

LORNA'S LOW CARB MEAL PLAN



As some of you know I was diagnosed with diabetes last week. I haven't had long to digest the info yet. This is my first attempt at a low(ish) carb meal plan. Some of you guys asked me to share so here it is! Please be kind!



MEAL PLAN

SUNDAY

**GREEK STYLE
CHICKEN TRAYBAKE**

MONDAY

**WINTER VEGETABLE
SOUP**

TUESDAY

**PORK IN A CREAMY
LEEK SAUCE WITH
CAULIFLOWER MASH**

WEDNESDAY

**BROCCOLI & BARLEY
RISOTTO**

THURSDAY

CHICKEN STIR FRY

FRIDAY

**PORK & BARLEY
STEW**

SATURDAY

**COTTAGE PIE
WITH CABBAGE & PEAS**



SHOPPING LIST

INGREDIENTS

TESCO

ALDI

<input type="checkbox"/> 1KG SWEET POTATOES	99P	99P
<input type="checkbox"/> 2.5KG POTATOES	£1.09	£1.09
<input type="checkbox"/> 1KG CARROTS	45P	45P
<input type="checkbox"/> 1KG ONIONS	50P	50P
<input type="checkbox"/> 300G MUSHROOMS	90P	69P
<input type="checkbox"/> BUNCH OF SPRING ONIONS	49P	49P
<input type="checkbox"/> RED PEPPER	48P	42P
<input type="checkbox"/> CABBAGE	61P	61P
<input type="checkbox"/> BROCCOLI	60P	53P
<input type="checkbox"/> CAULIFLOWER	95P	95P
<input type="checkbox"/> 500G LEEKS	£1.29	£1.29
<input type="checkbox"/> CELERY	47P	52P
<input type="checkbox"/> SWEDE	80P	62P
<input type="checkbox"/> 30G BASIL	55P	52P
<input type="checkbox"/> 4 LEMONS	50P	50P
<input type="checkbox"/> GARLIC	79P	79P
<input type="checkbox"/> GINGER	53P	69P
<input type="checkbox"/> 700G PORK SHOULDER STEAKS	£3.75	£3.19
<input type="checkbox"/> 500G BEEF MINCE	£1.79	£1.79
<input type="checkbox"/> VEGETABLE STOCK CUBES	75P	52P
<input type="checkbox"/> 500G PEARL BARLEY	65P	N/A
<input type="checkbox"/> 1KG CHICKEN BREASTS	£3.79	£3.79
TOTAL	£22.72	£20.94

OR £21.47 ACROSS THE TWO STORES



THE PANTRY

FROM PREVIOUS WEEKS

- SALT
- PEPPER
- MUSTARD
- FLOUR
- PORRIDGE OATS
- BROWN SAUCE
- BEEF STOCK CUBES
- OIL
- SOY SAUCE
- THYME
- MILK
- BUTTER

LEFT FROM LAST WEEK

- 100G CHEESE
 - 100G YOGHURT
 - FROZEN PEAS
 - PARSNIPS
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GREEK STYLE CHICKEN TRAYBAKE

INGREDIENTS

700G CHICKEN BREASTS, CUT INTO LARGE PIECES
250G POTATOES, UNPEELED AND CUT INTO WEDGES
250G SWEET POTATOES, PEELED AND CUT INTO WEDGES
2 LEMONS, GRATED RIND AND JUICE OF
1 TBSP OLIVE OIL
200ML CHICKEN STOCK
4 CLOVES GARLIC, PEELED
2 TBSP PARSLEY
1 TSP FRESHLY GROUND BLACK PEPPER

METHOD

- 1 PREHEAT THE OVEN TO 200°C/GAS 6.**
- 2 PLACE THE CHICKEN IN AN OVENPROOF DISH AND ARRANGE THE POTATOES AROUND IT.**
- 3 MIX ALL THE REMAINING INGREDIENTS, EXCEPT THE PARSLEY, AND POUR OVER THE CHICKEN.**
- 4 COVER WITH FOIL AND BAKE FOR 35 MINUTES, REMOVE THE FOIL, AND COOK FOR A FURTHER 15-20 MINUTES.**
- 5 SPRINKLE OVER THE PARSLEY, SEASON TO TASTE AND SERVE.**

OR AIR FRY FOR 25 MINUTES COVERED AND THEN 10 MINUTES UNCOVERED.

WINTER VEGETABLE SOUP

INGREDIENTS

1 TBSP OIL
1 LEEK, SLICED
2 STICKS OF CELERY, SLICED
2 CARROTS, PEELED AND SLICED
1 MEDIUM PARSNIP, PEELED AND SLICED
1 MEDIUM POTATO, PEELED AND SLICED
2 TSP THYME
100G PEARL BARLEY
1L VEGETABLE STOCK
1 TBSP TOMATO PUREE
1 TBSP PARSLEY

METHOD

- 1** HEAT THE OIL IN A PAN AND ADD ALL THE VEG. COOK OVER A MEDIUM HEAT FOR ABOUT 5 MINUTES UNTIL THE VEG HAS JUST STARTED TO SOFTEN.
- 2** STIR IN THE THYME, PEARL BARLEY, STOCK, AND TOMATO PUREE.
- 3** BRING TO A SIMMER AND COOK FOR ABOUT 45 MINUTES UNTIL THE VEGETABLES ARE VERY TENDER AND THE PEARL BARLEY IS SOFT.
- 4** STIR IN THE CHOPPED PARSLEY. SEASON TO TASTE AND SERVE HOT.

CAN BE DONE IN THE SLOW COOKER – JUST OMIT STEP ONE AND COOK ON LOW FOR 8 HOURS OR HIGH FOR 6 HOURS

PORK IN A CREAMY LEEK SAUCE

INGREDIENTS

2 TSP OIL
400G PORK, CUBED
2-3 LEEKS, CHOPPED
3 TSP MUSTARD
2 HEAPED TSP PLAIN FLOUR
500ML SKIMMED MILK
1 TSP PEPPER

METHOD

- 1** ADD THE OIL TO A NON-STICK FRYING PAN OVER A MEDIUM HEAT. ADD THE
- 2** PORK AND COOK FOR 2-3 MINUTES EACH SIDE (TO BROWN THE OUTSIDE).
- 3** REMOVE FROM THE PAN AND RESERVE.
- 4** ADD THE LEEKS TO THE PAN AND STIR FOR 3-4 MINUTES, ADD THE MUSTARD AND MIX WELL. NEXT, SPRINKLE THE FLOUR OVER THE LEEKS AND MIX WELL.
- 5** SLOWLY ADD THE MILK, STIRRING CONSTANTLY UNTIL THE SAUCE STARTS TO THICKEN. COOK FOR ANOTHER MINUTE.
- 6** PUT THE PORK BACK INTO THE PAN WITH THE SAUCE, BRING TO A GENTLE SIMMER AND COOK FOR ANOTHER 8 - 10 MINUTES, ADDING A DASH MORE MILK OR WATER IF THE SAUCE BECOMES TOO THICK.
- 7** MAKE SURE THE PORK IS COOKED RIGHT THROUGH, SEASON AND SERVE OVER CAULIFLOWER MASH.




CAULIFLOWER MASH

INGREDIENTS

1 CAULIFLOWER, CUT INTO FLORETS
100ML PLAIN YOGHURT
100G CHEESE, GRATED
4 SPRING ONIONS, SLICED

METHOD

- 1** PUT THE CAULIFLOWER ON TO BOIL FOR 10-12 UNTIL SOFT.
 - 2** DRAIN THE CAULIFLOWER AND MASH WITH A FORK UNTIL IT RESEMBLES MASHED POTATO. STIR IN THE YOGHURT. STIR WELL.
 - 3** ADD IN THE GRATED CHEESE AND STIR AGAIN.
 - 4** STIR IN THE SPRING ONIONS.
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BROCCOLI & BARLEY RISOTTO

INGREDIENTS

100G PEARL BARLEY
1L WATER
2 VEGETABLE STOCK CUBES
2 TBSP OIL
1 LARGE LEEK, CHOPPED
2 GARLIC CLOVES
JUICE OF ONE LEMON
15G FRESH BASIL
1 BROCCOLI, CUT INTO SMALL FLORETS

METHOD

- 1** POUR A LITRE OF COLD WATER OVER THE BARLEY, COVER AND LEAVE TO SOAK OVERNIGHT.
- 2** THE NEXT DAY, DRAIN THE BARLEY AND SAVE THE LIQUID.
- 3** HEAT THE LIQUID IN THE MICROWAVE AND USE IT TO MAKE 500ML VEGETABLE STOCK.
- 4** HEAT HALF THE OIL IN A NON-STICK PAN, ADD THE LEEK AND COOK BRIEFLY TO SOFTEN.
- 5** TIP HALF INTO A BOWL, THEN ADD THE BARLEY AND STOCK TO THE PAN, COVER AND SIMMER FOR 20 MINS.
- 6** MEANWHILE, ADD THE GARLIC, BASIL, REMAINING OIL, THE LEMON JUICE AND 3 TBSP WATER TO THE LEEKS IN THE BOWL, AND BLITZ TO A PASTE WITH A STICK BLENDER. OR BLITZ IN A FOOD PROCESSOR.
- 7** WHEN THE BARLEY HAS COOKED FOR 20 MINS, ADD THE BROCCOLI TO THE PAN AND COOK FOR 5-10 MINS MORE UNTIL BOTH ARE TENDER.
- 8** STIR IN THE BASIL PURÉE, HEAT VERY BRIEFLY (TO RETAIN THE FRAGRANCE), THEN SPOON INTO BOWLS TO SERVE.

CHICKEN STIR FRY

INGREDIENTS

1 TSP OIL
300G CHICKEN BREAST, THINLY SLICED
2 CLOVES GARLIC, SLICED
2.5CM FRESH GINGER, PEELED AND GRATED
4 SPRING ONIONS, SLICED
1 RED PEPPER, SEEDED AND CUBED
¼ CABBAGE, THINLY SLICED
ZEST AND JUICE 1 LEMON
15G BASIL
1 TBSP SOY SAUCE

METHOD

- 1** HEAT THE OIL IN A FRYING PAN OR WOK, UNTIL IT BEGINS TO SMOKE.
- 2** ADD THE CHICKEN AND FRY FOR 2-3 MINUTES UNTIL GOLDEN, REMOVE FROM THE PAN WITH A SLOTTED SPOON AND SET ASIDE.
- 3** ADD THE GARLIC AND GINGER AND FRY FOR 1 MINUTE, ADD THE SPRING ONIONS, CABBAGE AND PEPPER AND CONTINUE TO FRY FOR 2 MINUTES.
- 4** RETURN THE CHICKEN TO THE PAN WITH THE REMAINING INGREDIENTS AND HEAT THROUGH, UNTIL PIPING HOT.

COTTAGE PIE

INGREDIENTS

500G MINCED BEEF
150G PORRIDGE OATS
3 ONIONS, DICED
2 CARROTS, GRATED
150G MUSHROOMS, DICED
500ML BEEF STOCK
1 TBSP BROWN SAUCE
3 POTATOES, PEELED AND CUBED
2 SWEET POTATOES, PEELED AND CUBED
1 TBSP BUTTER

METHOD

- 1** BROWN THE MINCE AND ONIONS IN A LARGE POT OVER A MEDIUM HEAT FOR 5 MINUTES.
- 2** STIR IN GRATED CARROT AND MUSHROOMS AND COOK FOR 2 MINUTES.
- 3** DRAIN AWAY ANY FAT IN THE POT.
- 4** ADD THE PORRIDGE OATS, BROWN SAUCE AND STOCK AND STIR WELL.
- 5** BRING TO THE BOIL THEN REDUCE HEAT AND SIMMER FOR 30 MINUTES CHECKING FREQUENTLY IN CASE IT NEEDS MORE LIQUID.
- 6** MEANWHILE PUT THE POTATOES AND SWEET POTATOES IN A POT OF COLD WATER AND BRING TO THE BOIL.
- 7** REDUCE HEAT AND SIMMER FOR 15-20 MINUTES UNTIL TENDER.
- 8** DRAIN AND RETURN TO THE POT.
- 9** ADD THE BUTTER AND MASH WELL.
- 10** PUT THE COOKED MINCE MIX INTO A LARGE DISH AND TOP WITH THE MASHED POTATOES.
- 11** COOK IN THE OVEN AT 200°C FOR 20- 30 MINUTES.

SERVED WITH BOILED CABBAGE (PUT A STOCK CUBE IN THE WATER TO GIVE IT SOME FLAVOUR) AND PEAS!

PORK & BARLEY CASSEROLE

INGREDIENTS

1 TBSP SUNFLOWER OIL
2 ONIONS, DICED
350G PORK, CUBED
300G CARROTS SLICED
150G MUSHROOMS, QUARTERED
2 GARLIC CLOVES, CRUSHED
1 TSP DRIED THYME
2 TBSP FLOUR
½ TSP PEPPER
40G PEARL BARLEY
1 TSP MUSTARD
750ML VEGETABLE STOCK

METHOD

- 1** ADD THE PORK TO THE SLOW COOKER AND SPRINKLE ON THE FLOUR.
- 2** THEN ADD THE ONION, CARROTS, MUSHROOMS, GARLIC, THYME, PEPPER, BARLEY, MUSTARD, AND STOCK TO THE SLOW COOKER.
- 3** MIX WELL AND SPRINKLE ON THE FLOUR.
- 4** PUT THE LID ON AND COOK FOR 8 HOURS ON LOW OR 6 HOURS ON HIGH.

IF YOU HAVEN'T GOT A SLOW COOKER:

- 1** HEAT THE OIL IN A LARGE PAN. DRENCH THE CHICKEN IN THE FLOUR AND ADD TO THE POT UNTIL SEALED.
- 2** ADD THE VEG AND SOFTEN FOR 3 OR 4 MINUTES. ADD THE STOCK, BARLEY AND SEASONING AND BRING TO THE BOIL.
- 3** REDUCE THE HEAT, COVER AND SIMMER FOR 1 HOUR. OR ADD TO A CASSEROLE DISH AND COOK IN THE OVEN FOR 1 HOUR AT 160°C.

I'D LOVE TO HEAR FROM YOU!

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