



Recipe book



Hi, I'm Amanda, your nutritionist for the Dancing Queen Diet.

Eating a healthy diet is the key to looking and feeling great – but some diets are just too difficult to do. So I've put together this simple and accessible recipe book for you to follow.

I've made 14 days of delicious breakfast, lunch and dinner ideas. The beauty of it is that you can either follow it to the letter, or mix and match recipes throughout the month. And if you find something you really like, don't be afraid to have it more than once a week! When you get to the end of 14 days, just mix it up and start again!

The breakfasts in this plan all provide between 300 and 350 calories each, the lunches 350 calories and the dinners between 350 and 400 calories.

This means that by picking and mixing any breakfast, lunch and dinner you will be eating a maximum of 1100 calories a day in your main meals. Each meal has been designed to provide at least one serving of fruit and vegetables with most lunches and dinners providing two.

In addition to your meals, have half a pint of skimmed milk (or light soya milk fortified with calcium) to have in drinks like teas and coffee. This adds another 100 calories.

In addition you can have one snack a day from the snack list. This brings your total daily calories to 1400. For most people, this will lead to a 2lb loss of weight each week.

Avoid alcohol while following the plan and for soft drinks, stick with water, teas and coffees using your milk allowance, herbal teas and sugar free squashes and fizzy drinks.

The recipes all serve one person but if you have a family of four for example, you can increase the ingredients by four so that all the family can join in. If you have children and if you have a partner who does not want to lose weight, you can make sure that they have enough to eat by increasing serving sizes of the carbohydrate part of the meal such as bread, breakfast cereals, potatoes, pasta and noodles.

Good luck!

Exclusive to the
GMTV **DIET CLUB**

Day 1

Bacon and tomato Bap

Fry a rasher of back bacon in a non stick pan and cut into strips. Slice a small bap in half (50g in weight) and spread each side with tomato ketchup. Lay on slices of tomato and the bacon and top with the other half of the bap. Serve.

Why it's good: The lean bacon is good for filling protein while the tomato gives fibre and one of your fruit and vegetables for the day.

Beany Baked Pototo

Microwave or bake a medium sized potato. Once cooked, cut in half and scoop out the inside and mash in a bowl with some lemon juice and ground black pepper – this makes it really moist. Pile back into the skins and top with a small can of reduced sugar, reduced salt baked beans and serve with a salad.

Tandoori lamb

100g lean lamb
Small pot of low fat plain yoghurt
Pinch of ground ginger
Teaspoon of paprika
Clove of crushed garlic
A bay leaf
1 tablespoon of tomato puree
Pinch of salt
1 lemon

Prick 100g of lean lamb steak with a fork. Place a small pot of natural low fat yogurt in a bowl and add a pinch of ginger, a teaspoon of paprika, a clove of crushed garlic, a bay leaf, 1 tablespoon of tomato puree, a pinch of salt and the grated zest of a lemon. Mix well. Add the lamb making sure it is covered with the marinade. Cover the bowl with cling film and leave in the fridge overnight or as long as is possible. Heat oven to 350F/180C/Gas Mark 4. Place lamb on a wire rack in a roasting tin and coat again with the marinade in the bowl. Bake for 45 minutes basting every 15 with the marinade. Serve with a small pitta bread that has been warmed in the oven.



Day 2

Winter Honey Porridge Warmer

Make a serving of porridge using 40g of jumbo oats and about 150ml of skimmed milk. Once ready, swirl a little honey on top and serve with a small glass of fruit juice.

Why it's good: The jumbo oats take a particularly long time to digest and release energy slowly keeping us full over the morning ahead. Oats help to lower cholesterol as part of a healthy diet while orange juice gives us hesperidins, a super nutrient believed to xx plus vitamin C for winter immunity.



GMTV **DIET CLUB**
Dancing Queen Diet
recipes

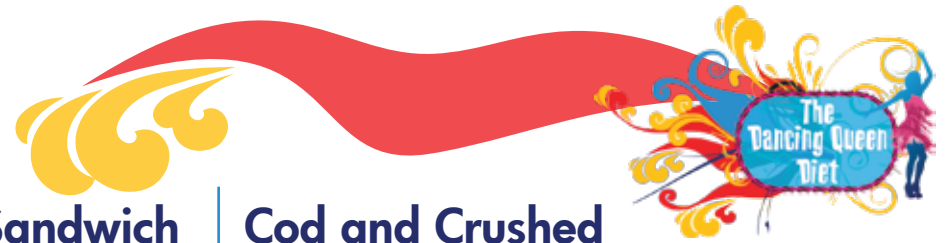
Turkey and Mustard Sandwich

Spread a slice of bread lightly with mustard and lay on top two thin or one medium thick slice of roasted lean turkey. Top with lots of slices of cucumber and some freshly ground black pepper. Add the remaining piece of bread and serve.

Cod and Crushed Sweet Potato

100g sweet potatoes
100g firm white fish like cod or coley or haddock
1 teaspoon of grain mustard
Tablespoon of fresh parsley chopped
Finely chopped spring onion
Teaspoon of olive oil
Salt and pepper
Green salad

Boil 100g of peeled sweet potato (you can use ordinary potatoes if you prefer). Pre-heat grill to maximum. Season a 100g cod fillet (or another firm white fish like haddock) with salt and black pepper and place on baking tray under the grill for eight minutes or until cooked, turning once. Meanwhile using a fork, crush the cooked potatoes and add a teaspoon of grain mustard, a tablespoon of chopped fresh parsley and a finely chopped spring onion, a teaspoon of olive oil and a little salt and pepper to taste. Pile the sweet potato mash onto a plate. Put the cod on top, add a squeeze of lemon juice and serve with a side salad of your choice. Iceberg lettuce and some sliced tomatoes drizzled with a little Balsamic vinegar is good with this dish.



Day 3

Poached Eggs on Toast

Poach two eggs and serve them on a slice of toast very lightly spread with butter or sunflower spread. While the eggs are poaching, grill some mushrooms and serve with the poached eggs.

Why it's good: Research shows that having two eggs for breakfast keeps you feeling so satisfied that you eat less at lunchtime and 400 calories fewer over the whole day. This is probably because their protein quiets the appetite. Mushrooms count as one of your five a day.



GMTV **DIET CLUB**
Dancing Queen Diet
recipes

Tomato Soup and Ham Toastie

Heat up a small can of tomato soup and meanwhile slice a toast of bread. Once toasted, top with a slice of ham and serve with the hot soup.

Chicken Teriyaki

1 chicken breast (about 100g in weight)
Salt & Pepper
1 tbs. dark brown sugar
1 tbs. Soya Sauce
1 tbs. Sherry
50g raw egg noodles
4 spring onions (finely sliced)
2 grated carrots.

Pre-heat grill to maximum. In a saucepan heat the sugar, soy sauce and sherry (you can use a teaspoon of stock if you prefer) till it starts to boil and turn off the heat. Season chicken lightly with salt & pepper and place on baking tray. Lightly brush with oil and cook under grill for 5 minutes each side basting with the sugar, soy sauce and sherry mixture. Bring a saucepan of salted water to the boil and cook the egg noodles according to the packet instructions, when cooked drain and add vegetables. Spoon noodles onto plate and top with sliced cooked chicken, drizzle remaining cooking juices over chicken plus any leftover sauce.



Day 4

Sausage and Beans Big Breakfast

Grill a reduced fat sausage (about 100 calories each) and heat through a small can of reduced salt and reduced sugar baked beans. Serve with a large grilled tomato.

Why its' good: Baked beans give you slow release energy and keep blood sugar levels even and steady helping you to feel satisfied and away from the mid-morning biscuits. Baked beans and tomatoes give us the super nutrient lycopene believed to be good for our skin.



GMTV **DIET CLUB**
Dancing Queen Diet
recipes

Salmon Filled Wrap

Take a tortilla wrap and warm under the grill. Mix two tablespoons of canned salmon with a freshly chopped tomato and some freshly ground black pepper. Mix in a tablespoon of low fat plain yoghurt and a small blob of reduced fat salad cream. Mix well. Take the wrap and lay some shredded lettuce in the middle. Top with the salmon mix. Roll up the wrap and serve.



Roast Beef

100g of lean roast beef
Two roast potatoes roasted
Brussels sprouts, carrots, spring greens, courgettes, sweet corn. Choose any or all of these vegetables.
Stock cube
Corn flour

Roast the beef on a rack to drain off excess fat. Make gravy using a stock cube and some corn flour with the water drained from the vegetable. Serve and enjoy.

Day 5

Quick Smoothie Shake

Blend together a medium sized banana, a small pot of plain low fat yoghurt and 150ml of skimmed milk plus another fruit of your choice such as some canned peaches or pineapple. Whizz until quite frothy and serve right away.

Why it's good: Milk and yoghurt provide us with filling protein and calcium for strong bones while the fruits give us two towards our five fruit and vegetables for the day. Introducing bubbles in the form of air into the smoothie makes it more hunger busting.



GMTV **DIET CLUB**
Dancing Queen Diet
recipes

Ham and Spring Onion Roll

Take a roll (about 50g) and cut open. Spread both cut sides with reduced fat salad cream. Lay on two thin or one medium thick sliced ham and sprinkle over some chopped spring onion. Top this with some rocket, watercress or lettuce, close up the roll and serve.

Turkey and Vegetable Hotpot

1 skinless chicken breast 100g
2 celery sticks, chopped
6 mushrooms, sliced
2 carrots, sliced
1 onion, sliced
1/4pt Chicken stock
a pinch of dried or fresh thyme
salt & Pepper
150g sweet potato
1 tablespoon half fat crème fraiche.

Lightly brush a non-stick oven proof pan with oil. Add chicken breast and brown each side. Add celery, mushrooms, carrots and onion and sauté for 3 minutes. Pour in chicken stock. Add thyme, a little salt plus black pepper to taste. Cover and bake in a medium oven for 35-40 minutes. Bake potato at the same time. Remove casserole from the oven and stir in 1 tablespoon of half-fat crème fraiche. Serve with baked potato.



Day 6

Breakfast on the Run

Make a coffee using 200ml of hot skimmed milk. Drink along with a handful of almonds (about 23) plus a piece of fruit of your choice like a crispy apple.

Why it's good: The milk and almonds both give us protein to keep us full and the almonds also supply fibre in their brown husk which adds to the filling effect. An apple gives you pectin which helps keep blood sugar steady and is one of your five a day.



GMTV **DIET CLUB**
Dancing Queen Diet
recipes

Mexican Pitta

Warm a pitta bread and split open lengthways. Put in some mixed salad and then 50g of guacamole. Serve with some freshly chopped peppers, cucumber or carrot batons.

Latin Style Omelette

1/2 onion, finely chopped
1/2 green pepper, seeded and chopped
2 eggs, whisked in a bowl
150g boiled potato, cubed

Brush a non-stick frying pan lightly with oil and gently fry onions and green pepper until soft (this can take 5 minutes plus). Add the cooked cubes of potato and cook for about a minute. Beat the eggs and season with a little salt and ground black pepper. Pour into the frying pan. Allow to cook until the top looks cooked. Heat grill to high and finish omelette off under grill till the top is cooked. Turn out onto plate and serve with a big green leafed salad drizzled with Balsamic vinegar.



Day 7

High Fibre Cereal Bowl

Choose a high fibre cereal like Oatibix, Weetabix, Bran Flakes or Shredded Wheat. Serve around a 40g portion with about 150ml of skimmed milk and topped with a sliced banana.

Why it's good: The fibre in the cereal is filling along with the protein in the milk both of which help to keep you feeling satisfied in the morning. Bananas give us potassium; a mineral needed for good blood pressure control and are one of our five a day.



GMTV **DIET CLUB**
Dancing Queen Diet
recipes

Cheese on Toast

Grate 50g of reduced fat cheddar and toast two slices of bread. Spread each slice of toast with reduced fat salad cream or very low fat mayonnaise. If you like the idea, finely slice a spring onion and stir into the cheese. Sprinkle cheese over the toast and grill until bubbling. Serve with a tomato salad.

Salmon Parcel

1 80g salmon fillet skinned
Black pepper
Lemon juice
150g sweet potato (or ordinary potato if you prefer), peeled and cut into 5 chunks
1 spring onion
A handful of fresh parsley
Courgettes or green vegetables of choice.

Brush a large piece of foil lightly with oil and place the fish in the centre. Season with salt and freshly ground pepper, and lemon juice. Fold up the foil to make a loose parcel. Bake in the oven at 180c/350F Gas mark 4 for approximately 20 - 30 minutes or until the fish is cooked. While the fish is cooking boil the peeled sweet potato chunks. Drain the cooked potato and mash with a teaspoon of extra virgin of olive oil, a tablespoon of chopped spring onion and 1 tablespoon of chopped parsley. Serve the cooked fish with the mashed potato with courgettes or another green vegetable of your choosing.



Day 8

Chocolate Toasties

Have half a grapefruit to start with and then spread two slices of toast with a teaspoon of chocolate spread, tuck in and enjoy.

Why it's good: Half a grapefruit before meals has been shown to help people to feel less hungry and counts as one fruit for the day. As for the toast, if you stick with a teaspoon of chocolate spread per slice of toast, the calories are around the same as having butter or sunflower spread and helps to quell chocolate cravings.



GMTV **DIET CLUB**
Dancing Queen Diet
recipes

Red Pepper and Herb Omelette

Whisk up 2 eggs and season with salt and pepper and chop up a quarter of a red pepper (you can use tomato or mushrooms or sweet corn if you prefer). Heat up a non-stick frying pan and brush lightly with oil. Pour in the egg mix and shake the pan well. Once cooked through, sprinkle over the red pepper, roll up the omelette and serve with a slice of bread and a salad.

Chicken Kebabs in Pitta

400 calories, 4g fat
100g chicken, cubed
1/2 green pepper cut into squares
1/4 onion,
Cherry tomatoes
1 tablespoon of tzatsiki
1 small wholemeal pitta bread

Separate each layer of the onion. Thread cubes of the chicken, green pepper, cherry tomato and onions alternatively onto skewers and brush very lightly with oil. Place either over a barbecue or under a grill till the chicken is thoroughly cooked through. Warm the pitta, and slit through. Unthread cooked chicken and vegetables into pitta pocket and serve with tzatsiki. You can make your own tzatsiki by mixing grated cucumber with some low fat plain yogurt and some cayenne pepper.



Day 9

Non-Stick Fry Up

Spray a non-stick pan with a one calorie oil spray or brush very lightly with oil. 'Fry' a pinch of dried chillies or a few pieces of finely chopped fresh chilli (optional) and then crack in an egg and a rasher of very lean back bacon and serve on a slice of toast along with a glass of fruit juice.

Why it's good: The egg and bacon will keep you feeling full. If you use granary or wholemeal bread you add extra fibre which is good for digestion while the orange juice counts as one fruit and vegetable for the day.

Tuna and Sweetcorn Salad

Open and drain 100g of canned tuna. Boil 4 new potatoes in their skin, cool and cut into quarters. Put the potato and tuna in a bowl and add a tablespoon of sweetcorn (use frozen which has been cooked and cooled to save wasting a can if you want to), some chopped tomato and some chopped cucumber. Season and sprinkle with Balsamic vinegar or low fat French dressing and serve.

Grilled Steak with Chips and Peas

100g lean steak
100 g Low fat oven chips
2 tbs. frozen peas
Two tomatoes
Worcestershire sauce

Cook oven chips according to pack instructions. Cut the tomatoes in half and sprinkle with Worcestershire sauce. Grill for five minutes until cook. Then add the steak under the grill and cook for about 2 minutes on each side. Cook frozen peas according to pack instructions. Serve when everything is cooked and enjoy.



Day 10

Apple Oat Flakes

Serve 50g of oat flakes in a bowl and top with a chopped dried apricot plus a grated apple. Pour over some skimmed milk and serve with a tablespoon of low fat plain yoghurt.

Latin Pasta Salad

Cook 70g of pasta shapes and cool. Stir in a tablespoon of low fat vinaigrette and mix well. Open a can of mixed beans and add two tablespoons. Mix well and add some freshly chopped parsley and freshly ground black pepper. Season and serve with a tomato salad.

Steamed Salmon and Broccoli

90g skinless salmon fillet
salt & pepper
2 slices lemon
90g broccoli
2 cloves crushed garlic
1 tbs balsamic vinegar

Bring a pan of water to the boil and either place a colander or sieve on top or use a steamer. Season the salmon with salt & black pepper, top with lemon slices. Wrap the salmon in tin foil and place the parcel into the steamer or colander. Cover with lid and steam for 5 minutes. In the meantime, cut broccoli into small florettes and partly boil – removing before they get soft. Meanwhile place large frying pan on a high heat and when the pan brush lightly with oil. Add the crushed garlic and balsamic vinegar and when the vinegar reduces to a sticky consistency add the broccoli and continue to cook for a minutes. Serve on plate topped with the unwrapped salmon fillet.



Day 11

Cream Cheese Bagel

Serve half a bagel spread (toasted or not according to your preference) with a tablespoon of very low fat fromage frais and topped with 100g of smoked salmon. Sprinkle with lemon juice, grind over some black pepper and serve with a glass of grapefruit juice

Why it's good: The salmon is rich in hunger-busting protein plus omega 3 oils which are good for circulation. Grapefruit juice counts towards one of your fruit and vegetables for the day.



GMTV **DIET CLUB**
Dancing Queen Diet
recipes

Quick Pizza

Buy a small cheese and tomato pizza (the size of a side plate). Before popping in the oven, add slices of your favourite vegetables including anything like slices of extra tomato, mushrooms, peppers or strips of courgettes along with a few olives. Bake and serve with a big salad using low fat vinaigrette or Balsamic vinegar as a dressing.

Vegetable Kebabs

75g firm tofu cut into cubes
Half a courgette cut into chunks
Six button mushrooms
Six chunks of red pepper
Olive oil
100g noodles

Preheat a grill to hot. Thread on 75g of firm tofu cut into cubes interspersed with chunks of courgette, button mushrooms and chunks of red pepper (you can use other vegetables like green peppers if you prefer). Brush lightly with olive oil and grill 10 – 15 minutes until looking a golden colour turning over during cooking. Meanwhile cook the noodles according to pack instructions. Serve with the vegetable kebabs.



Day 12

Grab and Go Breakfast

If you find yourself having left home without eating, grab a small fruit yoghurt and have with a banana, an apple and a large skimmed milk cappuccino or latte.

Why it's good; The warming and filling drink will be surprisingly filling and together with the yoghurt are great for calcium. Some scientists believe that calcium from dairy foods helps the body to burn fat. The two pieces of fruit provide almost half your fruit and vegetables for the day.



GMTV **DIET CLUB**
Dancing Queen Diet
recipes

Salmon Pate

Mix 80g cooked salmon (it can be canned) with a 1 tablespoon of ricotta cheese, some freshly chopped parsley, and a squeeze of lemon juice, some black pepper and a chopped tomato. Mix well and serve with four rye crisp breads or two slices of toast.

Bean Tabouleh

A handful of chopped parsley and a handful of chopped mint
100g canned butter or cannellini beans, drained
A finely sliced spring onion
A clove of crushed garlic (optional)
30g crumbled feta cheese
Two chopped walnuts
Lemon juice a squeeze of fresh juice
A chunk of bread (about 50g)

1. Combine all the ingredients in a bowl minus the bread. Mix well.
2. Serve with a warm chunk of bread.



Day 13

Winter Fruit Pot

Make a winter fruit salad by simmering 100g of dried fruit (this can be a mix of dried apricots, prunes, apple, figs and other favourites) with 150ml of orange juice and a pinch of dried cinnamon. Simmer for around 10 - 15 minutes until fruit is soft. Serve topped with a 50g tablespoon of very low fat fromage frais or plain yoghurt and sprinkled with a teaspoon of toasted nuts like almonds.

Why it's good: The dried fruits are very filling and with the juice, count as two serving of fruit and vegetables for the day. The almonds and fromage frais add to helping keep you feeling full.



GMTV **DIET CLUB**
Dancing Queen Diet
recipes

Caesar Salad

Toast 1 slice of multigrain bread. Cut into cubes and once cool, rub a clove of peeled garlic over the surfaces. Put to one side. Shred a large handful of Kos lettuce and place in a bowl with 100g cooked lean chicken cut into chunks. Mix in 2 tbs. reduced fat Caesar dressing. Mix well and sprinkle over 10g of Parmesan cheese shavings and a chopped anchovy (optional; if you don't use an anchovy, have a little more chicken) cut into little pieces and finally, the cubes of garlic toast.

Stir Fried Quorn with Peas

80g plain noodles
150g of Quorn 'chicken' pieces
Clove of garlic crushed
A small pinch of ground ginger
A handful of frozen stir fry vegetables
Dash of soya sauce
Three cashew nuts crushed

1. Cook the noodles, drain and keep warm.
2. Very lightly brush a heavy frying pan or wok with a little oil and heat. Add the Quorn pieces and brown. Add the garlic, ginger, stir fry vegetables, ginger and soya sauce. Toss and stir fry for a few minutes. Add the crushed nuts and serve with the cooked noodles.



Day 14

Scrambled Eggs

Grill a large tomato and scramble two eggs with a little milk and seasoning. Serve scrambled eggs on the toast and the mushroom alongside.

Why it's good: The scrambled eggs give you the energy boosting mineral iron along with filling protein while the mushroom is one towards your five a day.



GMTV **DIET CLUB**
Dancing Queen Diet
recipes

Spice-it-Up Humus

Make your own humus by blending 150g canned drained chickpeas with the juice of half a lemon, a tablespoon of plain yoghurt and some ground black pepper. Season and serve with two slices of toast which have cooled down and been cut into triangles. Have with a big pile of carrot and cucumber sticks on the side.



Baked Potato with Cheesy Ratatouille

Baking potato

Large can or a pack of frozen ratatouille

40g grated reduced fat cheddar

Mixed salad

1. Bake the potato in the oven or microwave.
2. Split open and remove potato from skins. Mash with some lemon juice and black pepper and return to the skins.
3. Heat through 200g of ratatouille and use to top the potato, finishing by sprinkling over the cheese. Serve with a mixed salad.