

*The
AcuSlim
Free Sample
Recipe Book*



This mini recipe book is an extract from The AcuSlim Programme

I've given you recipes for:

Brilliant Breakfasts

Luscious Lunches

Delicious Dinners

Scrumptious Snacks

Tasty Treats

So you can try out eating the AcuSlim way for yourself.

I hope you enjoy them!

Best wishes

Lois Francis

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The information in this book has the potential to not only help you lose weight, but also improve your general health. However, it should not be seen as a replacement for medical advice. If you have concerns about your health and weight, please consult your medical practitioner.

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THE RECIPES

Eating Your Way to a Healthier Life *and* losing weight!

In this part of the book you'll find a wide selection of recipes which are all based around the theories of alkalising your diet and keeping your overall carb consumption for a day within the 40 to 50 GL range.

Mix and match recipes as you please, if you don't like something, don't feel you have to eat it. You'll find that I give you different options in some of the recipes. When I'm cooking I rarely stick exactly to a recipe, I just see it as a guideline. Please feel free to do the same.

Above all enjoy your food and remember that everything you put in your mouth becomes you.

BRILLIANT BREAKFASTS – The Healthy Way to Start Your Day



The most important meal of the day giving you energy to keep you going all morning!

Avocado and Tomato Salad

This is a delicious breakfast to start the day, very quick and easy to make. For 2 people you'll need the following:

1 ripe avocado. To test that the avocado is ripe, squeeze it gently, there should be a slight give.	Rinse and dry the spinach and basil leaves and arrange on 2 plates.
8 ripe cherry tomatoes	Run a knife round the avocado from the core end slicing it in two. Squeeze gently just underneath the stone and it should pop out.
Handful of spinach leaves	Use a spoon to scoop the flesh out of each half and slice it. Arrange on top of the leaves and add the tomatoes and beansprouts.
Handful of basil leaves	
Olive oil dressing if desired.	Drizzle a little olive oil dressing over the top and serve.
A handful of beansprouts.	This is also great as a light lunch.

Bacon and Eggs

Yes, you can have bacon and eggs, you just need to think about how you're cooking them and the quality of the products you buy!

For each person allow 2 rashers of lean, dry cured bacon, 1 free range organic egg.

I like to use a George Foreman grill to grill the bacon and discard the rind when it's cooked.

Poach the eggs, either in an egg poacher or a saucepan half filled with boiling water.

Serve with 1 small slice of wholemeal toast.

Berry and Rice Muesli

Ingredient	Grams /oz	
Brown rice cooked	125g	Combine all the ingredients in a container. Serve with soya or hemp milk and a little chopped apple. The quantities given are enough to serve 4 people and should keep in an airtight container in your fridge for up to 3 weeks.
Millet flakes	50g	
Sunflower seeds	25g	
Seedless raisins or sultanas	50g	
Goji berries, dried strawberries, blueberries or cranberries	100g	
Dessicated coconut	25g	

Blueberry and Pear Smoothie

(serves 2)

Ingredient	Qty.	Grams /oz	
Plain yogurt		200g	Blend the ingredients together using an electric blender. Pour into 2 glasses, chill and serve.
Pear	1		
Fresh blueberries	2 tbsp		

St Clement's Smoothie

(serves 2)

Ingredient	Grams /oz	
Juice of 2 oranges		Blend all the ingredients together in an electric blender until the mixture is smooth. If it seems too thick add a little extra water or milk. Serve chilled.
Juice of 1 lemon		
Natural live yogurt	200g	

Breakfast hot oats (porridge)

<p>Ingredients per person:</p> <p>2 dessertspoons raw oats 1 dessertspoon mixed seeds, ground (see below) ½ tsp cinnamon Blueberries or chopped apple</p>	<p>Put the raw oats into a saucepan with 250ml water</p> <p>Grind the seeds in a coffee grinder or mini processor and add to the oats</p> <p>Add cinnamon and cook over a medium heat until thickened.</p> <p>Serve immediately with your choice of fruit topping.</p>
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Adding seeds and berries brings some protein, omega 3, vitamins, minerals and anti-oxidants. The cinnamon helps to regulate the release of insulin and keep blood sugar stable.

LUSCIOUS LUNCHES



**Quick and easy to prepare, lunches for warm days,
lunches for cold days.**

You may need to invest in a rigid airtight box and a wide neck thermos flask.

(Please – don't ever microwave your lunch!)

Almond and Celery Chicken Salad

(serves 1)

Ingredient	Qty	Grams /oz	
blanched slivered almonds		60g	Place almonds in a frying pan.
Mayonnaise	4tbsp		Toast over medium-high heat, shaking frequently. Watch carefully, as they burn easily.
Fresh lemon juice	1 tbsp		In a medium bowl, mix together mayonnaise, lemon juice and pepper. Toss with chicken, almonds and celery. Serve over lettuce leaves.
Cooked chicken meat		280g	
Celery rib chopped	1		
Freshly ground black pepper			

Avocado and Walnut Salad

(serves 4)

Ingredient	Qty	Grams /oz	
Avocados peeled, stoned and halved	2		Slice the avocados and toss in the lemon juice to stop them discolouring.
Lemon juice	1 tbsp		Put the salad leaves in a serving bowl. Place the avocado slices on top and sprinkle with the walnuts.
Mixed salad leaves	3 handfuls		
Walnut halves		125g	
Dressing			In a medium bowl, mix together the dressing ingredients and pour over the salad.
Walnut oil	1 tbsp		
Olive oil	1 tbsp		
Cider vinegar	2 tsps		
Lemon juice	1 tsp		

Bean and Rice Salad

(serves 4)

Ingredient	Qty	Grams /oz	
Cooked brown basmati rice		350g	<p>In a large bowl, mix together all the ingredients, reserving a sprig of watercress to garnish. Store in an airtight container and keep chilled until you're ready to eat it.</p> <p>This is a great way to use up leftover rice, make sure that it's been allowed to cool thoroughly and keep it in the fridge. Although I've given quantities for 4 people, you can easily adapt this recipe for 2.</p> <p>It's also good with kidney beans and sometimes I throw in some sweetcorn kernels.</p>
Watercress chopped into sprigs	1 bunch		
Black eyed beans drained	1	14 oz can	
Radishes sliced	6		
Olives stoned (pitted)	12		
Mayonnaise	1 tbsp		
Salt	½ tsp		

Blueberry Chicken Pasta Salad

(serves 4)

Ingredient	Qty	Grams /oz	
Pasta spirals		300g	<p>Cook pasta according to your own preferences or to the directions on the packet.</p> <p>Just before the pasta is ready add all the rest of the ingredients except for the Parmesan cheese and the dressing.</p> <p>Take off heat when pasta is cooked and drain. Add the Parmesan and the dressing and mix well.</p> <p>This can be eaten as it is hot or refrigerate and eat later cold.</p>
Mange tout (halved)		150g	
Chicken, cooked cut into chunks		250g	
Celery sliced		100g	
Blueberries		100g	
Red bell pepper chopped		80g	
Red onion finely chopped		40g	
Fresh basil chopped	1 tbsp		
Red wine vinegar		8 fl.oz	
Parmesan cheese		50g	

Broccoli & Bacon Sweet Creamy Salad

(serves 4)

Ingredient	Qty	Grams /oz	
Fresh broccoli cut into florets		1kg	<p>Toss together in a large bowl the first 5 ingredients.</p> <p>In a separate bowl, whisk together the mayonnaise, sugar/xylitol, and vinegar.</p> <p>Add dressing to salad and toss gently to combine.</p> <p>Taste for salt, and adjust seasoning.</p> <p>Cover lightly with plastic wrap and chill for at least several hours.</p> <p>This will get better if chilled overnight.</p>
Bacon, diced and fried crisp	8 slices		
Sweet onion chopped fine	1		
Golden raisins		150g	
Sunflower seeds		100g	
Mayonnaise		200g	
White sugar or xylitol		50g	
Apple cider vinegar	2 tbsp		

Summer Vegetable Salad

(serves 4)

Ingredient	Qty	Grams /oz	
Courgettes (Zucchini)	2		<p>Slice the carrot and the courgette into fine strips using a vegetable peeler.</p> <p>Toss all the ingredients together in a large bowl and leave for 20 minutes to allow the flavours to infuse.</p> <p>Store in an airtight container and keep chilled until you're ready to eat it.</p> <p><i>Don't be afraid to use raw courgettes in your salads. If you don't have any, you could always use cucumber instead.</i></p>
Carrots	2		
Mangetout		150g	
Red pepper sliced	1		
Bean sprouts		150g	
Red chilli finely sliced	1		
Coriander (cilantro) chopped	4tbsp		
Sesame or sunflower seeds	2 tbsp		
Olive oil	1 tbsp		
Grated rind and juice of 1 lime			

DELICIOUS DINNERS - Easy and Quick to Prepare!



Take your time to enjoy!

Baked Portugese Cod

(serves 4)

Ingredient	Qty	
Olive or coconut oil	1tbsp	Heat the oil in a pan and fry the onion until soft but not brown. Add the garlic, tomatoes and lemon juice. Arrange the cod fillets in an oven proof dish and pour the sauce over the fillets. Cover the dish with a lid or foil and bake in the oven 190C/375F for 25 minutes. When cooked, sprinkle with the chopped parsley and serve with asparagus or other steamed vegetables.
Onion chopped	1	
Garlic clove minced	1	
Tomatoes skinned and chopped	4	
Juice of 1 lemon		
Cod fillets	4	
Fresh parsley chopped	1 tbsp	
Steamed asparagus		

Baked Trout Fillets With Tomato and Dill

(serves 2)

Ingredient	Qty	
Trout Fillets	2	Put the trout fillets into an oven proof baking dish. Dot ½ tsp of butter on each fillet. Season with a twist of black pepper. Sprinkle the dill weed over the fillets. Arrange the tomatoes round the side of the dish. Cover the dish with a lid or foil. Bake in a preheated oven 190C/375F for 25 minutes. Serve with a green salad or steamed vegetables.
Butter	1 tsp	
Dried dill weed	1 tsp	
Black pepper		
Baby tomatoes	8	

Beef and Mangetout Stir Fry

(serves 4)

Ingredient	Qty	Grams /oz	
			In a glass bowl combine the ginger,

Fresh root ginger peeled and shredded	1" piece		<p>garlic, chilli sauce, sherry, honey and 5 spice.</p> <p>Add the steak and stir thoroughly, Cover and marinate in the fridge for at least 30 minutes.</p> <p>Put the egg noodles into a large pan of boiling water, cover and leave to stand for 5 minutes.</p> <p>Heat a wok or frying pan. Add the beef and 2 tbsp of the marinade and stir fry for 3 to 6 minutes.</p> <p>Add the mangetout and the rest of the marinade and fry for 2 more minutes.</p> <p>Drain the noodles and serve with the beef. Garnish with the spring onion.</p>
Garlic cloves minced	1		
Light soy sauce	4 tbsp		
Dry sherry	2 tbsp		
Chilli sauce	1 tsp		
Clear honey	1tsp		
Chinese 5 spice	½ tsp		
Fillet steak, finely sliced		375g	
Dried egg noodles		250g	
Mangetout		250g	
Spring onion shredded	1		

Chicken Curry

(serves 2)

Ingredient	Qty	Grams /oz	
Skinless chicken breasts, sliced	2		<p>Heat the oil in a large saucepan and sweat the onion for 3 to 4 minutes.</p> <p>Add the chicken, spices and chilli and fry for another 2 minutes.</p> <p>Pour in the coconut milk, and stir in the bouillon powder.</p> <p>Bring to the boil, then cover and simmer for 30 minutes.</p> <p>Serve with brown basmati rice.</p>
Olive or coconut oil	1 tbsp		
Ground cumin	1 tsp		
Turmeric	1 level tsp		
Garlic cloves minced	2 to 4		
Mild red chilli chopped	1		
Onions chopped	2		
Bouillon powder	2 tsp		
Coconut milk		420ml	

Chilli Con Carne

(serves 4)

Ingredient	Qty	Grams /oz	
			Cook the mince in a large frying pan

Lean beef mince		450g	<p>until it starts to turn greyish brown. Drain off any fat.</p> <p>In a separate, deep pan heat the oil and fry the onion, garlic and pepper for 2 minutes.</p> <p>Add the cumin, chilli powder and chilli flakes and cook for a further 10 minutes. Add the mushrooms and cook for 5 minutes.</p> <p>Finally add the mince, tomatoes, puree, bouillon and beans. Simmer for 10 to 15 minutes till thoroughly cooked.</p> <p>Serve with brown basmati rice.</p>
Onion finely chopped	1		
Garlic cloves minced	2		
Red pepper diced	1		
Ground cumin	1 tsp		
Chilli powder	1tsp		
Crushed chilli flakes	½ - 2 tsp		
Mushrooms, sliced		250g	
Tomato puree	3tbsp		
Chopped tomatoes	1	410g can	
Bouillon powder	4 tsp		
Kidney beans rinsed and drained	1	410g can	
Coconut or olive oil	1 tbsp		

Couscous with Grilled Vegetables

(Serves 4)

Ingredient	Qty	Grams /oz	
Couscous		300g	In a saucepan, pour the boiling water over the couscous, cover and leave for 10 minutes
Boiling water		500ml	
Red peppers de-seeded and quartered	2		Brush the vegetables with all and grill all but the asparagus under the grill for 5 to 6 minutes, turning occasionally.
Orange pepper de-seeded and quartered	1		
Baby courgettes (zucchini)	6		Add the asparagus and grill for 2 to 3 minutes more until the vegetables are tender.
Red onions cut into wedges	2		
Cherry tomatoes	24		Fork through the couscous to separate the grains.
Garlic cloves sliced	2		
Olive oil	2 tbsp		Stir in the cooked vegetables and herbs and serve.
Asparagus trimmed		100g	

Rind and juice of lemon	1		
Chopped parsley or mint	4 tbsp		

Moroccan Lamb

(serves 4)

Ingredient	Qty	Grams /oz	
Boned leg of lamb		1kg	Trim any excess fat off the lamb.
Garlic cloves minced	2		Mix the garlic and spices together and rub all the mixture over the lamb.
Paprika	1 tsp		Heat a griddle pan to a high heat. Put the lamb on the griddle and cook for 5 minutes each side to seal the meat.
Ground cumin	1 tsp		Reduce the heat and cook for another 25
Ground coriander (cilantro)	1 tsp		minutes each side.
Ground ginger	1tsp		Remove the lamb from the griddle and let it rest for 5 minutes before serving.
Ground cinnamon	1 tsp		Serve with steamed vegetables.
Dried chilli flakes	½ tsp		

SCRUMPTIOUS SNACKS

To maintain energy levels, keep your blood sugar level stable and stop you reaching for the naughty stuff!



If you go back look at the GL Values of different foods, you'll see how easy it is to blow your blood sugar levels sky high. Just a small can of cola and a chocolate bar can account for upwards of 38GL!

As with your main meals, you need to aim for your snacks containing both some carbohydrate and protein.

Creamy Tahini Dip

Ingredient	Qty	In a small bowl use a fork to mash all the ingredients together. Transfer to an airtight container and this will keep in the fridge for a couple of days.
Low fat cream cheese	1 tbsp	
Tahini	2 tsp	
Fresh flat parsley leaves chopped	½ tbsp	

Fish Mousse

Ingredient	Qty	In a small bowl use a fork to mash all the ingredients together. Transfer to an airtight container and this will keep in the fridge for a couple of days.
Low fat cream cheese	2 tbsp	
Cooked salmon/trout/mackerel	2 tbsp	
Fresh ground black pepper	1 twist	

This is what I call a very "loose recipe". I aim for equal quantities of cream cheese and fish, but just vary it according to your tastes.

I often deliberately save some of my fish from my dinner, so I can make a snack for the following day.

The herbs and chives variety of cream cheese is lovely with trout, making a very light flavoured mousse. Enjoy!

Guacamole

(serves 2)

Ingredient	Qty	Mash all the ingredients together and transfer to an airtight container. As above, dip vegetable sticks in to enjoy a healthy, satisfying snack.
Flesh of ripe avocado	1	
Juice of ½ lime		
Garlic cloves minced	2	
Fresh coriander (cilantro) chopped	1 tbsp	

Spring onions finely chopped	4	
Mild chilli de-seeded	¼	

Hummus

Ingredient	Qty	Grams /oz	
Chickpeas	1	410g can	<p>Rinse and drain the chickpeas. Put all the ingredients into a food processor and blitz until smooth. (Yep it really is that easy!)</p> <p>Variations:</p> <p>We vary the flavour by using oil from a jar of sundried tomatoes and whizzing in 2 or 3 of the tomatoes at the end.</p> <p>Add chopped coriander and a little extra lemon juice.</p> <p>½ tsp of cumin powder and a few pine nuts.</p> <p>Add ½ roasted red pepper to the mix.</p>
Garlic cloves minced	1		
Tahini (sesame seed paste)	3 tbsp		
Juice from 1 lemon			
Olive oil	2 - 3 tbsp		

TASTY TREATS - Guilt Free Pleasures to Savour and Enjoy!

These can be served as desserts or enjoyed as healthy snacks. Each serving is around 5GL, which just goes to show you can have your cake and eat it!



Apple and Walnut Tea Loaf

(serves 10)

Ingredient	Qty	Grams /oz	
Butter		125g	Preheat the oven to 180C/360C. Line a 9cm loaf tin with baking parchment.
Total Sweet (or similar)		160g	
Self-raising flour		200g	Melt the butter in a pan over a low heat. Combine with the remaining ingredients and mix together well.
Eggs lightly beaten	2		
Granny Smith Apple cored and grated	1 medium		Turn into the baking tin and bake for 50 to 55 minutes until a skewer inserted in the middle comes out clean.
Vanilla extract	2 tsp		
Milk (preferably hemp or soya)		250ml	Cool in the tin for 10 minutes then turn out onto a wire rack.
Mixed spice	1tsp		
Walnuts chopped		125g	Cut into slices to serve.

Apricot Crunch

(serves 2)

Ingredient	Qty	Grams /oz	
Hazelnuts		50g	Put the hazelnuts and 4 tsp. total sweet into a pan and cook over a gentle heat for 2 minutes. Allow to cool.
Total sweet	6 tsp		
Apricots stoned and chopped	4		Put the apricots and remaining 2 tsp of total sweet and water into a separate pan. Cover and simmer for 2 minutes to make a compote.
Dash of water			
Live natural yogurt		200g	Spoon the compote into 2 short glasses, pour the yogurt on top. Sprinkle the sweetened nuts on top and chill till ready to serve.

Chocolate Fruit and Nut Clusters

5 GLs per serving

Ingredient	Qty	Grams /oz	
Dark chocolate (Green & Blacks or any other good quality chocolate)		100g	<ol style="list-style-type: none"> 1. Melt the chocolate in a glass bowl set in shallow water over a low heat until melted. 2. Blend all the ingredients except for the flaked almonds in a blender until roughly chopped 3. Add the mixture with the flaked almonds to the melted chocolate and stir thoroughly 4. Spoon into 10 – 12 cake cases for a 5GL snack or 20 petit four cases for a 2.5GL snack 5. Chill in the fridge until set.
Dried cranberries		15g	
Ready to eat apricots		25g	
Pecan nuts		40g	
Nairns rough oatcakes	5		
Total Sweet	2 tsp		
Flaked almonds		40g	

Chocolate Hazelnut Mousse

(serves 4)

Ingredient	Qty	Grams /oz	
70% Dark Chocolate		75g	<p>Break the chocolate into small pieces and put in a heat proof bowl or jug.</p> <p>Half fill a saucepan with water so that when you put the bowl/jug into the pan it is just clear of the water. Heat the water to melt the chocolate, stirring occasionally.</p>
Hazelnuts ground		50g	
Organic free range eggs	2		
Strawberries	2		
			<p>Whilst the chocolate is melting, separate the eggs. Beat the whites with a handheld blender until they form stiff peaks.</p> <p>When the chocolate is melted, remove the bowl from the pan.</p> <p>Beat the egg yolks into the chocolate one at a time. Stir in the ground hazelnuts.</p> <p>Using a metal spoon, fold the beaten egg whites into the chocolate mixture a little at a time.</p> <p>Divide the mousse between 4 ramekin dishes and chill in the fridge to set.</p>

Halve the strawberries then slice each half into a fan shape. Arrange on top of the mousse and serve.

If you don't have hazelnuts, this recipe works well with ground almonds.

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