

Life Without Diabetes

*The Definitive Guide to Understanding
and Reversing Type 2 Diabetes*

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Recipe Section

In planning the original diet for the Counterpoint study, I knew that life was not solely about metabolism. The gut has to be kept happy. On a liquid formula diet, constipation is very likely. For that reason we advised adding in some non-starchy vegetables to provide additional fiber—and this worked. Also, people miss simply chewing—texture and crunch are good! We provided some simple examples to follow, but were very pleased when our research volunteers came back to us with their own ideas.

This section gathers some of the recipes devised by the people who know: those who actually followed the 1,2,3 approach to losing weight. They include dishes not just for the very low-calorie stage at Step 1, but also for Steps 2 and 3, when you are slowly returning to a “normal” way of eating, adding foods containing protein and a little carbohydrate. You could turn these recipes into a shopping list for those ingredients you don’t have, and stock your pantry, fridge, and freezer in preparation.

A word on vegetables: even if you don’t particularly like them you may surprise yourself. Just try some of the ideas. Ideally, you would nibble on various raw vegetables daily before starting the low-calorie diet, as the more times your taste buds are exposed to new flavors, the more they come to like them. Have an open mind and try things you didn’t like previously. The aim is to find enough of a range of vegetables that you can eat and enjoy in order to carry you through the low-calorie diet and beyond.

RECIPES FOR STEP 1

During this stage, you can have a vegetable dish along with your liquid replacement shakes to provide some crunch and fiber. Here are some suggestions to get you started. Amounts are provided in the recipes. Use a small plate (8"–10" diameter). You can, of course, also experiment with your own veg and herb/spice combinations. On the other hand, you could keep things very simple—a green salad every day.

What Are “Nonstarchy” Vegetables?

“Nonstarchy” is a useful way of distinguishing the vegetables that it’s good to eat from the ones to avoid, but of course all vegetables have small amounts of carbohydrate.

Green Leafy Vegetables

Lettuce and other salad greens	Broccoli	Cabbage	Spinach
Bok choy	Kohlrabi	Kale	Collard greens, lacinato kale

Other Vegetables

Fresh or canned tomatoes	Sugar snap peas	Carrots & squash	Cucumbers
Bell peppers	Mushrooms	Radishes	Bean sprouts
Peas	Scallions	Onions / shallots	Water chestnuts
Okra	Artichokes	Cauliflower	Asparagus
Green beans	Zucchini	Brussels sprouts	Leeks
Eggplant	Turnip/rutabaga	Celery root	Fennel

And Avoid

Potatoes, sweet potato, parsnip, plantain, yuca, corn, and beet due to their higher starch content. All fruit, nuts, and seeds—as these are far too calorific.

Dressings, Fats, and Oils

A small amount of fat adds flavor and texture to vegetable recipes. As they are high in calories, be very careful with portion sizes during this stage. Not more than once per day, you could add:

1 tsp olive oil	1 tsp oil-based salad dressing	1 tsp mayonnaise or crème fraîche
1 tsp pesto	1 tsp butter	1 tsp coconut oil

Herbs, Spices, and Flavorings

Add extra flavor and interest to veg-only dishes using herbs, spices, and low-calorie sauces. Which will you try first?

Basil	Lemon/lime juice	Garlic	Curry powder
Chili powder	Cinnamon	Black pepper	Ginger
Coriander	Soy sauce	Balsamic vinegar	Malt vinegar
Chinese five-spice	Harissa paste	Rosemary	Turmeric
Oregano	Thyme	Cumin	Peri peri seasoning
Tarragon	Dried chiles	Sage	Parsley

Kevin's Smoky Sofrito

Kevin perfected his sofrito during one of our studies, adding paprika to a classic tomato sauce to give extra smoky depth. It can be used as a sauce for other veg recipes, or cold as a dip for raw veg sticks. Make a batch on the weekend and keep it in a jar in the fridge to use as required during the week.

Prep: 10 minutes; cook: 1 hour 15 minutes for a beautiful flavor—can be reduced if you're in a hurry; makes 4 servings as a main dish (e.g., sauce for a whole meal) or 6-8 if used as a base or side dish (e.g., ratatouille)

INGREDIENTS

1 tablespoon olive oil
2 large onions, finely sliced
3 garlic cloves, finely chopped (or 3 tsp garlic paste)
2 red Italian frying peppers, seeded and chopped into ¾-inch pieces
4 teaspoons smoked paprika
1 teaspoon hot (picante) paprika
Pinch of salt
2 cans diced tomatoes

WHAT TO DO

1. Heat the oil in a large skillet over low heat.
2. Add the onions and garlic and cook for 15 minutes.

3. Add the chopped red peppers to the pan and cook for another 5 minutes.
4. Add both paprikas and a pinch of salt, stirring well with a wooden spatula.
5. Turn up the heat to medium and add the canned tomatoes. Stir well.
6. When the sauce starts to bubble, turn the heat back down to low and simmer for 40 minutes.
7. Remove from the heat and allow to cool, then blend to a smooth paste with a hand blender or food processor.

The following recipes suggest a few ideas for using this versatile sauce during the very low-calorie diet stage.

Carol's Ratatouille

Carol loved this vegetable recipe with rich tomato sauce and chunky, juicy Mediterranean vegetables. If you have some premade sofrito you can use it as the base for the veg, replacing the canned tomatoes and other ingredients here.

Prep: 15 minutes; cook: 1 hour; makes 4 servings

INGREDIENTS

For the tomato sauce (can be replaced with Kevin's Smoky Sofrito):

1 can diced tomatoes

2 teaspoons apple cider vinegar (optional)
3 garlic cloves, grated or crushed
¼ teaspoon each of dried rosemary, oregano, thyme,
and red pepper flakes
Salt and black pepper

For the chunky veg:

1 medium red onion, chopped into ¾-inch chunks
2 zucchini, ends removed and sliced into ⅓-inch
discs, then cut in half (or quarters, if they're large
zucchini)
1 eggplant, top and bottom removed, sliced into ⅓-inch
slices then cut into chunks of a similar size to the
zucchini
3 medium tomatoes, cut into eighths
Olive oil spray (or 1 teaspoon olive oil)
A few fresh basil leaves, torn into pieces

WHAT TO DO

1. Preheat the oven to 350°F.
2. Spray an ovenproof dish with oil.
3. Make the tomato sauce (or use the smoky sofrito sauce in its place): Mix the canned tomatoes, cider vinegar (if using), dried herbs, pepper flakes, and garlic together, season with salt and black pepper to taste, and pour them into the bottom of the dish.
4. Lay the sliced veg over the tomato mixture.
5. Spray with oil and scatter the basil leaves on top.
6. Cook in the oven for 1 hour.
7. Serve in a bowl and enjoy.

Keeps refrigerated for 2–3 days. Alternatively, divide into portions once cooled and freeze for a quick and easy microwave dish during the week.

Celeriac Bravas

A lower-starch root vegetable replaces the potatoes in the traditional Spanish tapas dish, keeping the carbohydrate and calorie content down. Serve with a simple tossed salad as one of your vegetable dishes once or twice a week.

Prep: 10 minutes; cook 40 minutes; makes 4 servings

INGREDIENTS

1 large celery root

Olive oil spray

Kevin's Smoky Sofrito Sauce

Handful of fresh parsley, chopped

Mixed salad greens, for serving

WHAT TO DO

1. Preheat the oven to 390°F.
2. Using a large knife, slice the top and bottom off the celery root so you have a flat surface.
3. Stand it on a cutting board and use the knife to slice down around the edges, removing the skin and any “gnarly bits.”
4. Chop it in half and then chop each half into $\frac{1}{3}$ – $\frac{3}{4}$ -inch cubes.

5. Spray a sheet pan with oil, add the celery root cubes, and then spray more oil over them so they are lightly coated.
6. Roast on the top rack of the oven for 40 minutes (turning halfway through to ensure even cooking) or until golden and crispy.
7. Take the pan out of the oven and transfer the celery root to a bowl to cool slightly.
8. While it's cooling, place a few spoonfuls of sofrito sauce in a glass bowl, cover with plastic wrap, and heat in the microwave for 2 minutes or until adequately heated, stirring halfway through.
9. Divide the celery root among 4 bowls and spoon the sauce over the top. Sprinkle with chopped fresh parsley.
10. Serve with a handful of salad greens.

Courgetti Arrabbiata

Replicate a classic recipe using spiralized zucchini in place of the pasta, and your pre-made sofrito as the spicy sauce—just add some Italian herbs and you're done! Spiralizers are now widely available online or in supermarkets and home stores.

As a simple alternative, just cook the zucchini and stir it into a teaspoon of pesto.

Prep: 5 minutes; cook: 5 minutes; 2 servings per large zucchini

INGREDIENTS

1 zucchini, ends chopped off

1 teaspoon extra-virgin olive oil

Kevin's Smoky Sofrito Sauce

1 teaspoon dried oregano

Handful of fresh basil leaves, roughly chopped, plus
more for garnish

½ teaspoon red pepper flakes

Black pepper

WHAT TO DO

1. Use the spiralizer to shred the zucchini.
2. Place the oil in a skillet over medium heat
3. Spoon 2 portions of sofrito into a microwaveable bowl and add the oregano, fresh basil, and pepper flakes. Heat over high heat for a couple of minutes, stirring partway through.
4. While the sauce is in the microwave, add the “courgetti” to the pan and stir-fry for about 5 minutes, until soft.
5. Stir the sauce into the “courgetti,” scatter some basil leaves on top, and finish with a grinding of black pepper.

Cauliflower Rice

A portion of cauliflower “rice” is carb-free and can accompany other veg ingredients in a variety of dishes where rice would usually be used. Here's how to make the rice itself.

INGREDIENTS

1 large cauliflower, leaves removed

Squeeze of lemon juice

Salt and black pepper

Herbs or spices of your choice (optional)

WHAT TO DO

1. Cut the cauliflower into quarters and remove most of the tough core. Chop each quarter into 4 smaller chunks. Blitz a few pieces at a time in a food processor until it resembles rice or couscous grains. If you don't have a food processor you could use the coarse side of a grater instead.
2. Add the lemon juice and season with a little salt and pepper. Adding spices, such as cumin, chili powder, or coriander, or dried herbs, such as thyme or oregano, before cooking gives this neutral dish a more aromatic flavor.
3. It can now be cooked in a few minutes by either microwaving in a large bowl covered with plastic wrap for 3 minutes on high (4 minutes if frozen)—be careful of steam when removing plastic wrap!—or roasting in the oven, which gives a drier texture and nuttier flavor, but takes a few minutes longer. To do this, mix a teaspoon of olive oil into the cauli rice, spread it in a single layer on a sheet pan, and place it in the center of a preheated oven at 390°F for 12 minutes. Stir halfway through to ensure even cooking.
4. Divide your cooked cauli rice into 3½-ounce portions. These can be kept in the fridge for 3 days, or in the

freezer for 2 months and reheated in the microwave or oven from frozen.

The following 3 recipes are ideas for using the cauli rice in your daily vegetable meals.

Cauliflower Tabbouleh

Traditionally, tabbouleh is made using bulgur wheat, but replacing this with cauliflower makes a super-fresh all-veg version. It should be bright green with the flakes of white “rice” barely visible, so don’t be sparing with the herbs!

Prep: 20 minutes; makes 4 servings

INGREDIENTS

2 (3½ ounces each) portions Cauliflower Rice (page 253), thawed if frozen

Juice of 1 lemon

Leaves from 2 long sprigs fresh mint

Large bunch of flat-leaf parsley leaves, tough stems removed (you should have about 10 times as much parsley as mint)

1 garlic clove, minced (or use garlic paste for ease)

8 scallions, finely sliced

2 large tomatoes, finely diced

1 tablespoon extra-virgin olive oil

Salt and black pepper

Little Gem lettuce, separated into leaves

WHAT TO DO

1. Toss the cauliflower rice with the lemon juice.
2. Put the mint, parsley, garlic, and scallions in a food processor or mini chopper and whizz for a few seconds to make a vivid green mixture (this can be done with a knife and cutting board instead).
3. Stir the herb mix to the cauliflower rice. Add the tomatoes and olive oil, season with salt and pepper, and then combine everything well with a large spoon.
4. Serve each portion of tabbouleh with a few lettuce leaves, to scoop it up.

Harissa-Stuffed Red Peppers

Use your cauliflower rice as a filling and give it a Middle Eastern twist with the addition of harissa paste, made from chiles and widely available in jars. Harissa varies a lot in spiciness, from mild to very hot, so experiment and adjust the amount you use to suit your taste buds.

This dish can be served hot straight from the oven or kept in the fridge once cooled and eaten cold for lunch.

Prep: 10 minutes; cook: 20–25 minutes in oven or less if using microwave; makes 2 servings

INGREDIENTS

2 medium-large red bell peppers

**2 (3½ ounces each) portions Cauli lower Rice,
thawed if frozen**

1 tablespoon harissa paste (or according to taste)
2 scallions, finely sliced
Squeeze of lemon juice
Bunch of chopped flat-leaf parsley, for garnish

WHAT TO DO

1. Preheat the oven to 350°F.
2. Slice each bell pepper in half vertically. Remove the stems and seeds and discard them.
3. Place them on a microwaveable plate and cook on high for around 5 minutes or until softened.
4. Place the cauliflower rice in a bowl and mix in the harissa paste and scallions. Add a squeeze of lemon juice.
5. Stuff each pepper half with the cauli rice mixture.
6. Place on a baking sheet lined with parchment paper.
7. Bake in the center of the oven for 15–20 minutes.
8. Serve garnished with parsley.

It is possible to make the whole dish in the microwave. Once the peppers are stuffed, put the plate back in the microwave and cook on high for another 8–10 minutes. Oven cooking chars the edges nicely, adding flavor and texture, which you won't get from the microwave. Take your pick!

Simple Broiled Eggplant

Eggplant have a firmer, meatier texture when cooked whole rather than chopped up. Delicious when simply combined with garlic and olive oil, and surprisingly filling.

Prep: 2 minutes; cook: 10–15 minutes; makes 1 or more servings

INGREDIENTS

1 small eggplant per person

1 garlic clove, cut in half

Drizzle of olive oil

Salt and black pepper

Salad greens and lemon juice, for serving

WHAT TO DO

1. Preheat the broiler to medium.
2. Using a sharp knife, hold the eggplant by the stem and make 4 slits at even intervals, lengthwise, just deep enough to pierce the skin.
3. Place the eggplant under the broiler, turning it as the skin starts to char and darken, repeating until all sides are slightly charred, 10–15 minutes.
4. Remove from the broiler and allow to cool slightly before removing the skin. It should come off easily.
5. Slice the eggplant in half lengthwise and place on a plate.
6. Rub the surface of each eggplant half with the garlic and drizzle with some olive oil.

7. Season with salt and pepper. Serve with some salad greens and a squeeze of lemon juice.

Helen's Garlicky Greens with Mushrooms

Prep: 5 minutes; cook: 10 minutes; makes 2 servings

INGREDIENTS

- 9 ounces kale (or any other greens)**
- 1 tablespoon olive oil**
- 1 garlic clove, crushed**
- 1 red onion, sliced**
- 7 ounces mushrooms, sliced**
- 1 teaspoon red pepper flakes**

WHAT TO DO

1. Steam the kale in a pan with a little boiling water for about 5 minutes or until tender. For extra aromatic flavor, try adding the crushed seeds of 4 cardamom pods before steaming.
2. Tip the kale into a colander to drain.
3. Dry off the pan, add the oil and, and heat over medium heat.
4. Add the crushed garlic and sliced onion and sauté for 2 minutes.
5. Add the mushrooms and pepper flakes. Cook for another 8 minutes, stirring frequently, until golden brown.
6. Stir the kale into the mixture, and cook until it's heated through.

Janet's Zucchini with Scallions

Prep: 5 minutes; cook: 11 minutes; makes 2 servings

INGREDIENTS

- 2 medium zucchini**
- 2 teaspoons olive oil**
- 3 garlic cloves, crushed**
- 6 scallions, finely chopped**

WHAT TO DO

1. Slice the zucchini into 1/3-inch rounds.
2. Heat the olive oil in a skillet over medium heat.
3. Add the garlic and fry for 1 minute, stirring continuously to prevent it burning.
4. Add the sliced zucchini and cook for 5 minutes, stirring frequently.
5. Stir in the scallions and cook for another 5 minutes.

Mediterranean-Style Artichoke Salad

Prep: 15 minutes; makes 4 servings

INGREDIENTS

- 1 jar quartered artichoke hearts, drained**
- 1 jar of roasted red pepper (or use raw red peppers if preferred), diced**
- 1 cucumber, seeded and diced**
- 2 garlic cloves, crushed**

1 small red onion, finely chopped
1 tablespoon extra-virgin olive oil
1 tablespoon dried oregano
Juice of ½ lemon

WHAT TO DO

1. Put all the ingredients in a large bowl and mix them together.
2. Cover with plastic wrap and chill for 1 hour to allow the flavors to blend before serving. Keeps in the fridge for 2 days.

Squash and Coriander Salad

This flavorful dish is especially good as a cold lunch the day after cooking. Use plenty of coriander and lime juice for a really fresh taste.

Prep: 10 minutes; cook: 20 minutes; makes 4 servings

INGREDIENTS

1 small butternut squash, peeled and cut into ¾-inch chunks
1 tablespoon olive oil
1 red onion, diced
1 teaspoon cumin seeds
1 teaspoon ground coriander
Juice of 1 lime
Chopped cilantro, for serving

WHAT TO DO

1. Bring a medium pan of water to a boil and cook the squash for 10–15 minutes or until tender when prodded with a fork.
2. Drain in a colander and cool under cold running water. Set aside.
3. Heat the olive oil in a skillet.
4. Add the diced red onion and cumin seeds and cook for 2 minutes, stirring frequently.
5. Add the drained butternut squash, sprinkle with the ground coriander, and cook for another 3 minutes, stirring frequently.
6. Stir in the lime juice.
7. Allow to cool, and sprinkle with cilantro before serving.

Helen's No-Noodle Chow Mein

Helen's dish is a good alternative to a more calorific take-out chow mein dish. Chow mein literally means "stir-fried noodles," but in keeping with the veg-only approach, here bean sprouts take the place of noodles. Helen comments "It's the most yummiest thing. Very tasty!"

Prep: 5 minutes; cook: 5 minutes; makes 3 servings

INGREDIENTS

- 1 pound bean sprouts**
- 1 teaspoon sesame oil**
- 3 teaspoons dark soy sauce**

1 tablespoon olive oil
1 teaspoon finely chopped fresh ginger
½ garlic clove, finely chopped
1 carrot, peeled into strips using a vegetable peeler
4 scallions, chopped
6 mushrooms, sliced
1 small can of sliced water chestnuts, drained
1 red chili (optional), seeded and chopped
Dash of Worcestershire sauce (optional)
1 head bok choy, sliced into strips

WHAT TO DO

1. Place the bean sprouts in a bowl, add the sesame oil and 1 teaspoon soy sauce, and mix well to coat them.
2. Heat the olive oil over high heat in a wok or heavy-bottomed skillet.
3. Add the ginger and garlic. Stir-fry quickly for about 1 minute.
4. Add the carrot strips, scallions, mushrooms, water chestnuts, and red chili (if using). Stir-fry for another minute.
5. Add a dash of water—enough to loosen the mixture—then stir in the remaining 2 teaspoons soy sauce and a dash of Worcestershire sauce, ensuring everything gets a good coating.
6. Tip the bean sprouts into the pan, followed by the bok choy.
7. Stir-fry for 2 minutes and serve.

Easy Vegetable Curry

You can use any spices you like to make your own curry, and try different veg (cauliflower and spinach work really well) for variety. This version uses curry powder to keep things easy.

Prep: 15 minutes; cook: 60 minutes; makes 4 servings

INGREDIENTS

1 tablespoon olive oil
1 large onion, thickly sliced
2 garlic cloves, crushed
2 tablespoons curry powder
2 large carrots, thickly sliced
14-ounce rutabaga, cut into $\frac{3}{4}$ -inch chunks
1 can (14.5 ounces) diced tomatoes
1 $\frac{3}{4}$ cups hot vegetable stock
4 tablespoons chopped cilantro
Salt and black pepper

WHAT TO DO

1. Place the oil in a large skillet over medium heat.
2. Add the onion and garlic and cook gently, stirring frequently, until the onion softens, 5–8 minutes.
3. Stir in the curry powder and cook for another minute.
4. Add the rutabaga and carrots to the pan, followed by the tomatoes, the stock, and 3 tablespoons of the cilantro, and give it a good stir.

5. Bring the pan to a boil, turn the heat down, and put the lid on.
6. Simmer for 30 minutes, stirring occasionally.
7. Remove the lid and cook for another 20 minutes, or until the vegetables are soft and the liquid has reduced and thickened a little.
8. Season with salt and pepper and scatter over the remaining cilantro before serving.

SOUPS

Lynda's Curried Butternut Squash Soup

Lynda loves curries and she experimented with different vegetables before hitting on this delicious combination of butternut squash and spinach.

Prep: 5 minutes; cook: 25 minutes; makes 4 servings

INGREDIENTS

1 tablespoon coconut oil
2 shallots, finely diced
2 garlic cloves, minced (or use garlic paste)
1 small butternut squash, peeled and chopped
1 tablespoon curry powder
¼ teaspoon ground cinnamon
Salt and black pepper
1 quart vegetable stock (homemade or from bouillon cubes)

4 handfuls of fresh spinach leaves or 3 ounces frozen spinach

WHAT TO DO

1. Place a large saucepan over medium heat and add the oil.
2. Stir-fry the shallots and garlic for 2 minutes.
3. Add the squash, curry powder, cinnamon, salt, and pepper to taste and mix everything well together.
4. Put the lid on and cook for 4 minutes, stirring occasionally.
5. Add the vegetable stock and bring it to a boil.
6. Turn down the heat, cover, and simmer for 15 minutes or until the butternut squash is tender (check by inserting a fork).
7. Allow the soup to cool slightly, then blend with a hand blender or in batches in a food processor.
8. Return it to the pan and stir in the spinach. Cover and let it cook over a medium heat until wilted, if using fresh, or thawed and heated through if using frozen spinach.

Keeps in the fridge for 3–4 days, or portions can be frozen for up to a month and microwaved or reheated in a pan when required.

Watercress Soup

Increase your intake of leafy greens without even noticing!
This version replaces the usual potato with white turnip to keep the carbohydrate content down.

Prep: 10 minutes; cook: 35 minutes; makes 4 servings

INGREDIENTS

1 tablespoon olive oil

1 small onion, diced

2 small white turnips, peeled and chopped

1 quart chicken or vegetable stock (homemade or from bouillon cubes)

6 ounces watercress

Splash of milk

1 teaspoon grated nutmeg

Salt and black pepper

WHAT TO DO

1. Heat the oil in a large saucepan over medium heat.
2. Fry the onion for about 5 minutes, stirring constantly until it begins to soften.
3. Add the chopped turnip, cover with a lid, and cook for another 5 minutes.
4. Pour in the stock and turn up the heat to bring it to a boil.
5. Reduce the heat to a simmer and cook for 20 minutes with the lid on until the turnip is soft.

6. Add the watercress, turn off the heat, and allow the soup to cool slightly.
7. Blend in batches, then return the soup to the pan and add a splash of milk, along with the nutmeg and some salt and pepper.

Zucchini and Coconut Soup with Cilantro

Prep: 5 minutes; cook: 15 minutes; makes 2 servings

INGREDIENTS

1 teaspoon coconut oil
1 level teaspoon cumin seeds
1 small onion, sliced into rings
10 ounces zucchini, sliced
10 peppercorns
2 cups boiling water
½ teaspoon ground cardamom
¼ teaspoon ground cumin
Pinch of salt
Small bunch of cilantro

WHAT TO DO

1. Place the coconut oil in a medium saucepan over medium heat.
2. Add the cumin seeds and fry for 1 minute.
3. Stir in the onion and sauté until it turns translucent.

4. Add the zucchini, followed by the peppercorns and water.
5. Bring to a boil, cover, and simmer for 10 minutes.
6. Turn off the heat. Add the cardamom, ground cumin, and salt to taste. Blend it in a food processor or with a hand blender to produce a creamy soup.
7. Garnish with cilantro before serving.

Blended soups may seem just a bit too much liquid when combined with the daily meal replacement drinks, so here are some recipes that add texture as well as being incredibly tasty.

Chunky Vegetable Soup

Prep: 10 minutes; cook: 30 minutes; makes 4 servings

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1 medium leek (3½ ounces), cut into ⅓-inch slices
- 3 large carrots, cut into ⅓-inch slices
- 1 quart chicken or vegetable stock (homemade or from bouillon cubes)
- 4 celery stalks, cut into ⅓-inch pieces
- 6 spring cabbage, curly kale, or lacinato kale leaves, sliced
- 1 bay leaf
- Dried herbs, e.g., thyme or Italian seasoning
- Salt and black pepper

WHAT TO DO

1. Heat the oil in a large pan.
2. Add the leek and carrots and sauté for 10 minutes or until they start to soften.
3. Pour in the stock.
4. Add the celery and sliced greens, along with the bay leaf and herbs. Season with a little salt and black pepper.
5. Bring it to a boil, then reduce the heat and let it simmer for 20 minutes, partially covered with a lid.
6. Add an extra grind of black pepper just before serving and enjoy the juicy chunks of vegetable. This dish is even tastier reheated the next day.

Thai-Style Bean Sprout and Bok Choy Soup

Prep: 10 minutes; cook: 4 minutes; makes 4 servings

INGREDIENTS

- 1 quart hot vegetable stock (homemade or from bouillon cubes)
- 1 stalk lemongrass, cut into thirds and bashed to release the flavor
- 1/3-inch fresh ginger, peeled and thinly sliced
- 1–2 red chilis, seeded and finely chopped
- 1 red bell pepper, seeded and finely sliced
- 7 ounces beans prouts

2 heads bok choy, roughly chopped (or 5 ounces curly kale)

2 scallions, sliced

1–2 tablespoons light soy sauce, to taste

Juice of 1 lime

Fresh cilantro, for garnish

WHAT TO DO

1. In a large saucepan, combine the stock, lemongrass, ginger, and chilis and bring to a boil.
2. Reduce the heat to a simmer and add the bell pepper, bean sprouts, and bok choy.
3. After about 3 minutes, add the scallions and soy sauce.
4. Just before serving, add a squeeze of lime and a few fresh cilantro leaves to garnish.

Remaining servings can be kept in the fridge for 2–3 days, or frozen in freezer bags when cooled.

RECIPES FOR STEP 2

Once you are through the intensive low-calorie stage, you can start adding in protein foods (and a little more carbohydrate) to the veg recipes you now know and love. A satisfying meal appears in place of a shake! Protein is the most filling part of the diet, and higher protein intakes are linked with more successful weight maintenance after a liquid low-calorie diet.

BREAKFAST

Spicy Breakfast Eggs

This uses the sofrito recipe from Step 1. If you do not have ready-made sofrito, you'll need to make a quick version as explained below.

Prep: 5 minutes; cook: 25 minutes (10 minutes if using premade sofrito); makes 2 servings

INGREDIENTS

Kevin's Smoky Sofrito Sauce or quick

sofrito: 1 onion, 1 garlic clove, 1 red chili (all finely chopped), 1 can diced tomatoes

4 eggs

Salt and black pepper

Chopped cilantro

WHAT TO DO

1. Heat your sofrito in a heavy-bottomed skillet (make sure you have a lid that will cover it). If making a quick sofrito, fry the onion, garlic, and chili in olive oil for 10–15 minutes until soft and caramelized, then stir in the tomatoes, squashing them with your spoon to break them up. Bring the mixture to a boil, then reduce and cook over medium heat until thickened (about 5 minutes).
2. Use a spoon to make 4 wells in the mixture.

3. Swiftly crack 1 egg into each well, season with a little salt and pepper, and cover with the lid.
4. Poach the eggs in the sofrito for about 5 minutes (or until done to your liking).
5. Serve up 2 eggs and half the sauce per person, with some chopped cilantro sprinkled over.

Lesley's Oven Frittata

Lesley regularly makes this quick and easy dish for her husband, Ray, who has now been in remission for over four years. He recommends it as a great way to use up leftover vegetables from the night before.

Prep: 5 minutes; cook: 25–30 minutes; makes 4 breakfast or brunch servings, or 2 main servings

INGREDIENTS

1 tablespoon olive oil

1 small onion, sliced

Leftover cooked veg (any kind will work)

4 eggs

Splash of reduced-fat milk

Salt and black pepper

1 large tomato, sliced

Fresh or dried herbs of your choice, e.g., thyme or basil

WHAT TO DO

1. Preheat the oven to 390°F.
2. Place the olive oil in a skillet over medium heat.
3. Fry the onion for a few minutes until it begins to soften, then tip it into a baking dish (around 6 x 8-inch), using a fork to spread it evenly. This also helps oil the dish to prevent sticking.
4. Now add the vegetables to form a single layer in the bottom of the dish.
5. Beat the eggs with a fork in a glass bowl or measuring cup, add a splash of milk, and season with salt and pepper.
6. Pour the egg mixture over the vegetables—there should be enough to just cover them.
7. Arrange the sliced tomato on top and sprinkle the herbs over.
8. Bake in the center of the oven for 20–25 minutes or until golden brown.
9. Allow it to cool slightly, then run a sharp knife or spatula around the edges.
10. Place a cutting board over the dish, then turn it over and give it a few sharp taps to turn out the frittata.
11. When it has set firm, cut it into four pieces and serve it with a tasty mixed salad or wrap it in foil to take for lunch the next day.

FOR LUNCH

Feta and Broiled Eggplant

This uses the broiled eggplant from Step 1.

Prep: 5 minutes; cook: 10–15 minutes; makes 1 or more servings

Simple Broiled Eggplant (see page 258 for full recipe)

INGREDIENTS

3½ ounces feta cheese per person, cubed

WHAT TO DO

Broil the eggplant and simply scatter the feta on top, drizzle with some olive oil, and serve. Done!

Kath's Hearty Veggie Chili

Prep: 15 minutes; cook: 20 minutes; makes 4 servings

INGREDIENTS

1 red onion, finely chopped

1 tablespoon olive oil

1 orange bell pepper, seeded and sliced

1 zucchini, finely chopped

2 garlic cloves, finely chopped

1 can beans or kidney beans

1 can diced tomatoes
Pinch of chili powder
Pinch of salt and black pepper
Handful of cilantro leaves, roughly chopped

WHAT TO DO

1. In a saucepan, fry the onion in oil for 2 minutes.
2. Add the bell pepper, zucchini, and garlic and cook for another 5 minutes, stirring frequently.
3. Stir in the beans, tomatoes, chili powder, and the salt and black pepper, and simmer for 10-15 minutes.
4. Serve the chili on top of a small roast sweet potato with some crème fraîche and cilantro leaves.

Chicken Skewers with Tabbouleh

This uses the cauliflower tabbouleh from Step 1. Marinated chicken is added for protein, and bulgur wheat replaces the cauliflower rice in the tabbouleh. Serve this with a green salad with olive oil dressing (3 parts olive oil to 1 part lemon juice, salt and pepper, shaken in a jar to mix).

Prep: 15 minutes; cook: 30 minutes; makes 4 servings

INGREDIENTS

8 boneless chicken thighs, each cut into 3 pieces

For the marinade and chicken:

2 tablespoons whole-milk Greek yogurt

2 teaspoons harissa paste
Dash of lemon juice
Pinch of salt and black pepper

For the tabbouleh:

7 ounces bulgur wheat ($1\frac{3}{4}$ ounces per person)
Cauli lower Tabbouleh

For the tzatziki:

3 tablespoons whole-milk Greek yogurt
 $\frac{1}{2}$ cucumber, halved lengthwise, seeded, and finely
chopped
1 garlic clove, minced
Dash of lemon juice

WHAT TO DO

1. In a bowl, combine the yogurt, harissa, lemon juice, salt, pepper, and chicken and stir well to coat.
2. Cover the bowl and refrigerate for at least 30 minutes or overnight—longer will infuse more flavor and tenderize the chicken.
3. Meanwhile, cook the bulgur in a pan of boiling water (about $1\frac{2}{3}$ cups). Bring back to a boil then cover and simmer for 15 minutes or until most of the water has been absorbed. Drain off any excess water and leave to stand for 10 minutes before fluffing up with a fork.
4. Substitute the bulgur wheat for the cauliflower rice in the tabbouleh recipe, and set aside. The tabbouleh could be prepared in advance and used straight from the fridge.

5. Make the tzatziki by combining all the ingredients in a bowl. Refrigerate until needed.
6. When you're ready to cook the chicken, soak wooden skewers in water for about 20 minutes. Preheat the broiler to medium. Thread the chicken strips onto the wooden skewers.
7. Place the skewers under the broiler and turn them every few minutes until the chicken is nicely cooked (about 15 minutes).
8. Then use a fork to remove the chicken from the skewers and serve it on a plate with the tabbouleh and tzatziki.

Hearty Soup

This uses the chunky vegetable soup from Step 1. We added lima beans for protein and to make the soup more filling, and barley is a slow-release starch.

Prep: 15 minutes; cook: 30 minutes; makes 4 servings

Chunky Vegetable Soup

INGREDIENTS

1 can lima beans, drained

Handful of pearl barley

WHAT TO DO

Prepare the soup as directed through Step 3. In Step 4, add the beans and barley along with the celery. Proceed as directed.

FOR DINNER

Chicken Curry with Indian Spiced Cabbage

This uses the vegetable curry from Step 1. We add lentils to the curry for protein and slow-release carbs, and cabbage and extra spices.

Prep: 15 minutes; cook: 60 minutes; makes 4 servings

Easy Vegetable Curry

INGREDIENTS

4 boneless chicken thighs, cut into chunks

½ cup red lentils

1 tablespoon olive oil

½ teaspoon cumin seeds

½ teaspoon mustard seeds

0–2 green chilis (optional depending on taste), finely sliced

½ teaspoon ground turmeric

½ teaspoon ground coriander

1 small green cabbage, sliced; other sliced greens can be substituted if preferred

Juice of ½ lemon

WHAT TO DO

1. Prepare the curry through Step 2. In Step 3, when adding the curry powder, stir in the chicken and cook until it is seared on all sides, stirring frequently.

2. Add the lentils in Step 4 when adding the stock. Finish cooling the curry as directed.
3. Meanwhile, heat the olive oil in a large nonstick skillet over medium heat and let the cumin and mustard seeds sizzle in it for 1 minute.
4. Add the chilis (if using) and turmeric and fry for another 1–2 minutes.
5. Add the cabbage along with a splash of water, stirring well to coat with the spices.
6. Cover and cook for 4–5 minutes, then add the lemon juice and ground coriander before serving with the curry.

As an alternative the curry can be served with cauliflower rice.

Oven-Baked Salmon with Stir-Fried Veg

Uses Step 1 recipe: Helen's No Noodle Chow Mein (page 262)

Prep: 10 minutes; cook: 20 minutes; makes 2 servings

INGREDIENTS:

2 wild-caught salmon fillets

Splash of dark soy sauce

1 red chili, seeded and sliced

⅓-inch fresh ginger, grated

1 garlic clove, crushed

Juice of 1 lime

1 nest whole-wheat noodles

WHAT TO DO

1. Preheat the the oven to 350°F.
2. Combine the soy sauce, chili , ginger, garlic, and lime juice in a bowl.
3. Make 2 large foil envelopes by tearing off lengths at least double the size of your fish fillets. Fold the foil in half and seal on 2 sides, leaving an opening on the third.
4. Season the fish fillets. Place in the foil envelopes. Add a few spoonfuls of the soy mix to each before sealing the final side.
5. Place on a sheet pan and cook in the oven for 15 minutes.
6. Meanwhile, cook the noodles according to the package directions.
7. Make the stir-fried veg and add it to the drained noodles.
8. Remove the foil parcels from the oven. Carefully pierce the foil with a sharp knife. Be sure to stand back while the steam escapes.
9. Transfer the fish to 2 plates using a spatula or fish turner, and serve it up alongside the stir-fry.

RECIPES FOR STEP 3

What do people in remission eat after a low-calorie diet? Just about anything except too much food, especially foods that are packed with calories. There are many good books offering ideas for tasty, satisfying meals, but here are some favorite recipes from previous study participants.

Pesto-Crusted Cod with Roasted Mediterranean Vegetables

Prep: 15 minutes; cook: 45 minutes; makes 2 servings

INGREDIENTS

2 cod (or other white fish) fillets

Mixture of vegetables cut into large chunks—red onions, zucchini, bell peppers, and cherry tomatoes work well

1 tablespoon olive oil

Fresh or dried thyme

4 slices multigrain bread, crusts removed

2 tablespoons basil pesto

Juice of ½ lemon

Salt and black pepper

WHAT TO DO

1. Preheat the oven to 390°F.
2. Pat the fish fillets dry with paper towels and set aside.
3. Place the veg in a bowl with the olive oil and thyme and mix well.
4. Spread the veg out on a sheet pan and bake on the middle rack of the oven for 20–30 minutes.
5. Blitz the bread in a food processor to make bread crumbs, then add the pesto and lemon juice and pulse until everything is well combined.
6. Season each fish fillet with salt and pepper, then coat them with the pesto mixture.

7. Bake them in a greased broilerproof baking dish for 11 minutes.
8. Remove the dish from the oven and place under a medium broiler for about 4 minutes, until the crust is nicely browned. Serve the fish with the roasted veg on the side.

Helen's Fish Pie with Celery Root Topping

Prep: 30 minutes; cook: 40-45 minutes; serves 2

INGREDIENTS

1 small onion, chopped
1 tablespoon olive oil
2 frozen fish fillets (cod, haddock, pollock)
½ cup water
1 red bell pepper, seeded and chopped
1 zucchini, sliced
Bunch of fresh dill, chopped
1 small celery root, peeled and chopped into ¾-inch chunks
2 tablespoons cream cheese (or crème fraîche)
Worcestershire sauce
Pinch of grated nutmeg
Salt and black pepper
1 tablespoon grated Parmesan
Green beans, for serving

WHAT TO DO

1. Preheat the oven to 350°F.
2. Fry the onion in the olive oil until it turns translucent.
3. Place the fish in a covered casserole dish with the water and add the onion, bell pepper, zucchini, and dill on top.
4. Put the lid on and bake in the center of the oven for 25 minutes.
5. Meanwhile, cook the celery root in a pan of boiling water for 20 minutes.
6. Drain the celery root, return it to the pan, and add 1 tablespoon of cream cheese. Mash, adding some casserole water for additional moisture if required.
7. Drain most of the remaining water from the casserole dish. Add the remaining 1 tablespoon cream cheese, a splash of Worcestershire sauce, a pinch of grated nutmeg, and some salt and pepper.
8. Cut the fish to break it up a bit and stir well to combine all the flavors.
9. Spoon the mashed celery root onto the fish mixture and spread out with a fork.
10. Scatter the Parmesan on top.
11. Return the dish to the oven uncovered, and cook for another 15 minutes.
12. Meanwhile, cook the green beans.
13. Serve beans alongside a portion of the pie.

Eggplant and Ricotta Rolls with Tomato Sauce

Prep: 15 minutes; cook: 1 hour; makes 2 servings

INGREDIENTS

2 medium eggplant, cut into into ¼-inch slices
lengthwise
2 tablespoons olive oil

For the filling:

16 ounces baby spinach, blanched and drained
9 ounces ricotta
1 buffalo mozzarella
Pinch of grated nutmeg
2 scallions, finely chopped

For the sauce:

1 tablespoon extra-virgin olive oil
16 ounces cherry tomatoes, halved
1 garlic clove, crushed
Salt and black pepper

WHAT TO DO

1. Preheat the oven to 425°F.
2. Brush both sides of the eggplant slices with oil, then lay them on a large baking sheet.
3. Bake for 15–20 minutes until tender, turning once. Remove the pan from the oven.

4. Turn down the oven temperature to 350°F.
5. To make the filling, mix the spinach, ricotta, mozzarella, nutmeg, and scallions together in a bowl.
6. Lay all of the eggplant slices on a clean surface. Place about 1 teaspoon of filling at the bottom edge of each one.
7. Roll up each eggplant slice, like a cigar, around the filling, then rest them seam-side down on a plate.
8. For the sauce, heat the olive oil in a pan and add the cherry tomatoes.
9. Simmer for 8–10 minutes or until the tomatoes begin to break down.
10. Remove from the heat and stir in the garlic. Season, to taste with salt and black pepper.
11. Spoon half of the sauce into the bottom of a baking dish.
12. Carefully place the eggplant rolls, seam-side down, on top, and spoon over the rest of the sauce.
13. Transfer to the oven and bake for 12–15 minutes, until the cheese filling begins to bubble. Spoon the rolls onto plates. Serve with a salad or some green veg.

Kath's Roasted Sausage with Apple

Prep: 10 minutes; cook: 20 minutes; makes 3 servings

Kath's favorite recipes use lots of vegetables from her garden and are easy, quick, one-pot dishes.

INGREDIENTS

1 sweet potato, peeled and cut into small chunks
2 apples, cored and sliced
1 red onion, cut into wedges
6 breakfast sausages
1 tablespoon olive oil
1 tablespoon honey
Sprigs of fresh thyme
Green beans, for serving

WHAT TO DO

1. Preheat the oven to 390°F.
2. Layer the sweet potato, onion, apples, and sausages in a roasting dish and drizzle with the oil. Bake in the center of the oven for 5 minutes.
3. Remove from the oven and stir in the honey and thyme.
4. Bake for another 15 minutes, then serve piping hot with steamed green beans.

Carol's Parmesan Chicken with Garlic Stir-Fried Broccoli and Mushrooms

Prep: 10 minutes; cook: 30 minutes; makes 4 servings

INGREDIENTS

For the chicken:

4 boneless, skinless chicken breasts
Scant ½ cup whole-milk Greek yogurt

2 tablespoons mayonnaise
50g grated Parmesan
1 tablespoon garlic powder
Salt and black pepper

For the veg:

1 tablespoon olive oil
1 small onion, finely sliced
2–3 garlic cloves, finely chopped
1 broccoli head, cut into small florets
1 pound mushrooms, sliced
2 tablespoons soy sauce

WHAT TO DO

1. Preheat the oven to 375°F.
2. Flatten the chicken breasts (lay them on some plastic wrap on a cutting board, fold the plastic loosely over the top, and bash them with a rolling pin).
3. Mix the yogurt, mayonnaise, Parmesan, and garlic powder in a bowl with some salt and pepper, and dip the chicken in it.
4. Lay the chicken in a baking dish greased with a little oil and place in the oven for 25–30 minutes.
5. 10 minutes before the chicken is ready, add the oil to a wok or skillet and fry the onion and garlic gently for 2 minutes.
6. Add the broccoli and mushrooms to the pan and stir-fry for about 5 minutes, leaving the veg with some crunch.
7. Finally, add the soy sauce. Serve the stir-fry with the chicken.

Tara's Tacos

Prep: 15 minutes; cook: 35 minutes; makes 2 servings

Tara loves this simple one-pot dish that is great for dinner parties/kids/big groups. Make it as spicy—or as mild—as you like! And Little Gem lettuce leaves replace the corn tortillas.

INGREDIENTS

- 1 tablespoon olive oil**
- 2 garlic cloves, crushed or finely chopped**
- 1 medium onion, chopped lengthwise into large segments**
- 1 teaspoon paprika**
- ½ teaspoon chili powder**
- ½ teaspoon ground cumin**
- 2 boneless, skinless chicken breasts, cut into chunks, or 10 ounces ground beef**
- 2 bell peppers, of different colors, seeded and chopped into large chunks**
- 7 ounces mushrooms, cut into quarters**
- 1–1¼ cups canned diced tomatoes**
- Salt and black pepper**
- 4 Little Gem lettuce leaves, for serving**
- Squeeze of lime juice**

WHAT TO DO

1. Place a medium skillet over low heat and add the oil.
2. Fry the garlic and onion for about 5 minutes, stirring frequently.
3. Add the spices and keep stirring for another 1–2 minutes.
4. Add the chicken or ground beef and continue to cook, stirring every minute or so until the meat is sealed (the chicken has turned from pink to white, or the beef from red to brown).
5. Add the chopped bell peppers and mushrooms and cook for another 2–3 minutes or until the peppers start to soften.
6. Tip in the diced tomatoes, season with salt and pepper, and let everything simmer for at least 20 minutes, or longer for a richer flavor.
7. Spoon some sauce into the center of each lettuce leaf (you could also top with a teaspoon of sour cream and/or guacamole).
8. Add a squeeze of lime juice.
9. Wrap and enjoy!

Note: The cooking time can be reduced to 15 minutes if you have premade Kevin's Smoky Sofrito Sauce on hand.

Kevin's Carrot and Celery Root Curry

Prep: 15 minutes; cook: 1 hour; makes 4 servings

Don't be put off by the spice mixes in this tasty curry. You can buy methi spices in some large supermarkets; and the jeera and haldi you can mix up yourself at home.

INGREDIENTS

2 tablespoons olive oil

1 tablespoon jeera spices: mixture of cumin seeds, brown mustard seeds, fenugreek seeds, and nigella seeds

2 red onions, finely chopped

2 garlic cloves, finely chopped

1 pound celeriac, peeled and cut into cubes

3 medium carrots, cut into slices

¼ cup red lentils

2 teaspoons haldi spices: mixture of ground turmeric, ground coriander, crushed cumin seeds, ground fenugreek, and a little ground black cardamom

2 teaspoons ground Kashmiri chili

1 can diced tomatoes

7 ounces green beans, cut into small pieces

Juice of ½ lemon

2 teaspoons methi spices: fenugreek seeds, cinnamon, fennel seeds, green cardamom seeds, and cloves all ground together

WHAT TO DO

1. Heat the olive oil in a skillet and fry the jeera spices for about 1 minute over medium-high heat.
2. Reduce the heat to low, add the onion and garlic, and fry gently for 15 minutes.
3. Stir in the celery root, carrots, lentils, haldi spices, and chili, together with 1 teaspoon salt and mix everything together.
4. Add 2 cups water, bring to a boil, and simmer with the lid on for 20 minutes.
5. Mash all the ingredients together, then add the tomatoes. Cook for another 15 minutes.
6. Finally, add the green beans and lemon juice and cook over low heat for 5 minutes more.

Allan's Ginger Chicken

Allan says he likes “fairly simple stuff,” such as this kebab made with chicken pieces marinated in ginger and soy sauce. The recipe easily scales to multiple servings.

Prep: 15 minutes; cook: 15 minutes; makes 1 serving

INGREDIENTS

- 1 boneless, skinless chicken breast, cut into chunks
- 1 tablespoon dark soy sauce
- 1 teaspoon ginger paste
- 1 onion, roughly chopped
- 1 red or green bell pepper, cut into chunks

You'll also need: 4 wooden skewers per person, soaked in water for 20+ minutes

1 whole wheat pita bread warmed and split at the top
Shredded iceberg lettuce and sliced cherry tomatoes, for serving

WHAT TO DO

1. Mix the chicken with the soy sauce and ginger paste in a bowl, cover with plastic wrap, and refrigerate until ready to cook. Meanwhile, soak 4 wooden skewers in water for at least 20 minutes.
2. Thread the chicken pieces onto the skewers, alternating with pieces of onion and pepper.
3. Place under a broiler, turning every few minutes until cooked (about 10 minutes).
4. Remove the pieces from the skewers with a fork. Serve in the pita bread with the shredded lettuce and the tomatoes.

Tony's Alternative Sunday Lunch

Prep: 15 minutes; cook: 40 minutes; makes 3 servings

Tony has a garden and loves preparing food from fresh ingredients. He says that this, along with the smell of it cooking, adds to the pleasure of eating the meal. If you, too, have a garden, growing your own burns calories!

INGREDIENTS

2 boneless, skinless chicken breasts, cut into cubes
1 carrot, cut into large chunks
1 beet, peeled and cut into chunks
6 Brussels sprouts
1 parsnip, cut into chunks
4 shallots, cut in half
2 celery stalks, cut into large chunks
½ small turnip, cut into chunks
2 sage leaves
Pepper

WHAT TO DO

1. Preheat the oven to 390°F.
2. Place the chicken in the center of a large roasting pan and arrange the vegetables around it—this will keep it moist.
3. Add the sage leaves and a sprinkling of pepper.
4. Place the pan in the center of the oven and cook for 40 minutes, giving it a stir halfway through.

Kieran's Chipotle Sausage Casserole

Prep: 15 minutes; cook: 55 minutes; makes 3 servings

INGREDIENTS

8 good-quality sausages (less than 4g carbohydrate per 100g on label)
1 tablespoon extra-virgin olive oil

1 medium onion, sliced
4 garlic cloves, finely chopped
2 teaspoons chipotle paste
1 teaspoon ground cumin
1 teaspoon ground coriander
1 can (14.5 ounces) diced tomatoes
1 can (15 ounces) lima beans
1 red bell pepper, cut into $\frac{1}{3}$ -inch chunks
3–4 ounces green beans, cut into $\frac{3}{4}$ -inch pieces
1 tablespoon tomato paste
 $\frac{2}{3}$ cup water
2 bay leaves
Salt and black pepper

WHAT TO DO

1. Place a skillet over a medium heat and brown the sausages in the olive oil. Remove from the heat and cut each sausage into 4 pieces and set aside.
2. Add the onion and garlic to the pan and fry gently until soft.
3. Stir in the chipotle paste and the spices, then return the sausage pieces to the pan.
4. Mix everything together for 3 minutes and continue to cook.
5. Add the tomatoes, lima beans, bell pepper, green beans, tomato paste, water, and bay leaves, then bring to a boil, cover, and simmer for 40 minutes.
6. Serve with a green salad or some leafy veg.

Appendix

What Are the Other Types of Diabetes?

A. *Type 1 Diabetes*

This typically occurs in children and younger people. The peak age of onset is around 13 years. It is unusual after the age of 40 years but can occasionally occur even in later life. The start of this disease is usually abrupt, with symptoms including a strong thirst and a need to pass urine many times each night. These problems come on usually over a period of weeks, and most people start losing weight.

Type 1 diabetes has absolutely nothing to do with being too heavy or eating too much sugar. It is caused by the body destroying the insulin-producing cells with an autoimmune attack. We still do not know what starts this process. Unless insulin injections are started without delay, the condition is fatal.

Sometimes, especially in adults, type 1 diabetes can develop more slowly, which can make diagnosis more difficult. This is known as “slow-onset” type 1 diabetes, and it is often mistaken for type 2 diabetes. Blood tests can sometimes be useful in showing that type 1 diabetes is more likely than type 2 diabetes, but they are not 100% accurate.

In countries with a modern health service, around 8% of all diabetes is type 1. The figure is lower in less developed countries, where many people die from type 1 diabetes before being diagnosed.

B. MODY

MODY or Maturity Onset Diabetes of Youth is due to an alteration in just one gene. This abnormal gene causes the process of insulin production to be faulty. There are a handful of specific genes that can cause this—these have nothing to do with type 2 diabetes. Neither is this type of diabetes anything to do with being too heavy. Typically, many relatives are affected, and diabetes never skips a generation—parents, brothers or sisters, grandparents, and even young children can be affected. Because there are several distinct types, and specific genetic tests are available for some of these, definite diagnosis is usually but not always possible.

Around 1% of all diabetes is MODY.

C. Gestational Diabetes

This comes on usually between the 6th and 7th month of pregnancy. It goes away after pregnancy, but affected women are at high risk of developing type 2 diabetes over the next few years or in later life. It should be seen as an early warning. While in itself gestational diabetes does not cause long-term problems, if body weight is allowed to stay too high, type 2 diabetes is likely to develop within a decade or so.

Gestational diabetes affects 5–15% of women during pregnancy, depending on which level of glucose is chosen to define it.

D. Pancreatic Diabetes

The pancreas is an organ behind the stomach that contains the insulin-producing cells. Any serious disease of the pancreas can damage these cells and cause diabetes. The commonest such disease is chronic pancreatitis, which results in destructive inflammation

of the whole pancreas. Cystic fibrosis also causes diabetes in many adults with the condition.

In pancreatic diabetes, often the effects of the pancreatic disease itself—such as weight loss and looseness of the bowels—are more obvious than the diabetes. However, diagnosis of this cause of diabetes is not usually in doubt. It accounts for a tiny fraction of all diagnoses of diabetes.

In summary, type 2 diabetes is assumed to be the diagnosis when middle-aged or older people are found to have a raised blood glucose and when there are no obvious clues to any of the other conditions listed above. Doctors know that nothing is certain in medicine, and reassessing the diagnosis is sometimes necessary. As time goes by, strong clues pointing to alternative diagnoses may emerge.