	semi-skimmed milk
20g	Parmesan – grated
	salt to taste

Method

To make the pie filling

Dice the cod, salmon and smoked haddock into bite-size chunks. Place the milk, water and bay leaf from the white sauce recipe into a shallow pan and bring to the boil. Add the diced haddock, remove from the heat and allow to cool. When cool to the touch, remove the haddock and strain the liquid. Keep the cooking liquid for the white sauce. Chop the leeks into small chunks and boil for 5 minutes. Everything is ready to mix. Next make your white sauce.

To make the white sauce

Warm the butter in a pan and when it foams and melts add the flour and mix to form a thick paste. Reduce the heat and cook for 2 minutes. Now, slowly add the milk mixture a little at a time, whisking all the time to make it smooth and creamy. When all the milk has been added, turn down to a very low heat for 2–3 minutes to thoroughly cook out the sauce. Stir regularly so it does not catch and burn. Finally, add the mustard and salt to taste. Keep until required.

To make the pie topping

Peel the potatoes and cut into quarters so they are all even-sized pieces. Cover with salted cold water, and bring to the boil. Turn down to a simmer and cook slowly until just soft. Put a lid on and drain the water off. Place the pan back on the heat to dry out. Then mash, add the milk and season to taste. Leave to cool slightly.

To assemble

Gently mix the warm white sauce with the raw fish, leeks, peas and the cooked haddock. Add the herbs and lemon zest and mix again. Try not to break the fish up too much. Place into an oven proof dish. Either pipe or spread the potato on top. Sprinkle the grated Parmesan cheese on top and place into a pre-heated oven at 200°C for approximately 30–40 minutes until piping hot. If the pie filling is hot but you want more colour on top, flash under the grill to brown.



Chargrilled chicken in pitta with pickle and salad



Ingredients

 Serves 4

Approximately 1,300 calories per recipe/325 calories per serving
Preparation time 25-30 minutes. Approximate cooking time 15 minutes

Chicken

- 2 large chicken breasts (approx. 170g each)
- 5ml sunflower oil, salt and pepper

Salad

- 4 spring onions – sliced thinly at a sharp angle (approx. 80g)
- 30g washed, raw baby spinach leaves
- 5g coriander leaves

For pickling

- 40g medium red onion – sliced thinly
- 120g medium cucumber – cut lengthways, de-seeded and sliced thinly
- salt to sprinkle on the cucumber/onion

Pickle mix

- 4 tbspn rice wine vinegar
- 1 tbspn water
- 1 tspn sugar small piece of star anise,
- 1 bay leaf
- 4 coriander seeds

Yoghurt dressing

- 5g fresh mint – chopped
- 40g plain Greek yoghurt
- juice of 1 lime
- salt to taste
- 4 medium pitta breads – warmed and sliced open

Method

To cook the chicken

Slice the chicken breasts in half lengthways. Then lightly coat the pieces in the oil and season. Place a griddle pan on the heat. When hot, place the chicken onto it and cook for 2 minutes. Turn the chicken pieces over and cook for 1 more minute. Turn them over again and cook for 2 more minutes. Ensure the chicken is cooked thoroughly.

To make the pickle

Place all the pickle mix into a pan and bring to the boil. As soon as it boils, pour into a fresh container to cool. Salt the cucumber and onion quite liberally and allow to sit for 2 minutes,

then mix together. Leave for 1 more minute then thoroughly rinse off in cold water. Drain and pat dry. Add to the cooled pickle mix just before serving. Leave for at least 2 minutes. Drain away the pickle liquid and serve.

To make the yoghurt dressing

Mix all the ingredients together and season to taste.

To assemble

Layer each warm pitta bread with salad, chicken and pickle. Top with the yoghurt dip or serve it separately.

Curried grilled mackerel with cucumber, spring onion and bean sprouts



Ingredients

 Serves 4

Approximately 1,541 calories per recipe / 385 calories per serving.
Preparation time 20 minutes. Approximate cooking time 10 minutes

Curried mackerel

8 x 60g filets of fresh mackerel – pin boned
2 tbspn Madras curry paste
5g fresh coriander – chopped
1 tbspn sunflower oil juice of
1 lime

Salad

4 large spring onions – sliced thinly at an angle (approx. 80g)
80g fresh bean sprouts
100g cucumber – peeled, de-seeded, sliced
5g fresh coriander – chopped
15g cashew nuts – roughly chopped
40g white or red radish – sliced
2 tbspn Thai dressing
(see method to right)

Thai dressing

Serves approximately 10 and will keep for a long time

90ml good quality rice wine vinegar
15ml light soya sauce
5g caster sugar

Method

To marinate and cook the mackerel

Take the curry paste, fresh coriander, lime juice and sunflower oil and mix together. Lightly slash the skin of the fish; this will allow the marinade to thoroughly penetrate. Then rub the marinade all over the mackerel fillets and leave to infuse for a couple of hours, or overnight if possible. When fully marinated, place the fillets under a pre-heated hot grill and cook for 4-5 minutes or longer until thoroughly cooked. Serve with the salad and a wedge of fresh lime.

To make the salad

Place all the chopped ingredients into a large bowl. Add the dressing just before serving.

To make the Thai dressing

Place everything into a pan and bring it all to the boil. Remove from the heat and allow to cool, before serving. Keep in the fridge in a clean airtight container with a tight fitting lid.

Calorie Guide: Fruit

Potatoes are a vegetable however they do not count as a vegetable portion to add to your plan. You can add potatoes to your meals however they count as 'extras'.

Fruit	Kcal	Visual Cue
Cantaloupe Melon	25	1 slice
Gala Melon	16	1 slice
Raspberries	20	2 handfuls
Blackberries	20	2 handfuls
Honeydew Melon	23	1 slice
Strawberries	23	7 fresh strawberries
Grapefruit	23	1 half
Watermelon	62	1 slice
Mandarin	26	3 heaped tablespoons
Peach	26	1 peach
Tangerine	32	2 small tangerines
Satsuma	32	2 Satsumas
Plum	40	2 plums
Orange	44	1 medium orange
Clementine	30	2 small clementines
Nectarine	52	1 nectarine
Pear	72	1 medium pear
Pineapple	33	1 large slice
Apple	47	1 medium apple
Cherries	67	14 cherries
Kiwi	49	2 kiwis
Blueberries	45	4 heaped tablespoons
Mango	46	2 slices
Grapes	48	1 handful
Banana	95	1 medium banana
Avocado	185	1 half of large avocado
Raisins	27	1 tablespoon (10g)

Calorie Guide: Vegetables

Veg	Kcal (80g)
Celery	6
Cucumber	8
Fennel	9
Lettuce	10
Mushrooms	10
Green peppers	12
Aubergine	12
Courgette	14
Tomatoes	14
Leeks	17
Sweetcorn	18
Green beans	19
Swede	19
Spinach	20
Asparagus	20
Mangetout	21
Yellow peppers	21
Cauliflower	22
Cabbage	22
Broccoli	26
Red peppers	26
Brussel sprouts	28
Carrots	28
Beetroot	29
Onions	29
Parsnips	53
Peas	63
Sweet potato	70

Calorie Guide: Dairy

Incorporating dairy into our daily diet is important as it's a good source of calcium that will help protect our bones.

Low-fat products are great for reducing calories however be careful they are not packed with sugar instead.

Product	Kcal
Milk (½ pint)	
Skimmed milk	94
Semi-Skimmed milk	135
Whole Milk	193
Soya (sweetened) milk	129
Soya (unsweetened) milk	90
Cheese 30g (matchbox size)	
Cheddar cheese	124
Half-fat cheddar cheese	82
Brie	103
Cottage cheese	28
Feta cheese	75
Emmental cheese	115
Edam cheese	102
Parmesan cheese	125
Stilton cheese	123
Wensleydale cheese	113
Camembert	87
Goats Cheese	96
Yoghurt 125g (1 pot)	
Plain	99
Fruit	136
Low-fat plain	70
Low-fat fruit	98

Calorie Guide: Extras

These are just some suggestions of what you can include as your extra calories.

0-50 kcal	50-100 kcal	100-200 kcal	200-300 kcal	300+ kcal
1 Crisp-bread	1 Slice of wholemeal bread	1 Small baked potato	1 Large baked potato	1 Plain naan bread
1 Cream cracker	1 Oatcake	Pasta (40g uncooked weight)	1 Plain bagel	
4 Breadsticks	1 Boiled egg	Basmati rice (40g uncooked weight)	1 Toasted muffin	
1 Sugar-free ice lolly	1 Small pot of jelly (125g)	Egg noodles (40g uncooked weight)	1 Chocolate-chip muffin	
1 Side salad (no dressing)	1 tbsp of Sunflower Seeds (14g)	Easy cook white rice (40g uncooked weight)	1 Packet (40g) of brazil nuts	
10 Olives	1 Thin topping (12g) of peanut butter	Couscous (40g uncooked weight)	2 Scoops of vanilla Ice-cream	
1 tbsp (20g) of dried Apricots	1 small pot (55g) of light chocolate mousse	1 Small croissant		
	1 Scoop of fruit sorbet	Hummus (100g half a tub)		
		1 Fruit scone		
		1 Mini plain naan bread (45g)		
		Brown rice (40g uncooked weight)		
		1 Soft white roll		
		1 Small tin of baked beans (150g)		
		1 Small bag of roasted/salted cashew nuts (25g)		

Drinks & Alcohol

50-100 kcal	100-200 kcal	200-300 kcal
1 light spirit with diet mixer	1 light spirit with fruit juice/mixer	1 large can/pint of cider
1 dark spirit with diet mixer	1 glass of champagne	1 pint of lager
1 small white wine (125ml)	1 dark spirit with fruit juice/mixer	1 large latte with whole milk
1 small red wine (125ml)	1 can of lager	1 large caramel macchiato with semi-skimmed/whole milk
1 small latte with skimmed milk	1 large (250ml) red wine	
1 single espresso	1 large (250ml) white wine	
1 large cappuccino with skimmed milk	1 large latte with skimmed milk	
1 cup of instant hot chocolate	1 large cappuccino with semi-skimmed/whole milk	
	1 large caramel macchiato with skimmed milk	

Body mass index calculator

The standard way to check your weight is to work out your Body Mass Index. There is a BMI calculator on the Diet Chef website, or use the table below. You should aim to have a BMI between 18.5 and 25, shown in green.

	5'0	5'2	5'4	5'6	5'8	5'10	6'0	6'2	6'4
9st	25	23	22	20	19	18	17	16	15
9st 7lb	26	24	23	21	20	19	18	17	16
10st	27	26	24	23	21	20	19	18	17
10st 7lb	28	27	25	24	22	21	20	19	18
11st	30	28	26	25	23	22	21	21	19
11st 7lb	31	29	28	26	24	23	22	21	20
12st	33	31	29	27	26	24	23	22	20
12st 7lb	34	32	30	28	27	25	24	22	21
13st	36	33	31	29	28	26	25	23	22
13st 7lb	37	35	32	31	29	27	26	24	23
14st	38	36	34	32	30	28	27	25	24
14st 7lb	40	37	35	33	31	29	28	26	25
15st	41	38	36	34	32	30	28	27	26
15st 7lb	42	40	37	35	33	31	29	28	26
16st	44	41	38	36	34	32	30	29	27
16st 7lb	45	42	40	37	35	33	31	30	28
17st	46	44	41	38	36	34	32	31	29
17st 7lb	48	45	42	40	37	35	33	31	30
18st	49	46	43	41	38	36	34	32	31
18st 7lb	51	47	44	42	39	37	35	33	32
18st	52	48	46	43	40	38	36	34	32

Target BMI

Overweight

Obese

Underweight

Very underweight

	145 cm	150 cm	155 cm	160 cm	165 cm	170 cm	175 cm	180 cm	185 cm	
50 kg	24	22	21	20	18	17	16	15	15	Very underweight
55 kg	26	24	23	21	20	19	18	17	16	
60 kg	29	27	25	23	22	21	20	19	18	Underweight
65 kg	31	29	27	25	24	22	21	20	19	
70 kg	33	31	29	27	26	24	23	22	20	Obese
75 kg	36	33	31	29	28	26	24	23	22	
80 kg	38	36	33	31	29	28	26	25	23	Overweight
85 kg	40	38	35	33	31	29	28	26	25	
90 kg	43	40	37	35	33	31	29	28	26	Target BMI
95 kg	45	42	40	37	35	33	31	29	28	
100 kg	48	44	42	39	37	35	33	31	29	
105 kg	50	47	44	41	39	36	34	32	31	
110 kg	52	49	45	43	40	38	36	34	32	
115 kg	55	51	48	45	42	40	38	35	34	
120 kg	57	53	50	47	44	42	39	37	35	
125 kg	59	56	52	49	46	43	41	39	37	

Food Diary

Getting into the habit of recording what you're eating can be a real eye-opener, and is a great way to stay on track.

Here is an example of one you could use.

Today's Date	
Breakfast	
Lunch	
Dinner	
Snack	
Fruit portions	
Vegetable portions	
Dairy portions	
Extra 1	
Extra 2	
Water	
Drinks	
Exercise	
How did I do?	

Progress tracker

Keep a record of your weight, and any measurements that matter to you, with a progress tracker like the one here. Just use the boxes that apply to you.

Date	Weight	Chest	Waist	Hips	Thighs	Arms

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