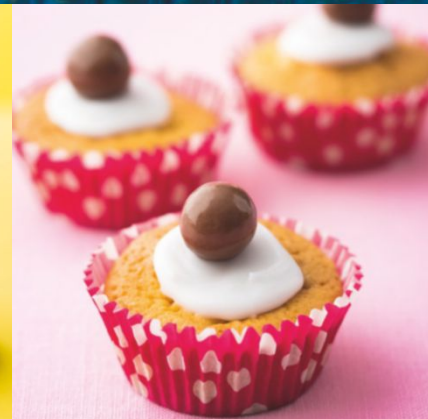


500 CALORIE DIET

93 SIMPLE IDEAS FOR 5:2 DIET DAYS

*All
new*
RECIPES!



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GIRLS

500calorie diet

Welcome!

TO THE ALL-NEW 500 CALORIE DIET MEAL PLANNER

Our latest issue is full of new, exciting and delicious recipes for low-calorie meals – all designed to make the 5:2 Diet a lot easier to follow. So whether you've been following the 5:2 or 500 Calorie diet plan for a while or are thinking of trying it for the first time, we've made losing weight super-simple for you. We've got gorgeous-tasting, light, calorie-counted recipes for every meal, from speedy on-the-go lunches to make-ahead dinners to stick in the freezer. We've even got low-cal sweet treats to make fast days easier. There are also 12 delicious and nutritious smoothie recipes if you want to try the latest version of the diet – a two-day juice fast. Getting in shape has never been easier, or tastier!

Good luck with the diet!

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All you need to know to get started on the 5:2 plan

7 BREAKFAST

From smart ways with eggs, to apple bircher muesli, umami mushrooms on toast and banana mug cake, start the day the nourishing way

21 LUNCH

No excuse for skipping lunch with these quick and imaginative dishes – choose from skinny prawn fried cauli rice or chorizo, sage and garlic boodles (right)... plus loads more!

41 DINNER

Fancy salmon with Lebanese salad, blue cheese buffalo chicken wraps (above) or veggie filo quiche? There's so much to try with our hunger-busting and flavoursome low-cal dinners

71 SMOOTHIES

For a nutritious addition to any fast day, whip up one of our smoothie recipes

79 DESSERT

Satisfy sweet cravings with a guilt-free, low-cal pud – from a Smartie sandwich feast (right) to frozen watermelon granita

86 FAST-DAY SNACKS

Need a boost? These low-cal treats will keep you going all day long

91 WHAT TO EAT ON NORMAL DAYS

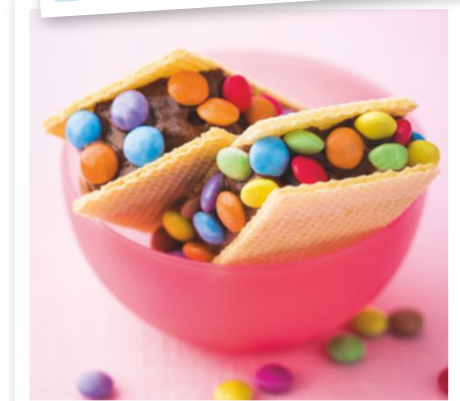
Not fasting today? Our meal plans will help you stay healthy

94 CALORIE COUNTER

Adapt or add to our recipes with this helpful list of the calorie content of the most common foods



Please note:
calorie counts
are all per serving.
Refer to each recipe
for the specific
number of
servings



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YOUR 500 CAL *Diet guide*

New to the plan or looking for ways to make it easier? Here's everything you need to know...

WHAT DO I DO?

* For two days a week, you should eat no more than 500 calories per day (600 for men).

* The other five days a week, you can eat as normal. You should be aiming for around 2,000 calories a day, but don't worry if you have a blowout, such as dinner and/or drinks, a couple of times a week. See page 91 for what you should eat to ensure you get a healthy, balanced intake of all the right nutrients.

* If you're on medication, or have any ongoing medical condition, consult your GP before starting this diet plan.

HOW MUCH WEIGHT WILL I LOSE?

Around 1lb a week – more if you have a lot of weight to lose. The diet will also have an effect on your metabolism. Studies suggest that people who follow the 500 calorie diet lose more actual fat, rather than the combination of fat, water and lean tissue you lose on other diets. The two days' fasting also helps you to eat normally on other days without piling the pounds back on.

ARE THERE ANY OTHER BENEFITS?

Studies of this type of diet show that people see improvements not only in their blood pressure and cholesterol

levels, but also in insulin sensitivity. It's even believed it can reduce your risk of getting various cancers, heart disease and Alzheimer's disease.

The other good thing about this diet is that your 500 calorie days will help to stabilise your insulin levels and hunger. You should find your appetite is smaller on normal days, so you won't have to work so hard to stay around the 2,000 calorie mark.

HOW LONG DO I FOLLOW THE PLAN FOR?

Until you've achieved the weight you're happy with. At this point, you can maintain your weight and keep seeing the health benefits by having a 500 calorie day just once a week.

MAKE FAST DAYS EASIER

* Pick your two days with care. Some people like to keep busy at work, others prefer a bit of peace. But the main thing is to avoid times when you're busy socially and can ideally have an early night to avoid hunger pangs.

* Find out what eating pattern suits you best. You needn't stick to three meals a day. Try having brunch and an early supper, or save your entire calorie allowance for one evening meal – just add extra ingredients or sides from the Calorie Counter (page 94). There's evidence that it can be beneficial to leave longer gaps between meals.

**CUT CALS
TWO DAYS
A WEEK
- AND LOSE
WEIGHT!**



BREAKFAST

99
CALORIES



LUNCH

90
CALORIES



WHAT DOES A 500 CALORIE DAY LOOK LIKE?

BREAKFAST

* Skinny Strawberry Milk Toast **99 cal**

LUNCH

* Ginger & Tofu Miso Soup **90 cal**

DINNER

* Cottage Pie Pots **206 cal**

DESSERT

* Watermelon Granita **83 cal**

TOTAL: 478 CALORIES

DINNER

206
CALORIES



DESSERT

83
CALORIES



The 5:2 juice plan

Want to boost your energy, detox and increase your diet success? A 5:2 juice day combines two of the biggest diet discoveries for maximum benefits. There's a reason everyone's so into green smoothies and juices. The high fibre and green veg goodness fill you up, help stabilise blood sugar and

are a great way to detox.

WHAT TO DO

* Turn to page 71 for 12 delicious calorie-counted juice ideas. They can all be made with a blender – no juicing is required.
* On one of your fasting days, use a selection of juices to make up your

500 calories a day. Some are more filling and higher in calories than others, so try to get a good balance.
* If a day of juicing is too much, you may want to try two juices and one of our low-cal meal options, still staying within the 500 calorie allowance.
* Drink plenty of water, too.



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for YOUR life

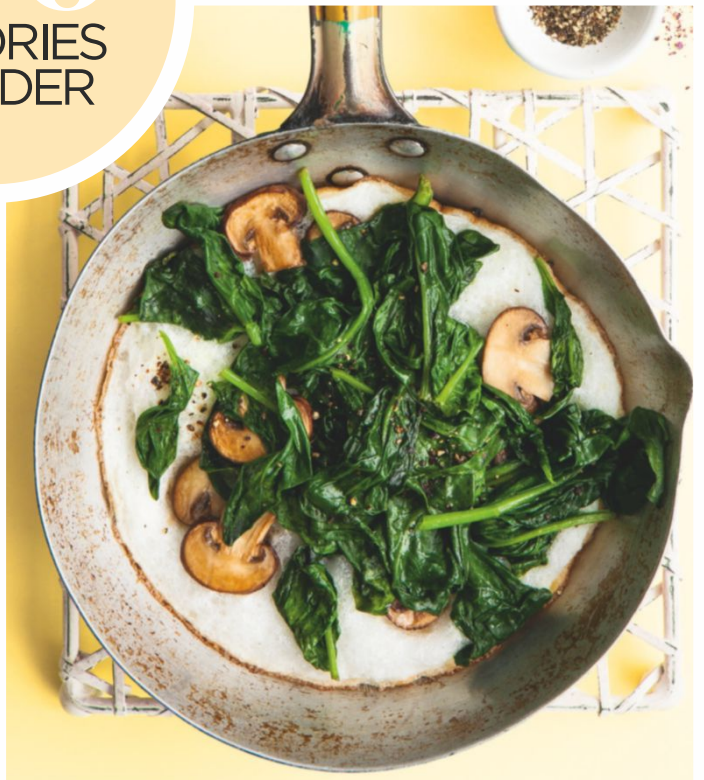
**ON
SALE
NOW**

Breakfast

Make sure your day gets off to a tasty start!



100
CALORIES
& UNDER



4 WAYS WITH EGGS!

Try these fresh new ways with the dieter's secret weapon...

82
CALORIES

Skinny egg muffins

SERVES 1. READY IN 25 MINS

- * 1 small egg
- * ½ spring onion, finely sliced
- * 30g roasted red pepper, chopped
- * 30g courgette, coarsely grated
- * 10g spinach, shredded
- * 5g finely grated protein cheese (such as EatLean)
- * Salt and pepper

METHOD

1 Preheat the oven to 180°C, Gas 4. Break the egg into a small bowl, then stir in the remaining ingredients, except the cheese. Season with salt and pepper, then pour into 1 jumbo/giant or 2 normal-sized non-stick muffin moulds and top with the cheese. If you are not using cases, just spray the muffin mould first with a little Frylight Sunflower Oil Spray to prevent sticking.

2 Bake in the oven for 20-25 mins, until golden and firm to the touch. Remove from the moulds, cool slightly and enjoy!

Blue boiled egg with smoky asparagus soldiers

SERVES 1. READY IN 5 MINS

- * Small blue-shell egg
- * 75g asparagus tips
- * Pinch of smoked salt
- * Black pepper

METHOD

1 Place a small pan of water over a medium heat and bring to the boil. Place egg on a spoon and gently lower into the water. Simmer gently for 1 minute, then remove pan from the heat and leave egg in the water for 5 minutes.

2 Meanwhile, bring a separate pan of water to the boil, salt lightly and cook the asparagus tips for 2-3 minutes, until just tender. Drain well and arrange on a serving plate.

3 Remove egg from pan, place in an egg cup and slice off top. Sprinkle egg and asparagus with a pinch of smoked salt and pepper, and dip the asparagus in the egg yolk to eat.

77
CALORIES

Smoked salmon & pink peppercorn omelette with wild rocket

SERVES 1

READY IN 5 MINS

- * 1 small egg
- * Frylight Better Than Butter Oil Spray
- * Pinch of crushed pink peppercorns
- * 15g smoked salmon, cut into strips
- * Handful of wild rocket

METHOD

1 Break the egg into a small bowl and whisk briefly with salt and the pink pepper.

2 Spray a very small,

non-stick frying pan with 2-3 sprays of oil and place over a medium heat. Pour the egg mixture into the pan, swirling gently with a fork or wooden spoon. Scatter over the strips of smoked salmon.

3 Cook for 1-2 minutes, until the egg is just set, then slide onto a warmed plate and serve immediately with a handful of wild rocket leaves and an extra pinch of peppercorns if desired.

90
CALORIES



Breakfast

All-day breakfast scramble

SERVES 1. READY IN UNDER 10 MINS

- * Frylight Better Than Butter Oil Spray
- * 100g baby button mushrooms, sliced
- * 1 small egg
- * 1tbsp skimmed milk
- * Salt and black pepper
- * ½ seeded, diced tomato (40g)
- * ½tsp chopped chives

METHOD

1 Spray a small, non-stick frying pan with 2-3 sprays of oil and place over a medium-high heat. Add the mushrooms and cook for 2-3 minutes, turning occasionally until tender. Remove with a slotted spoon and set aside. Whisk the egg with the milk and a pinch of salt and pepper.

2 Return the pan to a medium heat and pour the egg into the pan, stirring gently with a wooden spoon until scrambled to your liking.

3 Remove from the heat, then return the mushrooms to the pan with the diced tomato and spoon on to a warmed plate. Scatter with chives and serve immediately.

85
CALORIES



BLT BAGEL

SERVES 1. READY IN 5 MINS

- * 1 x 20g low-fat unsmoked bacon medallion
- * ½ bagel thin
- * ½tsp very low-fat mayonnaise, such as Hellmann's Lighter Than Light

* 1 cherry tomato, sliced

* 10g baby leaf salad

METHOD

1 Place a small, dry griddle pan over a medium-high heat and add the bacon medallion. Griddle for 1-2 mins each side

until cooked and lightly charred. Remove and transfer to kitchen paper.

2 Meanwhile, lightly toast the bagel thin, then spread lightly with mayo. Top with the sliced tomato, salad leaves and bacon. Season lightly to taste and serve.

100
CALORIES



Sweet cinnamon porridge pot with warm blueberry compote

SERVES 1. READY IN 5 MINS

- * 20g porridge oats
- * ½tsp brown sugar and stevia blend
- * Pinch of cinnamon
- * 20g frozen blueberries

METHOD

1 Place the porridge oats in a small microwave-suitable bowl with 125ml cold water and microwave on full for 2 minutes, stirring halfway through. Stir the brown sugar and stevia blend into the porridge with the cinnamon, then use a spatula to scrape into a serving bowl. Set aside to cool slightly.

2 Meanwhile, place the frozen blueberries in a small saucepan and warm over a medium-low heat for about 1 minute, until the fruit is beginning to collapse. Spoon the warm blueberries over the porridge to serve.



100
CALORIES

98
CALORIES



Smart tip

Try making a store cupboard Rhubarb Breakfast Parfait – just substitute the kiwi for 60g drained (tinned) rhubarb in light syrup and follow the rest of the recipe.

Kiwi & cornflake breakfast parfait with raspberries

SERVES 1. READY IN 5 MINS

- * 50g kiwi fruit
- * 10g cornflakes
- * 50g fat-free Greek-style yogurt
- * 10g frozen raspberries

METHOD

1 Chop up the kiwi flesh and place in the bottom of an attractive glass tumbler or dish. Top with the cornflakes, then the yogurt.

2 Crumble the frozen raspberries over the top and serve immediately.

100
CALORIES



Smart tip

Also great as a very low-calorie dessert – swap the Weetabix for half a crumbled McVitie's Lights Digestive without adding any calories!

Creamy vanilla & strawberry crunch

SERVES 1. READY IN 5 MINS

- * 40g crushed strawberries
- * 75g virtually fat-free fromage fraise
- * ¼tsp vanilla bean paste
- * ½ tsp honey
- * ½ Weetabix

METHOD

1 Lightly crush the strawberries with the back of a fork and spoon into the bottom of a small glass tumbler.

2 Combine the fromage fraise with the vanilla paste and honey and spoon over the strawberries. Crumble the Weetabix over the top and serve immediately.

Sweet potato toast with banana & maple syrup

SERVES 1. READY IN 10 MINS

- * 1 x 5mm thick slice sweet potato, weighing 50g
- * 30g peeled banana, sliced
- * 1tsp maple syrup

METHOD

1 Place the slice of sweet potato in a toaster and toast for 6-8 mins or until lightly coloured and tender. You may have to reset the toaster more than once – this will depend on the heat and timing setting on your toaster. (Alternatively, you can dry-griddle the sliced sweet potato or slide under a pre-heated grill, until lightly charred and tender.)

2 Carefully remove the sweet potato 'toast' from the toaster and transfer to a serving plate. Top with sliced banana and drizzle with maple syrup to serve.

94
CALORIES



Smart tip

Go savoury! Try fat-free cottage cheese or reduced-fat guacamole with shredded romaine lettuce for a delicious and guilt-free meal.

UMAMI MUSHROOMS

Breakfast

SERVES 1. READY IN 20 MINS

- * 2 portobello or large field mushrooms (150g)
- * Frylight Better Than Butter Oil Spray
- * 1tsp Worcestershire sauce
- * Pinch of thyme leaves or dried thyme
- * 1 slice of reduced-calorie bread, such as Nimble Wholemeal

METHOD

1 Preheat the oven to 180°C, Gas 4. Place the mushrooms stem-side up on a large piece of foil. Spray with 2-3 squirts of butter spray and

season with salt. Drizzle over the Worcestershire sauce and add a pinch of thyme leaves, then scrunch up the sides of the foil to create a parcel.

2 Place the foil parcel on a small baking tray and bake in the oven for about 20 mins, until the mushrooms are tender and juicy.

3 Meanwhile, lightly toast the bread and arrange on a serving plate. Remove the mushrooms from their parcel and arrange on the toast, with any juices. Serve immediately.



83
CALORIES

SOUPERFRUIT WITH YOGURT SWIRL

SERVES 1. READY IN 5 MINS

- * 75g frozen superfruits, such as Tesco Strawberry, Blueberry, Avocado & Spinach Smoothie Mix
- * 125ml light cranberry juice
- * 100ml fat-free yogurt drink, such as Actimel
- * 10g pomegranate seeds
- * Mint leaves, to garnish

METHOD

1 Tip the frozen superfruits into a jug blender with the cranberry juice and half of the yogurt drink. Blend until smooth, then pour into a bowl and swirl the remaining yogurt over the top. Scatter over the pomegranate seeds and a few mint leaves to garnish.



80
CALORIES

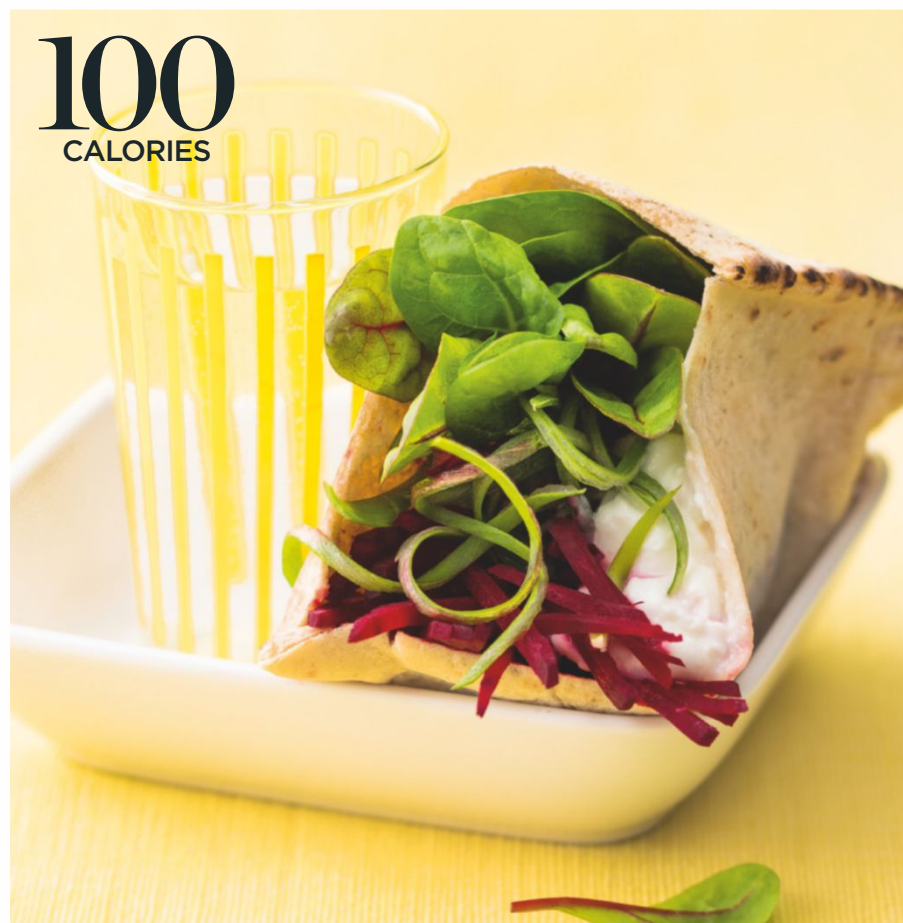
Beetroot & cottage cheese pitta pockets

SERVES 1. READY IN 5 MINS

- * 20g raw beetroot
- * ½ low-calorie pitta bread, such as BFree Stone Baked
- * 35g fat-free cottage cheese, such as Waitrose LoveLife Calorie Controlled
- * ½ spring onion
- * Handful baby chard and spinach leaves (15g)

METHOD

- 1 Use a julienne peeler to cut the beetroot into strips. Alternatively, use a sharp knife to cut into thin matchsticks or coarsely grate.
- 2 Heat a small, dry frying pan over a medium-high heat and warm the pitta bread half in the pan for 30-60 seconds each side until warm and lightly crisp.
- 3 Gently open the pitta half and fill with the cottage cheese, spring onion, beetroot and baby leaves. Season with salt and pepper.



100
CALORIES



100
CALORIES

Apple bircher muesli with crushed almond

SERVES 1. READY IN 5 MINS, PLUS SOAKING TIME

- * 10g rolled oats
- * 50g grated apple
- * 40ml unsweetened apple juice
- * 1tbsp unsweetened almond milk
- * 15g fat-free Greek-style yogurt
- * 1g unblanched flaked almonds, lightly crushed

METHOD

- 1 Put the oats in a bowl with the grated apple, apple juice and almond milk. Leave to soak for at least 5 minutes, or overnight if desired. Serve with a dollop of yogurt and topped with the crushed almonds.

99
CALORIES



Smart tip

Try varying the fruit according to the season, without increasing the calorie intake - for instance, 25g raspberries, or 25g sliced apricots.

Skinny strawberry milk toast with hot chocolate

SERVES 1. READY IN 5 MINS

- * Low-calorie hot chocolate
- * 1 milk roll slice, such as Warburtons Milk Roll
- * 1tsp (2g) icing sugar
- * 25g sliced strawberries

METHOD

- 1 Prepare a low-calorie hot chocolate drink according to packet instructions.
- 2 Place a small, dry frying pan over a medium low heat and toast the milk roll slice for about 1 minute each side, until golden. Transfer to a plate, then dust with the icing sugar and pile the strawberries on top. Serve with the hot chocolate.

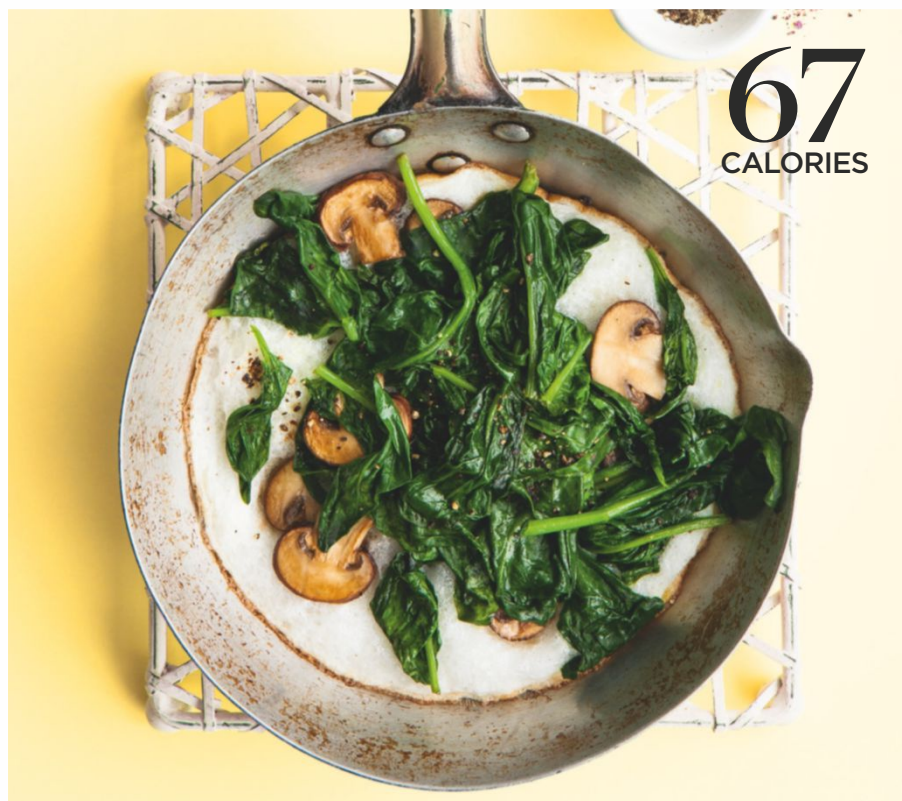
Egg white omelette

SERVES 1. READY IN 12 MINS

- * Frylight Olive Oil Spray
- * 80g baby spinach leaves
- * 80g mushrooms, sliced
- * 3 egg whites

METHOD

- 1 Heat a small non-stick frying pan. Spray with two squirts of Frylight, then add the spinach and cook for 2 mins until wilted.
- 2 Remove the spinach from the pan, add the mushrooms and cook for 3 mins.
- 3 Meanwhile, whisk the egg whites with 2tbsp cold water and seasoning. Pour into the frying pan and sprinkle with the spinach. Cook for 4 mins until the omelette is firm.



67
CALORIES

95
CALORIES

Breakfast



CHERRY TOMATO SKEWERS WITH CREAMY BASIL BRUSCHETTA

SERVES 1. READY IN 10 MINS

- * 8 cherry tomatoes
- * Frylight Olive Oil Spray
- * ½ sandwich thin, such as Warburtons or Kingsmill sandwich thin
- * 5g basil leaves, chopped, plus extra to garnish
- * Crushed black pepper

* ¼tsp lemon juice

* 15g ricotta

METHOD

1 Thread the cherry tomatoes on to skewers and arrange on a foil-lined baking tray. Spray with 2-3 squirts of oil, then season with salt and pepper. Slide under a preheated grill for 5-6 minutes, turning

occasionally until slightly softened.

2 Meanwhile, lightly toast the sandwich thin. Mix the basil, black pepper and lemon juice into the ricotta and spread over the toast.

3 Remove the cherry tomatoes from the grill and slide onto the creamy bruschetta. Serve immediately, garnished with extra basil leaves, if desired.

HERBY HAM, CHEESE & CHIVE ROLLS

SERVES 1

READY IN 5 MINS

- * 40g very low-fat cream cheese, such as Philadelphia Lightest
- * 1tsp chopped chives
- * 2 slices lean ham
- * Handful cress leaves

METHOD

1 Place the cream cheese in a small bowl. Use the back of a fork to mix the chopped chives and a pinch of black pepper into the cream cheese, softening the cheese at the same time. Spread lightly over the sliced ham and scatter over the cress leaves.

2 Roll up the ham slices, cut in half diagonally and serve.



96
CALORIES

Banana mug cake

SERVES 1. READY IN 4 MINS

- * ½ medium banana, plus 3 slices
- * 1 egg white
- * ¼tsp vanilla extract
- * 30g oat flour (made by blitzing oat flakes in a blender)
- * ¼tsp cinnamon, plus a little extra
- * ¼tsp baking powder

METHOD

1 In a large microwavable mug, mash the banana with a fork (reserve the slices), then mix in the egg white and vanilla.

2 Add in the oat flour, cinnamon, baking powder and a pinch of salt, and gently stir in until combined.

3 Microwave on high for 45 secs-1 min, or until it is firm in the middle.

4 Top with the reserved banana slices, sprinkle with cinnamon and serve.

100
CALORIES



Smart tip

The cooking time is based on a 1,200W microwave, so your cake might need longer if your microwave is lower in power.



100
CALORIES

Tropical fruit salad

SERVES 6. READY IN 10 MINS, PLUS CHILLING

- * 1 papaya
- * 1 small pineapple
- * 1 mango
- * 3 kiwi
- * 2 oranges
- * 2 passion fruit
- * 2tbsp light muscovado sugar
- * Grated zest and juice of 1 lime

METHOD

1 Peel, deseed or core and chop all the fruit, except the lime, then mix together in a bowl.

2 Sprinkle with the sugar and the lime zest and juice.

3 Chill until ready to serve. Will store in the fridge for up to 3 days.

Smart tip

This will also work well as a dessert. 2tbsp low-fat crème fraîche adds an extra 24 cals to the total.

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Lunch

Delicious lunches ready in a flash – just what you need when hunger strikes!



150
CALORIES
& UNDER



GREAT ON THE GO!

These three hearty lunch recipes are all perfect for cooking ahead and stashing in a flask so they're hot and ready to eat when you are!

Jerk butternut & bean casserole with pineapple salsa

SERVES 2. READY IN 45 MINS

- * 1tsp coconut oil, such as Groovy Food Virgin
- * 1 small, deseeded red pepper, cut into pieces
- * 150g peeled and deseeded butternut squash, cut into 1.5cm dice
- * 1tsp Jamaican jerk seasoning
- * ½ can chopped tomatoes (200g)
- * 150ml fresh vegetable stock
- * 75g drained black beans
- * 50g pineapple, diced
- * ½ small red onion, very finely chopped (50g)
- * 2tsp lime juice
- * 10g coriander, roughly chopped

METHOD

- 1 Heat the coconut oil in a medium saucepan and cook the red pepper and butternut squash for 8-10 mins, stirring occasionally, until slightly softened and lightly coloured.
- 2 Add the jerk seasoning and cook for 1 min, stirring frequently.
- 3 Add the chopped tomatoes, vegetable stock and a pinch of salt and pepper, and simmer gently for 15 mins. Add the drained beans and simmer for a further 5-10 mins, until the vegetables are tender.
- 4 Meanwhile, combine the remaining ingredients to make the salsa.
- 5 Spoon the jerk bean casserole into bowls and serve accompanied by the salsa.



150
CALORIES



132
CALORIES

Tomato soup with Melba toast

SERVES 2. READY IN 40 MINS

- * 10g low-fat butter, such as Country Life Lighter
- * 75g chopped onion
- * 1 garlic clove, crushed
- * ½tsp cumin seeds
- * 400g tin chopped tomatoes
- * 150ml vegetable stock
- * 2 slices Nimble bread, crusts removed
- * 2tsp 0% crème fraîche
- * Few basil leaves, to garnish

METHOD

1 Melt the butter in a medium saucepan and cook the onion, garlic and cumin over a low heat for about 10 mins. Add the tomatoes and stock, and simmer gently for about 20 mins.

2 Meanwhile, lightly toast the bread. Remove from the toaster, place on a chopping board and carefully slice in half horizontally, to give 4 thin slices. Arrange the slices, untoasted-side up, on a grill rack and slide under a preheated grill for 1-2 mins. Remove and set aside.

3 Remove the soup from the heat and use an immersion blender to blend until smooth, adding extra water if necessary. Season, then ladle into bowls and top with a dollop of crème fraîche. Garnish with basil and serve with the Melba toast or pour into a flask.

Smoky Boston butter beans with pulled ham

SERVES 2. READY IN 35 MINS

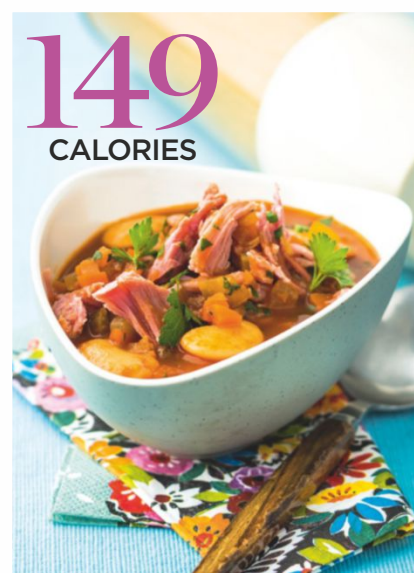
- * 5 sprays of Frylight Oil Spray
- * ½ onion, finely chopped (50g)
- * 2 celery stalks, finely chopped
- * 1 carrot, peeled and finely chopped (100g)
- * ½tsp smoked paprika (optional)
- * 1tbsp tomato puree
- * 1tsp molasses or treacle
- * 1tsp Dijon mustard
- * ½ ham stock cube
- * 125g drained butter beans
- * 50g pulled ham hock, such as Waitrose Cooks' Ingredients Pulled Ham Hock
- * 2tsp chopped parsley

METHOD

1 Place a medium saucepan over a medium-low heat and spray with oil. Gently cook the onion, celery and carrot for 10-12 mins, stirring occasionally until softened.

2 Stir the paprika into the vegetables and cook for 1 min before adding the tomato puree. Stir over the heat for 1 minute, then add the molasses, mustard, stock cube, 150ml of water and the butter beans. Stir well and season with salt and pepper.

3 Simmer gently for 10-15 mins. Season, then spoon into bowls and scatter over the ham and parsley to serve. Or add to your flask.



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CHICKEN & SMOKED BACON ROMAINE SALAD

SERVES 2. READY IN 15 MINS

- * 4 smoked bacon medallions
- * 100g chicken breast
- * 4 sprays of Frylight Olive Oil Spray
- * 150g romaine lettuce leaves, torn
- * ¼ red onion
- * 2tbsp low-calorie dressing, such as Tesco Healthy Living Caesar Dressing
- * 10g chives

METHOD

1 Heat a griddle pan over a medium-high heat. Cook the bacon medallions for 2-3 mins, turning once, until cooked and nicely charred. Remove with tongs and transfer to kitchen paper.

2 Meanwhile, place the chicken breast between 2 sheets of cling film and bash with a rolling pin to flatten. Spray both sides

with oil, then season with salt and pepper and cook in the griddle pan for 3-4 mins each side, or until cooked through. Transfer to a chopping board and slice thickly.

3 Place the romaine leaves in deep bowls, top with the chicken and bacon, then scatter over the red onion. Drizzle with dressing, then scatter over the chives and serve immediately.

Lemon & chilli sweet peas with quinoa

SERVES 2. READY IN 15 MINS

- * 40g quinoa
- * 50g frozen, shelled edamame
- * 125g mangetout
- * 1 red chilli, deseeded and finely chopped
- * 2tsp lemon juice
- * 30g pea shoots

METHOD

1 Put the quinoa into a small saucepan with 125ml water and a pinch of salt. Cover, bring to the boil and simmer gently for 10 mins,

until the quinoa is tender.

2 Meanwhile, bring a second pan of water to the boil and cook the edamame for 2 mins. Add the mangetout to the pan and cook for 3 mins, until tender. Drain well.

3 Drain any excess liquid from the cooked quinoa, then toss gently with the cooked veggies, red chilli and lemon juice. Season to taste, then spoon into bowls and serve garnished with the pea shoots and an extra wedge of lemon if desired.

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CALORIES



Smart tip

For a light and healthy dinner, cook as instructed here but serve with 300g new potatoes, steamed until tender = 240 calories per person.



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CALORIES

Hake with buttered samphire

SERVES 2. READY IN 15 MINS

- * 2 x 70g skinless hake fillets
- * 450ml fresh fish stock
- * 2 bay leaves
- * 4-5 whole peppercorns
- * ½ lemon, sliced, plus extra to serve
- * 100g samphire
- * 20g reduced-fat butter, such as Country Life Lighter
- * 10g rinsed and drained capers (optional)
- * 2 sprigs dill

METHOD

1 Season the hake fillets with salt. Pour the fish stock into a saucepan with the bay leaves, peppercorns and lemon. Place over a medium heat and bring to a gentle simmer.

2 Lower the hake fillets into the poaching liquid and simmer gently for 5-6 mins.

3 Meanwhile, bring a pan of lightly salted water to the boil and cook the samphire for 1-2 mins. Drain well, then return to the pan and add the butter and a pinch of pepper. Toss to coat, then pile on to warmed plates.

4 Remove the hake from its poaching liquid and drain off any excess liquid. Place on top of the buttered samphire and scatter over the capers (if using). Garnish with dill and serve immediately with a slice of lemon.

Chilli crab courgetti

SERVES 2. READY IN 10 MINS

- * 2tsp extra virgin olive oil
- * 1 red chilli, chopped
- * 1 garlic clove, chopped
- * 170g can white crab meat in brine, drained
- * 250g courgette spaghetti
- * 1tbsp lemon juice
- * 15g basil leaves, shredded, reserving a few for garnish
- * Salt and pepper

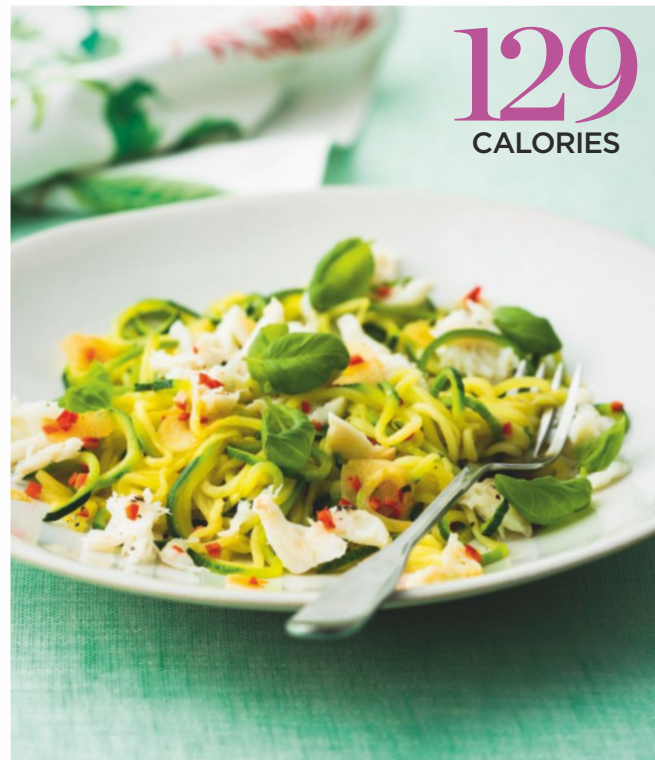
METHOD

1 Heat the olive oil in a small frying pan or saucepan over a low heat. Add the chopped red chilli and garlic and cook for 1-2 mins, until softened but not

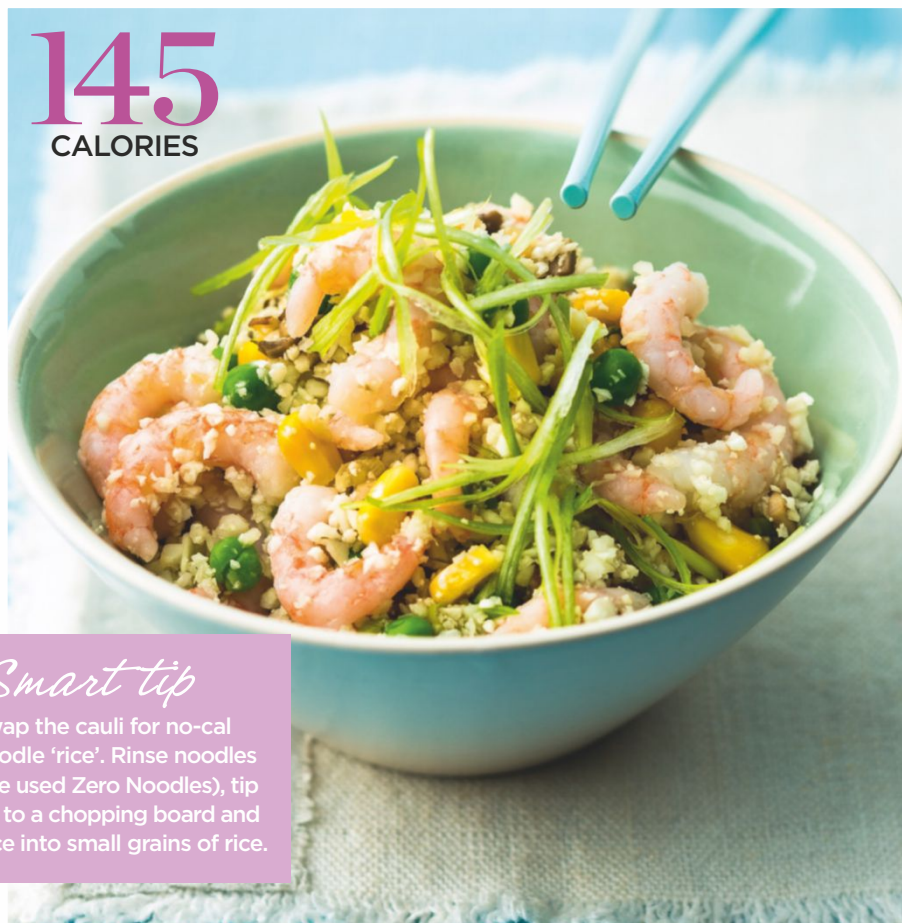
coloured. Gently stir the crab meat into the chilli for 1 minute, just until warmed.

2 Meanwhile, bring a pan of lightly salted water to the boil and cook the 'courgetti' for a minute or two, until just tender. Drain well and return to the pan.

3 Scrape the chilli-garlic crab into the courgetti with the lemon juice and basil leaves. Season generously with black pepper and a pinch of salt, then toss quickly and heap into warmed dishes. Garnish with basil leaves to serve.



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CALORIES



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CALORIES

Smart tip

Swap the cauli for no-cal noodle 'rice'. Rinse noodles (we used Zero Noodles), tip on to a chopping board and dice into small grains of rice.

Skinny prawn fried cauli rice

SERVES 2. READY IN 15 MINS

- * 200g trimmed cauliflower florets
- * 2tsp coconut oil
- * 50g mushrooms, diced
- * 2 spring onions
- * 50g frozen mixed peas and sweetcorn, defrosted
- * 150g cooked peeled prawns
- * 2tsp light soy sauce

METHOD

1 Place the cauliflower florets into a food processor and pulse until they resemble grains of rice.

2 Place a medium frying pan or wok over a medium heat and add the coconut oil. Stir-fry the mushrooms and spring onions for 2-3 mins, until softened. Then, add the cauli rice, peas and sweetcorn and stir-fry for 4-5 mins, until the rice is just tender, but not mushy in texture.

3 Add the prawns and stir-fry for another minute, until hot. Spoon into warmed dishes and serve with soy sauce.

150

CALORIES



GRILLED LAMB FILLETS WITH TAPENADE TOMATOES

SERVES 2. READY IN 35 MINS

- * ½ slice Nimble Wholemeal bread, slightly stale
- * 10g tapenade
- * 1tsp thyme leaves
- * Salt and pepper
- * 5g grated Parmesan
- * 2 x 100g beef tomatoes, halved
- * 5 squirts of Frylight Olive Oil Spray
- * 125g lean lamb loin fillet, halved
- * Handful of rocket leaves (30g)

METHOD

- 1** Preheat the oven to 180°C, Gas 4. Place the bread in a small food processor or mini chopper and blitz to form breadcrumbs. Add the tapenade, thyme leaves and a pinch of salt and pepper, and pulse briefly to combine. Tip into a bowl and stir in the grated Parmesan.
- 2** Arrange the tomatoes, cut-side up, in an ovenproof dish and top with the tapenade breadcrumbs. Squirt with the olive oil spray

and bake in the oven for 20-25 mins, until the tomatoes are softened and the topping is golden.

- 3** Meanwhile, spray the lamb fillets with oil and season with black pepper. Heat a griddle pan until hot, then cook the lamb fillets for 3-4 mins each side, or until lightly charred and cooked to your liking. Remove and rest for a minute or two. Arrange on serving plates with the tomatoes and a handful of rocket leaves.

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Duck, shiitake mushroom & mangetout stir-fry with konjac noodles

SERVES 2. READY IN 15 MINS

- * 5 squirts of Frylight Sunflower Oil Spray
- * 100g skinless duck steaks, thinly sliced
- * 10g fresh root ginger, cut into matchsticks
- * 1 garlic clove, thinly sliced
- * 1 medium red chilli, thinly sliced (optional)
- * 125g fresh shiitake mushrooms, sliced
- * 2 spring onions, sliced
- * 75g trimmed mangetout, sliced

- * 200g konjac noodles, such as Zero Noodles
- * 3tbsp oyster sauce
- * 1tbsp dark soy sauce
- * 1tsp fish sauce

METHOD

1 Spray a large frying pan or a wok with the oil, place over a medium-high heat and stir-fry the duck for 3-4 mins, until browned. Add the ginger, garlic and chilli, if using, and stir-fry for a further minute.

2 Add the mushrooms and cook for 2-3 mins, until beginning to soften. Add the spring onions and mangetout and cook for a further 1 min. Rinse noodles well under warm water, then add to pan and toss to combine.

3 Mix the oyster, soy and fish sauces in a small bowl and pour into the stir-fry mix. Toss to coat well, then lower the heat and stir-fry for 1-2 mins to heat through. Heap into warmed dishes and serve immediately.

150

CALORIES



Smart tip

For a speedy supper, just spiralise the courgettes and cook briefly in boiling water. Drain and serve topped with the bolognese sauce.

Cheesy turkey & mushroom bolognese stuffed courgettes

SERVES 2. READY IN 1 HR 20 MINS

- * 5 squirts Frylight Olive Oil Spray
- * 100g turkey mince
- * 50g mushrooms, chopped
- * 1 small garlic clove, crushed
- * 100ml passata
- * ½tsp dried oregano
- * Salt and pepper
- * 1 large courgette (150g)
- * 20g protein cheese, such as EatLean protein cheese, finely grated

METHOD

1 Place a small frying pan over a medium-high heat and spray with oil. Add the turkey mince and fry for 8-10 mins, stirring occasionally, until browned. Remove the mince with a slotted spoon and set aside.

2 Add the mushrooms and garlic to the pan and cook for 3-4 mins, until softened. Return the turkey to the pan with the passata, oregano and a pinch of salt and pepper. Bring to the boil, reduce the heat and simmer for about 15 mins, until thickened. Remove from the heat to cool slightly.

3 Preheat the oven to 180°C, Gas 4. Cut the courgettes in half lengthways and scoop out the seeds. Arrange on a greaseproof paper-lined baking tray.

4 Spoon the bolognese into the courgette halves, cover and bake in the oven for 20-25 mins, until the courgettes are tender. Sprinkle with the cheese, then return to the oven for a further 10 mins, until the cheese is melted.

Pastrami club wrap

SERVES 1. READY IN 5 MINS

- * 1 mini wrap, such as Mission Deli Wheat & White Mini Wrap
- * 2 slices pastrami, such as Waitrose British pastrami
- * 1 small tomato, sliced
- * 1 dill pickle, sliced
- * 30g Little Gem lettuce, shredded
- * 1tsp chopped chives
- * 10g American yellow mustard

METHOD

1 Heat a griddle pan until really hot, then warm the mini wrap for 10-20 seconds each side – just enough to warm and leave light charrill marks.

2 Remove from the heat and fill with the pastrami, tomato, dill pickle, shredded lettuce and chopped chives. Drizzle with American mustard, then roll and cut in half diagonally to serve.

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Smart tip

Take it to work! Prepare the wrap as instructed. Roll up tightly, tucking in the ends, and wrap firmly in cling film. Keep in the fridge until needed.



MEDITERRANEAN SOFFRITTO VEGGIE GRATIN

120

CALORIES

SERVES 2. READY IN 1 HOUR

- * 200g soffritto passata
- * 150g trimmed courgette
- * 150g trimmed aubergine
- * 100g trimmed red Romano pepper
- * 85g cherry tomatoes
- * ½tsp dried oregano
- * ½tsp dried thyme
- * 15g protein cheese, finely grated
- * 25g watercress leaves, to serve

METHOD

1 Preheat the oven to 200°C, Gas 6. Pour half of the soffritto passata into the bottom of a small ovenproof dish.

2 Cut the courgette and aubergine into 5mm slices, halving the aubergine slices if large. Cut the red pepper into strips. Arrange these prepared ingredients attractively over the sauce, then halve the cherry tomatoes and scatter over the top.

3 Season the vegetables with salt and pepper, then pour over the remaining soffritto passata. Sprinkle with the dried herbs, then cover with foil and bake in the oven for 30 mins.

4 Remove the foil, sprinkle over the cheese and return the gratin to the oven, uncovered, for a further 10-15 mins, until softened and bubbling and the cheese is golden. Serve with the watercress leaves.

Chorizo, sage & garlic boodles

SERVES 2. READY IN 10 MINS

- * 2tsp olive oil
- * 4 thin slices Spanish turkey chorizo
- * 1 garlic clove, crushed
- * 250g butternut squash spaghetti
- * 2tsp shredded sage leaves
- * 30g reduced-fat mascarpone

METHOD

1 Heat the olive oil in a small frying pan and cook the turkey chorizo over a medium-high heat until crisp and golden. Transfer to kitchen paper using tongs, leaving the oil in the pan. Lower the heat and cook the crushed garlic gently for 2-3 mins, stirring occasionally, until it's

softened but not coloured.

2 Meanwhile, bring a large pan of lightly salted water to the boil and cook the butternut squash spaghetti for 1-2 mins, until just tender. Drain well and return to the saucepan, reserving 2tbsp of the cooking water.

3 Stir the shredded sage leaves, reduced-fat mascarpone and reserved cooking liquid into the garlic with a generous pinch of salt and pepper. Scrape the sauce into the butternut squash spaghetti and toss well to coat.

4 Heap the butternut squash spaghetti into deep serving bowls and crumble the chorizo over the top before serving.

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CALORIES



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Pesto pork with sautéed cabbage & leek

SERVES 2. READY IN 15 MINS

- * 100g trimmed, lean pork, cut into 4-6 medallions
- * Frylight Olive Oil Spray
- * 1tsp olive oil
- * 200g shredded cabbage and leek mix
- * 2tsp reduced-fat pesto
- * Lemon wedges, to serve

METHOD

1 Season the pork medallions with salt and pepper. Spray a small frying pan with Frylight and cook the pork medallions over a medium heat for 3-4 mins each side, until just cooked through and nicely golden.

2 Meanwhile, heat the olive oil in a medium-sized frying pan and cook the cabbage and leek mix over a medium heat for 5-6 mins, stirring occasionally until just tender. Season generously with salt and pepper, then spoon onto warmed plates. Top with the pork, spoon over the reduced-fat pesto and serve with a wedge of lemon.



Smoky chipotle-spiced pumpkin soup with jalapeño salsa

SERVES 2

READY IN 40 MINS

- * 2tsp olive oil
- * 1 carrot, peeled and diced
- * 1 celery stick, chopped
- * 1 garlic clove, peeled and chopped
- * 100g trimmed leek
- * 350g peeled and deseeded pumpkin, diced
- * Pinch of ground cinnamon
- * Pinch of smoked paprika
- * 2tsp chipotle paste
- * 350ml vegetable stock
- * 1 tomato
- * 30g jalapeño pepper, drained and sliced
- * 10g coriander, roughly chopped
- * 1tsp lime juice

METHOD

1 Heat the olive oil in a medium saucepan and cook the carrot,

celery, garlic and leek over a medium-low heat for 10 mins, until softened but not coloured.

Add the pumpkin with the cinnamon, paprika and chipotle paste and stir over the heat for 1 min to cook the spices. Add the stock and bring to the boil. Simmer gently for 15-20 mins, until the pumpkin is tender.

2 Meanwhile, deseed the tomato and dice the flesh. Finely chop the jalapeño and combine in a small bowl with the tomato, coriander, lime juice and a pinch of salt and pepper. Set aside.

3 Use a stick blender to blend the soup until smooth, adding extra water if necessary, then season to taste and ladle into bowls. Serve topped with the jalapeño salsa.

Griddled chicken fajita foil parcels

SERVES 2. READY IN 20 MINS

- * 100g chicken mini fillets, sliced thickly
- * 100g mixed sliced peppers
- * ½ small red onion
- * 100g baby button mushrooms, halved
- * 2tsp fajita seasoning
- * 5 squirts of Frylight Sunflower Oil Spray
- * 2tsp half-fat soured cream
- * 100g shredded iceberg lettuce
- * ½ lime
- * 15g finely grated protein cheese, such as EatLean

METHOD

1 Place a griddle pan over a high heat. Place the sliced chicken in

the middle of a large piece of foil. Add the sliced peppers, onion, mushrooms and fajita seasoning. Spray with oil, then mix gently to combine. Bring up the sides of the foil and scrunch together to create a large, fairly flat-shaped parcel. Alternatively, make 2 individual parcels.

2 Place the foil parcel or parcels directly on the griddle for 10-12 mins, until the chicken is cooked and veg are beginning to soften.

3 Transfer the parcel to a warmed dish, open up and serve with the soured cream, shredded iceberg, a wedge of lime and the grated cheese, if desired.



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Smart tip

Try substituting the calamari with 100g peeled and cooked king prawns, such as king prawns marinated in chilli and coriander.

Black pepper calamari & avocado salad with lime & coriander

SERVES 2. READY IN 5 MINS

- * 80g chargrilled calamari, such as Tesco Salt & Pepper Chargrilled Squid Rings
- * 120g mixed-leaf salad
- * 75g cucumber, thinly sliced

- * 40g bean sprouts
- * 50g diced avocado flesh
- * 1½tsp roasted peanut oil
- * Juice of 1 lime
- * 10g coriander leaves

METHOD

1 Arrange all of the salad ingredients in 2 dishes. Drizzle with the peanut oil and lime juice, then scatter over the coriander leaves and a generous pinch of black pepper.

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PUTTANESCA FLATBREAD PIZZAS

SERVES 2. READY IN 15 MINS

- * 2 soft, folded flatbreads (35g each)
- * 30g puttanesca sauce, such as Barilla
- * 10g drained anchovy fillets
- * 1tsp drained capers
- * 6 small cherry tomatoes, halved with juice squeezed out

- * 10g pitted black olives
- * Black pepper
- * Handful of rocket leaves, to garnish

METHOD

1 Preheat oven to 180°C, Gas 4. Carefully unfold the flatbreads, place on a baking

sheet and spread with puttanesca sauce. Top with the anchovies, capers, tomatoes and olives. Scatter with black pepper and bake in the oven for 6-8 mins, until crispy.

2 Remove from the oven, arrange on plates and top with rocket leaves, to garnish.

Lemony tuna pâté with crudité's

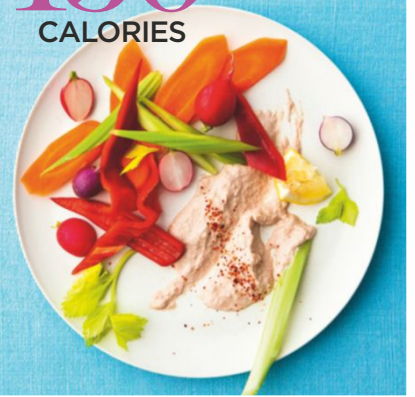
SERVES 2. READY IN 10 MINS

- * 160g can tuna chunks in spring water, drained
- * 1tsp lemon juice, plus wedges to serve
- * 50g lightest cream cheese
- * A pinch of cayenne, plus extra to serve
- * Salt and pepper
- * 100g washed and trimmed radishes, halved
- * 2 celery sticks, cut into sticks
- * 2 carrots, peeled and cut into sticks
- * 100g red pepper, cut into wedges

METHOD

- 1 Place the drained tuna in a small food processor with the lemon juice, cream cheese and pinch of cayenne.
- 2 Pulse mixture briefly to combine until the pâté has the desired texture. Season to taste, then scrape into two small ramekin dishes. Dust lightly with a little extra cayenne, if desired.
- 3 Arrange on a plate with the prepared crudité's and serve with a wedge of lemon, if desired.

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CALORIES



Ginger & tofu miso soup with baby pak choi

SERVES 2. READY IN 15 MINS

- * 500g dashi, such as Waitrose Cooks' Ingredients Dashi, or good vegetable stock
- * 50g yellow miso paste
- * 10g root ginger, peeled and cut into thin matchsticks
- * 90g baby pak choi, halved
- * 150g Japanese-style silken tofu, such as Yutaka, cut into cubes
- * 1 spring onion, finely sliced
- * 2tsp soy sauce, if desired

METHOD

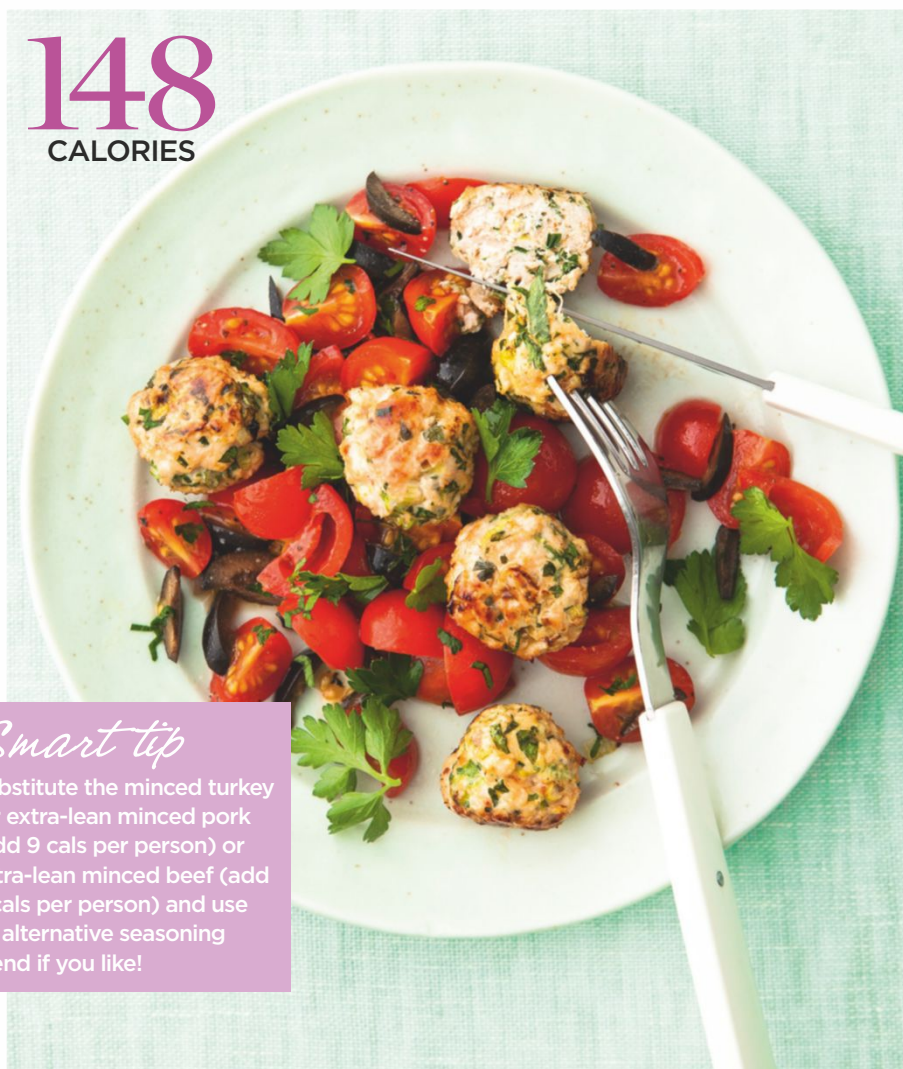
- 1 Pour the dashi or vegetable stock into a medium saucepan and bring up to a gentle simmer.
- 2 Place the miso paste in a small bowl, then add a spoonful of the hot stock and stir to dissolve. Stir the miso back into the pan of stock with the ginger matchsticks and simmer for 10 mins to allow the flavours to develop.
- 3 Add the pak choi and tofu to the soup and simmer for 1-2 mins, until the pak choi is just wilted and slightly tender, but still firm.
- 4 Ladle into two bowls and scatter the sliced spring onion over the top before serving. Serve with a little soy sauce for seasoning, if desired.

90
CALORIES

Smart tip

If you enjoy a bit of heat in your food, then try drizzling a little Sriracha or hot chilli sauce over your miso soup, just before serving. It's only 5 calories per teaspoon.

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CALORIES



Smart tip

Substitute the minced turkey for extra-lean minced pork (add 9 cals per person) or extra-lean minced beef (add 8 cals per person) and use an alternative seasoning blend if you like!

Spiced turkey meatballs with tomato & olive salsa

SERVES 2. READY IN 30 MINS

- * 150g low-fat (2%) minced turkey breast
- * 1tsp piri piri seasoning
- * 15g flat-leaf parsley, chopped
- * 1 spring onion, finely chopped
- * Salt and pepper
- * 150g cherry tomatoes
- * 25g black olives in brine, drained, pitted and sliced
- * 2tsp lime juice
- * 1tsp olive oil

METHOD

1 Preheat the oven to 190°C, Gas 5. Place the minced turkey, piri piri seasoning, half the chopped parsley, the spring onion and a pinch of salt and pepper in a bowl. Using your hands, combine the mixture well, then form into 8-10 meatballs. Arrange on a baking tray lined with greaseproof paper and place in the oven for 15-18 mins, turning occasionally, until cooked through.

2 Meanwhile, quarter the cherry tomatoes and place in a bowl with the remaining parsley, olives, lime juice and olive oil. Season and mix gently to combine.

3 Remove the meatballs from the oven and serve with the tomato and olive salsa.

Buttermilk & harissa chicken with cauli couscous

SERVES 2. READY IN 20 MINS, PLUS MARINATING TIME

- * 2tsp harissa paste
- * 3tbsp buttermilk
- * Salt and pepper
- * 1 chicken breast (150g)
- * 200g trimmed cauliflower florets
- * 2 spring onions, finely sliced
- * ½ deseeded yellow pepper, chopped
- * 10g mint, chopped
- * 10g coriander, chopped
- * Half a lemon, cut into 2 wedges

METHOD

1 Combine the harissa paste and buttermilk in a dish and season with salt and pepper. Cut the chicken in half horizontally so you are left with two thin escalopes.

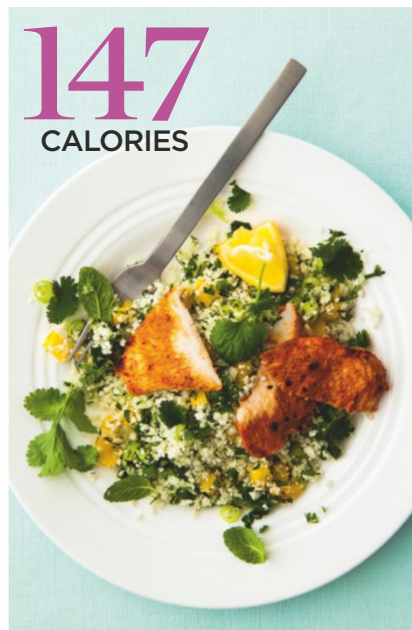
2 Place the escalopes in the harissa mixture and turn to coat thoroughly. Cover and refrigerate for 30 mins or overnight.

3 Meanwhile, place the cauliflower in a food processor and blitz until it resembles couscous. Scrape into a bowl and combine with the spring onions, yellow pepper, chopped herbs and a generous pinch of salt and pepper.

4 Arrange the escalopes on a foil-lined grill rack and slide under a preheated grill for 8-10 mins, turning once, until the chicken is cooked and lightly charred.

5 Spoon the couscous on to plates, top with the chicken and serve with a lemon wedge.

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CALORIES





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CRAYFISH, COCONUT & COURGETTI LAKSA

SERVES 2. READY IN 15 MINS

- * 2tbsp laksa paste, such as Sainsbury's Laksa Paste
- * 150ml light coconut milk
- * ½ vegetable stock cube
- * 1tsp lemongrass paste
- * 125g baby corn and mangetout mix
- * 250g courgette noodles

- * 50g cooked crayfish tails
- * 1tbsp lime juice
- * 5g coriander leaves
- * Sliced red chilli, to garnish (optional)

METHOD

1 Place the laksa paste in a medium saucepan with 3tbsp

of the coconut milk and cook gently for 2 mins. Dissolve the stock cube in 150ml of boiling water and add to the laksa paste with the remaining coconut milk and lemongrass paste.

2 Bring to a gentle simmer, then add the baby corn and

mangetout and cook for 1 min. Add the courgette noodles and cook for a further minute or two, until just tender.

3 Add the crayfish and lime juice, then take off the heat. Ladle into bowls and scatter on the coriander and red chilli, if using.

4 SUPER EASY

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CALORIES

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CALORIES



Roasted beetroot

SERVES 4

READY IN 1 HOUR

- * 600g fresh beetroot
- * 2 small red onions
- * 200g ripe tomatoes
- * 2 garlic cloves, crushed
- * Few sprigs of thyme
- * 1tbsp ground cumin
- * 2tbsp olive oil
- * 1ltr hot vegetable stock
- * 1tsp sour cream, to garnish (add 6 cals)

METHOD

- 1 Cut the beetroot into wedges and spread out in a roasting tin. Add the onions and tomatoes, both cut into wedges, garlic, thyme and cumin. Drizzle with the oil.
- 2 Roast at 200°C, Gas 6 for 50 mins. Blitz in a blender with the hot stock until smooth. Serve swirled with soured cream.

Tikka butternut squash

SERVES 4

READY IN 40 MINS

- * 1 onion, chopped
- * 2tbsp olive oil
- * 2 garlic cloves, crushed
- * 1tbsp tikka paste
- * 500g butternut squash, cubed
- * 2.5cm ginger, finely grated
- * 1ltr vegetable stock
- * Snipped chives, to serve

METHOD

- 1 Fry the onion in the oil for a few mins, to soften, add the garlic cloves and tikka paste.
- 2 Add the cubed butternut squash, grated ginger and vegetable stock. Season, bring to the boil, cover and simmer for 25 mins. Blitz in a blender until smooth. Top with snipped chives to serve.

SOUPS!

Whip up a batch of these, perfect for freezing or keeping in the fridge for an easy lunch option...

150
CALORIES

150
CALORIES

Creamed parsnip & coriander

SERVES 4

READY IN 40 MINS

- * 15g butter
- * 2 small onions, chopped
- * 2tsp ground coriander
- * 1 garlic clove, crushed
- * 500g parsnips, chopped
- * 1ltr vegetable stock
- * 150ml skimmed milk

METHOD

1 Heat the butter, add the chopped onions and ground coriander and fry for a few mins. Add the crushed garlic, parsnips and vegetable stock. Season, bring to the boil and simmer for 25 mins. Pour in the milk. Blitz in a blender until smooth.

Minted pea

SERVES 4

READY IN 20 MINS

- * 2 small onions, chopped
- * 1tbsp olive oil
- * 750ml vegetable stock
- * 400g frozen peas
- * Handful of mint and parsley, chopped, plus extra mint for serving
- * 150ml soya milk

METHOD

1 Fry the chopped onions in the olive oil for a few mins. Add the vegetable stock, 400g frozen peas and a handful of mint and parsley. **2** Bring to the boil and simmer for 10 mins. Add the soya milk. Blend until smooth. Serve with a little more chopped mint.

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Serves 2

Ready in 20 mins

INGREDIENTS

- 500g courgette

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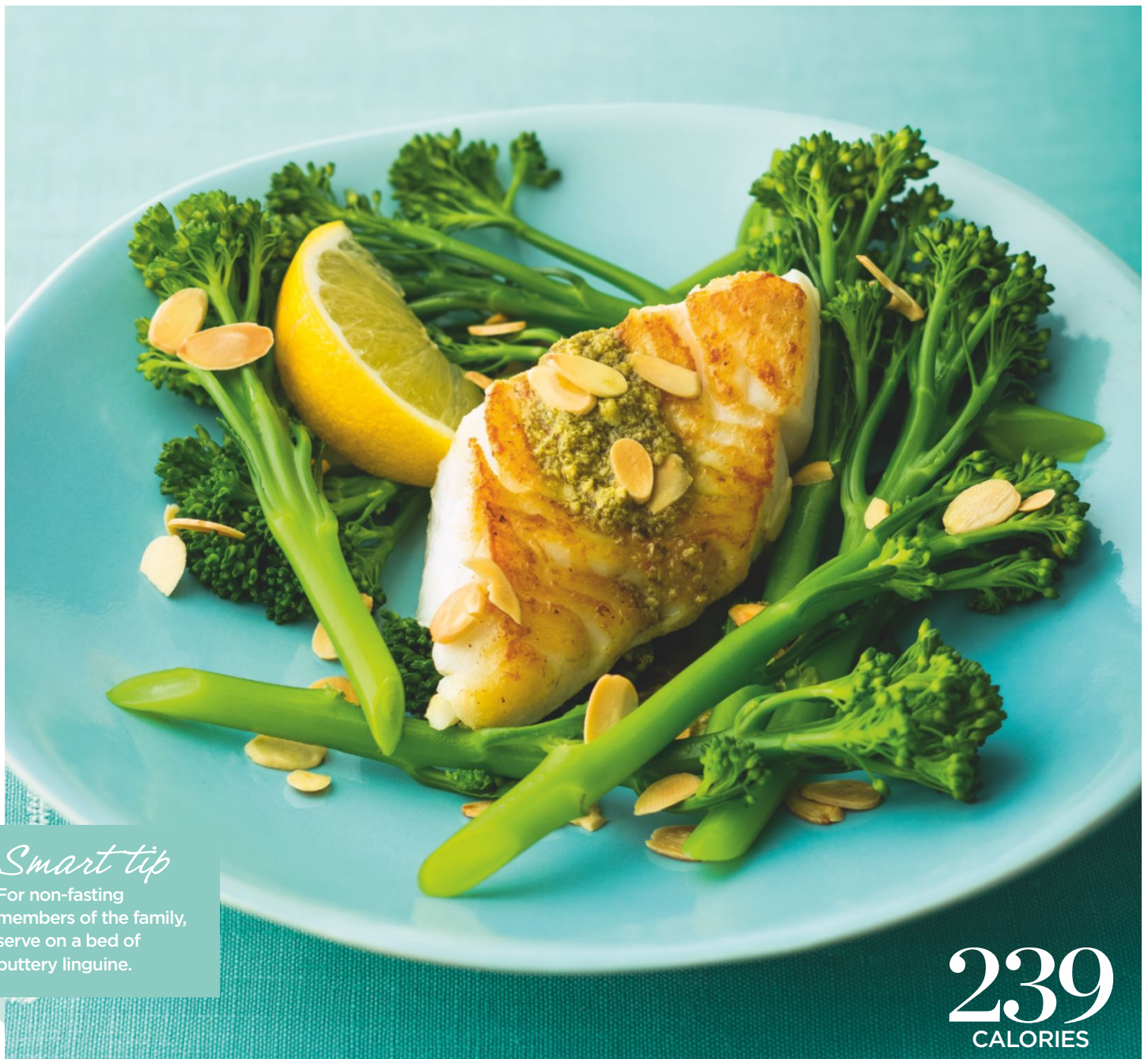
Dinner

End the day with a satisfying meal that won't take hours to make...



250
CALORIES
& UNDER





Smart tip

For non-fasting members of the family, serve on a bed of buttery linguine.

239
CALORIES

Pesto fish fillet with lemon & almond broccolini

SERVES 4. READY IN 15 MINS

- * 2tsp olive oil
- * 4 x 100g skinless white fish fillets, such as hake
- * 400g purple sprouting or Tenderstem broccolini
- * 1 lemon, halved
- * 20g toasted flaked almonds
- * 1 Sacla Pesto Pot

METHOD

1 Rub 1tsp of the oil over the fish fillets and season with salt and pepper. Heat a small, non-stick frying pan over a medium-high heat and cook the fish for 2-3 mins each side, until golden and flaky.

2 Meanwhile, bring a pan of lightly salted water to the boil and cook the broccolini for 2-3 mins, until just tender.

3 Drain well, then return to the pan with the remaining oil, 2tsp lemon juice, most of the flaked almonds and a pinch of salt and pepper. Toss gently to coat, then pile on to warmed serving plates and top each with a fillet of fish. Drizzle over the pesto and sprinkle with the remaining flaked almonds. Serve with the remaining lemon, cut into wedges.

GINGERY MARINATED BEEF SKEWERS WITH CUCUMBER SALAD

SERVES 2. READY IN 20 MINS, PLUS MARINATING

- * 200g thin-cut beef steaks, trimmed and cut into 1.5 cm strips
- * 5g fresh root ginger, peeled and finely grated
- * 1 clove garlic, crushed
- * 2tsp dark soy sauce
- * 1tsp honey
- * 2tsp light soy sauce
- * 1tbsp rice vinegar
- * 2tsp xylitol
- * 300g cucumber
- * 1 red chilli, deseeded and finely chopped (optional)
- * 1 spring onion, thinly sliced
- * 5g sesame seeds, toasted

METHOD

1 Place the beef in a shallow dish with the ginger, garlic, dark soy and honey. Mix well to coat, then set aside to marinate for 30 mins.

2 Thread the marinated beef on to skewers, folding it over on itself several times. Arrange on a foil-lined grill rack and slide under a hot grill for 4-5 mins, turning occasionally, or until lightly charred and cooked to your liking.

3 Meanwhile, combine the light soy, rice vinegar and xylitol in a small dish and stir to dissolve. Use a spiralizer or vegetable peeler to cut the cucumber into long, thin ribbons and arrange attractively on a serving plate, drizzled with the dressing. Scatter over the chilli (if using), spring onion and sesame seeds, and serve with the beef skewers.



205
CALORIES

COTTAGE PIE POTS WITH CRISPY POTATO

SERVES 6. READY IN 1 HR 15 MINS

- * 1tbsp olive oil
- * 1 onion, finely chopped
- * 1 clove garlic, chopped
- * 2 carrots, peeled and finely chopped
- * 2 sticks celery, finely chopped
- * 150g field mushrooms, chopped
- * 350g extra-lean beef mince
- * 2tbsp tomato puree
- * 1tbsp flour
- * ½ beef stock pot
- * 1tbsp Worcestershire sauce
- * 1 bay leaf

- * 250g unpeeled new potatoes, thinly sliced using a mandolin
- * 10g butter, melted
- * Sprigs of fresh thyme
- * 100g Savoy cabbage

METHOD

1 Preheat the oven to 190°C, Gas 5. Heat the oil in a large frying pan and cook the onion, garlic, carrots and celery over a medium heat, stirring occasionally for 15 mins, until softened. Add the mushrooms for a further 3-4 mins until softened, then scrape the veg into a bowl and set aside.

2 Return pan to a medium-high heat and

cook beef for 5-6 mins, stirring occasionally, until browned all over. Reduce heat, stir in the puree and flour and cook for a further 1-2 mins. Return veg to the pan with stock pot, Worcestershire sauce, bay leaf and 400ml water. Season with salt and pepper, cover loosely and simmer for about 15 mins, stirring frequently, until rich and thickened.

3 Discard bay leaf and spoon into 6 individual pie dishes. Top with the potato slices and brush with melted butter. Season, sprinkle with thyme and bake in oven for about 25 mins, until the potato is tender, crispy and golden. Serve with Savoy cabbage.



250
CALORIES

Piri-piri prawns

SERVES 4. READY IN 35 MINS

- * 300g uncooked prawns with tail on, defrosted if frozen
- * 25g piri-piri seasoning
- * 1tbsp sunflower oil
- * 1 red and 1 green pepper, deseeded and diced
- * ½tsp turmeric
- * ½tsp hot smoked paprika
- * 160g rice

- * 400ml vegetable stock
- * Small handful coriander leaves, finely chopped
- * Mixed salad, to serve

METHOD

- 1** Tip the prawns into a large bowl, sprinkle over the piri-piri seasoning and stir well. Cover with cling film and chill for 15 mins.
- 2** Meanwhile, heat half the oil in a deep pan and fry the peppers over a high heat for

3 mins. Add the turmeric and hot smoked paprika and cook for a further 2 mins.

3 Add the rice to the pan and stir well. Pour over the stock, bring to the boil and turn down to a simmer. Cover and cook for 10-12 mins, until rice is tender.

4 Heat remaining oil in a pan over a high heat and cook prawns for 2 mins each side, until cooked and slightly charred. Stir in the coriander and serve with the rice and salad.

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CALORIES



Creamy pork with butternut mash

SERVES 2. READY IN 1 HOUR

- * 325g peeled butternut squash, cut into chunks
- * 200g lean, trimmed pork fillet medallions
- * Frylight Olive Oil Spray
- * 1tsp wholegrain mustard
- * 3tbsp fat-free crème fraîche
- * 15g reduced-fat butter, such as Country Life Lighter

* A pinch of ground nutmeg

* 2tsp chopped sage

METHOD

1 Preheat the oven to 190°C, Gas 5. Place the butternut squash in a small, non-stick roasting tin and season with salt and pepper. Cover with foil and roast in the oven for 45-55 mins, or until tender.

2 Meanwhile, heat a small frying pan over a medium-high heat. Season the pork with

salt and pepper and spray the pan with oil. Cook pork for 6-8 mins, turning once, until browned and almost cooked through.

Remove from heat and stir the mustard and crème fraîche into pan. Set aside to rest.

3 Remove the foil from the squash and use a potato masher to mash roughly with the butter, nutmeg and chopped sage. Spoon on to warmed plates and serve with the pork and its creamy mustard sauce.

SAUSAGE, POTATO & PEPPER FAMILY FEAST

SERVES 4. READY IN 45 MINS

- * 6 reduced-calorie sausages, such as Sainsbury's Be Good To Yourself British Cumberland Pork Sausages (340g), cut in half
- * 1 small red onion, cut into thin wedges
- * 300g Charlotte potatoes, halved
- * 3 tomatoes, cut into quarters

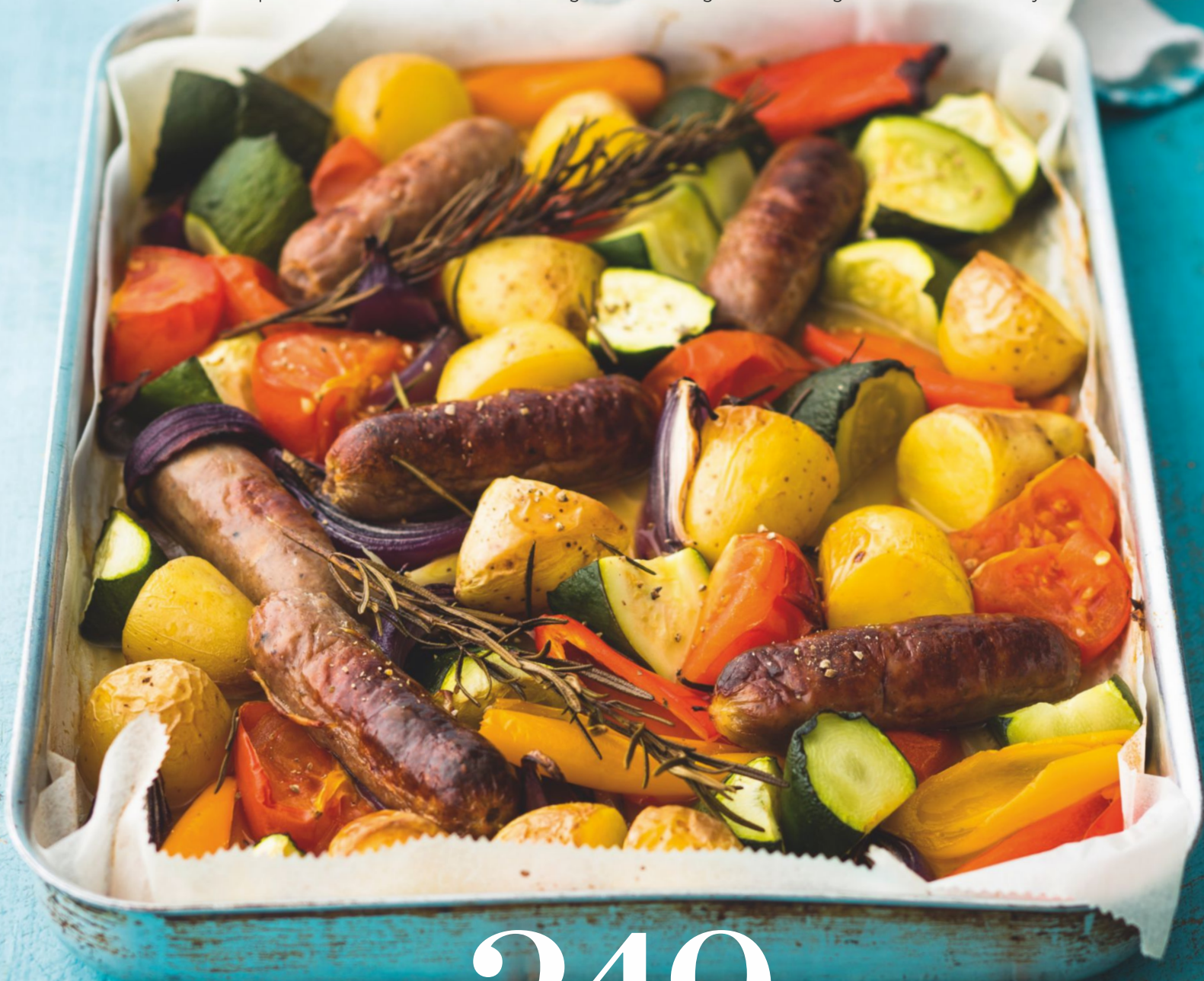
- * 3 courgettes, cut into large chunks
- * 4 red and yellow sweet mini peppers, halved
- * 1 rosemary sprig
- * 250ml vegetable stock

METHOD

- 1** Preheat the oven to 200°C, Gas 6. Toss all of the ingredients in a large

non-stick roasting tin, then season with salt and pepper and pour over the vegetable stock.

2 Place in the oven and roast for about 35 mins, turning once or twice, until the sausages are cooked and golden and the potatoes are tender. Add extra water or vegetable stock if necessary.



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CALORIES

SKINNY GREEK LAMB BURGERS WITH TZATZIKI

SERVES 2. READY IN 15 MINS

- * 140g extra-lean lamb mince
- * 1/2tsp ground cumin
- * 1/2tsp ground coriander
- * 1/4tsp ground cinnamon
- * Pinch of ground allspice
- * 1tbsp finely chopped flat-leaf parsley
- * 1/2tsp dried oregano
- * Frylight Olive Oil Spray
- * 50g deseeded cucumber, coarsely grated

- * 1tbsp chopped mint leaves
- * 2tbsp fat-free natural yogurt
- * 2 slices tomato
- * 20g finely sliced red onion
- * 2 radishes, thinly sliced
- * 2 folded flatbreads, such as Tesco Folded Flatbreads, warmed

METHOD

1 Place the minced lamb in a bowl with the spices, herbs and pinch of salt and pepper. Mix gently to combine, then gently form

into 4 burger-shaped patties. Place a small, non-stick frying pan over a medium-high heat and spray with oil. Cook the mini burgers for 2-3 mins each side, or until cooked to your liking.

2 Meanwhile, combine the cucumber and mint with the yogurt. Season with salt and pepper and set aside.

3 Place 2 burgers inside each warm, folded flatbread and add the tomato, red onion, radishes and a dollop of tzatziki.



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CALORIES



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CALORIES

Mediterranean aubergines

SERVES 4. READY IN 45 MINS

- * 1 onion, chopped
- * 3tbsp olive oil
- * 2 garlic cloves, crushed
- * 400g can chopped tomatoes
- * 1tbsp tomato puree
- * Pinch of sugar
- * 2 large aubergines
- * 60g pitted olives, chopped
- * 100g mozzarella, grated
- * 10 basil leaves, shredded

METHOD

1 Fry the onion in 1tbsp of the oil for 5 mins,

to soften. Add the garlic, tomatoes, tomato purée and sugar and simmer, uncovered, for 10 mins, stirring occasionally, until thickened slightly. Season.

2 Cut each aubergine lengthways into 8 thin slices. Pick out the largest 12 slices, brush both sides with the remaining oil and cook on a hot griddle pan, or under the grill, until browned and softened. Set aside. Cook the remaining smaller slices, then chop and put in a bowl.

3 Add the olives and 4tbsp of the tomato mixture to the chopped aubergine and stir

to mix. Spoon half the remaining tomato sauce into the base of a baking dish.

4 Heat the oven to 200°C, Gas 6. Lay the aubergine slices out on a board and divide the tomato and aubergine mixture between them. Sprinkle with half the grated mozzarella and half the shredded basil. Roll up each slice.

5 Pack the rolls in the dish, spoon remaining tomato sauce over the top and sprinkle with the remaining mozzarella. Bake for 20 mins until the rolls are hot and cheese has melted. Scatter with the remaining basil, to serve.



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CALORIES

Smoked salmon pizza with capers & rocket

SERVES 4. READY IN 25 MINS

- * 1 x 280g quantity of ready-rolled, round pizza dough
- * 3tbsp lightest cream cheese
- * 2tbsp fat-free crème fraîche
- * 90g trimmed smoked salmon, cut into strips
- * 5g dill
- * 1 heaped tsp drained capers

- * 15g pitted black olives in brine, drained
- * Crushed black pepper
- * 35g rocket leaves

METHOD

1 Unroll the pizza dough and place on a greaseproof paper-lined baking sheet. Prick the base several times with a fork and bake in the oven for 12-15 mins, until pale golden in colour. Meanwhile, mix together the cream

cheese and crème fraîche in a small bowl.

2 Remove the pizza base from the oven, then spread with the cream cheese mixture. Scatter over the smoked salmon, dill, capers and olives and return to the oven for 5 mins until the pizza is hot and crispy. Cut into wedges, season with crushed black pepper and scatter over the rocket leaves, to serve.

BLUE CHEESE BUFFALO CHICKEN WRAPS

**SERVES 2. READY IN 25 MINS,
PLUS MARINATING**

- * 140g chicken breast
- * 15g sticky BBQ marinade
- * Frylight Sunflower Oil Spray
- * 1 small red pepper, sliced
- * ½ onion, sliced
- * 2 mini wraps
- * 20g St Agur Blue Crème spreadable cheese
- * 30g iceberg lettuce, shredded
- * 4tsp Frank's Red Hot cayenne pepper sauce

METHOD

1 Cut 3-4 slits in the chicken breast and place in a small dish with the BBQ marinade, turning to coat. Set aside for at least 30 mins, or overnight if you like.

2 Arrange the chicken on a foil-lined grill rack and slide under a preheated grill for 12-15 mins, turning once, until cooked through and nicely coloured. Remove, wrap in foil and set aside to rest.

3 Meanwhile, heat a frying pan over

a medium-high heat and spray with the oil. Cook the red pepper and onion slices for 4-5 mins, turning occasionally, until they are beginning to soften and lightly charred.

4 Warm the wraps briefly in the microwave, then spread with the blue cheese and pile on the vegetables. Slice the chicken breast thickly and arrange in the wraps with the shredded lettuce and the cayenne pepper sauce. Roll tightly and cut in half diagonally to serve.

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ITALIAN LAMB STEAKS WITH BEAN SALAD

SERVES 2. READY IN 25 MINS

- * 125g lean lamb loin fillet
- * 1tbsp olive oil
- * Salt and pepper
- * 50g shallots, peeled and finely chopped
- * 200g drained butter beans
- * 5g flat-leaf parsley, chopped
- * 5g fresh oregano, chopped, plus extra leaves to garnish

* 50g roasted red pepper, chopped

* 2tsp lemon juice

METHOD

1 Cut the lamb fillet in half and rub with $\frac{1}{2}$ tsp olive oil. Season with salt and pepper. Heat a small non-stick frying pan over a medium-high heat and cook the steaks for 5-6 mins on each side, or until cooked to your liking. Remove from the heat, transfer to a dish and cover with foil. Set aside.

2 Return the pan to a low heat with the remaining olive oil. Cook the shallots for 6-7 mins, stirring occasionally, until softened. Stir in the butter beans, herbs, roasted red pepper, lemon juice and a generous pinch of salt and pepper. Heat through for 1-2 mins, then spoon on to plates and top with the lamb steaks and their juices. Garnish with the reserved oregano leaves to serve.

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CALORIES



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CALORIES



Smart tip

For a change, try using 125g cooked puy lentils, such as Merchant Gourmet, instead of the quinoa and rice.

Quinoa & artichoke stuffed peppers with goat's cheese

SERVES 2. READY IN 1 HOUR

- * 15g dried sun-dried tomatoes
- * 2 small red and/or yellow peppers
- * 125g Tilda Steamed Wholegrain Brown Basmati & Quinoa
- * 2 spring onions, sliced
- * 100g artichoke hearts in water, drained and roughly sliced
- * 10g basil, torn
- * Salt and pepper
- * 4 x 10g slices goat's cheese log

- * 25g rocket leaves
- * 1tsp balsamic glaze

METHOD

- 1** Preheat the oven to 180°C, Gas 4. Pour some boiling water over the sun-dried tomatoes and set aside to soak for 30 mins. Drain and chop finely.
- 2** Cut the peppers in half and remove the stalk and seeds. Place in an ovenproof dish. Combine the quinoa and rice in a bowl with the chopped sun-dried tomatoes, spring

onions, artichokes and basil. Season with salt and pepper, then spoon into the peppers and cover with foil. Cook in the oven for 35 mins, until the peppers are almost tender.

3 Top each pepper half with a slice of goat's cheese. Return to the oven for a further 15-20mins, until the cheese is melted and the peppers are tender and golden. Serve with the rocket leaves and a drizzle of balsamic glaze.

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CALORIES



Smart tip

For an even lighter, version, try tandoori king prawn skewers. Substitute the chicken strips for 200g raw king prawns, then continue as below.

Tandoori chicken skewers with kashumber salad & naan

SERVES 2. READY IN 15 MINS

- * 2tbsp low-fat natural yogurt
- * 1tsp ground tandoori masala spice blend
- * 150g chicken breast, cut into bite-sized pieces
- * ¼ onion, finely chopped
- * 200g cucumber, diced
- * 2 tomatoes, deseeded and diced
- * 1tsp lemon juice

- * 1tbsp chopped mint
- * 2 Sainsbury's Plain Mini Naan Breads (40g each)

METHOD

1 Combine the yogurt, masala spice blend and a pinch of salt and pepper in a shallow dish and add the chicken pieces. Mix until all the chicken is thoroughly coated, then thread carefully on to skewers. Arrange on a foil-lined grill rack and slide under a hot

grill for 6-8 mins, turning occasionally, until cooked through and lightly charred.

2 Meanwhile, combine the chopped onion, cucumber and tomatoes in a bowl with the lemon juice, mint and a generous pinch of salt and pepper.

3 Warm the naan breads in a toaster or according to packet instructions and serve warm with the tandoori chicken skewers and kashumber salad.

SALMON WITH LEBANESE SALAD & TAHINI DRESSING

SERVES 2. READY IN 15 MINS

- * 1tsp olive oil
- * 2 x 75g skinless salmon fillets
- * 150g cucumber, diced
- * 2 small tomatoes (100g), deseeded and diced
- * ½ small red onion, finely chopped
- * 50g radishes, thinly sliced
- * 10g parsley, chopped
- * 10g mint, chopped
- * ½ romaine heart, shredded

- * 1tsp sumac (optional)
- * 1tsp tahini paste
- * 2tsp lemon juice
- * 1tbsp fat-free natural yogurt
- * ½tsp black and natural sesame seeds

METHOD

1 Rub oil over the salmon fillets and season lightly. Heat a non-stick griddle pan over a high heat and cook the salmon fillets for 2-3 mins each side, or until lightly charred

and cooked to your liking. Remove from the heat and set aside to rest.

2 Meanwhile, combine the salad ingredients and herbs in a bowl. Toss with the shredded lettuce, pile onto serving plates and sprinkle with sumac, if using.

3 Combine the tahini paste with the lemon juice, yogurt and 1tbsp water. Season to taste. Arrange the salmon on the plates, then drizzle with dressing and scatter over the sesame seeds to serve.

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CALORIES



KERALAN FISH CURRY WITH POPPADOMS

SERVES 4. READY IN 20 MINS

- * 1tbsp sunflower or coconut oil
- * 1 small onion, thinly sliced
- * 1 green chilli, deseeded and finely sliced
- * 2 garlic cloves, sliced
- * 5g peeled fresh root ginger
- * ½tsp mustard seeds
- * 1tsp ground turmeric
- * 1tsp ground coriander
- * 250ml reduced-fat coconut milk

- * Vegetable stock pot
- * 400g firm white fish chunks
- * 15 dried curry leaves
- * 75g spinach, roughly shredded
- * Coriander, to garnish
- * 4 ready-to-eat poppadoms, such as Sharwood's

METHOD

1 Heat the oil in a medium saucepan and cook the onion, chilli, garlic and ginger over

a medium high heat, for 2-3 mins, stirring occasionally. Reduce the heat to medium and stir in the spices for 1 min.

2 Stir in the coconut milk and stock and bring to a gentle simmer. Add the fish chunks and curry leaves with a pinch of salt and pepper. Simmer gently for 4-5 mins, until the fish is flaky. Stir in the spinach, until just wilted then ladle into dishes, garnish with coriander and serve with the poppadoms.

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CALORIES



**235**
CALORIES

Cottage cheese, edamame & new potato frittata

SERVES 4. READY IN 1 HOUR

- * 300g new potatoes
- * 100g frozen edamame beans
- * 5 large eggs
- * 150g low-fat cottage cheese
- * 2tsp chopped chives
- * Pinch freshly grated nutmeg
- * 30g pea shoots

METHOD

- 1** Preheat the oven to 180°C, Gas 4. Cook the new potatoes in salted, boiling water for 12-15 mins, until just tender. Drain well and leave until cool enough to slice. Meanwhile, cook the edamame beans in boiling water for 4-5 mins, until just tender. Drain well.
- 2** Lightly beat the eggs in a bowl, then stir in the low-fat cottage cheese, chives,

nutmeg and some salt and pepper.

- 3** Lightly grease a medium-sized ovenproof dish and arrange the potato slices and beans in the base. Pour over the egg mixture, agitating gently to allow the egg to seep through. Bake in the oven for about 30 mins, or until the frittata is golden and set. Cool slightly then serve in slices, garnished with pea shoots.

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CALORIES



Chicken, cardamom & yogurt curry

**SERVES 6. READY IN 40 MINS,
PLUS MARINATING**

- * 4cm piece of ginger, grated
- * 2 garlic cloves, crushed
- * 1 green chilli pepper, deseeded and sliced
- * 6 cardamom pods, seeds removed
- * A few drops of rose water
- * 2tsp each garam masala and ground turmeric
- * 2tsp cornflour
- * 500ml natural yogurt

- * 500g skinless chicken breast, cut into chunks
- * 1 onion, thinly sliced
- * 1tsp vegetable oil
- * 60g pistachios, chopped
- * Pinch of dried rose petals (optional)

METHOD

1 In a large bowl, mix together the grated ginger, garlic, chilli, cardamom, rose water, garam masala, turmeric and cornflour. Stir through the yogurt, add the chunks

of chicken and toss to coat well. Leave to marinate in the fridge for at least 4 hrs or overnight if possible.

2 Heat the oven to 180°C, Gas 4. Toss the onion with the oil and a pinch of salt.

3 Tip the chicken and all of the marinade into a baking dish. Scatter over the onion and chopped pistachios. Bake for 25-30 mins, until the chicken is cooked through and the onions are crisp. Scatter with dried rose petals to serve, if you like.

STUFFED CHICKEN IN PROSCIUTTO

SERVES 2. READY IN 40 MINS

- * 2 small skinless chicken breasts (120g each)
- * 2tsp reduced-fat pesto
- * 4 cherry tomatoes, sliced
- * 30g half-fat mozzarella, sliced
- * 2 slices prosciutto
- * 75ml dry white wine
- * 125g asparagus tips
- * 50g watercress leaves

METHOD

1 Preheat the oven to 190°C, Gas 5. Using a sharp knife, cut a pocket into the side of each chicken breast. Spread 1tsp pesto into each pocket, then stuff with the sliced tomatoes and mozzarella. Season lightly, then wrap 1 slice of prosciutto around each chicken breast.

2 Heat a small frying pan with an ovenproof handle over a medium-high heat and sear the chicken parcels for 2-3 mins each side.

Pour over the white wine, then transfer the pan to the oven for 15-20 mins, or until the chicken is cooked through. Remove, cover with foil and set aside to rest for a few mins.

3 Meanwhile, bring a small pan of lightly salted water to the boil and cook the asparagus tips for 2-3 mins, until just tender.

4 Slice the chicken parcels in half diagonally and arrange on 2 warmed serving plates with the asparagus tips. Serve immediately with the watercress leaves.

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CALORIES



SPICY JERK PRAWN & PINEAPPLE SALAD

SERVES 2. READY IN 15 MINS

- * 200g frozen jumbo peeled, raw king prawns, defrosted
- * 2tsp sunflower oil
- * 2tsp jerk seasoning
- * 50ml light coconut milk
- * 1tsp palm sugar
- * 1tsp fish sauce
- * Juice of 1 lime
- * 120g pineapple pieces or fingers, diced
- * ½ small red onion, finely chopped

- * ½ red chilli, finely sliced or chopped
- * 100g cucumber, finely sliced
- * 5g coriander leaves
- * 100g crunchy mixed salad leaves

METHOD

1 Place the prawns in a bowl with 1tsp of the oil, the jerk seasoning and a pinch of salt and pepper, and toss really well to coat. Set aside for a few mins.

2 Meanwhile, combine the coconut milk, sugar, fish sauce and ½ the lime juice in

a small bowl and season to taste. Set aside.

3 Combine the pineapple with the onion, chilli, cucumber, coriander leaves, remaining lime juice and a pinch of salt and pepper.

Arrange the mixed leaves on serving plates and spoon over the pineapple salad.

4 Heat the remaining oil in a small, non-stick frying pan and stir-fry the prawns over a medium-high heat for 2-3 mins. Remove from the heat and scatter over the salad. Serve drizzled with the dressing.



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CALORIES

250
CALORIES



Spinach, butternut & cheese parcels with warm runner bean salad

SERVES 2. READY IN 1 HR 15 MINS

- * 175g peeled and deseeded butternut squash, cut into 1cm cubes
- * 1tsp olive oil
- * 100g spinach leaves, stalk removed
- * 25g lighter Greek salad cheese, crumbled
- * 1tsp chopped dill
- * 2 sheets fresh filo pastry
- * 15g reduced-fat butter, melted
- * 150g runner beans, sliced
- * 100g cherry tomatoes, quartered

METHOD

1 Preheat the oven to 190°C, Gas 5. Toss the diced butternut squash in a bowl with the

olive oil and a pinch of salt and pepper. Tip onto a greaseproof paper-lined baking tray and roast in the oven for 40 mins, until tender and golden. Remove and set aside to cool.

2 Place the spinach in a bowl and microwave on high for 1min, or until just wilted. Set aside to cool slightly, then squeeze out as much excess liquid as possible. Chop and place in a bowl with the cooled butternut squash, the crumbled cheese, chopped dill and a pinch of salt and pepper.

3 Fold 1 piece of filo in half to form

a rectangle and spoon half of the filling into the middle. Brush the edges with melted butter, then fold each end over the filling, tucking under the edges to form a pillow-shaped parcel. Place on a greaseproof paper-lined baking sheet and brush with butter. Repeat to make 2 parcels. Bake for 12-15 mins, until the pastry is crisp and golden.

4 Meanwhile, cook the runner beans in lightly salted, boiling water for 2-3 mins, until just tender. Drain, toss with the tomatoes and pile on to serving plates. Serve with the filo parcels.

CHICKEN TIKKA WITH SAFFRON CAULI PILAU

**SERVES 2. READY IN 30 MINS,
PLUS MARINATING**

- * 1tbsp tikka curry paste
- * 1tsp lemon juice
- * 75g low-fat natural yogurt
- * 15g fresh coriander, chopped
- * Salt and pepper
- * 2 skinless chicken breasts (120g each)
- * Frylight Sunflower Oil Spray
- * 250g trimmed cauliflower florets
- * ½tsp cumin seeds
- * 2 cardamom pods, lightly crushed
- * ½ Knorr Curry Flavour Pot

* Pinch of saffron

* 14g raisins

METHOD

1 Combine the curry paste, lemon juice, yogurt and half the coriander in a shallow dish with salt and pepper. Cut 3-4 slits into the chicken and turn in the tikka yogurt to coat thoroughly. Cover and chill for at least 1 hour, or overnight, to marinate.

2 Lay the chicken on a foil-lined grill rack and spray with the oil. Slide under a preheated grill for 12-15 mins, turning once, until cooked through and lightly charred.

3 Meanwhile, pulse the cauliflower in a food processor until it resembles rice. Toast the cumin seeds and cardamom pods in a frying pan over a medium-low heat for 2-3 mins until they begin to smell aromatic.

4 Pour 100ml water into the pan with the Curry Flavour Pot and stir until melted. Add the cauliflower, saffron and raisins. Season with salt and pepper, then stir well and cook for 4-5 mins, or until the cauliflower is tender and the liquid absorbed.

5 Spoon on to plates and serve with the chicken tikka and remaining coriander.

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CALORIES



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CALORIES



Roasted aubergine & cherry tomato ragu with courgette spaghetti

SERVES 6. READY IN 45 MINS

- * 500g small aubergine, cut into 1.5-2cm cubes
- * 3 garlic cloves, peeled
- * 2tbsp olive oil
- * Salt and pepper
- * 100ml red wine (optional)
- * 30g sun-dried tomato paste
- * 2 tins cherry tomatoes
- * 1 bay leaf
- * 1tsp dried oregano
- * ¼tsp sugar

* 750g courgette spaghetti

* 6tsp finely grated Parmesan (optional)

METHOD

1 Preheat the oven to 190°C, Gas 5. Toss the aubergine in a bowl with the garlic, oil and a generous pinch of salt and pepper. Tip on to a greaseproof paper-lined baking tray and roast in the oven for 25-30 mins, turning occasionally, until tender and golden. Meanwhile, pour the red wine, if using, into a saucepan with the sun-dried tomato paste, cherry tomatoes, bay leaf, oregano, sugar

and a pinch of salt and pepper. Bring to the boil, then reduce the heat and leave to simmer gently for 20 mins, stirring occasionally until thickened.

2 Remove the aubergine from the oven and squish the garlic with a fork. Scrape it all into the tomato sauce and simmer for 5-10 mins to allow the flavours to develop. Meanwhile, cook the courgette spaghetti for 1-2 mins, until just tender. Drain well and heap into bowls. Serve topped with the aubergine ragu and a sprinkling of Parmesan if desired.



249
CALORIES

Veggie filo quiche

SERVES 6. READY IN 40 MINS

- * 4 large sheets filo pastry
- * 25g butter, melted
- * 125g bag baby leaf spinach
- * 6 eggs, whisked
- * 3tbsp semi-skimmed milk
- * Small bunch of mint, chopped
- * 100g roasted artichoke hearts, halved
- * 100g vegetarian feta, crumbled
- * Salad leaves, to serve

METHOD

1 Heat the oven to 180°C, Gas 4. Line a loose-bottomed 24cm tart case with the filo sheets, leaving some overhang. Brush each layer of pastry with melted butter, then fold the overhang back into the case and brush with more butter.

2 Prick the spinach bag with a fork and microwave for 30 secs, until the leaves are just softened. Open the bag carefully and

allow to cool slightly before handling.

3 Put the eggs, milk and mint into a large bowl, season with salt and freshly ground black pepper and whisk until combined. Arrange the spinach, artichoke hearts and feta in the filo case and pour over the egg mix. Cook in the oven for 20 mins.

4 Serve the feta quiche hot or cold with a crisp green salad.

SMOKY SWEET POTATO CHILLI

SERVES 6. READY IN 1 HR 20 MINS

- * 1½tbsp sunflower oil
- * 1 onion, chopped
- * 2 celery sticks, chopped
- * 1 red pepper, deseeded and chopped
- * 2 garlic cloves, chopped
- * 650g peeled sweet potato, diced
- * 500ml passata
- * 450ml fresh vegetable stock
- * 350g courgettes, diced
- * 400g tin kidney beans, drained

* 10g coriander leaves

FOR THE CHILLI SPICE MIX

- * 1tsp hot smoked paprika
- * 1tsp ground cumin
- * ½tsp ground coriander
- * ¼tsp ground cinnamon
- * ½tsp chilli flakes
- * 1tsp dried oregano
- * 2 bay leaves

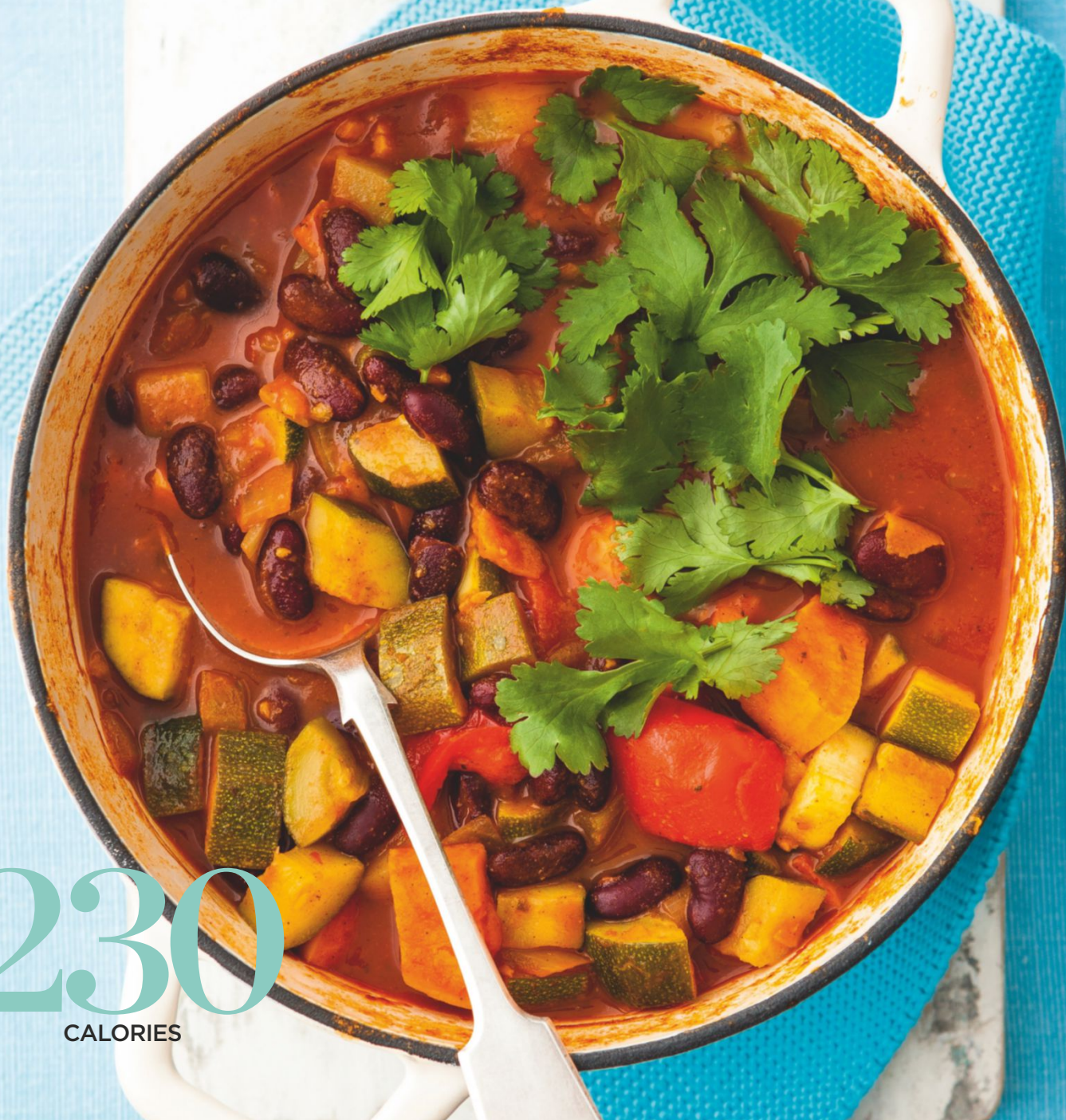
METHOD

1 Heat the oil in a large saucepan and

cook the onion, celery, red pepper and garlic over a medium heat for 15 mins, stirring occasionally, until softened. Stir in the spice mix for 1 minute, followed by the sweet potato, passata and vegetable stock. Simmer for 50 mins, adding the courgettes and kidney beans for the final 30 mins.

2 For a thicker consistency, blend 1 ladleful of chilli in a processor, then stir it back into the chilli. Check seasoning, ladle into bowls and serve topped with the coriander leaves.

230
CALORIES



TANGY MONKFISH & TOMATILLO SOFT TACO

SERVES 2. READY IN 15 MINS

- * 200g trimmed monkfish fillet, cut into bite-sized pieces
- * 2tsp taco seasoning mix, such as Old El Paso Original Taco Seasoning Mix
- * 1 lime, halved
- * 50g red cabbage, thinly shredded
- * 75g black beans, drained
- * 50g sweetcorn drained
- * 2 spring onions, thinly sliced

- * 2 soft tortillas, such as Old El Paso Stand 'N' Stuff Soft Tortillas
- * 50g tomatillo salsa
- * 2tbsp soured cream
- * Coriander leaves, to garnish

METHOD

1 Place the monkfish pieces in a bowl with the seasoning mix, 2tsp lime juice and a pinch of salt and pepper. Thread onto 2 skewers and arrange on a foil-lined grill

rack. Slide under a preheated grill for 6-8 mins, turning occasionally.

2 Meanwhile, combine the cabbage, black beans, sweetcorn and spring onions with a pinch of salt and pepper, then spoon into the tortillas.

3 Remove the monkfish from the skewers and add to the tacos. Spoon over the salsa and a dollop of soured cream. Garnish with coriander and serve with a wedge of lime.

190
CALORIES





209
CALORIES

Teriyaki turkey & water chestnut stir-fry

SERVES 2. READY IN 15 MINS

- * 1tsp sesame oil
- * 200g mini turkey breast fillets, thinly sliced
- * 1 small red pepper cut into bite-sized pieces
- * 75g baby corn, cut in half lengthways
- * 2 spring onions, thickly sliced

- * 1 garlic clove, sliced
- * 5g piece ginger, chopped
- * 140g drained, sliced water chestnuts
- * ½ pack of Celebrate Health Teriyaki Chicken Recipe Base (available at Tesco)

METHOD

1 Heat the oil in a wok or medium frying pan over a medium-high heat and stir-fry

the turkey strips for 3-4 mins, until browned.

2 Add the sliced pepper, baby corn and onions to the wok for 2 mins, followed by the garlic and ginger for 30 seconds.

3 Reduce the heat slightly, then add the water chestnuts and teriyaki sauce for 1-2 mins, until hot and the turkey is completely cooked through. Serve immediately.

Tarragon mushroom stroganoff with crispy potato croutons

SERVES 4. READY IN 25 MINS

- * 350g new potatoes, cut into 1cm cubes
- * 1tbsp olive oil
- * 15g butter
- * 450g mixed mushrooms, thickly sliced
- * 4 spring onions, chopped
- * 2 garlic cloves, crushed
- * 1tbsp tomato puree
- * 1tsp paprika
- * 2tsp plain flour
- * 200ml vegetable stock
- * 2tsp Dijon mustard
- * 1tsp chopped tarragon

- * 3tbsp half-fat crème fraîche
- * 1tsp lemon juice
- * 2tsp chopped parsley

METHOD

1 Preheat the oven to 200°C, Gas 6. Toss the potatoes with 2tsp oil and a pinch of salt and pepper. Tip on to a greaseproof paper-lined baking sheet and roast for 20 mins, turning occasionally.

2 Meanwhile, place a large frying pan over a medium-high heat and melt the butter with the remaining oil. Add the mushrooms to the pan with a pinch of salt and pepper and

cook for 4-5 mins, until golden. Remove with a slotted spoon and lower the heat.

3 Add the onions and garlic to the pan and cook gently for 2-3 mins. Stir the tomato puree, paprika and flour into the pan for 1 min, then stir the stock slowly into the pan. Simmer for 2-3 mins, then stir in the mustard and tarragon, and return the mushrooms to the pan. Heat gently for 2-3 mins.

4 Remove the pan from the heat, stir in the crème fraîche and lemon juice and season. Spoon into dishes and serve with the crispy potato croutons and scattered with parsley.

220
CALORIES



Dinner

215
CALORIES



TURKEY ESCALOPE WITH BEETROOT, BEAN & FETA SALAD

SERVES 2. READY IN 20 MINS

- * 1tsp olive oil
- * ½tsp lemon zest
- * ¼tsp dried thyme
- * 2 quick-cook turkey steaks (100g each)
- * 100g fine French beans, trimmed
- * 1 raw beetroot (150g), peeled
- * 30g lighter Greek salad cheese
- * 1tbsp chilli balsamic glaze
- * 5g chives, chopped

METHOD

1 Rub the olive oil, lemon zest and dried thyme over the turkey steaks and season with salt and pepper. Set aside while you prepare the salad.

2 Bring a small pan of lightly salted water to the boil and cook the French beans for 2-3 mins, until just tender. Drain and cool under running water.

3 Spiralise the beetroot into noodles using

a spiraliser or julienne peeler (or coarsely grate) and arrange on 2 serving plates with the cooled beans. Crumble over the feta-style cheese.

4 Heat a griddle pan until hot and griddle the turkey steaks for 2-3mins each side, until cooked through and lightly charred.

5 Transfer the turkey steaks to the serving plates, then drizzle with chilli balsamic glaze and scatter over the chives to serve.



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Juices

Boost the health benefits of your fast with our liquid meals. Just blend and go!



166
CALORIES
& UNDER



Kale, kiwi & apple juice

BLEND

- * 1 green apple
- * 1 kiwi fruit
- * 100g kale (stems removed)
- * 250ml water
- * Juice of 1 lime
- * 2 pinches grated ginger

131
CALORIES

Smart fact

Choose crisp green apples for this juice for the best flavour. Granny Smiths, in particular, contain high levels of antioxidants.



Speedy hunger buster

SERVE

- * 200ml glass of tomato juice
- * Splash of Worcestershire sauce

Smart fact

A glass of tomato juice provides 20% of your RDA of vitamin C and 70% of your vitamin A. This nutrient-rich drink also contains B vitamins, potassium and fibre.

51
CALORIES



Berry boost

BLEND

- * 50g blueberries
- * 50g raspberries
- * ½ banana
- * 125ml skimmed milk

105
CALORIES

Smart fact

Raspberries are rich in the phytonutrient rheosmin – also known as raspberry ketone – which can speed up fat metabolism, decreasing the risk of obesity.



PINK PANTHER

BLEND

- * 25g beetroot
- * 40g silken tofu
- * 5 mint leaves
- * ½ frozen banana
- * 2.5cm x 2.5cm cube ginger
- * 3 medium strawberries
- * 100ml unsweetened almond milk
- * 1 scoop ice, approx 50g

Smart fact

Make sure you use silken tofu in this smoothie, as the regular variety won't blend as well.



155
CALORIES

APPLE & BLUEBERRY

BLEND

- * 2 handfuls blueberries (fresh or frozen)
- * 1 large apple, cored
- * 2 handfuls spinach
- * 10 strawberries (fresh or frozen)
- * 3tbsp low-fat yogurt

166
CALORIES



Cravingbuster

BLEND

- * 75g blueberries
- * ½ banana
- * 50ml fat-free strawberry yogurt
- * 50ml apple juice
- * Pinch of cinnamon

Smart fact

Bananas are a great weight-loss food, because they taste sweet and are filling, which helps curb cravings. They also help sustain blood-sugar levels during workouts.



117
CALORIES

Fruit blast

BLEND

- * 100ml orange juice
- * 2 tinned pineapple rings
- * 100g raspberries
- * ¼ banana



139
CALORIES

Green giant

BLEND

- * 2 peeled kiwi fruit
- * 80g cucumber
- * 40g sweet seedless grapes
- * 1tsp ground flaxseeds

Smart fact

Flaxseeds are an excellent source of micronutrients, fibre and omega-3 – but buy them ground or they will pass through the body without being digested.



138
CALORIES

Super veg blend

BLEND

- * 50g boiled (not pickled), chopped baby beetroot
- * 100ml apple juice
- * 50ml orange juice
- * 1tbsp grated carrot
- * 1tsp grated ginger

Smart fact

Beetroot has soluble and insoluble fibre, both of which fight fat. Its nutrient compounds help protect against heart disease, birth defects and certain cancers.



88
CALORIES

Tropical zing

BLEND

- * ½ papaya
- * 80g pineapple
- * 1tsp vanilla extract
- * 2tbsp Total 0% Greek yogurt
- * 2tsp ground flaxseeds
- * 200ml unsweetened almond milk
- * 1 scoop of ice, approx 50g



145
CALORIES

Fibre provider

BLEND

- * 2 small handfuls seedless green grapes
- * 1 large handful spinach
- * 1 large sliced ripe pear
- * 75ml apple juice



125
CALORIES

BLUEBERRY SUNRISE

BLEND

- * 25g boiled beetroot
- * 50g blueberries
- * 2.5cm x 2.5cm cube ginger
- * 1tsp acai berry powder
- * 2tsp ground flaxseeds
- * ½ frozen banana
- * 200ml coconut water
- * Scoop of ice, approx 50g

Smart fact

Start the day with this power-packed smoothie. The beetroot helps to lower blood pressure and the zingy ginger will stimulate the circulation and give you a boost of energy.



158
CALORIES



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Dessert

Got a sweet tooth that craves indulgence? These low-cal treats are the answer



150
CALORIES
& UNDER



83
CALORIES



Smart tip

Try to buy really ripe, sweet watermelon for maximum flavour. Store any of the leftover fruit in the fridge for a healthy and refreshing snack. 100g of watermelon flesh has only 31 calories.

Frozen watermelon granita

**SERVES 2. READY IN 5 MINS,
PLUS FREEZING**

- * 200g ripe watermelon
- * 2tsp lime juice
- * 5g white sugar with stevia

METHOD

1 Place the watermelon, lime juice and sugar in a jug blender and blend until smooth. Pour into a shallow, freezer-proof container and place in the freezer for 1 hour. Remove from the freezer and stir

with a fork, breaking up any parts which are beginning to freeze.

2 Return to the freezer and scrape with the fork every 20-30 minutes for about 3-4 hours, until you have light, icy flakes of granita.

CHERRY & CHOCOLATE BLACK FOREST POT

SERVES 1. READY IN 5 MINS

- * ½ Weight Watchers mini roll
- * 50g drained black cherries with kirsch
- * 1tbsp lighter dairy cream spray
- * 1 fresh cherry
- * 5g grated dark chocolate

METHOD

1 Cut the mini roll into 3 slices and arrange in the bottom of a glass dish. Spoon over the drained black cherries and squirt the cream over the top. Top with the fresh cherry and grated dark chocolate to serve.



130
CALORIES

NON-DAIRY BANANA, MAPLE & PECAN GLORY

SERVES 1. READY IN 5 MINS

- * 1 x 50ml scoop non-dairy ice cream, such as Almond Dream Salted Caramel from Waitrose
- * 25g peeled banana, sliced
- * 2tsp light maple syrup, such as Tesco Finest Pure No 1 Light
- * 5g shelled pecan nuts, lightly crushed or chopped
- * 1 ice-cream wafer

METHOD

1 Arrange the ice cream in a glass dish with the sliced banana.

2 Drizzle over the maple syrup, then top with the crushed pecan nuts and serve with the wafer.



145
CALORIES

136

CALORIES EACH



Malteser-topped orange cupcakes

MAKES 12. READY IN 30 MINS

- * 100g self-raising flour
- * ½tsp baking powder
- * 100g Total Sweet Xylitol
- * 100g low-fat spread suitable for baking, such as I Can't Believe It's So Good
- * 2 medium eggs
- * ½tsp orange extract
- * 50g icing sugar
- * 12 Maltesers

METHOD

- 1** Preheat the oven to 180°C, Gas 4. Sift the flour and baking powder into a bowl, then add the sugar and butter substitutes, the eggs and orange extract. Use a hand-held blender to beat until smooth, then divide between 12 muffin moulds lined with paper cases.
- 2** Bake for 15-18 mins or until the cakes have risen and are a pale golden colour.

Cool slightly in the tin, then transfer the cupcakes on to a wire rack to cool completely.

- 3** Once cooled, sift the icing sugar into a small bowl and combine with 2-3tsp boiling water - just enough to create a thick, runny icing. Drizzle a small amount over each cupcake, top each one with a Malteser and allow the icing to set before eating.

149
CALORIES



Smart tip

Bring this treat to 100 calories by replacing the Mini Smarties with 1tsp hundreds and thousands sprinkles (-49 cals = 100 cals)

Fro-yo Smartie sandwich feast

SERVES 1. READY IN 5 MINS, PLUS CHILLING

* 50g scoop frozen yogurt, such as Waitrose LoveLife Calorie Controlled Belgian Chocolate, softened slightly

* 2 wafer biscuits
* 1 x 14g box Mini Smarties

METHOD

1 Place the scoop of slightly softened frozen yogurt on to 1 wafer and use the back of a spoon to squash and spread

the ice cream so it comes to the edges of the wafer. Top with the remaining wafer, then sprinkle the Mini Smarties around the edges.

2 Place in the freezer to chill until firm, or until required.

MIDDLE EASTERN FRUIT SALAD

**SERVES 1. READY IN 10 MINS,
PLUS COOLING**

- * 1 small orange
- * 10ml grenadine syrup
- * 5g fruit sugar
- * ½tsp rose water
- * 20g pomegranate seeds
- * 5g unsalted pistachios, shelled (optional)

METHOD

1 Place the orange on a chopping board and use a sharp knife to cut off the top and

bottom, only just cutting into the flesh.

Place with one cut-side up and then slice away the peel in segments, following the contour of the fruit and only just cutting into the flesh. You should be left with the whole fruit, with no peel or pith visible.

2 Now hold the orange in one hand over a bowl to catch any juice. Very carefully slice the segments out of the orange by cutting closely along either side of each membrane. Arrange the segments on a serving plate.

Squeeze juice from the remaining pith into the bowl, then discard the membrane.

3 Pour the juice into a small saucepan with the grenadine syrup, sugar and rose water and warm gently until the sugar has dissolved. Increase the heat and simmer for 4-5 mins, until slightly syrupy. Remove from the heat and set aside to cool.

4 Once cool, drizzle the syrup over the orange segments, then scatter over the pomegranate seeds and pistachios, if using.



FAST-DAY

Snacks

FRESH AND HEALTHY



49
CALORIES



1 slice of pineapple (100g)

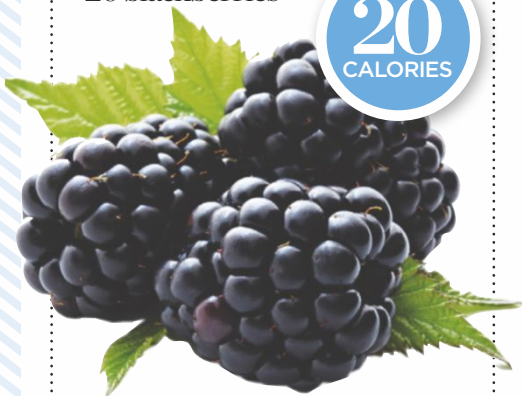
7 carrot sticks with
low-fat ranch dressing

37
CALORIES



20 blackberries

20
CALORIES



1 medium Gala apple

74
CALORIES

1 medium-sized
corn on the cob

100
CALORIES



1 small
banana
(100g)

90
CALORIES



49
CALORIES

16 cherry
tomatoes

20 cherries (175g)

90
CALORIES



LOW-CAL CRUNCH

Snacks



59
CALORIES

Asda Custard Cream



28
CALORIES

Fox's Party Ring



66
CALORIES

Tesco Bourbon Cream



77
CALORIES

Jam sandwich cream



39
CALORIES

Crawford's Pink Wafer



47
CALORIES

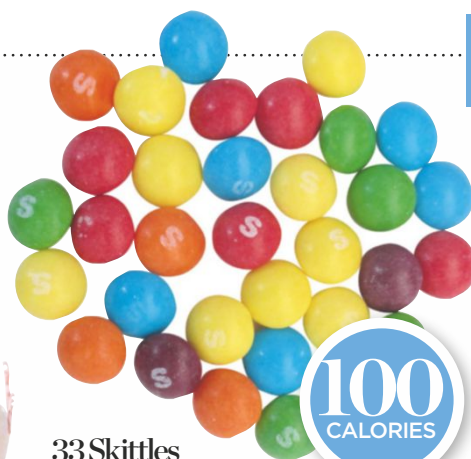
McVitie's Ginger Nut

SWEET AND LOW

8 Chewits



92
CALORIES



33 Skittles

100
CALORIES

6 Liquorice Allsorts



95
CALORIES

97
CALORIES

5 Maynards
Bassetts
Wine Gums



75
CALORIES

3 M&S Percy Pigs

94
CALORIES

7 Rowntree's
Fruit Pastilles



READER OFFER

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DIRECT
TO YOUR
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Struggling to find time to cook? We've got together with leading diet delivery company Jane Plan to offer you a great deal on the 5:2 Diet box...

WHAT IS THE 5:2 JANE PLAN BOX?

Eight days of tasty, calorie-controlled food delivered direct to your door every month. Each day totals 500 calories. All you have to do is eat your 5:2 Jane Plan for two days each week and follow the menu suggestions for the remaining five days. Jane Plan's philosophy is that there are few things more important than the food you eat, so they want you to enjoy your 500-calorie days on your 5:2 Jane Plan. When you're cutting calories in this way, your days should be enjoyable, easy, stress-free and full of wholesome, nutritious food. With the beautifully balanced meals, you'll feel fuller for longer, even if you're only eating 500 calories a day!

WHY IT WORKS

The 5:2 Jane Plan is a flexible way of dieting. You're not committing yourself to a minimum number of calories every single day, missing out on eating normally seven days a week. Instead,

you're just eating a calorie-restricted diet two days a week. You choose what you eat on the other five days: you can still go out to dinner with friends or eat with your family, and there'll also be lots of ideas for your five non-fasting days in your box. On the two fasting days, all your food is provided for you and there are even some serving suggestions, so if you fall short of calories, you know what to add in. All you need to do is

choose one breakfast, one soup and one main meal to eat over the course of your fasting day. Follow the menu closely, using any remaining calories on a piece of fruit or by adding vegetables or salad, as directed on the menu included in your box.

ORDER YOURS TODAY!

The 5:2 Jane Plan box usually costs £75, but *500 Calorie Diet Meal Planner* readers get £25 off! So it's just £49.99! To get this great offer, simply visit 52.janeplan.com and use the code WCB52D when prompted.



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A close-up portrait of a woman with long, wavy blonde hair and blue eyes. She is smiling broadly, showing her teeth, and has her hands clasped near her chin. She is wearing a light pink, textured knit sweater. The background is a soft, out-of-focus light grey.

JANE PLAN'S FAST-DAY TIPS

* **PICK YOUR DAYS**

It may seem daunting to eat only 500 calories a day, but it's easy if you plan it right. We like Mondays and Thursdays best. Mondays are good because they're just after the weekend, when many of us have overindulged. Then you have two days of eating 'normally' before fasting again towards the end of the week on Thursday. Choosing the same days each week helps you get into a routine, but if you need to change these days, it won't affect your diet. Make a note in your diary or on your phone which days you are planning to fast – and stick to it. Try to fast on a day when you're not too busy and avoid fasting on workout days!

* **DRINK!**

Stay hydrated by drinking plenty of water. Make your water more interesting by adding slices of lime, or fresh berries or cucumber and lemon. Herbal teas can give you a real boost – we like a fresh mint infusion.

* **KEEP YOUR MIND BUSY**

That way you're not tempted to break the fast. Set yourself some mini goals throughout the day, to keep you focused and your mind occupied.

* **TRY THE TOOTHPASTE TRICK**

Carry a toothbrush with you at all times and brush your teeth every time you go to the loo! This will keep your mouth and breath fresh and deter you from eating.

* **GET AN EARLY NIGHT**

Often we succumb to nibbling in the evening, so getting to bed early will help combat the night-time nibbles. And you'll feel fresher in the morning!

**500
CALORIE
DIET**

*Reader
Offer*

COOKS
professional

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10-piece set (D8459), £44.99 includes: blender, large tumbler (700ml), 2 small tumblers (350ml), blender blade, grinder blade, 2 tumbler handles and 2 stay-fresh lids. **Was £99.99**

15-piece set (D8471), £54.99 includes: all of the above, plus 2 additional large tumblers (700ml), 2 travel lids and an extra stay-fresh lid. **Was £129.99**

**SAVE
UP TO
£75**

COOK HEALTHY!

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Was £39.99 Available in the following colours:
Black (G0295) or Red (D6691)

**SAVE
£210**



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This stylish kitchen gadget gives you fast and effective mixing thanks to its powerful 800W motor. Prepare fluffy meringues, bread dough, cake mixes and more with its beater, whisk and dough hook. The 5L mixing bowl is great for large quantities, while the six speed settings and pulse function make mixing, whipping, whisking

and kneading quick and simple. Mains-powered. Main body is ABS plastic. Whisk and bowl are stainless steel. Dough hook and beater are aluminium. Measures W37.8 x D23 x H32.2cm.

WAS £299.99

Available in the following colours:

SILVER (D9203)

BLACK (D9204)

CREAM (D9205)

COOKS
professional

**SAVE
£23**



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TIP

On days when you're splurging on lunch or a fancy coffee and cake, try to eat extra healthily for the rest of the day.

What to eat THE REST OF THE TIME!

Not sure how much you should be eating on non-fast days? Here's our expert guide...

One thing that makes the 500 Calorie Diet so easy to follow is the fact it doesn't feel like you're on a diet. On fast days you can comfort yourself knowing that for five days you can eat what you like, within reason. We recommend you aim to eat around 2,000 calories on non-fast days and continue to stick to a largely healthy, balanced diet. But because your intake of vitamins and minerals will be less on fast days, you'll need to top these up on your normal days. Our five days of menus over the page show you the foods you can eat on non-fast days. You'll see they are fairly healthy - with a few treats included.

KEEP PROTEINS LOW IN FAT

Low-fat sources of protein include lean meat, poultry, fish, eggs, beans, pulses, lentils and vegetarian meat substitutes. Nuts and seeds are also a good source of healthy protein.

CHOOSE WHOLEGRAINS

Your body's preferred source of energy is starchy carbohydrates. You can get these from wholegrains, such as wholemeal bread, brown rice, wholemeal pasta, oats and other wholegrain cereals. These are more nutritious than their 'white' counterparts, plus they're higher in fibre. This means they have a lower glycaemic index (GI), so they break down and release their energy more slowly to help maintain stable blood-sugar levels. They'll also keep you feeling fuller for longer.

FILL UP YOUR PLATE WITH VEG

Most vegetables are low in calories and virtually fat-free – plus they're packed with essential vitamins, minerals and antioxidants.

EAT ENOUGH HEALTHY FATS

Fat will be cut down to the bare minimum on fast days. On the other days make sure you're getting enough healthy, unsaturated fats from olive oil, avocados, nuts and seeds (and their oils), and oily fish such as salmon, mackerel and fresh tuna. Some fats are essential for health, as long as they're from the right sources.

MAXIMISE THE FRUITS

Fruit is another good source of vitamins, minerals and healthy plant compounds. It also satisfies your sweet cravings, but in a healthy, low-calorie way.

DAY ONE



2,017
CALORIES



BREAKFAST

Two-egg mushroom omelette. Slice of wholemeal toast with low-fat olive spread or marmalade. Cup of tea or coffee with milk. 525 cals

MORNING SNACK

Small packet of unsalted nuts and raisins. 115 cals

LUNCH

Box of sushi (334 cals). Bunch of grapes (58 cals). Packet of Sunbites (120 cals). Total: 512 cals

AFTERNOON SNACK

Round of Mini Babybel. 62 cals

DINNER

Medium steak, grilled (240 cals) with oven chips (190 cals) and a large salad (40 cals). Small (125ml) glass of wine (85 cals). 2 oatcakes or crackers (100 cals), some celery sticks with half a 125g pack of low-fat Boursin cheese (108 cals) and some grapes (40 cals). Total: 803 cals

DAY TWO

BREAKFAST

2 Weetabix with semi-skimmed milk. Kiwi fruit. Cup of tea or coffee with milk. 265 cals

MORNING SNACK

2 Jaffa Cakes. 90 cals

LUNCH

Pasta salad with tuna and sweetcorn – homemade or a healthy options range (340 cals). Two-finger KitKat (107 cals) and an apple (55 cals). Total: 502 cals

AFTERNOON SNACK

None – save yourself for dinner tonight! Or eat the apple or KitKat from lunchtime.

DINNER

Pasta puttanesca (450 cals) with a slice of garlic bread (150 cals) and a salad (56 cals). Profiteroles (350 cals). Medium (175ml) glass of wine (119 cals). Total: 1,125 cals



1,982
CALORIES



DAY THREE



2,020
CALORIES



BREAKFAST

Bowl of muesli with semi-skimmed milk, topped with a grated apple. Cup of tea or coffee with milk. 279 cals

MORNING SNACK

Medium skinny latte (114 cals). Square of chocolate brownie (335 cals). Total: 449 cals

LUNCH

Wholemeal pitta stuffed with prawns and watercress, dressed with low-fat salad cream (318 cals). Slice of malt loaf (70 cals). Packet of Hula Hoops (129 cals). Total: 517 cals

AFTERNOON SNACK

37g bag Maltesers or a Crunchie. 150 cals

DINNER

Quorn (or other vegetarian) chilli con carne (homemade with Quorn or tinned lentils, or from a healthy options range) with brown rice (450 cals). Griddled pineapple rings with a scoop of vanilla ice cream (175 cals). Total: 625 cals

TIP

If a chocolate craving does strike, these are the days when you can give in – within reason!

DAY FOUR

BREAKFAST

Bowl of bran flakes with semi-skimmed milk, with a banana. Tea or coffee with milk. 309 cals

MORNING SNACK

2 rice cakes spread with chocolate hazelnut spread. 130 cals

LUNCH

A hamburger (250 cals), medium fries (330 cals) and a medium Diet Coke (4 cals). Total: 584 cals

AFTERNOON SNACK

250ml fruit smoothie. 133 cals

DINNER

Chicken chop suey (homemade or healthy options range) with noodles (450 cals). Half tin rice pudding with mango (220 cals). Total: 670 cals



1,826
CALORIES

DAY FIVE



2,100
CALORIES



BREAKFAST

Tin of sardines in tomato sauce on 2 slices of wholemeal toast. Small glass of pure orange juice. Cup of tea or coffee with milk. 509 cals

MORNING SNACK

Small pot of fat-free natural yogurt (81 cals) topped with 1tsp honey (17 cals). Total: 98 cals

LUNCH

Mozzarella and sun-dried tomato panini with salad and coleslaw (450 cals). Small square (or half a slice) of carrot cake (220 cals). Small cappuccino (90 cals). Total: 760 cals

AFTERNOON SNACK

Large pot of air-popped popcorn with a pinch of paprika. 100 cals

DINNER

Grilled salmon steak (225 cals) with potato wedges (233 cals) and steamed broccoli (25 cals). Eton mess made with fat-free Greek yogurt, a crushed meringue shell and tinned or frozen berries (150 cals). Total: 633 cals

CALORIE *Counter*

Food	Average portion (g)	Calories
FRUIT		
Apples	125	59
Apricots (flesh only)	80	25
Bananas	100	95
Blackberries	100	25
Blueberries	50	35
Cherries (weighed with stones)	80	38
Clementines (weighed with peel and pips)	80	22
Figs	55	24
Grapes	100	60
Kiwi fruit (weighed with skin)	75	32
Melon (weighed with skin)	40	6
Nectarines (weighed with skin)	150	54
Oranges (weighed with skin)	200	52
Peaches (weighed with stone)	150	45
Pear	150	50
Pineapple	80	33
Plums (weighed with stone)	70	24
Raspberries	60	15
Satsumas (weighed with skin)	87	23
Strawberries	100	27
Watermelon (flesh only)	200	62
NUTS & SEEDS		
Almonds	15	91
Brazil nuts	10	68
Cashew nuts	10	57
Cashew nuts (roasted and salted)	25	153
Hazelnuts	10	65
Mixed nuts	40	232
Mixed nuts and raisins	40	192
Peanuts (plain)	13	73
Pine nuts	5	34
Pistachio nuts (roasted and salted)	66	218
Pumpkin seeds	16	91
Sunflower seeds	16	93
Walnuts	20	138
VEGETABLES (raw, prepared, unless stated otherwise)		
Beans		
Broad	120	71
French	90	20
Runner	90	20
Beetroot	40	14
Broccoli	85	28

Food	Average portion (g)	Calories
Brussels sprouts	90	38
Cabbage	90	23
Carrots	60	21
Cauliflower	90	31
Celery	30	2
Chilli peppers	10	3
Courgettes	90	17
Cucumber	100	11
Leeks	75	16
Lettuce	80	13
Mushrooms	80	10
Onions	150	54
Parsnips	65	43
Peas	70	55
Peppers	160	51
Potatoes		
New (boiled)	175	131
Old (baked with flesh & skin)	180	245
Old (boiled)	175	126
Radishes	48	6
Spinach	90	23
Spring onions	10	4
Swede	130	31
Sweetcorn	60	56
Tomatoes	85	14
CHEESE		
Brie	40	137
Cheddar	40	166
Cheese spread	30	81
Cottage, 4% fat	40	36
Cottage, 2% fat	40	28
Edam	40	136
Emmental	40	153
Feta	50	125
Gouda	40	151
Mozzarella (fresh)	55	141
Mozzarella (grated)	40	103
Parmesan (freshly grated)	20	82
Red Leicester	40	161
Ricotta	55	79
Roquefort	28	105
Soft light	30	47
Soft medium fat	30	60

Food	Average portion (g)	Calories
EGGS		
Boiled	50	74
Fried	60	107
Poached	50	74
Omelette (plain, 2 eggs)	120	234
Scrambled (no milk, 2 eggs)	100	160
MILK		
Semi-skimmed	146	67
Skimmed	146	48
Whole	146	96
MEAT		
Beef		
Fillet steak (grilled)	168	316
Mince (extra lean, stewed)	140	248
Lamb		
Leg steaks (grilled)	90	178
Loin chops (grilled)	70	149
Mince (extra lean, stewed)	90	187
Pork		
Bacon (back rashers, grilled)	100	287
Fillet of pork (grilled)	120	204
Ham		
Parma	47	105
Premium	56	74
POULTRY		
Chicken		
Breast (skinless, grilled)	130	192
Breast strips (stir-fried)	90	145
Drumsticks (skinned, roasted)	47	71
Leg quarter (skinned, casserole)	146	257
Thighs (skinless, boneless, casserole)	45	81
Wings (grilled)	100	226
Turkey		
Breast (skinless, grilled)	90	140
Drumsticks (skinned, roasted)	90	146
Mince (stewed)	90	158
Strips (stir-fried)	90	148
Thighs (diced, skinless, boneless, casserole)	90	163
FISH & SEAFOOD		
Anchovies (in oil)	10	19
Crab (in brine)	40	31

Food	Average portion (g)	Calories
Haddock (grilled)	120	125
Smoked haddock (poached)	150	201
Hake (grilled)	100	113
Halibut (grilled)	145	175
Halibut (poached)	110	169
Plaice (grilled)	130	125
Prawns (boiled, shelled)	60	59
Salmon (smoked)	56	80
Sardines (grilled)	40	78
Scallops (steamed, shelled)	70	83
Tuna (canned in brine)	45	45
Tuna (raw)	45	61
RICE, PASTA & PULSES (uncooked, unless stated otherwise)		
Bulgar wheat	100	353
Butter beans (canned)	100	77
Butter beans (dried, boiled)	100	103
Cannellini beans (canned)	100	87
Chickpeas (canned)	100	115
Chickpeas (dried, boiled)	100	121
Couscous	100	227
Lentils (puy-style, canned)	100	118
Lentils (puy-style, dried, boiled)	100	105
Kidney beans (canned)	100	100
Macaroni (boiled)	125	108
Noodles, egg (boiled)	125	78
Rice		
Brown (boiled)	125	176
White (glutinous, boiled)	125	82
White (polished, boiled)	125	154
Spaghetti (boiled)	125	130
Spaghetti (wholemeal, boiled)	125	141
BREAD		
Crumpets	40	83
French baguette	40	109
Muffins (English, white)	68	152
Pitta bread	75	191
Rolls		
Brown	48	113
White (crusty)	50	131
White (soft)	45	114
Wholemeal	48	117
Sliced		
Brown	36	75

Food	Average portion (g)	Calories
Granary	36	85
White	40	94
Wholemeal	40	87
CEREALS		
Bran Flakes	30	95
Bran strands	40	104
Corn Flakes	30	108
Frosted Flakes	30	112
Fruit 'n Fibre	40	147
Honey Hoops	30	111
Muesli	50	184
Oat Flakes	30	107
Porridge (with milk and water)	160	133
Porridge (with water)	160	78
Porridge (with whole milk)	160	186
Puffed Wheat	20	64
Shredded Wheat	45	150
Shredded Wheat (mini)	45	154
Wholewheat biscuits	38	134
JAMS & SPREADS		
Honey	16	46
Jam	15	39
Lemon curd	15	42
Marmalade	15	39
Yeast extract	4	9
DIPS		
Guacamole	45	58
Houmous	30	56
Tzatziki	45	30

Conversion Chart

LIQUIDS		WEIGHTS					
Metric	Imperial	Metric	Imperial	Metric	Imperial	Metric	Imperial
250ml	8fl oz	15g	1/2oz	175g	6oz	400g	14oz
180ml	6fl oz	25g	1oz	200g	7oz	425g	15oz
150ml	5fl oz	40g	1 1/2oz	225g	8oz	450g	1lb
120ml	4fl oz	50g	2oz	250g	9oz	550g	1 1/4lb
75ml	2 1/2fl oz	75g	3oz	275g	10oz	700g	1 1/2lb
60ml	2fl oz	100g	3 1/2oz	300g	11oz	900g	2lb
30ml	1fl oz	125g	4oz	350g	12oz	1kg	2 1/4lb
15ml	1/2fl oz	150g	5oz	375g	13oz	1.1kg	2 1/2lb

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