FACTORS IN A GOOD 5:2 RECIPE

Your 5:2 diet will be more varied, appetising and much healthier if you make more meals from scratch. The 5:2 Diet Photos book includes 60 great-tasting, low-calorie recipes and snack ideas, but don’t let that put you off creating your own recipes too. This guide will demonstrate the key elements of a good 5:2 diet recipe.

INCLUDE IN YOUR RECIPES:

- Lots of **vegetables** or **salad** as these foods are filling and naturally very low in calories.
- A good serving of **lean protein** from meat, fish, tofu, eggs or pulses. Protein will help to keep you feeling fuller for longer.
- Small amounts of **healthy fats**, such as vegetable or olive oil.
- Small quantities of slowly released, **wholegrain carbs**, for example oats, wholemeal pasta, rye or pumpernickel bread, or bulgur wheat.

FOR EXTRA FLAVOUR USE:

- A wide range of **spices** and **herbs**.
- Small quantities of strongly flavoured **cheeses**.
- Fruit juice and vinegar for **dressings**, **sauc es** and **drizzles**, for example lemon or lime juice, balsamic vinegar.

DON’T FORGET:

- Make use of **healthier cooking methods** such as grilling and baking, or slow cooking. Baking and slow cooking are particularly good for creating intense flavours.
- Prepare and serve your dishes so they are **colourful and well presented**, for example you can use herbs for garnish.
The example below demonstrates the types of ingredients that could be combined to make a great-tasting 5:2 recipe. In this example, you could omit the noodles on a fasting day, if you wish to lower the calories further.

**5:2 DIET RECIPE INGREDIENTS**

- **Bean Sprouts**
  - 80g
  - 3g Carbs
  - 2g Prot
  - 0g Fat
  - 0g Sat Fat
  - 2g Fibre
  - 25 Cals

- **Bamboo Shoots**
  - 55g
  - 0g Carbs
  - 1g Prot
  - 0g Fat
  - 0g Sat Fat
  - 1g Fibre
  - 6 Cals

- **Onions**
  - 40g
  - 3g Carbs
  - 0g Prot
  - 0g Fat
  - 0g Sat Fat
  - 1g Fibre
  - 14 Cals

- **Mushrooms**
  - 40g
  - 0g Carbs
  - 0g Prot
  - 0g Fat
  - 0g Sat Fat
  - 1g Fibre
  - 3 Cals

- **Pak Choi**
  - 80g
  - 11 Carbs
  - 1g Prot
  - 0g Fat
  - 0g Sat Fat
  - 2g Fibre
  - 96 Cals

- **Noodles (egg)**
  - 58g
  - 21g Carbs
  - 16g Prot
  - 0g Fat
  - 0g Sat Fat
  - 2g Fibre
  - 96 Cals

- **King Prawns**
  - 100g
  - 0g Carbs
  - 16g Prot
  - 0g Fat
  - 0g Sat Fat
  - 0g Fibre
  - 68 Cals

- **Olive Oil**
  - 4g, 1 tsp
  - 0g Carbs
  - 0g Prot
  - 0g Fat
  - 0g Sat Fat
  - 0g Fibre
  - 4g Cals

- **Soy Sauce**
  - 15g, 1 tbsp
  - 3g Carbs
  - 0g Prot
  - 0g Fat
  - 0g Sat Fat
  - 0g Fibre
  - 12 Cals

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**5-a-day**

- **Total**: 271 Cals
- **3 1/2**: 31 1/2 Cals
- **Without Noodles**: 175 Cals

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