

speedy
&
seasonal

eco-friendly eating in Ireland

Úna Ní Fhlannagáin

speedy & seasonal

Speedy And Seasonal

First Electronic Edition.

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Míle **buíochas** ó chroí le ...

Mom and Dad, for feeding me all those years

Nóra Ní Fhlannagáin, my foodie icon, who gave me a dietician consult in 2013 which set me on a healthful path

Ionia Ní Chróinín, who gave me a home-made cookbook as a present many moons ago, and was the first person to tell me about 'zero waste' ,

Shay Leon, who inspired me to become 'flexitarian' and try cooking vegan

Adrian Cradock, for his unending patience as my fitness teacher, and the weekly encouragement (Adrian, you'll be glad to see - there is no nut butter in this book!! 😊)

Cáit Curran of Síol Biodynamic Farm, who gave me her list of seasonal produce and grows the most amazing vegetables I've ever tasted

Sheridan's Cheesemongers – thanks to Laura, and particularly Aoife in Galway for sharing her passion and expertise

And, most importantly: Rusty Weise, for his constant positivity, always eating my experiments, and hiding the nut butter 😊

A chara,

In the last year, I started eating vegetarian and local for the sake of our planet. I couldn't find vegetarian recipes with the recommended daily amount of protein, or any recipes which reflected the seasonal availability of vegetables in Ireland.

In response, I've researched seasonal vegetable availability, nutritional information, and meal ideas for myself. I hope this collection may be of help to you too!

Úna

3/8/2019

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RATIONALE

Dear reader,

I've been interested in nutrition, philosophy and creativity since I was a teenager. For me, these three domains are intimately connected. I base my food choices on these 5 principles:

- Physical health
- Animal welfare
- Being as ecologically sustainable as possible
- Having as much time as possible to accomplish my creative goals, and...
- Using my money effectively.

Over the years, I've developed the following strategies to help me accomplish these goals.

I try to get 20g of protein into every meal: it makes me feel fuller, gives me a more even mood, and is the optimal amount for muscle protein synthesis¹.

I aim to eat 10 servings of vegetables daily, which is 800g. According to research, it increases my health and longevity².

For the sake of animal welfare and environmental sustainability, I eat a mostly plant-based diet. To get my RDA of essential fatty acids, I try to eat fish once a week, choosing from sustainable sources. (When I occasionally eat meat, I do my best to ensure the animal lived outside, and was well-treated.)

I avoid food I'm intolerant to – in my case, gluten and legumes.

I eat food grown locally to minimise my carbon footprint. It's also cheaper, and the little money it costs is pumped back into my local economy, so it's a triple win. (Every so often I crumble and buy some mango, but I do my best...!)

Eating locally-grown food means ... I eat a food only when it's in season. The amazing taste of freshly-harvested food means I don't even notice there's no tomatoes in December.

I eat mostly organic: less pesticides, more nutrients³, a million times tastier. I find it's roughly the same price to buy organic from a local farmer as it is to buy fresh, non-organic veg in a supermarket.

¹ <https://www.precisionnutrition.com/protein-limit>

² <https://www.imperial.ac.uk/news/177778/eating-more-fruits-vegetables-prevent-millions/>

³ <https://www.mindbodygreen.com/0-14763/a-doctors-top-4-reasons-to-eat-organic.html>

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I minimise my waste as much as possible. I bring my own bags to the local market for my weekly shop; I try to only buy products that are recyclable packaging; I am very excited by Galway's first refill shop, The Filling Station⁴, on Abbeygate street. (I used to love Aldi, but their lack of recyclable packaging has made me break up with them ☹)

I cook in bulk; that saves me hours every week in food prep and wash-up. I make 6 portions of a recipe, divide it into single portions, and freeze them.

I have so many things I want to do, that I have no option but to live as long as possible! ☺ One of the most effective interventions to improve longevity is eliminating sugar⁵, so there ain't no honey in these meals. You're sweet enough, baby!

To design this collection of meals, my process was as following...

DE LIST

First: I emailed all of the local organic farmers I could find in Co. Galway, and got a list of seasonally available vegetables. (Go raibh míle maith agat, a Cháit!!)

DE FORMAT

To facilitate variety, I decided to create a 'mix and match' system, rather than a traditional cookbook format. I paired two vegetables, nutritionally analysed them, and then matched them with a variety of different proteins and starchy carbohydrates. I've included the quantities necessary for every carbohydrate and protein option at the top of each page; I'll choose which protein and starch I want from week-to-week. I include some cooking ideas, plus links to relevant recipes online.

VEGETABLE PAIRINGS

I'm a busy girl. So for this collection, I paired vegetables based on ... similar cooking time requirements! So depending on how much time I have that day, I can whip up a meal in a jiffy, or make a meal requiring more preparation.

It might seem counterproductive to pair foods based on logistics rather than aesthetics, but in my experience local organic fresh veggies are pretty scrumptious, no matter what you put them with. And these days, no matter how unusual your combination of foods are, someone will have thought of a way to make it into a pleasurable meal and put it online. So I have faith this mad plan will work, and if you don't think it does, I'd love to hear your alternative solutions. For now, the meals are numbered in order of steaming duration, e.g. Meal 1.1 is quicker to cook than Meal 1.5 .

VEGETABLE PORTIONS

⁴ <https://www.facebook.com/TheFillingStationGalway/>

⁵ <https://tim.blog/2017/05/25/transcript-dr-rhonda-patrick-on-exploring-smart-drugs-fasting-and-fat-loss/>

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Regarding portion size, I aspire to eat 800g of vegetables a day. So I've designed the meals so to spread 800g of veggies over 3 meals. The good news with this collection is that even if you eat a mere two of these meals, you'll be getting 540g of veg, which is almost 7 servings. Add 1 fruit snack and you'll reach your minimum daily recommended intake of 7 fruit and vegetables.⁶

800g divided into 3 meals = 267g vegetables per meal

267g vegetables divided into 2 different vegetables = 133g of a single vegetable

133g rounded up for convenience = 135g per raw vegetable serving.

STARCHY CARBOHYDRATES

I wanted to eat slow-releasing carbohydrate with as low a carbon footprint as possible. Unfortunately there's only one starchy carbohydrate grown in Galway – potato. (Thankfully, it's available 11 months of the year.) However, for variety I decided I needed at least 2 other starchy carbohydrates. I made a table of common starchy carbohydrates in order of glycaemic load (included in appendices). From this list, I choose brown rice and quinoa because they're two of the most slow-releasing grains, and I find them both easy to cook and versatile. I input potato, brown rice, and quinoa into the nutrition analysis software, and calculated how much of each would be required to provide 4g of protein. In order of eco-friendliness⁷, the results are ...

1. Potato: a serving of 160g yields 4g protein
2. Brown rice: a serving of 40g dry, when cooked, yields 4g protein
3. Quinoa: a serving of 32g dry, when cooked, yields 4g protein

PROTEIN

Regarding protein, I try to eat 20g protein per meal. Unfortunately I couldn't find any locally-made, plant-based protein in Galway.

The next-best option was locally-sourced, animal protein. I sourced free-range eggs in returnable egg cartons in Galway Market, (thanks, Oyster Man) so include them as a relatively eco-friendly option.

Aoife in Sheridans' Cheesemongers was supremely helpful; she gave me a list of high-protein Irish cheeses, in order of their protein content⁸. I chose to include the four most protein-dense cheeses as eco-friendly protein options. I also include Greek-style salad cheese⁹ as a protein option due to its versatility, and local availability¹⁰. I

⁶ <https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/heal-docs/food-pyramid-poster-simple-version.pdf>

⁷ https://potatoes.ahdb.org.uk/sites/default/files/publication_upload/Are%20potatoes%20a%20low-impact%20food%20for%20GB%20consumers%20compared%20with%20rice%20and%20pasta2.pdf

⁸ I've included this table in the appendix, and if you like experimenting with recipes, I recommend checking it out!

⁹ if made in Greece, this cheese is known as 'feta'.

¹⁰ Fun fact: a cheesemaker in the Aran Islands makes Greek-style salad cheese and sells it in Sheridans' Cheesemongers, Galway.

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find cheese preferences are very individual, so I've left it up to the reader to decide what cheese they would like to pair with each meal.

I include tofu and Quorn, as although they're non-local, they're plant-based protein sources.

For nutritional reasons I included mackerel and salmon.

I input each protein source into nutrition analysis software, and calculated how much tofu / Quorn / eggs / cheese / mackerel / salmon would be required so each meal would provide a total of 20g protein. The appropriate serving size of a protein source is visible in a table at the top of each page. My goal is that each person can choose their protein source depending on their individual nutrition requirements, and values.

COOKING METHODS

Vegetables are complex beasts; some are more nutritious raw, some cooked. Some are nutritious when both raw *and* cooked, but in different ways: for example, a cooked tomato will give you higher levels of lycopene and antioxidants than a raw tomato; but a raw tomato will give you more vitamin C than a cooked tomato¹¹. So for optimum nutrition, we should eat our veggies in as many different ways as possible¹². Extrapolating from a great article by Dr. Marlynn Wei¹³, the most nutritious ways of cooking are:

Steaming

Roasting

Microwaving

Stirfrying

Registered dietitian Elaine Magee's advice is pretty similar: "Default to steaming and microwaving with just a little bit of water, throw in a splash of olive oil when you can"¹⁴.

As such, I've included meal ideas for all the cooking methods above, plus raw, to maximise nutrition. Aside: 1 egg from The Oyster Man is approximately 68 grams, and I've rounded this up for multiple portions.

Agus sin é! I hope you find my seasonal collection helps you to eat more sustainably. If you have a comment or suggestion, please let me know – I'm excited to hear it. I may include it in the second edition, crediting you. In the meantime, let's go shop in our local markets, and do our best to preserve this beautiful earth.

Úna

¹¹ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

¹² <https://time.com/4862536/how-to-cook-vegetables/>

¹³ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

¹⁴ <https://edition.cnn.com/2016/05/05/health/healthy-vegetable-cooking/index.html>

JANUARY, FEBRUARY

January and February have the same availability of vegetables. Vegetables available during these two months are: beetroot, cabbage – winter, carrots, Jerusalem artichokes, kale, leeks, mixed leaves, parsnips, potatoes, sprouts, swedes.

Pairings:

- 1.1 Carrot, Kale
- 1.2 Cabbage, Carrot
- 1.3 Leek, Brussel Sprout
- 1.4 Parsnip, Swede
- 1.5 Jerusalem Artichoke, Beetroot

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1.1 Carrot, Kale

| Get two greens... | Carrot | Kale |
|-------------------|--------|------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 130g | 80g | 85g | 37g | 37g | 42g | 42g | 70g | 50g | 43g |
| x6 | 780g | 480g | 510g ≈ 8 eggs | 222g | 222g | 252g | 252g | 420g | 300g | 258g |

Notes: carrot is more nutritious cooked than raw. Kale is more nutritious raw. If you choose to cook kale, the most nutritious cooking methods are steaming or blanching¹⁵.

Meal ideas: - For max nutrition, steam carrots and lay them in a bed of raw chopped kale. Throw some salmon on top, and have some quinoa on the side.

- As above, with cheese and rice.
- Leave veggies raw; make a crunchy salad bowl with cheese and quinoa.
- Steam carrot and kale. Have with salmon and potato.
- Stirfry carrot and kale with egg, then add rice to make a nutritious egg-fried rice.
- Directions for roasting: <https://bostonorganics.com/recipes/Kale/Oven-Roasted-Carrots-and-Kale>
- I love that this site includes nutritional information. Add tofu to this curry to bring it up to 20g protein: <https://www.meatlessmonday.com/recipes/kale-potato-and-carrot-curry/>
- A salad idea: <https://www.marthastewart.com/1521107/julienned-carrot-and-kale-salad>

¹⁵ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

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1.2 Cabbage, Carrot

| Get two greens... | Cabbage | Carrot |
|-------------------|---------|--------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 160g | 85g | 100g | 46g | 46g | 52g | 52g | 85g | 60g | 50g |
| x6 | 960g | 510g | 600g ≈ 9 eggs | 276g | 276g | 312g | 312g | 510g | 360g | 300g |

Notes: Carrot is more nutritious cooked than raw.¹⁶

Meal ideas: - Stirfry cabbage and carrot. Pair with rice and tofu.

- stirfry cabbage and carrot. Pair with egg and rice.
- steam cabbage and carrot. Pair with salmon and potato.
- What about a casserole? Try with Quorn mince <https://www.allrecipes.com/recipe/228366/cabbage-carrot-casserole/>
- ... or a slaw: <https://diethood.com/red-cabbage-carrot-slaw-recipe/>
- I would never have thought of roasting cabbage. This is inspiring me! <https://www.myrecipes.com/recipe/caribbean-style-roast-cabbage-carrots>
- Just add a protein source, and this meal will be complete: <https://www.thespruceeats.com/spicy-potatoes-cabbage-and-carrots-2217332>

¹⁶ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

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1.3 Leek, Brussel Sprouts

| Get two greens... | Leek | Brussels Sprouts |
|-------------------|------|------------------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 110g | 70g | 75g | 33g | 33g | 36g | 36g | 60g | 45g | 35g |
| x6 | 660g | 420g | 402g ≈ 6 eggs | 198g | 198g | 216g | 216g | 360g | 270g | 210g |

Notes: Brussels sprouts are nutritious both raw and cooked. If cooked, they're best steamed. Boiling and stirfrying remove the most nutrients¹⁷, but I'm pretty sure it's still better to eat a stir-fried sprout than a bag of chips 😊

Meal ideas: - Steam Brussels sprouts and leek. Pair with salmon and potato.

- Steam Brussels sprouts and leek. Put with cheese and rice.
- Roast Brussels sprouts and leek. Pair with mackerel and potato
- You had me at "Lime-ginger butter" <https://www.finecooking.com/recipe/Brussels-sprouts-and-leeks-with-lime-ginger-butter>
- I'm delighted to see this frittata has a high protein content: <https://www.realsimple.com/food-recipes/browse-all-recipes/garlic-leek-Brussels-sprouts-frittata>
- This looks delicious: <http://dishingupthedirt.com/recipes/crispy-Brussels-sprouts-with-leeks-and-toasted-almond-crumble/>
- Try a pasta dish: <https://www.bonappetit.com/recipe/rigatoni-with-Brussels-sprouts-parmesan-lemon-and-leek>
- ...or why not sauté? https://thymeforcookingkitchen.com/recipe/vegetable/Brussels_sprouts_leeks.html

¹⁷ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

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1.4 Parsnip, Swede

| Get two greens... | Parsnip | Swede |
|-------------------|---------|-------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 160g | 95g | 100g | 45g | 45g | 50g | 50g | 80g | 58g | 48g |
| x6 | 960g | 570g | 600g ≈ 9 eggs | 270g | 270g | 300g | 300g | 480g | 348g | 288g |

Meal ideas: - Steam parsnip and swede, make them into a mash. Add mackerel and potato.

- Microwave parsnip and swede. Pair with salmon and potato.
- Roast parsnip and swede. Add mackerel and potato.
- The BBC Good Food do a great bake: <https://www.bbcgoodfood.com/recipes/893654/swede-and-parsnip-bake>
- How about a mash? <https://www.goodhousekeeping.com/uk/food/recipes/a558546/parsnip-swede-and-potato-mash/>
- This soup looks gorgeous: <https://www.womensweeklyfood.com.au/recipes/parsnip-and-swede-soup-with-parmesan-crisps-21227>

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1.5 Jerusalem Artichoke, Beetroot

| | | |
|-------------------|--------------|----------|
| Get two greens... | J. Artichoke | Beetroot |
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| | | | |
|----------------------------------|--------|------|--------|
| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| | | | | | | | | | | |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
| x1 | 140g | 90g | 90g | 41g | 41g | 46g | 46g | 75g | 55g | 50g |
| x6 | 840g | 540g | 540g ≈ 8 eggs | 246g | 246g | 276g | 276g | 450g | 330g | 300g |

Meal ideas: - Roast Jerusalem artichokes and beetroot. Put with mackerel and rice.

- Roast Jerusalem artichokes and beetroot. Put with cheese and rice, or cheese and quinoa.
- Microwave Jerusalem artichokes and beetroot. Pair with cheese and rice, or cheese and quinoa.
- Try making a gratin: <https://kelliesfoodtoglow.com/2015/04/01/beetroot-and-jerusalem-artichoke-boulangere-gratin/>
- How about soup? <http://www.bellabefree.com/immune-boosting-jerusalem-artichoke-and-beetroot-soup/>
- Or a yummy-looking salad: <http://www.foodiesite.com/recipes/2001-12:beetjartichsalad>

MARCH

March provides... beetroot, broccoli – sprouting, cabbage – winter, carrots, Jerusalem artichokes, kale, leeks, lettuce, mixed leaves, parsnips, potatoes, rhubarb, spinach, swedes.

Pairings:

3.1 Carrot, Kale

3.2 Cabbage, Spinach

3.3 Leek, Parsnip

3.4 Broccoli, Swede

3.5 Jerusalem Artichoke, Beetroot

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3.1 Carrot, Kale

| Get two greens... | Carrot | Kale |
|-------------------|--------|------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 130g | 80g | 85g | 32g | 32g | 36g | 36g | 70g | 50g | 43g |
| x6 | 780g | 480g | 510g ≈ 8 eggs | 192g | 192g | 216g | 216g | 420g | 300g | 258g |

Notes: Carrot is more nutritious cooked than raw. Kale is more nutritious than raw. if you choose to cook kale, steaming or blanching is best.¹⁸

Meal ideas: - For max nutrition, steam carrots and lay them in a bed of raw chopped kale. Throw some salmon on top, and have some quinoa on the side.

- As above, with cheese and rice.
- Leave veggies raw; make a crunchy salad bowl with cheese and quinoa.
- Steam carrot and kale. Have with salmon and potato.
- Stirfry carrot and kale with egg, then add rice to make a nutritious egg-fried rice.
- Directions for roasting: <https://bostonorganics.com/recipes/Kale/Oven-Roasted-Carrots-and-Kale>
- I love that this site includes nutritional information. Add tofu to this curry to bring it up to 20g protein: <https://www.meatlessmonday.com/recipes/kale-potato-and-carrot-curry/>
- A salad idea: <https://www.marthastewart.com/1521107/julienned-carrot-and-kale-salad>

¹⁸ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

speedy & seasonal
3.2 Cabbage, Spinach

| Get two greens... | Cabbage | Spinach |
|-------------------|---------|---------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 135g | 85g | 90g | 35g | 35g | 39g | 39g | 75g | 55g | 43g |
| x6 | 810g | 510g | 540g = 8 eggs | 210g | 210g | 234g | 234g | 450g | 330g | 258g |

Meal ideas: - Salad: shred raw cabbage and spinach, add tofu and quinoa / rice

- Salad: shred raw cabbage and spinach, put through egg-fried rice
- Salad: shred raw cabbage and spinach, add cheese and potato chunks
- Salad: shred raw cabbage and spinach, serve with salmon and rice
- Steam cabbage and spinach, pair with tofu and rice / quinoa
- Steam cabbage and spinach, pair with egg and rice
- Steam cabbage and spinach, pair with cheese and rice
- Steam cabbage and spinach, plate with salmon and potato
- Stirfry cabbage and spinach, pair with tofu and rice / quinoa
- Stirfry cabbage and spinach, pair with egg and rice
- Stirfry cabbage and spinach, pair with cheese and rice
- Stirfry cabbage and spinach, plate with salmon and potato
- Two interesting salad ideas: <https://stephaniesain.com/caramelized-cabbage-spinach-salad/>
- <https://www.lifeisbutadish.com/spinach-green-cabbage-citrus-salad-w-pistachios/>
- I would increase the cheese in this dish from 25g to 35g so the meal is likely to provide 20g protein: <https://www.denverpost.com/2012/05/07/cabbage-spinach-pair-well-with-parmesan-for-a-simple-side-recipe/>

speedy & seasonal
3.3 Leek, Parsnip

| Get two greens... | Leek | Parsnip |
|-------------------|------|---------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 135g | 85g | 90g | 41g | 41g | 46g | 46g | 75g | 55g | 43g |
| x6 | 810g | 510g | 540g = 8 eggs | 246g | 246g | 276g | 276g | 450g | 330g | 258g |

Meal ideas: - Steam leek and parsnip. Add cheese and rice

- Steam leek and parsnip. Serve with salmon and potato
- Roast leek, parsnip, and potato. Serve with mackerel / salmon
- A gratin recipe from M&S: <https://www.cookwithmands.com/recipes/parsnip-and-leek-gratin>
- I would make the fish serving a little smaller in this meal so that it provides 20g protein, rather than the advertised 33g: <https://www.bbcgoodfood.com/recipes/1162646/salmon-with-leeks-and-parsnip-mash>
- This korma recipe looks delish!! <https://www.riverford.co.uk/recipes/view/recipe/parsnip-leek-korma>

speedy & seasonal
3.4 Broccoli, Swede

| Get two greens... | Broccoli | Swede |
|-------------------|----------|-------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 110g | 75g | 68g | 46g | 46g | 51g | 51g | 60g | 45g | 35g |
| x6 | 660g | 450g | 402g = 6 eggs | 276g | 276g | 306g | 306g | 360g | 270g | 210g |

Notes: Broccoli is nutritious both cooked and raw. If cooked, it's best steamed.¹⁹

Meal ideas: - Steam broccoli and swede. Make swede into mash. Add salmon and potato.

- Steam broccoli and swede. Add egg and quinoa.
- Steam broccoli and swede. Add cheese and rice.
- What protein would you match with this recipe? <https://www.taste.com.au/recipes/honey-roasted-broccoli-winter-vegetables-chargrilled-lamb-cutlets/f86585a7-271d-4ef5-be3a-b0099d2168ae>
- How about a scrumptious soup? <https://www.recipecommunity.com.au/soups-recipes/broccoli-and-swede-soup/vs1i9z1z-9e093-524607-cfcd2-c75es4ib>
- This recipe looks really interesting, and with egg yolk and yoghurt, it's got some protein: <https://www.greatbritishchefs.com/recipes/broccoli-with-swede-remoulade-recipe>

¹⁹ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

speedy & seasonal
3.5 Jerusalem Artichoke, Beetroot

| | | |
|-------------------|--------------|----------|
| Get two greens... | J. Artichoke | Beetroot |
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| | | | |
|----------------------------------|--------|------|--------|
| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| | | | | | | | | | | |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
| x1 | 140g | 90g | 90g | 41g | 41g | 46g | 46g | 75g | 55g | 50g |
| x6 | 840g | 540g | 402g = 6 eggs | 246g | 246g | 276g | 276g | 450g | 330g | 300g |

Meal ideas: - Roast Jerusalem artichokes and beetroot. Put with mackerel and rice.

- Roast Jerusalem artichokes and beetroot. Put with cheese and rice, or cheese and quinoa.
- Microwave Jerusalem artichokes and beetroot. Pair with cheese and rice, or cheese and quinoa.
- Try making a gratin: <https://kelliesfoodtoglow.com/2015/04/01/beetroot-and-jerusalem-artichoke-boulangere-gratin/>
- How about soup? <http://www.bellabefree.com/immune-boosting-jerusalem-artichoke-and-beetroot-soup/>
- Or a yummy-looking salad: <http://www.foodiesite.com/recipes/2001-12:beetjartichsalad>

APRIL

Amazing April gives: asparagus, broccoli – sprouting, cabbage – winter, kale, leeks, lettuce, mixed leaves, potatoes, rhubarb, scallions, spinach.

Pairings:

4.1 Kale, Spinach

4.2 Asparagus, Cabbage

4.3 Broccoli, Leek

speedy & seasonal
4.1 Kale, Spinach

| | | |
|-------------------|------|---------|
| Get two greens... | Kale | Spinach |
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| | | | |
|----------------------------------|--------|------|--------|
| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| | | | | | | | | | | |
|-------------------|------|-------|-----------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
| x1 | 90g | 60g | 57g | 27g | 27g | 30g | 30g | 50g | 35g | 30g |
| x6 | 540g | 360g | 342g ≈5 eggs | 162g | 162g | 180g | 180g | 300g | 210g | 180g |

Kale is more nutritious raw than cooked. If you choose to cook it, steaming or blanching is best.²⁰

Meal ideas: - Salad: shred kale and spinach. Serve with tofu and rice / quinoa

- Salad: shred kale and spinach. Serve with egg-fried rice
- Salad: shred kale and spinach. Serve with cheese and rice / potato / quinoa
- Salad: shred kale and spinach. Serve with salmon and potato
- Steam kale and spinach. Serve with tofu and rice / quinoa
- Steam kale and spinach. Add to egg-fried rice / quinoa
- Steam kale and spinach. Serve with cheese and rice / potato / quinoa
- Steam kale and spinach. Serve with salmon and potato
- This bake looks delicious: <https://www.kidspot.com.au/kitchen/recipes/kale-bake/1xla9xpz>
- Vegetarians can substitute tofu or Quorn for the chorizo in this recipe: <https://www.kidspot.com.au/kitchen/recipes/chorizo-kale-feta-frittata-recipe/636utxxz>
- How about a curry? <https://www.kidspot.com.au/kitchen/recipes/chicken-tomato-spinach-curry-recipe/um5mlxku>

²⁰ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

speedy & seasonal
4.2 Asparagus, Cabbage

| | | |
|-------------------|-----------|---------|
| Get two greens... | Asparagus | Cabbage |
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| | | | |
|----------------------------------|--------|------|--------|
| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| | | | | | | | | | | |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
| x1 | 120g | 75g | 80g | 35g | 35g | 39g | 39g | 60g | 45g | 40g |
| x6 | 720g | 450g | 480g ≈ 7 eggs | 210g | 210g | 234g | 234g | 360g | 270g | 240g |

Meal ideas: - Steam asparagus and cabbage. Pair with egg and rice.

- Steam asparagus and cabbage. Put with salmon and potato.
- Steam asparagus and cabbage. Put with cheese and rice.
- Add a protein source to this stirfry: <https://www.allrecipes.com/recipe/262935/cabbage-and-asparagus-stirfry/>
- Make a scrummy salad with tahini: <https://www.allrecipes.com/recipe/138138/red-cabbage-asparagus-salad-with-tahini-dressing/>
- Add broccoli and make a soup! <https://premieremoisson.com/en/recipes/vitalite-quebec/soups/broccoli-asparagus-and-savoy-cabbage-soup>

speedy & seasonal
4.3 Broccoli, Leek

| Get two greens... | Broccoli | Leek |
|-------------------|----------|------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|-----------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 100g | 65g | 57g | 29g | 29g | 32g | 32g | 55g | 40g | 30g |
| x6 | 600g | 390g | 342g =5 eggs | 174g | 174g | 192g | 192g | 330g | 240g | 180g |

Notes: Broccoli is nutritious both cooked and raw. If cooked, it's best steamed.²¹

Meal ideas: - steam broccoli and leek. Add egg and rice.

- steam broccoli and leek. Add cheese and rice.
- steam broccoli and leek. Serve with salmon and potato.
- This salad looks scrumptious: <https://www.heb.com/recipe/recipe-item/roasted-broccoli-and-crispy-leek-salad/1398670378551>
- Try this soup: <https://www.asaucykitchen.com/broccoli-leek-soup/>
- By using one of the Irish cheeses I've listed, and adding a starchy carbohydrate, this recipe gets more eco-friendly and nutritionally balanced: <https://www.aldi.ie/broccoli-and-leek-bake/p/000000125588500>

²¹ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

MAY

Marvellous May yields asparagus, broccoli – sprouting, cabbage – spring, carrots, lettuce, mixed leaves, rhubarb, scallions, spinach.

Pairings:

5.1 Carrot, Scallion

5.2 Cabbage, Spinach

5.3 Asparagus, Broccoli

speedy & seasonal
5.1 Carrot, Scallion

| Get two greens... | Carrot | Scallion |
|-------------------|--------|----------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|-----------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 150g | 95g | 95g | 44g | 44g | 50g | 50g | 80g | 58g | 48g |
| x6 | 900g | 570g | 570g ≈9 eggs | 264g | 264g | 300g | 300g | 480g | 348g | 288g |

Notes: Carrot is more nutritious cooked than raw.²²

Meal ideas: - Salad: chop up carrot and scallion, add cheese and rice / quinoa

Salad: chop up carrot and scallion, add tofu and rice / quinoa

- Roast carrot, scallion, and potato; serve with mackerel / salmon
- Steam carrot, potato, and scallion; mash; make vegan shepherd's pie with Quorn
- This recipe looks amazing: <http://www.theoriginaldish.com/2019/01/22/roasted-carrots-with-scallion-vinaigrette/>
- If it's in the NY Times, it must be good, right?! <https://cooking.nytimes.com/recipes/5941-carrot-and-scallion-salad>
- I love the look of this roasted vegetable grain bowl: <https://naturallyella.com/scallion-roasted-carrots/>

²² https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

speedy & seasonal
5.2 Cabbage, Spinach

| Get two greens... | Cabbage | Spinach |
|-------------------|---------|---------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 125g | 75g | 80g | 35g | 35g | 39g | 39g | 65g | 50g | 40g |
| x6 | 750g | 450g | 480g = 7 eggs | 210g | 210g | 234g | 234g | 390g | 300g | 240g |

Meal ideas: - Salad: shred raw cabbage and spinach, add tofu and quinoa / rice

- Salad: shred raw cabbage and spinach, put through egg-fried rice
- Salad: shred raw cabbage and spinach, add cheese and potato chunks
- Salad: shred raw cabbage and spinach, serve with salmon and rice
- Steam cabbage and spinach, pair with tofu and rice / quinoa
- Steam cabbage and spinach, pair with egg and rice
- Steam cabbage and spinach, pair with cheese and rice
- Steam cabbage and spinach, plate with salmon and potato
- Stirfry cabbage and spinach, pair with tofu and rice / quinoa
- Stirfry cabbage and spinach, pair with egg and rice
- Stirfry cabbage and spinach, pair with cheese and rice
- Stirfry cabbage and spinach, plate with salmon and potato
- Two interesting salad ideas: <https://stephaniesain.com/caramelized-cabbage-spinach-salad/>
- <https://www.lifeisbutadish.com/spinach-green-cabbage-citrus-salad-w-pistachios/>
- I would increase the cheese in this dish from 25g to 35g so the meal is likely to provide 20g protein: <https://www.denverpost.com/2012/05/07/cabbage-spinach-pair-well-with-parmesan-for-a-simple-side-recipe/>

speedy & seasonal
5.3 Asparagus, Broccoli

| Get two greens... | Asparagus | Broccoli |
|-------------------|-----------|----------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 80g | 50g | 47g | 22g | 22g | 25g | 25g | 40g | 30g | 25g |
| x6 | 480g | 300g | 282g ≈ 5 eggs | 132g | 132g | 150g | 150g | 240g | 180g | 150g |

Notes: Broccoli is nutritious both cooked and raw. Steaming is the most nutritious cooking method for broccoli.²³

Meal ideas: - Steam / microwave broccoli and asparagus. Put with egg and rice.

- Steam / microwave broccoli and asparagus. Put with cheese and rice.
- Steam / microwave broccoli and asparagus. Put with salmon and potato.
- Add a protein source to this side dish of veggies sautéed with parmesan: <https://barefeetinthekitchen.com/sauteed-broccoli-and-asparagus-wi/>
- Bake together with ginger and garlic: <https://jlgoesvegan.com/zesty-asparagus-broccoli/>
- Add a delicious dressing and make a salad: <https://foodal.com/recipes/salads/asparagus-broccolini-salad/>

²³ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

JUNE

In June we get beans, beetroot, broccoli, cabbage – spring, carrots, cauliflower, courgette , cucumber, garlic, lettuce, mixed leaves, peas, potatoes – early, scallions, spinach.

Pairings:

6.1 Cucumber, Scallion

6.2 Carrot, Pea

6.3 Carrot, Spinach

6.4 Cabbage, Courgette

6.5 Beans, Broccoli

6.6 Beetroot, Cauliflower

speedy & seasonal
6.1 Cucumber, Scallion

| Get two greens... | Cucumber | Scallion |
|-------------------|----------|----------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 150g | 90g | 95g | 43g | 43g | 48g | 48g | 80g | 58g | 48g |
| x6 | 900g | 540g | 570g ≈ 9 eggs | 258g | 258g | 288g | 288g | 480g | 348g | 288g |

Meal ideas: - Salad: chop cucumber and scallion, add mixed leaves. Serve with tofu and potato

- Salad: chop cucumber and scallion, add mixed leaves. Serve with egg-fried rice
- Salad: chop cucumber and scallion, add mixed leaves. Serve with cheese and rice / potato / quinoa
- Salad: chop cucumber and scallion, add mixed leaves. Serve with salmon and rice
- I'm impressed at the protein content of this salad: <https://inspiralized.com/cucumber-scallion-and-feta-salad-with-cilantro-lime-vinaigrette/>
- I'm really fascinated by this chilled soup: <https://hansdairy.com/recipes/chilled-cucumber-scallion-and-yogurt-soup/>
- A really interesting way to serve cucumber is 'cucumber noodles' as seen here: <https://gourmandeinthekitchen.com/cucumber-noodles-asparagus-ginger-scallion-sesame-sauce/> and here: <https://www.myrecipes.com/recipe/scallion-benne-cucumber-noodles>

speedy & seasonal
6.2 Carrot, Pea

| Get two greens... | Carrot | Peas |
|-------------------|--------|------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 100g | 60g | 65g | 28g | 28g | 32g | 32g | 50g | 38g | 30g |
| x6 | 600g | 360g | 342g = 5 eggs | 168g | 168g | 192g | 192g | 300g | 228g | 180g |

Notes: Carrot is more nutritious cooked than raw.²⁴

Meal ideas: - Steam or microwave the carrot and peas, add to egg-fried rice.

- Steam or microwave the carrot and peas, add to cheese and rice.
- Steam or microwave the carrot and peas, serve with mackerel / salmon and potato / quinoa
- This spring salad looks lovely: <https://www.serious-eats.com/recipes/2013/04/spring-carrot-pea-min-salad-recipe.html>
- These look scrumptious: <https://thechiappas.com/recipes/carrot-pea-fritters-recipe/>
- How about a soup? <https://theforkedspoon.com/creamy-pea-and-carrot-soup/>
- Or risotto? <https://www.superhealthykids.com/recipes/pea-and-carrot-risotto/>

²⁴ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

speedy & seasonal
6.3 Carrot, Spinach

| Get two greens... | Carrot | Spinach |
|-------------------|--------|---------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 125g | 75g | 80g | 40g | 40g | 45g | 45g | 65g | 50g | 40g |
| x6 | 750g | 450g | 480g ≈ 7 eggs | 240g | 240g | 270g | 270g | 390g | 300g | 240g |

Notes: Carrot is more nutritious when cooked than raw.²⁵

Meal ideas: - Steam carrot and spinach. Add tofu and rice / quinoa

- Steam carrot and spinach. Add egg and rice
- Steam carrot and spinach. Add cheese and rice
- Steam carrot and spinach. Serve with mackerel and potato
- Stirfry carrot and spinach. Add tofu and quinoa / rice
- Stirfry carrot and spinach. Add egg and rice
- This curry looks delicious: <https://delishably.com/vegetable-dishes/Spinach-and-Carrot-Curry-Recipe>
- ... or how about a scrumptious salad? <https://www.theroastedroot.net/roasted-carrot-spinach-salad-with-lemon-herb-dressing/>
- ... or a soup? <https://www.veganosity.com/spinach-carrot-and-lentil-soup/>
- ... or a stew? <https://simple-nourished-living.com/mark-bittmans-quick-easy-carrot-spinach-and-rice-stew/>

²⁵ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

speedy & seasonal
6.4 Cabbage, Courgette

| Get two greens... | Cabbage | Courgette |
|-------------------|---------|-----------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 135g | 85g | 85g | 40g | 40g | 45g | 45g | 70g | 55g | 43g |
| x6 | 810g | 510g | 510g ≈ 8 eggs | 240g | 240g | 270g | 270g | 420g | 330g | 258g |

Meal ideas: - Grill courgette, mix with shredded raw cabbage, add tofu and rice

Grill courgette, mix with shredded raw cabbage, cheese and chunks of potato (or quinoa)

- Steam courgette and cabbage, add egg and rice
- Steam courgette and cabbage, add cheese and rice
- Steam courgette and cabbage, plate with salmon and potato
- Stirfry courgette and cabbage, add tofu and rice
- Stirfry courgette and cabbage, add egg and rice
- Try this Asian-inspired side dish: <https://www.myrecipes.com/recipe/cabbage-with-zucchini-sesame-seeds>
- ... or this stirfry: <https://www.cooksister.com/2008/11/savoy-cabbage-courgette-runner-bean-stirfry.html>
- This casserole looks delicious; it might work well with Quorn: <https://12tomatoes.com/cs-cheesy-cabbage-casserole-think/>

speedy & seasonal
6.5 Beans, Broccoli

| Get two greens... | Beans | Broccoli |
|-------------------|-------|----------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Cool ea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|---------|-------------------|-------------|--------------|----------|--------|
| x1 | 90g | 55g | 57g | 26g | 26g | 30g | 30g | 50g | 35g | 30g |
| x6 | 540g | 330g | 342g = 5 eggs | 156g | 156g | 180g | 180g | 300g | 210g | 180g |

Notes: Broccoli is nutritious cooked and raw. The most nutritious cooking method for broccoli is steaming.

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Meal ideas: - Add mixed leaves to raw beans and broccoli to make salad. Add chunks of salmon and potato, and an exciting dressing.

- Steam beans and broccoli, put with egg and rice.
- Steam beans and broccoli, add cheese and rice.
- Stirfry beans and broccoli, add tofu and rice.
- Stirfry beans and broccoli, add egg and rice.
- Stirfry beans and broccoli, add cheese and quinoa.
- Add a protein source to this stirfry: <https://www.veggieinspired.com/easy-green-bean-broccoli-stirfry/>
- Try with some pasta and beans ... <https://www.themediterraneanandish.com/mediterranean-broccoli-pasta-bean/>
- Add some fish to this roast veg side-dish: <https://cafedelites.com/sheet-pan-garlic-parmesan-roasted-broccoli-green-beans/>

²⁶ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

speedy & seasonal
6.6 Beetroot, Cauliflower

| Get two greens... | Beetroot | Cauliflower |
|-------------------|----------|-------------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 80g | 55g | 57g | 24g | 24g | 27g | 27g | 45g | 30g | 25g |
| x6 | 480g | 330g | 342g = 5 eggs | 144g | 144g | 162g | 162g | 270g | 180g | 150g |

Notes: Cauliflower is nutritious both raw and cooked. If cooked, it's best steamed.²⁷

Meal ideas: - Roast beetroot. have with cauliflower and mixed leaves, plus cheese and quinoa.

- Steam beetroot and cauliflower. Make a mash from cauliflower. Plate with salmon and rice.
- Roast beetroot and cauliflower. Have with mackerel and roast potatoes.
- I'm super-impressed at Madeleine Shaw for including a protein source in this vegetarian rice bowl: <http://madeleineshaw.com/recipes/cauliflower-rice-and-beetroot-bowl-with-soft-boiled-eggs/>
- This gratin looks exciting! <https://afternoonexpress.co.za/recipes/beetroot-amp-cauliflower-gratin/1821>
- Why not add some nuts to this vegetable pairing? <https://insimoneskitchen.com/cauliflower-couscous-beetroot/>

²⁷ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

JULY

Juicy July supplies beans, beetroot, broccoli, cabbage, carrots, cauliflower, courgette, cucumber, garlic, lettuce, mixed leaves, peas, pepper, potato, scallions, spinach, sweetcorn, tomato.

Pairings:

7.1 Cucumber, Scallion

7.2 Carrot, Tomato

7.3 Pea, Peppers

7.4 Spinach, Sweetcorn

7.5 Cabbage, Courgette

7.6 Beans, Broccoli

7.7 Beetroot, Cauliflower

speedy & seasonal
7.1 Cucumber, Scallion

| Get two greens... | Cucumber | Scallion |
|-------------------|----------|----------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 150g | 90g | 95g | 43g | 43g | 48g | 48g | 80g | 58g | 48g |
| x6 | 900g | 540g | 570g ≈ 9 eggs | 258g | 258g | 288g | 288g | 480g | 348g | 288g |

Meal ideas: - Salad: chop cucumber and scallion, add mixed leaves. Serve with tofu and potato

- Salad: chop cucumber and scallion, add mixed leaves. Serve with egg-fried rice
- Salad: chop cucumber and scallion, add mixed leaves. Serve with cheese and rice / potato / quinoa
- Salad: chop cucumber and scallion, add mixed leaves. Serve with salmon and rice
- I'm impressed at the protein content of this salad: <https://inspiralized.com/cucumber-scallion-and-feta-salad-with-cilantro-lime-vinaigrette/>
- I'm really fascinated by this chilled soup: <https://hansdairy.com/recipes/chilled-cucumber-scallion-and-yogurt-soup/>
- A really interesting way to serve cucumber is 'cucumber noodles' as seen here: <https://gourmandeinthekitchen.com/cucumber-noodles-asparagus-ginger-scallion-sesame-sauce/> and here: <https://www.myrecipes.com/recipe/scallion-benne-cucumber-noodles>

speedy & seasonal
7.2 Carrot, Tomato

| Get two greens... | Carrot | Tomato |
|-------------------|--------|--------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|-------|-------|-------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 180g | 110g | 114g = 2 eggs | 51g | 51g | 58g | 58g | 95g | 70g | 55g |
| x6 | 1080g | 660g | 684g = 10 eggs | 306g | 306g | 348g | 348g | 570g | 420g | 330g |

Notes: Carrot is more nutritious cooked than raw. Tomato is equally nutritious cooked and raw; the most nutritious cooking method for tomato is roasting.²⁸

Meal ideas: - Roasted carrot, tomato, and potato served with mackerel / salmon

- Steamed carrot and tomato with tofu and rice / quinoa
- Steamed carrot and tomato with cheese and rice / quinoa
- Steamed carrot and tomato with salmon and potato
- I like this soup because it has some protein. <https://www.theguardian.com/food/2019/jul/30/nigel-slater-tomato-and-carrot-soup-with-feta>
- How about a (vegan) pasta sauce? <https://vegetariangastronomy.com/creamy-carrot-tomato-pasta-sauce/>
- Juicing is another way to get veggies in: <https://www.riverford.co.uk/recipes/view/recipe/tomato-carrot-ginger-juice>

²⁸ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

speedy & seasonal
7.3 Pea, Peppers

| Get two greens... | Peas | Peppers |
|-------------------|------|---------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 90g | 60g | 57g | 27g | 27g | 30g | 30g | 50g | 35g | 30g |
| x6 | 540g | 360g | 342g = 5 eggs | 162g | 162g | 180g | 180g | 300g | 210g | 180g |

Notes: Peppers are nutritious both raw and cooked. If cooked, they're best roasted or stir-fried; second-best is to steam them. If possible, don't boil, as this cooking method destroys the most nutrients of a pepper.²⁹

Meal ideas: - Salad: chop up peppers, add peas and mixed leaves, and pair with cheese and potato

- Salad: chop up peppers, add peas and mixed leaves, and pair with cheese and rice / quinoa / potato
- Salad: chop up peppers, add peas and mixed leaves, and pair with mackerel and potato
- Stirfry peppers and peas, add tofu and rice / quinoa
- Stirfry peppers and peas, add egg and rice / quinoa
- Stirfry peppers and peas, add to cheese and rice / quinoa
- Stirfry peppers and peas, add to salmon and potato
- Roast peppers and potato, microwave peas, serve with salmon / mackerel
- Try this salad: <https://www.safefood.eu/Recipes/Lunch/Pea-salad-with-red-pepper.aspx>
- Or how about a 'one-pot'? <https://veganheaven.org/recipe/one-pot-vegetable-rice-with-bell-pepper-and-peas/>
- Or a Chinese-style side dish: <https://www.marthastewart.com/315050/ginger-snow-peas-and-peppers>

²⁹ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

speedy & seasonal
7.4 Spinach, Sweetcorn

| Get two greens... | Spinach | Sweetcorn |
|-------------------|---------|-----------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 120g | 75g | 75g | 34g | 34g | 38g | 38g | 60g | 45g | 38g |
| x6 | 720g | 450g | 450g ≈ 7 eggs | 204g | 204g | 228g | 228g | 360g | 270g | 228g |

Meal ideas: - Salad: steam sweetcorn. Add to spinach and mixed leaves. Pair with tofu and potato / rice / quinoa

- Salad: steam sweetcorn. Add to spinach and mixed leaves. Pair with egg and potato / rice / quinoa
- Salad: steam sweetcorn. Add to spinach and mixed leaves. Pair with cheese and potato / rice / quinoa
- Salad: steam sweetcorn. Add to spinach and mixed leaves. Serve with salmon and potato
- Steam sweetcorn and spinach. Pair with tofu and potato/ rice / quinoa
- Steam sweetcorn and spinach. Pair with egg and potato / rice / quinoa
- Steam sweetcorn and spinach. Pair with cheese and potato / rice / quinoa
- Steam sweetcorn and spinach. Serve with salmon and potato
- These fritters look like they'd be nice for adults too ☺ <https://www.bbcgoodfood.com/recipes/toddler-recipe-sweetcorn-spinach-fritters>
- I love the idea of adding chilli or red pepper flakes for kick: <https://www.riverford.co.uk/recipes/view/recipe/braised-sweetcorn-with-spinach>
- This recipe looks beautifully rich and creamy: <https://www.foodnetwork.com/recipes/rachael-ray/garlicky-creamed-corn-and-spinach-recipe-1920554>
- This dhal looks lovely: <https://www.independent.co.uk/life-style/food-and-drink/recipes/sweetcorn-spinach-dhal-cooking-instructions-ingredients-a8212156.html>

speedy & seasonal
7.5 Cabbage, Courgette

| Get two greens... | Cabbage | Courgette |
|-------------------|---------|-----------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 135g | 85g | 85g | 40g | 40g | 45g | 45g | 70g | 55g | 43g |
| x6 | 810g | 510g | 510g ≈ 8 eggs | 240g | 240g | 270g | 270g | 420g | 330g | 258g |

Meal ideas: - Grill courgette, mix with shredded raw cabbage, add tofu and rice

Grill courgette, mix with shredded raw cabbage, cheese and chunks of potato (or quinoa)

- Steam courgette and cabbage, add egg and rice
- Steam courgette and cabbage, add cheese and rice
- Steam courgette and cabbage, plate with salmon and potato
- Stirfry courgette and cabbage, add tofu and rice
- Stirfry courgette and cabbage, add egg and rice
- Try this Asian-inspired side dish: <https://www.myrecipes.com/recipe/cabbage-with-zucchini-sesame-seeds>
- ... or this stirfry: <https://www.cooksister.com/2008/11/savoy-cabbage-courgette-runner-bean-stirfry.html>
- This casserole looks delicious; it might work well with Quorn: <https://12tomatoes.com/cs-cheesy-cabbage-casserole-think/>

speedy & seasonal
7.6 Beans, Broccoli

| Get two greens... | Beans | Broccoli |
|-------------------|-------|----------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 90g | 55g | 57g | 26g | 26g | 30g | 30g | 50g | 35g | 30g |
| x6 | 540g | 330g | 342g = 5 eggs | 156g | 156g | 180g | 180g | 300g | 210g | 180g |

Notes: Broccoli is nutritious both cooked and raw. If cooked, it's best steamed.³⁰

Meal ideas: - Add mixed leaves to raw beans and broccoli to make salad. Add chunks of salmon and potato, and an exciting dressing.

- Steam beans and broccoli, put with egg and rice.
- Steam beans and broccoli, add cheese and rice.
- Stirfry beans and broccoli, add tofu and rice.
- Stirfry beans and broccoli, add egg and rice.
- Stirfry beans and broccoli, add cheese and quinoa.
- Add a protein source to this stirfry: <https://www.veggieinspired.com/easy-green-bean-broccoli-stirfry/>
- Try with some pasta and beans ... <https://www.themediterraneanandish.com/mediterranean-broccoli-pasta-bean/>
- Add some fish to this roast veg side-dish: <https://cafedelites.com/sheet-pan-garlic-parmesan-roasted-broccoli-green-beans/>

³⁰ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

speedy & seasonal
7.7 Beetroot, Cauliflower

| Get two greens... | Beetroot | Cauliflower |
|-------------------|----------|-------------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 130g | 80g | 80g | 37g | 37g | 41g | 41g | 65g | 50g | 40g |
| x6 | 780g | 480g | 480g = 7 eggs | 222g | 222g | 246g | 246g | 390g | 300g | 240g |

Notes: Cauliflower is nutritious both raw and cooked. If cooked, it's best steamed.³¹

Meal ideas: - Roast beetroot. have with cauliflower and mixed leaves, plus cheese and quinoa.

- Steam beetroot and cauliflower. Make a mash from cauliflower. Plate with salmon and rice.
- Roast beetroot and cauliflower. Have with mackerel and roast potatoes.
- I'm super-impressed at Madeleine Shaw for including a protein source in this vegetarian rice bowl: <http://madeleineshaw.com/recipes/cauliflower-rice-and-beetroot-bowl-with-soft-boiled-eggs/>
- This gratin looks exciting! <https://afternoonexpress.co.za/recipes/beetroot-amp-cauliflower-gratin/1821>
- Why not add some nuts to this vegetable pairing? <https://insimoneskitchen.com/cauliflower-couscous-beetroot/>

³¹ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

AUGUST

August proffers beans, beetroot, broccoli, cabbage, carrots, cauliflower, celery, courgette, cucumber, lettuce, mixed leaves, peas, pepper, potato, scallions, spinach, sweetcorn, tomato.

Pairings:

8.1 Cucumber, Scallion

8.2 Carrot, Tomato

8.3 Pea, Peppers

8.4 Spinach, Sweetcorn

8.5 Cabbage, Celery

8.6 Beans, Courgette

8.7 Broccoli, Cauliflower

speedy & seasonal
8.1 Cucumber, Scallion

| Get two greens... | Cucumber | Scallion |
|-------------------|----------|----------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 150g | 90g | 95g | 43g | 43g | 48g | 48g | 80g | 58g | 48g |
| x6 | 900g | 540g | 570g ≈ 9 eggs | 258g | 258g | 288g | 288g | 480g | 348g | 288g |

Meal ideas: - Salad: chop cucumber and scallion, add mixed leaves. Serve with tofu and potato

- Salad: chop cucumber and scallion, add mixed leaves. Serve with egg-fried rice
- Salad: chop cucumber and scallion, add mixed leaves. Serve with cheese and rice / potato / quinoa
- Salad: chop cucumber and scallion, add mixed leaves. Serve with salmon and rice
- I'm impressed at the protein content of this salad: <https://inspiralized.com/cucumber-scallion-and-feta-salad-with-cilantro-lime-vinaigrette/>
- I'm really fascinated by this chilled soup: <https://hansdairy.com/recipes/chilled-cucumber-scallion-and-yogurt-soup/>
- A really interesting way to serve cucumber is 'cucumber noodles' as seen here: <https://gourmandeinthekitchen.com/cucumber-noodles-asparagus-ginger-scallion-sesame-sauce/> and here: <https://www.myrecipes.com/recipe/scallion-benne-cucumber-noodles>

speedy & seasonal
8.2 Carrot, Tomato

| Get two greens... | Carrot | Tomato |
|-------------------|--------|--------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|-------|-------|-------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 180g | 110g | 114g | 51g | 51g | 58g | 58g | 95g | 70g | 55g |
| x6 | 1080g | 660g | 684g = 10 eggs | 306g | 306g | 348g | 348g | 570g | 420g | 330g |

Notes: Carrot is more nutritious cooked than raw. Tomato is equally nutritious cooked and raw. Of all cooking methods, roasting is the most nutritious for tomatoes.³²

Meal ideas: - Roasted carrot, tomato, and potato served with mackerel / salmon

- Steamed carrot and tomato with tofu and rice / quinoa
- Steamed carrot and tomato with cheese and rice / quinoa
- Steamed carrot and tomato with salmon and potato
- I like this soup because it has some protein. <https://www.theguardian.com/food/2019/jul/30/nigel-slater-tomato-and-carrot-soup-with-feta>
- How about a (vegan) pasta sauce? <https://vegetariangastronomy.com/creamy-carrot-tomato-pasta-sauce/>
- Juicing is another way to get veggies in: <https://www.riverford.co.uk/recipes/view/recipe/tomato-carrot-ginger-juice>

³² https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

speedy & seasonal
8.3 Pea, Peppers

| Get two greens... | Peas | Peppers |
|-------------------|------|---------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 90g | 60g | 57g | 27g | 27g | 30g | 30g | 50g | 35g | 30g |
| x6 | 540g | 360g | 342g = 5 eggs | 162g | 162g | 180g | 180g | 300g | 210g | 180g |

Notes: Peppers are nutritious both raw and cooked. They're best roasted or stir-fried; the next most nutritious cooking method is steaming. The least nutritious method is boiling.³³

Meal ideas: - Salad: chop up peppers, add peas and mixed leaves, and pair with cheese and potato

- Salad: chop up peppers, add peas and mixed leaves, and pair with cheese and rice / quinoa / potato
- Salad: chop up peppers, add peas and mixed leaves, and pair with mackerel and potato
- Stirfry peppers and peas, add tofu and rice / quinoa
- Stirfry peppers and peas, add egg and rice / quinoa
- Stirfry peppers and peas, add to cheese and rice / quinoa
- Stirfry peppers and peas, add to salmon and potato
- Roast peppers and potato, microwave peas, serve with salmon / mackerel
- Try this salad: <https://www.safefood.eu/Recipes/Lunch/Pea-salad-with-red-pepper.aspx>
- Or how about a 'one-pot'? <https://veganheaven.org/recipe/one-pot-vegetable-rice-with-bell-pepper-and-peas/>
- Or a Chinese-style side dish: <https://www.marthastewart.com/315050/ginger-snow-peas-and-peppers>

³³ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

speedy & seasonal
8.4 Spinach, Sweetcorn

| | | |
|-------------------|---------|-----------|
| Get two greens... | Spinach | Sweetcorn |
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| | | | |
|----------------------------------|--------|------|--------|
| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| | | | | | | | | | | |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
| x1 | 120g | 75g | 75g | 34g | 34g | 38g | 38g | 60g | 45g | 38g |
| x6 | 720g | 450g | 450g ≈ 7 eggs | 204g | 204g | 228g | 228g | 360g | 270g | 228g |

Meal ideas: - Salad: steam sweetcorn. Add to spinach and mixed leaves. Pair with tofu and potato / rice / quinoa

- Salad: steam sweetcorn. Add to spinach and mixed leaves. Pair with egg and potato / rice / quinoa
- Salad: steam sweetcorn. Add to spinach and mixed leaves. Pair with cheese and potato / rice / quinoa
- Salad: steam sweetcorn. Add to spinach and mixed leaves. Serve with salmon and potato
- Steam sweetcorn and spinach. Pair with tofu and potato/ rice / quinoa
- Steam sweetcorn and spinach. Pair with egg and potato / rice / quinoa
- Steam sweetcorn and spinach. Pair with cheese and potato / rice / quinoa
- Steam sweetcorn and spinach. Serve with salmon and potato
- These fritters look like they'd be nice for adults too ☺ <https://www.bbcgoodfood.com/recipes/toddler-recipe-sweetcorn-spinach-fritters>
- I love the idea of adding chilli or red pepper flakes for kick: <https://www.riverford.co.uk/recipes/view/recipe/braised-sweetcorn-with-spinach>
- This recipe looks beautifully rich and creamy: <https://www.foodnetwork.com/recipes/rachael-ray/garlicky-creamed-corn-and-spinach-recipe-1920554>
- This dhal looks lovely: <https://www.independent.co.uk/life-style/food-and-drink/recipes/sweetcorn-spinach-dhal-cooking-instructions-ingredients-a8212156.html>

speedy & seasonal
8.5 Cabbage, Celery

| | | |
|-------------------|---------|--------|
| Get two greens... | Cabbage | Celery |
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| | | | |
|----------------------------------|--------|------|--------|
| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| | | | | | | | | | | |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
| x1 | 160g | 85g | 100g | 46g | 46g | 52g | 52g | 85g | 60g | 50g |
| x6 | 960g | 510g | 600g ≈ 9 eggs | 276g | 276g | 312g | 312g | 510g | 360g | 300g |

Meal ideas: - Salad of raw cabbage and celery, with flavoured tofu, and quinoa

- Salad of raw cabbage and celery, with cheese and rice
- Steamed cabbage and celery with tofu and rice
- Steamed cabbage and celery with salmon and quinoa
- Stirfried cabbage and celery with egg and rice
- This side-dish looks scrumptious: <https://food52.com/recipes/76061-hot-sesame-celery-with-ruby-cabbage>
- A stirfry recipe: <https://www.foodhero.org/recipes/cabbage-stirfry>
- This salad looks lovely: <https://www.whatsfordinner.com/recipes/cabbage-celery-and-apple-crunch-salad-recipe/>

speedy & seasonal
8.6 Beans, Courgette

| Get two greens... | Beans | Courgette |
|-------------------|-------|-----------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 130g | 80g | 85g | 39g | 39g | 43g | 43g | 70g | 50g | 43g |
| x6 | 780g | 480g | 510g ≈ 8 eggs | 234g | 234g | 258g | 258g | 420g | 300g | 258g |

Meal ideas: - Grill courgette; steam beans; add mixed leaves to make salad. Add salmon and potato.

- Steam beans and courgette. Add tofu and rice to make a rice bowl.
- Steam beans and courgette. Add egg-fried rice.
- Steam beans and courgette. Add cheese and rice, or cheese and potato.
- Here, the beans and courgette are scrumptiously sautéed. Try adding a protein source to this side dish and dinner's done: <https://thelemonbowl.com/zucchini-and-green-bean-saute/>
- Again, add your fave protein source to this side dish to make a filling meal: <https://realfood.tesco.com/recipes/green-bean-courgette-and-pea-tumble.html>
- This is an interesting alternative to potato salad. Include a protein source to complete: <http://wedonteatanythingwithaface.blogspot.com/2017/07/courgette-green-bean-and-new-potato.html>

speedy & seasonal
8.7 Broccoli, Cauliflower

| Get two greens... | Broccoli | Cauliflower |
|-------------------|----------|-------------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 80g | 55g | 57g | 24g | 24g | 27g | 27g | 45g | 30g | 25g |
| x6 | 480g | 330g | 342g = 5 eggs | 144g | 144g | 162g | 162g | 270g | 180g | 150g |

Notes: Broccoli and cauliflower are nutritious cooked, and raw. If cooked, steaming is the most nutritious cooking method for both vegetables.³⁴

Meal ideas: - Chunky salad! have broccoli and cauliflower raw with mixed leaves, cheese, and quinoa.

- Steam broccoli and cauliflower; add quinoa and egg.
- Steam broccoli and cauliflower; add rice and cheese.
- Steam broccoli and cauliflower; serve with salmon and potato. (make it special by making cauliflower mash).
- Try Jamie’s roast recipe: <https://www.jamieoliver.com/recipes/vegetables-recipes/the-best-cauliflower-broccoli-cheese/>
- And just because roasts are yummy, here’s another one to compare: <https://www.bbcgoodfood.com/recipes/1272637/broccoli-and-cauliflower-cheese>
- Or try making a version of ‘cauliflower rice’: <https://www.lowcarbmaven.com/broccoli-cauliflower-rice/>

³⁴ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

SEPTEMBER

Super September has the most diverse harvest of all months: beans, beetroot, broccoli, cabbage, carrots, cauliflower, celery, courgette, cucumber, lettuce, mixed leaves, parsnip, peas, pepper, potato, scallions, spinach, sweetcorn, tomato.

Pairings:

9.1 Cucumber, Scallion

9.2 Spinach, Tomato

9.3 Carrot, Parsnip

9.4 Pepper, Spinach

9.5 Pea, Sweetcorn

9.6 Beans, Courgette

9.7 Beans, Cabbage

9.8 Celery, Parsnip

9.9 Broccoli, Cauliflower

9.10 Beetroot, Cauliflower

speedy & seasonal
9.1 Cucumber, Scallion

| Get two greens... | Cucumber | Scallion |
|-------------------|----------|----------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 150g | 90g | 95g | 43g | 43g | 48g | 48g | 80g | 58g | 48g |
| x6 | 900g | 540g | 570g ≈ 9 eggs | 258g | 258g | 288g | 288g | 480g | 348g | 288g |

Meal ideas: - Salad: chop cucumber and scallion, add mixed leaves. Serve with tofu and potato

- Salad: chop cucumber and scallion, add mixed leaves. Serve with egg-fried rice
- Salad: chop cucumber and scallion, add mixed leaves. Serve with cheese and rice / potato / quinoa
- Salad: chop cucumber and scallion, add mixed leaves. Serve with salmon and rice
- I'm impressed at the protein content of this salad: <https://inspiralized.com/cucumber-scallion-and-feta-salad-with-cilantro-lime-vinaigrette/>
- I'm really fascinated by this chilled soup: <https://hansdairy.com/recipes/chilled-cucumber-scallion-and-yogurt-soup/>
- A really interesting way to serve cucumber is 'cucumber noodles' as seen here: <https://gourmandeinthekitchen.com/cucumber-noodles-asparagus-ginger-scallion-sesame-sauce/> and here: <https://www.myrecipes.com/recipe/scallion-benne-cucumber-noodles>

speedy & seasonal
9.2 Spinach, Tomato

| Get two greens... | Spinach | Tomato |
|-------------------|---------|--------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 140g | 90g | 90g | 41g | 41g | 46g | 46g | 75g | 55g | 50g |
| x6 | 840g | 540g | 540g = 8 eggs | 246g | 246g | 276g | 276g | 450g | 330g | 300g |

Notes: Tomato is equally nutritious cooked and raw. The most nutritious cooking method is roasting.

Meal ideas: - Salad: mix raw spinach and tomato. Serve with tofu and potato / rice / quinoa

- Salad: mix raw spinach and tomato. Serve with cheese and potato / rice / quinoa
- Salad: mix raw spinach and tomato. Serve with mackerel / salmon and potato
- Steam spinach while roasting tomato. Serve with tofu and rice / quinoa
- Steam spinach while roasting tomato. Serve with cheese and potato / rice / quinoa
- Steam spinach while roasting tomato. Serve with mackerel / salmon and potato
- Martha Stewart keeps it simple with this dish: <https://www.marthastewart.com/632515/sauteed-spinach-and-tomatoes>
- Have with rice: <https://cooking.nytimes.com/recipes/12361-turkish-spinach-with-tomatoes-and-rice>
- This recipe caught my eye because every so often, I can buy garlic pesto at Galway market: <https://www.allrecipes.com/recipe/236490/pesto-spinach-and-tomatoes/>

speedy & seasonal
9.3 Carrot, Parsnip

| Get two greens... | Carrot | Parsnip |
|-------------------|--------|---------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 160g | 95g | 100g | 45g | 45g | 50g | 50g | 80g | 58g | 48g |
| x6 | 960g | 570g | 600g ≈ 9 eggs | 270g | 270g | 300g | 300g | 480g | 348g | 288g |

Notes: Carrot is more nutritious cooked than raw.

Meal ideas: - Steam carrot and parsnip; mash together; serve with mackerel and potato

- Steam carrot and parsnip; mash together; serve with salmon and potato
- Roast carrot, parsnip and potato; serve with mackerel / salmon
- Roast carrot, parsnip and potato; serve with salmon
- Roast carrot and parsnip; add to cheese and rice / quinoa, making a roasted veg bowl
- Roast carrot, parsnip, and potato; add cheese
- Steam carrot, parsnip, and potato; use Quorn to make a vegan shepherd's pie
- Ina Garten's version of the classic roast pairing: <https://www.foodnetwork.com/recipes/ina-garten/roasted-parsnips-and-carrots-recipe-1949073>
- Jamie's version: <https://www.jamieoliver.com/recipes/vegetables-recipes/roast-potatoes-parsnips-and-carrots/>
- This writer chooses to sauté, rather than roast:
<http://farmerstoyou.com/organicfoodblog/2012/11/15/sauteed-parsnips-and-carrots-with-honey-and-rosemary/>

speedy & seasonal
9.4 Pepper, Spinach

| Get two greens... | Pepper | Spinach |
|-------------------|--------|---------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 130g | 80g | 85g | 39g | 39g | 44g | 44g | 70g | 50g | 43g |
| x6 | 780g | 480g | 510g ≈ 8 eggs | 234g | 234g | 264g | 264g | 420g | 300g | 258g |

Peppers are nutritious both raw and cooked. They're best roasted or stir-fried; the next most nutritious cooking method is steaming, and the least nutritious is boiling.³⁵

Meal ideas: - Salad: chop pepper & spinach to appropriate size, add mixed leaves, tofu & rice / potato / quinoa

- Salad: chop pepper & spinach to appropriate size, add mixed leaves, cheese & rice / quinoa / potato
- Salad: add pepper & spinach to mixed leaves, serve with mackerel / salmon and potato
- Stirfry pepper and spinach, add tofu and potato / rice / quinoa
- Stirfry pepper and spinach, add egg and rice / quinoa / potato
- Stirfry pepper and spinach, add cheese and potato / rice / quinoa
- Stirfry pepper and spinach, serve with mackerel and potato
- Steam pepper and spinach, add tofu and potato / rice / quinoa
- Steam pepper and spinach, add egg and rice / quinoa
- Steam pepper and spinach, add egg and potato
- Steam pepper and spinach, add cheese and potato / rice / quinoa
- Steam pepper and spinach, serve with mackerel and potato
- Roast pepper and potato, steam spinach, add cheese
- Roast pepper and potato, steam spinach, serve with mackerel / salmon
- Clocking in at 22g of protein, this is nutritionally balanced, and looks scrumptious:
<https://www.bbcgoodfood.com/recipes/spinach-pepper-frittata>
- Have a curry as winter sets in: <https://www.olivemagazine.com/recipes/quick-and-easy/chickpea-red-pepper-and-spinach-curry/>
- This gratin looks gorgeously indulgent: <https://www.bonappetit.com/recipe/spinach-and-roasted-red-pepper-gratin>

³⁵ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

speedy & seasonal
9.5 Pea, Sweetcorn

| Get two greens... | Peas | Sweetcorn |
|-------------------|------|-----------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 80g | 50g | 47g | 22g | 22g | 24g | 24g | 40g | 30g | 25g |
| x6 | 480g | 300g | 282g ≈ 5 eggs | 132g | 132g | 144g | 144g | 240g | 180g | 150g |

Meal ideas: - Steam peas and sweetcorn, serve with tofu and rice / quinoa

- Steam peas and sweetcorn, add to egg-fried rice
- Steam peas and sweetcorn, add to cheese and rice
- Steam peas and sweetcorn, serve with mackerel / salmon and potato
- I'd alter this recipe so it's gluten-free: <https://www.myfussyeater.com/pea-sweetcorn-fritters/>
- Add butter and thyme: <https://www.bettycrocker.com/recipes/peas-and-corn-with-thyme-butter/072545e0-ee1a-4884-a48e-5d274c80efb0>
- A Mexican slant: <http://allrecipes.co.uk/recipe/8790/sweetcorn-and-pea-tortilla.aspx>
- This looks yummy: <https://www.fromthegrapevine.com/israeli-kitchen/recipes/roasted-corn-peas-and-peppers>

speedy & seasonal
9.6 Beans, Courgette

| Get two greens... | Beans | Courgette |
|-------------------|-------|-----------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 130g | 80g | 85g | 39g | 39g | 43g | 43g | 70g | 50g | 43g |
| x6 | 780g | 480g | 510g ≈ 8 eggs | 234g | 234g | 258g | 258g | 420g | 300g | 258g |

Meal ideas: - Grill courgette; steam beans; add mixed leaves to make salad. Add salmon and potato.

- Steam beans and courgette. Add tofu and rice to make a rice bowl.
- Steam beans and courgette. Add egg-fried rice.
- Steam beans and courgette. Add cheese and rice, or cheese and potato.
- Here, the beans and courgette are scrumptiously sautéed. Try adding a protein source to this side dish and dinner's done: <https://thelemonbowl.com/zucchini-and-green-bean-saute/>
- Again, add your fave protein source to this side dish to make a filling meal: <https://realfood.tesco.com/recipes/green-bean-courgette-and-pea-tumble.html>
- This is an interesting alternative to potato salad. Include a protein source to complete: <http://wedonteatanythingwithaface.blogspot.com/2017/07/courgette-green-bean-and-new-potato.html>

speedy & seasonal
9.7 Beans, Cabbage

| | | |
|-------------------|-------|---------|
| Get two greens... | Beans | Cabbage |
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| | | | |
|----------------------------------|--------|------|--------|
| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| | | | | | | | | | | |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
| x1 | 130g | 80g | 85g | 39g | 39g | 44g | 44g | 70g | 50g | 43g |
| x6 | 780g | 480g | 510g ≈ 8 eggs | 234g | 234g | 264g | 264g | 420g | 300g | 258g |

Meal ideas: - Steam or stirfry beans and cabbage, put with egg and rice.

- Steam or stirfry beans and cabbage, add cheese and rice.
- Stirfry beans and cabbage, add tofu and rice.
- Stirfry beans and cabbage, add cheese and quinoa.
- This recipe for warm cabbage and green beans looks very comforting:
<https://cooking.nytimes.com/recipes/1014126-warm-cabbage-and-green-beans>
- This recipe includes bacon, which you could include, leave out, or substitute a vegetarian / vegan protein source for: <https://www.recipesthatcrock.com/crock-pot-bacon-green-bean-cabbage/>
- This casserole looks scrumptious, and fits well with my macronutrient aspirations! ☺
<https://brooklynfarmgirl.com/green-bean-cabbage-and-cheese/>

speedy & seasonal
9.8 Celery, Parsnip

| Get two greens... | Celery | Parsnip |
|-------------------|--------|---------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 160g | 100g | 100g | 46g | 46g | 52g | 52g | 85g | 60g | 50g |
| x6 | 960g | 600g | 600g ≈ 9 eggs | 276g | 276g | 312g | 312g | 510g | 360g | 300g |

Meal ideas: - Roast the celery, parsnip and potato, and serve with salmon / mackerel

- Roast the celery, parsnip and potato, and serve with cheese
- Roast the celery and parsnip, put with cheese and rice / quinoa
- Roast the celery and parsnip, put with tofu and rice / quinoa
- Try this sophisticated soup: <https://www.delicious.com.au/recipes/celery-parsnip-soup-bottarga/3b73a8cd-7f90-4d37-b0bd-45225b4aed0>
- Or this comforting soup: <https://www.bbcgoodfood.com/recipes/1916635/spicy-parsnip-and-carrot-soup>
- A really interesting salad idea: <https://www.marthastewart.com/312833/roasted-parsnip-celery-heart-and-apple-s>

speedy & seasonal
9.9 Broccoli, Cauliflower

| Get two greens... | Broccoli | Cauliflower |
|-------------------|----------|-------------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 80g | 55g | 57g | 24g | 24g | 27g | 27g | 45g | 30g | 25g |
| x6 | 480g | 330g | 342g = 5 eggs | 144g | 144g | 162g | 162g | 270g | 180g | 150g |

Notes: Broccoli and cauliflower are nutritious cooked, and raw. If cooked, steaming is the most nutritious cooking method for both vegetables.³⁶

Meal ideas: - Chunky salad! have broccoli and cauliflower raw with mixed leaves, cheese, and quinoa.

- Steam broccoli and cauliflower; add quinoa and egg.
- Steam broccoli and cauliflower; add rice and cheese.
- Steam broccoli and cauliflower; serve with salmon and potato. (make it special by making cauliflower mash).
- Try Jamie's roast recipe: <https://www.jamieoliver.com/recipes/vegetables-recipes/the-best-cauliflower-broccoli-cheese/>
- And just because roasts are yummy, here's another one to compare: <https://www.bbcgoodfood.com/recipes/1272637/broccoli-and-cauliflower-cheese>
- Or try making a version of 'cauliflower rice': <https://www.lowcarbmaven.com/broccoli-cauliflower-rice/>

³⁶ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

speedy & seasonal
9.10 Beetroot, Cauliflower

| Get two greens... | Beetroot | Cauliflower |
|-------------------|----------|-------------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 130g | 80g | 80g | 37g | 37g | 41g | 41g | 65g | 50g | 40g |
| x6 | 780g | 480g | 480g = 7 eggs | 222g | 222g | 246g | 246g | 390g | 300g | 240g |

Notes: Cauliflower is nutritious both raw and cooked. If cooked, it's best steamed.³⁷

Meal ideas: - Roast beetroot. have with cauliflower and mixed leaves, plus cheese and quinoa.

- Steam beetroot and cauliflower. Make a mash from cauliflower. Plate with salmon and rice.
- Roast beetroot and cauliflower. Have with mackerel and roast potatoes.
- I'm super-impressed at Madeleine Shaw for including a protein source in this vegetarian rice bowl: <http://madeleineshaw.com/recipes/cauliflower-rice-and-beetroot-bowl-with-soft-boiled-eggs/>
- This gratin looks exciting! <https://afternoonexpress.co.za/recipes/beetroot-amp-cauliflower-gratin/1821>
- Why not add some nuts to this vegetable pairing? <https://insimoneskitchen.com/cauliflower-couscous-beetroot/>

³⁷ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

OCTOBER

Autumnal plenty continues in October: beetroot, broccoli, cabbage, carrots, cauliflower, celery, cucumber, kale, lettuce, mixed leaves, parsnip, pepper, potato, scallions, spinach, swede, tomato

Pairings:

10.1 Cucumber, Scallion

10.2 Carrot, Tomato

10.3 Pepper, Spinach

10.4 Cabbage, Kale

10.5 Celery, Parsnip

10.6 Broccoli, Cauliflower

10.7 Beetroot, Swede

speedy & seasonal
10.1 Cucumber, Scallion

| Get two greens... | Cucumber | Scallion |
|-------------------|----------|----------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 150g | 90g | 95g | 43g | 43g | 48g | 48g | 80g | 58g | 48g |
| x6 | 900g | 540g | 570g ≈ 9 eggs | 258g | 258g | 288g | 288g | 480g | 348g | 288g |

Meal ideas: - Salad: chop cucumber and scallion, add mixed leaves. Serve with tofu and potato

- Salad: chop cucumber and scallion, add mixed leaves. Serve with egg-fried rice
- Salad: chop cucumber and scallion, add mixed leaves. Serve with cheese and rice / potato / quinoa
- Salad: chop cucumber and scallion, add mixed leaves. Serve with salmon and rice
- I'm impressed at the protein content of this salad: <https://inspiralized.com/cucumber-scallion-and-feta-salad-with-cilantro-lime-vinaigrette/>
- I'm really fascinated by this chilled soup: <https://hansdairy.com/recipes/chilled-cucumber-scallion-and-yogurt-soup/>
- A really interesting way to serve cucumber is 'cucumber noodles' as seen here: <https://gourmandeinthekitchen.com/cucumber-noodles-asparagus-ginger-scallion-sesame-sauce/> and here: <https://www.myrecipes.com/recipe/scallion-benne-cucumber-noodles>

speedy & seasonal
10.2 Carrot, Tomato

| Get two greens... | Carrot | Tomato |
|-------------------|--------|--------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|-------|-------|-------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 180g | 110g | 114g | 51g | 51g | 58g | 58g | 95g | 70g | 55g |
| x6 | 1080g | 660g | 684g = 10 eggs | 306g | 306g | 348g | 348g | 570g | 420g | 330g |

Notes: Carrots are more nutritious cooked than raw. Tomato is equally nutritious cooked and raw. The most nutritious cooking method for tomato is roasting.³⁸

Meal ideas: - Roasted carrot, tomato, and potato served with mackerel / salmon

- Steamed carrot and tomato with tofu and rice / quinoa
- Steamed carrot and tomato with cheese and rice / quinoa
- Steamed carrot and tomato with salmon and potato
- I like this soup because it has some protein. <https://www.theguardian.com/food/2019/jul/30/nigel-slater-tomato-and-carrot-soup-with-feta>
- How about a (vegan) pasta sauce? <https://vegetariangastronomy.com/creamy-carrot-tomato-pasta-sauce/>
- Juicing is another way to get veggies in: <https://www.riverford.co.uk/recipes/view/recipe/tomato-carrot-ginger-juice>

³⁸ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

speedy & seasonal
10.3 Pepper, Spinach

| | | |
|-------------------|--------|---------|
| Get two greens... | Pepper | Spinach |
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| | | | |
|----------------------------------|--------|------|--------|
| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| | | | | | | | | | | |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
| x1 | 130g | 80g | 85g | 39g | 39g | 44g | 44g | 70g | 50g | 43g |
| x6 | 780g | 480g | 510g ≈ 8 eggs | 234g | 234g | 264g | 264g | 420g | 300g | 258g |

Peppers are nutritious both raw and cooked. If cooked, they're best roasted or stir-fried; the next most nutritious cooking method is steaming. Boiling destroys the most nutrients of a pepper.³⁹

Meal ideas: - Salad: chop pepper & spinach to appropriate size, add mixed leaves, tofu & rice / potato / quinoa

- Salad: chop pepper & spinach to appropriate size, add mixed leaves, cheese & rice / quinoa / potato
- Salad: chop pepper & spinach to appropriate size, add mixed leaves, serve with mackerel / salmon / potato
- Stirfry pepper and spinach, add tofu and potato / rice / quinoa
- Stirfry pepper and spinach, add egg and rice / quinoa / potato
- Stirfry pepper and spinach, add cheese and potato / rice / quinoa
- Stirfry pepper and spinach, serve with mackerel and potato
- Steam pepper and spinach, add tofu and potato / rice / quinoa
- Steam pepper and spinach, add egg and rice / quinoa
- Steam pepper and spinach, add egg and potato
- Steam pepper and spinach, add cheese and potato / rice / quinoa
- Steam pepper and spinach, serve with mackerel and potato
- Roast pepper and potato, steam spinach, add cheese
- Roast pepper and potato, steam spinach, serve with mackerel / salmon
- Clocking in at 22g of protein, this is nutritionally balanced, and looks scrumptious:
<https://www.bbcgoodfood.com/recipes/spinach-pepper-frittata>
- Have a curry as winter sets in: <https://www.olivemagazine.com/recipes/quick-and-easy/chickpea-red-pepper-and-spinach-curry/>
- This gratin looks gorgeously indulgent: <https://www.bonappetit.com/recipe/spinach-and-roasted-red-pepper-gratin>

³⁹ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

speedy & seasonal
10.4 Cabbage, Kale

| Get two greens... | Cabbage | Kale |
|-------------------|---------|------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|-------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 110g | 70g | 75g | 32g | 32g | 36g | 36g | 60g | 43g | 35g |
| x6 | 660g | 420g | 402g = 10 eggs | 192g | 192g | 216g | 216g | 360g | 258g | 210g |

Notes: Kale is more nutritious raw than cooked. if you choose to cook it, it's best to steam or blanch kale.⁴⁰

Meal ideas: - Salad: shred raw cabbage and kale, add tofu and quinoa / rice

- Salad: shred raw cabbage and kale, put through egg-fried rice
- Salad: shred raw cabbage and kale, add cheese and potato chunks
- Salad: shred raw cabbage and kale, serve with salmon and rice
- Steam cabbage and kale, pair with tofu and rice / quinoa
- Steam cabbage and kale, pair with egg and rice
- Steam cabbage and kale, pair with cheese and rice
- Steam cabbage and kale, plate with salmon and potato
- This stirfry looks scrumptious. Vegetarians can use tofu or Quorn instead of beef:
<https://www.theguardian.com/lifeandstyle/2012/apr/20/spring-greens-recipes-hugh-fearnley-whittingstall>
- The creaminess of this dish is very attractive in the winter months:
<https://www.foodandwine.com/recipes/gingery-creamed-kale-and-cabbage>
- Well done to this author for including eggs for protein, and I like the way this site includes nutrition information also: <https://www.deliciousmagazine.co.uk/recipes/cabbage-kale-and-potato-rosti/>

⁴⁰ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

speedy & seasonal
10.5 Celery, Parsnip

| Get two greens... | Celery | Parsnip |
|-------------------|--------|---------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 160g | 100g | 100g | 46g | 46g | 52g | 52g | 85g | 60g | 50g |
| x6 | 960g | 600g | 600g ≈ 9 eggs | 276g | 276g | 312g | 312g | 510g | 360g | 300g |

Meal ideas: - Roast the celery, parsnip and potato, and serve with salmon / mackerel

- Roast the celery, parsnip and potato, and serve with cheese
- Roast the celery and parsnip, put with cheese and rice / quinoa
- Roast the celery and parsnip, put with tofu and rice / quinoa
- Try this sophisticated soup: <https://www.delicious.com.au/recipes/celery-parsnip-soup-bottarga/3b73a8cd-7f90-4d37-b0bd-45225b4aed0>
- Or this comforting soup: <https://www.bbcgoodfood.com/recipes/1916635/spicy-parsnip-and-carrot-soup>
- A really interesting salad idea: <https://www.marthastewart.com/312833/roasted-parsnip-celery-heart-and-apple-s>

speedy & seasonal
10.6 Broccoli, Cauliflower

| Get two greens... | Broccoli | Cauliflower |
|-------------------|----------|-------------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 80g | 55g | 57g | 24g | 24g | 27g | 27g | 45g | 30g | 25g |
| x6 | 480g | 330g | 342g = 5 eggs | 144g | 144g | 162g | 162g | 270g | 180g | 150g |

Notes: Broccoli and cauliflower are nutritious cooked, and raw. If cooked, steaming is the most nutritious cooking method for both vegetables.⁴¹

Meal ideas: - Chunky salad! have broccoli and cauliflower raw with mixed leaves, cheese, and quinoa.

- Steam broccoli and cauliflower; add quinoa and egg.
- Steam broccoli and cauliflower; add rice and cheese.
- Steam broccoli and cauliflower; serve with salmon and potato. (make it special by making cauliflower mash).
- Try Jamie’s roast recipe: <https://www.jamieoliver.com/recipes/vegetables-recipes/the-best-cauliflower-broccoli-cheese/> And just because roasts are yummy, here’s another one to compare: <https://www.bbcgoodfood.com/recipes/1272637/broccoli-and-cauliflower-cheese>
- Or try making a version of ‘cauliflower rice’: <https://www.lowcarbmaven.com/broccoli-cauliflower-rice/>

⁴¹ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

speedy & seasonal
10.7 Beetroot, Swede

| Get two greens... | Beetroot | Swede |
|-------------------|----------|-------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 160g | 100g | 100g | 46g | 46g | 51g | 51g | 85g | 60g | 50g |
| x6 | 960g | 600g | 600g ≈ 9 eggs | 276g | 276g | 306g | 306g | 510g | 360g | 300g |

Meal ideas: - Steam beetroot and swede. Make a mash from swede. Have with salmon and potato.

- Roast beetroot, swede, and potato. Have with salmon.
- Roast beetroot, swede, and potato. Put cheese on top.
- Try a hearty soup: <https://www.vegetables.co.nz/recipes/beetroot-and-swede-soup/>
- Or a comforting bake: <https://www.4thestate.co.uk/2015/05/food-from-4th-beetroot-swede-and-potato-bake/>
- Choose a protein source, and put a mash and beetroot salsa on the side:
<https://foodandtravel.com/food/recipes/rump-steak-on-swede-and-parsnip-mash-with-beetroot-salsa>

NOVEMBER

Winter sets in with beetroot, broccoli, cabbage, carrots, cauliflower, celery, kale, lettuce, mixed leaves, parsnip, potato, scallions, spinach, sprouts, swede.

Pairings:

11.1 Carrot, Spinach

11.2 Cabbage, Kale

11.3 Celery, Brussel Sprout

11.4 Broccoli, Cauliflower

11.5 Beetroot, Swede

speedy & seasonal
11.1 Carrot, Spinach

| Get two greens... | Carrot | Spinach |
|-------------------|--------|---------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 135g | 85g | 90g | 40g | 40g | 45g | 45g | 75g | 55g | 43g |
| x6 | 810g | 510g | 540g = 8 eggs | 240g | 240g | 270g | 270g | 450g | 330g | 258g |

Notes: Carrot is more nutritious cooked than raw.⁴²

Meal ideas: - Steam carrot and spinach. Add tofu and rice / quinoa

- Steam carrot and spinach. Add egg and rice
- Steam carrot and spinach. Add cheese and rice
- Steam carrot and spinach. Serve with mackerel and potato
- Stirfry carrot and spinach. Add tofu and quinoa / rice
- Stirfry carrot and spinach. Add egg and rice
- This curry looks delicious: <https://delishably.com/vegetable-dishes/Spinach-and-Carrot-Curry-Recipe>
- ... or how about a scrumptious salad? <https://www.theroastedroot.net/roasted-carrot-spinach-salad-with-lemon-herb-dressing/>
- ... or a soup? <https://www.veganosity.com/spinach-carrot-and-lentil-soup/>
- ... or a stew? <https://simple-nourished-living.com/mark-bittmans-quick-easy-carrot-spinach-and-rice-stew/>

⁴² https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

speedy & seasonal
11.2 Cabbage, Kale

| | | |
|-------------------|---------|------|
| Get two greens... | Cabbage | Kale |
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| | | | |
|----------------------------------|--------|------|--------|
| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| | | | | | | | | | | |
|-------------------|------|-------|---------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
| x1 | 110g | 70g | 75g | 32g | 32g | 36g | 36g | 110g | 70g | 75g |
| x6 | 660g | 420g | 402g = 6 eggs | 192g | 192g | 216g | 216g | 660g | 420g | 402g |

Notes: Kale is more nutritious raw than cooked. If you choose to cook it, the most nutritious method is to steam or blanch it.⁴³

Meal ideas: - Salad: shred raw cabbage and kale, add tofu and quinoa / rice

- Salad: shred raw cabbage and kale, put through egg-fried rice
- Salad: shred raw cabbage and kale, add cheese and potato chunks
- Salad: shred raw cabbage and kale, serve with salmon and rice
- Steam cabbage and kale, pair with tofu and rice / quinoa
- Steam cabbage and kale, pair with egg and rice
- Steam cabbage and kale, pair with cheese and rice
- Steam cabbage and kale, plate with salmon and potato
- This stirfry looks scrumptious. Vegetarians can use tofu or Quorn instead of beef:
<https://www.theguardian.com/lifeandstyle/2012/apr/20/spring-greens-recipes-hugh-fearnley-whittingstall>
- The creaminess of this dish is very attractive in the winter months:
<https://www.foodandwine.com/recipes/gingery-creamed-kale-and-cabbage>
- Well done to this author for including eggs for protein, and I like the way this site includes nutrition information also: <https://www.deliciousmagazine.co.uk/recipes/cabbage-kale-and-potato-rosti/>

⁴³ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

speedy & seasonal
11.3 Celery, Brussels Sprouts

| | | |
|-------------------|--------|------------------|
| Get two greens... | Celery | Brussels Sprouts |
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| | | | |
|----------------------------------|--------|------|--------|
| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| | | | | | | | | | | |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
| x1 | 130g | 80g | 85g | 38g | 38g | 42g | 42g | 70g | 50g | 43g |
| x6 | 780g | 480g | 510g ≈ 8 eggs | 228g | 228g | 252g | 252g | 420g | 300g | 258g |

Notes: Brussels Sprouts are nutritious both raw and cooked. The nutritious way to cook them is steaming. The least nutritious method is boiling or stirfrying.⁴⁴

Meal ideas: - Try a crunchy salad: quarter sprouts, cut celery into small sections. Add mixed leaves. Put with tofu and potato

- Crunchy salad: quarter sprouts, cut celery into small sections. Add mixed leaves. Put with cheese and potato
- Crunchy salad: quarter sprouts, cut celery into small sections. Add mixed leaves. Put with cheese and rice
- Steam Brussels sprouts and celery. Serve with salmon and rice
- Roast Brussels sprouts, celery, potato. Serve with salmon / mackerel
- Roast Brussels sprouts, celery, potato. Serve with cheese
- Michele Urvater adds walnuts: <https://www.cookstr.com/recipes/brussels-sprouts-and-celery-in-walnut-butter>
- This is a fantastic podcast concept, and the recipe sounds great too: <https://www.splendidtable.org/story/crispy-roasted-brussels-sprouts-and-celery>
- A really interesting take on the traditional Brussels sprouts: <https://www.today.com/recipes/crispy-brussels-sprouts-celery-apple-recipe-t104733>

⁴⁴ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

speedy & seasonal
11.4 Broccoli, Cauliflower

| Get two greens... | Broccoli | Cauliflower |
|-------------------|----------|-------------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 80g | 55g | 57g | 24g | 24g | 27g | 27g | 45g | 30g | 25g |
| x6 | 480g | 330g | 342g = 5 eggs | 144g | 144g | 162g | 162g | 270g | 180g | 150g |

Notes: Broccoli and cauliflower are nutritious cooked, and raw. If cooked, steaming is the most nutritious cooking method for both vegetables.⁴⁵

- Meal ideas: - Chunky salad! have broccoli and cauliflower raw with mixed leaves, cheese, and quinoa.
- Steam broccoli and cauliflower; add quinoa and egg.
- Steam broccoli and cauliflower; add rice and cheese.
- Steam broccoli and cauliflower; serve with salmon and potato. (make it special by making cauliflower mash).
- Try Jamie's roast recipe: <https://www.jamieoliver.com/recipes/vegetables-recipes/the-best-cauliflower-broccoli-cheese/>
- And just because roasts are yummy, here's another one to compare: <https://www.bbcgoodfood.com/recipes/1272637/broccoli-and-cauliflower-cheese>
- Or try making a version of 'cauliflower rice': <https://www.lowcarbmaven.com/broccoli-cauliflower-rice/>

⁴⁵ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

speedy & seasonal
11.5 Beetroot, Swede

| | | |
|-------------------|----------|-------|
| Get two greens... | Beetroot | Swede |
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| | | | |
|----------------------------------|--------|------|--------|
| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| | | | | | | | | | | |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
| x1 | 160g | 100g | 100g | 46g | 46g | 51g | 51g | 85g | 60g | 50g |
| x6 | 960g | 600g | 600g ≈ 9 eggs | 276g | 276g | 306g | 306g | 510g | 360g | 300g |

Meal ideas: - Steam beetroot and swede. Make a mash from swede. Have with salmon and potato.

- Roast beetroot, swede, and potato. Have with salmon.
- Roast beetroot, swede, and potato. Put cheese on top.
- Try a hearty soup: <https://www.vegetables.co.nz/recipes/beetroot-and-swede-soup/>
- Or a comforting bake: <https://www.4thestate.co.uk/2015/05/food-from-4th-beetroot-swede-and-potato-bake/>
- Choose a protein source, and put a mash and beetroot salsa on the side:
<https://foodandtravel.com/food/recipes/rump-steak-on-swede-and-parsnip-mash-with-beetroot-salsa>

DECEMBER

December sustains us with beetroot, cabbage, carrots, Jerusalem artichokes, kale, lettuce, mixed leaves, parsnip, potato, scallions, spinach, sprouts, swede.

Pairings:

12.1 Carrot, Scallion

12.2 Kale, Spinach

12.3 Cabbage, Brussels Sprouts

12.4 Parsnip, Swede

12.5 Jerusalem Artichoke, Beetroot

speedy & seasonal
12.1 Carrot, Scallion

| Get two greens... | Carrot | Scallion |
|-------------------|--------|----------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 150g | 95g | 95g | 44g | 44g | 50g | 50g | 80g | 58g | 48g |
| x6 | 900g | 570g | 570g ≈ 9 eggs | 264g | 264g | 300g | 300g | 480g | 348g | 288g |

Notes: Carrot is more nutritious cooked than raw.

Meal ideas: - Salad: chop up carrot and scallion, add cheese and rice / quinoa

- Salad: chop up carrot and scallion, add tofu and rice / quinoa
- Roast carrot, scallion, and potato; serve with mackerel / salmon
- Steam carrot, potato, and scallion; mash; make vegan shepherd's pie with Quorn
- This recipe looks amazing: <http://www.theoriginaldish.com/2019/01/22/roasted-carrots-with-scallion-vinaigrette/>
- If it's in the NY Times, it must be good, right?! <https://cooking.nytimes.com/recipes/5941-carrot-and-scallion-salad>
- I love the look of this roasted vegetable grain bowl: <https://naturallyella.com/scallion-roasted-carrots/>

speedy & seasonal
12.2 Kale, Spinach

| Get two greens... | Kale | Spinach |
|-------------------|------|---------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 90g | 60g | 57g | 27g | 27g | 30g | 30g | 50g | 35g | 30g |
| x6 | 540g | 360g | 342g = 5 eggs | 162g | 162g | 180g | 180g | 300g | 210g | 180g |

Notes: Kale is more nutritious raw. if you chose to cook it, steaming or blanching is the most nutritious.⁴⁶

Meal ideas: - Salad: shred kale and spinach. Serve with tofu and rice / quinoa

- Salad: shred kale and spinach. Serve with egg-fried rice
- Salad: shred kale and spinach. Serve with cheese and rice / potato / quinoa
- Salad: shred kale and spinach. Serve with salmon and potato
- Steam kale and spinach. Serve with tofu and rice / quinoa
- Steam kale and spinach. Add to egg-fried rice / quinoa
- Steam kale and spinach. Serve with cheese and rice / potato / quinoa
- Steam kale and spinach. Serve with salmon and potato
- This bake looks delicious: <https://www.kidspot.com.au/kitchen/recipes/kale-bake/1xl9xpz>
- Vegetarians can substitute tofu or Quorn for the chorizo in this recipe: <https://www.kidspot.com.au/kitchen/recipes/chorizo-kale-feta-frittata-recipe/636utxxz>
- How about a curry? <https://www.kidspot.com.au/kitchen/recipes/chicken-tomato-spinach-curry-recipe/um5mlxku>

⁴⁶ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

speedy & seasonal
12.3 Cabbage, Brussels Sprouts

| Get two greens... | Cabbage | Brussels Sprouts |
|-------------------|---------|------------------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 110g | 70g | 67g | 32g | 32g | 36g | 36g | 60g | 40g | 35g |
| x6 | 660g | 420g | 402g = 6 eggs | 192g | 192g | 216g | 216g | 360g | 240g | 210g |

Notes: Brussels Sprouts are nutritious both raw and cooked. If cooked, they're best steamed. The least nutritious way to cook them is boiling or stirfrying.⁴⁷

Meal ideas: - Winter salad: shred the cabbage, quarter sprouts, toss together and add tofu and a starchy carb

- Winter salad: shred the cabbage, quarter sprouts, toss together and add cheese and a starchy carb
- Steam cabbage and Brussels sprouts, add cheese and rice / quinoa
- Steam cabbage and Brussels sprouts, serve with salmon and potato
- Stirfry cabbage and Brussels sprouts, add tofu and rice
- Stirfry cabbage and Brussels sprouts, add egg and rice
- Steam cabbage, roast Brussels sprouts, serve with mackerel or salmon and potato
- A fascinating way to present sprouts: <https://supervalu.ie/shredded-Brussels-sprouts-and-cabbage-with-ginger-and-chilli>
- Stirfried: <https://www.whatwouldcathyeat.com/2012/11/sauteed-Brussels-sprouts-cabbage-with-toasted-almonds-and-shallots/>
- The addition of fruit to this dish intrigues me: <https://www.creative-culinary.com/roasted-Brussels-sprouts-with-cabbage-and-pine-nuts/>

⁴⁷ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

speedy & seasonal
12.4 Parsnip, Swede

| Get two greens... | Parsnip | Swede |
|-------------------|---------|-------|
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
|----------------------------------|--------|------|--------|
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| x1 | 160g | 95g | 100g | 45g | 45g | 50g | 50g | 80g | 58g | 48g |
| x6 | 960g | 570g | 600g ≈ 9 eggs | 270g | 270g | 300g | 300g | 480g | 348g | 288g |

Meal ideas: - Steam parsnip and swede, make them into a mash. Add mackerel and potato.

- Microwave parsnip and swede. Pair with salmon and potato.
- Roast parsnip and swede. Add mackerel and potato.
- The BBC Good Food do a great bake: <https://www.bbcgoodfood.com/recipes/893654/swede-and-parsnip-bake>
- How about a mash? <https://www.goodhousekeeping.com/uk/food/recipes/a558546/parsnip-swede-and-potato-mash/>
- This soup looks gorgeous: <https://www.womensweeklyfood.com.au/recipes/parsnip-and-swede-soup-with-parmesan-crisps-21227>

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12.5 Jerusalem Artichoke, Beetroot

| | | |
|-------------------|--------------|----------|
| Get two greens... | J. Artichoke | Beetroot |
| x1 | 135g | 135g |
| x6 | 810g | 810g |

| | | | |
|----------------------------------|--------|------|--------|
| Choose a starchy carbohydrate... | Potato | Rice | Quinoa |
| x1 | 160g | 40g | 32g |
| x6 | 960g | 240g | 192g |

| | | | | | | | | | | |
|-------------------|------|-------|------------------|--------------|--------|-------------------|-------------|--------------|----------|--------|
| Pick a protein... | Tofu | Quorn | Egg | Cáis na Tíre | Coolea | 15 Fields Cheddar | Cashel Blue | Salad Cheese | Mackerel | Salmon |
| x1 | 140g | 90g | 90g | 41g | 41g | 46g | 46g | 75g | 55g | 50g |
| x6 | 840g | 540g | 540g = 8 eggs | 246g | 246g | 276g | 276g | 450g | 330g | 300g |

Meal ideas: - Roast Jerusalem artichokes and beetroot. Put with mackerel and rice.

- Roast Jerusalem artichokes and beetroot. Put with cheese and rice, or cheese and quinoa.
- Microwave Jerusalem artichokes and beetroot. Pair with cheese and rice, or cheese and quinoa.
- Try making a gratin: <https://kelliesfoodtoglow.com/2015/04/01/beetroot-and-jerusalem-artichoke-boulangere-gratin/>
- How about soup? <http://www.bellabefree.com/immune-boosting-jerusalem-artichoke-and-beetroot-soup/>
- Or a yummy-looking salad: <http://www.foodiesite.com/recipes/2001-12:beetjartichsalad>

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APPENDICES

GALWAY FOOD SUPPLIERS

Vegetables:

Siol Farm Shop - biodynamic, organic – farm & shop in Moycullen, stand at Galway Market on Saturdays:

<https://www.facebook.com/siolfarmshop/>

Sloe Hill Farm – organic – farm in Menlough, stand at Galway Market on Saturdays: (093) 43515

jeannette.kochen@gmail.com

Aughinish Organic Vegetables – farm in Kinvara, stand at Kinvara Market and Galway Market on Saturdays:

(065) 707 8140

Martina and Brendan - stand in front of Geraghty's at Galway Market on Saturdays

An Garraí Glas – organic – farm in Indreabhán, roadside shop June to

November: <https://www.facebook.com/AnGarraiGlas/>

Savage Garden – organic – farm in Abbeyknockmoy, stand at Tuam Market on

Fridays: <https://www.facebook.com/culliaghnorth/>

Bia Oisín – organic – farm, sales in Claregalway: <https://www.facebook.com/biaoisin/>

Beechlawn Farm – organic – farm in Ballinasloe, home delivery service: www.beechlawnfarm.org

Green Earth Organics – organic – farm & sales in Corrandulla, home delivery service:

www.greenearthorganics.ie

Heneghans' Nursery - farm in Athenry, stand at Galway Market on Saturdays: www.heneghansnursery.ie

Paddy Hogan – large stand in centre of Galway Market on Saturdays

Brown rice & quinoa:

The Filling Station Eco-Shop – Abbeygate Street, Galway – has a refill container policy; also sells herbs, spices, vinegars, condiments, lentils, nuts, organic dried fruit, other grains & cereals:

<https://www.facebook.com/TheFillingStationGalway/>

Tofu:

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Asiatic Manila - 50 Abbeygate Street, Galway, sells 'JanJan Fresh Tofu' made by Sun Sources Natural Foods in Dublin

Quorn:

www.aldi.ie

Eggs:

The Oyster Man – stall in centre of Galway Market on Saturdays, he accepts used egg cartons for re-use.

Cheese:

Sheridans' Cheesemongers – iconic cheese emporium: <https://www.sheridanscheesemongers.com>

Cáis na Tíre - goat's cheese: <http://www.caisnatire.ie>

Coolea - farmhouse cheese: <http://www.cooleacheese.com>

15 Fields - cheddar: <https://sheridanscheesemongers.com/product/sheridans-15-fields-cheddar-2-7-kg/>

Cashel Blue – blue cheese: <http://www.cashelblue.com>

Greek-style Salad Cheese - made with goats' milk: <http://www.arangoatcheese.com>

Ricotta - available at 'The Real Olive Company' stall in Galway Market on Saturdays:
<https://www.toonsbridgedairy.com>

Mackerel, salmon:

Gannet Fish – stall in Galway Market on Saturdays or buy online: <http://www.eatmorefish.ie>

www.aldi.ie - smoked fish. They have pledged to be zero plastic by 2022.

Herbs, spices, vinegars, condiments, lentils, nuts, dried fruit, grains, cereals:

Pesto:

Cobie's Jam: based in Killimor, stall at Kinvara Market and Galway Market on Saturdays: 087 749 6871

CÁIT CURRAN'S LIST OF VEGETABLES AVAILABLE IN IRELAND, BY MONTH

JANUARY: beetroot, cabbage – winter, carrots, Jerusalem artichokes, kale, leeks, mixed leaves, parsnips, potatoes, sprouts, swedes

FEBRUARY: beetroot, cabbage – winter, carrots, Jerusalem artichokes, kale, leeks, mixed leaves, parsnips, potatoes, sprouts, swedes

MARCH: beetroot, broccoli – sprouting, cabbage – winter, carrots, Jerusalem artichokes, kale, leeks, lettuce, mixed leaves, parsnips, potatoes, rhubarb, spinach, swedes

APRIL: asparagus, broccoli – sprouting, cabbage – winter, kale, leeks, lettuce, mixed leaves, potatoes, rhubarb, scallions, spinach

MAY: asparagus, broccoli – sprouting, cabbage – spring, carrots, lettuce, mixed leaves, rhubarb, scallions, spinach

JUNE: beans, beetroot, broccoli, cabbage – spring, carrots, cauliflower, courgette, cucumber, garlic, lettuce, mixed leaves, peas, potatoes – early, scallions, spinach

JULY: beans, beetroot, broccoli, cabbage, carrots, cauliflower, courgette, cucumber, garlic, lettuce, mixed leaves, peas, pepper, potato, scallions, spinach, sweetcorn, tomato

AUGUST: beans, beetroot, broccoli, cabbage, carrots, cauliflower, celery, courgette, cucumber, lettuce, mixed leaves, peas, pepper, potato, scallions, spinach, sweetcorn, tomato

SEPTEMBER: beans, beetroot, broccoli, cabbage, carrots, cauliflower, celery, courgette, cucumber, lettuce, mixed leaves, parsnip, peas, pepper, potato, scallions, spinach, sweetcorn, tomato

OCTOBER: beetroot, broccoli, cabbage, carrots, cauliflower, celery, cucumber, kale, lettuce, mixed leaves, parsnip, pepper, potato, scallions, spinach, swede, tomato

NOVEMBER: beetroot, broccoli, cabbage, carrots, cauliflower, celery, kale, lettuce, mixed leaves, parsnip, potato, scallions, spinach, sprouts, swede

DECEMBER: beetroot, cabbage, carrots, Jerusalem artichokes, kale, lettuce, mixed leaves, parsnip, potato, scallions, spinach, sprouts, swede

SOURCES OF 20G PROTEIN

| Source of 20g protein | Carb | Fat | Calories |
|------------------------------|-------------|------------|-----------------|
| 5 egg whites | 1.3g | .3g | 94 kcal |
| 87g chicken | 0 | 1.3g | 91 kcal |
| 80g turkey | 0 | .8g | 88 kcal |
| 125g prawns | 0 | 0.4g | 88 cal |
| 80g tuna | 0 | .4g | 84 kcal |
| 21 g protein powder | .2g | .2g | 83 kcal |
| 100g mackerel | 1.1g | 20.5g | 272 kcal |
| 105g salmon | 1.1g | 17.9g | 245 kcal |
| 3 whole eggs | 1.1g | 15.7g | 225 kcal |
| 103g tempeh | 13.3g | 8.2g | 207 kcal |
| 105g minced beef | .5g | 12.6g | 196 kcal |
| 121g cheese | .1g | 12.5g | 194 kcal |
| 167g tofu | 1.7g | 11.7g | 192 kcal |
| 179g cottage cheese | 4.1g | 7g | 159 kcal |
| 105g beef | .8g | 5.3g | 131 kcal |
| 138g Quorn | 6.2g | 2.8g | 130 kcal |
| 125g ham | 2.5g | 3.8g | 125 kcal |
| 194g fat-free Greek yoghurt | 7.8g | 0 | 111 kcal |
| 143g basa | .4g | 2.1g | 101 kcal |

HIGH-PROTEIN IRISH CHEESES STOCKED BY SHERIDANS' CHEESEMONGERS

| CHEESE | PROTEIN / 100G | DESCRIPTION |
|--------------------------|-------------------|---|
| Cáis na Tíre | 28g per 100g | Hard sheep's milk cheese made in Co. Tipperary, similar to a Spanish manchego. Nutty. |
| Cooloa | 28g per 100g | Mature 'Gouda'-style cheese made in Co. Cork with cow's milk. Sweet. |
| '15 Fields' Cheddar | 25g per 100g | A raw cow's milk cheddar made in Co. Waterford. Earthy & salty. |
| Cashel Blue | 25g per 100g | Creamy blue cheese made with cow's milk in Co. Tipperary. |
| Cratloe Hills | 23g per 100g | Sheep's milk, 'Gouda'-style, made in Co. Clare. Sweet & nutty. |
| Killeen Goat's Cheese | 23g per 100g | Young goat's Gouda made in Co. Galway. Creamy & mild. |
| Gortnamona | 22g per 100g | A 'Camembert'-style goat's cheese made in Co. Tipperary. |
| Crozier Blue | 21g per 100g | Sheep's milk blue cheese made in Co. Tipperary. Sweet. |
| Gubbeen Cheese | 20g per 100g | A semi-soft, washed rind cheese made in Co. Cork. Mild & grassy. |

STARCHY CARBOHYDRATES IN ORDER OF GLYCAEMIC LOAD

| Item | Serving Size | GL |
|--|---------------|----|
| Rough Oatcakes | 1 oatcake | 2 |
| Porridge made from rolled oats | 30g | 2 |
| Semolina, cooked | 150g | 6 |
| Quinoa, boiled | 150g | 8 |
| Taco shells, cornmeal-based, baked, Old El Paso | 2 shells | 8 |
| Cornmeal, cooked | 150g | 9 |
| Kamut, boiled | 150g | 9 |
| Gluten-free multigrain bread | 1 thick slice | 10 |
| Pearl Barley, boiled | 150g | 11 |
| Gluten-free pasta, maize starch, boiled 8 min | 90g | 11 |
| Rice noodles, dried, boiled | 90g | 11 |
| Cracked wheat | 150g | 12 |
| Brown basmati rice, boiled | 150g | 13 |
| Boiled potato | 150g | 14 |
| Buckwheat, boiled | 150g | 16 |
| Corn pasta, gluten-free | 90g | 16 |
| Rice pasta, brown, boiled 16 min | 90g | 17 |
| Sweet Potato | 150g | 17 |
| Rice, brown, boiled | 150g | 18 |
| Long grain, white, precooked microwaved 2 min. (Express Rice, Uncle Ben's) | 150g | 19 |
| Basmati, white, boiled | 150g | 22 |
| Couscous, boiled | 150g | 23 |
| Long grain, boiled | 150g | 23 |
| Rice, white, boiled | 150g | 23 |
| Millet, porridge | 150g | 25 |

Data taken from Quick GL search, <http://gl.patrickholford.com>

NUTRITIOUS COOKING METHODS FOR VEGETABLES

The following is a representation of data in the article “Raw or cooked? How best to prep 11 fruits and vegetables”⁴⁸ by Dr. Marlynn Wei in table form. She discusses whether a sample of 11 foods are more nutritious when cooked or raw. She also analyses the cooking methods most suited to each food. I’ve done a blunt analysis here where I award a ‘3’ for the cooking method that gives most nutrients, ‘2’ for the cooking method that gives some nutrients, ‘1’ for the cooking method that gives the least nutrients, and ‘-1’ for a cooking method which reduces nutrients. According to this (admittedly small) sample, the most nutritious cooking methods are:

Steaming

Roasting

Microwaving

Stirfrying

| Food | More nutritious cooked / raw? | Steamed | Roasted | Microwaved | Stir-fried | Blanched | Grilled | Boiled |
|------------------|-------------------------------|---------|---------|------------|------------|----------|---------|--------|
| Blueberry | Both | | | | | | | |
| Artichokes | Cooked | 3 | | 2 | -1 | | | 2 |
| Onions, Garlic | Both | | | 3 | 3 | 3 | | |
| Red Peppers | Both | 2 | 3 | | 3 | | | -1 |
| Eggplant | Cooked | | | | | | 3 | -1 |
| Kale | Raw | 1 | | | | 1 | | |
| Brussels Sprouts | Both | 3 | | | | | | |
| Cauliflower | Both | 3 | | | | -1 | | -1 |
| Broccoli | Both | 3 | | | -2 | | | -1 |
| Carrots | Cooked | 3 | 2 | 2 | 2 | | | 3 |
| Tomato | Both | | 3 | | | | | |
| | TOTAL: | 18 | 8 | 7 | 5 | 3 | 3 | 1 |

⁴⁸ https://www.huffpost.com/entry/raw-or-cooked-how-best-to_b_8238636 accessed 3/8/2019

SAMPLE VEGETABLE COOKING TIMES

| Vegetable / Cooking Times | Steaming | Microwave | Roast | Stirfry | Boil |
|----------------------------------|-----------------|------------------|--------------|----------------|-------------|
| Cucumber | | | | | |
| Garlic | | | | | |
| Lettuce | | | | | |
| Mixed leaves | | | | | |
| Rhubarb | | | | | |
| Scallions | | | | | |
| Tomato | 3 | 4 | 15 | | |
| Carrots | 4 | 7 | 10 | 4 | 10 |
| Peas | 5 | 7 | | 3 | 12 |
| Pepper | 5 | 4 | 20 | | 6 |
| Kale | 6 | 10 | | 3 | 8 |
| Spinach | 6 | 4 | | 3 | 5 |
| Sweetcorn | 7 | 4 | | | 7 |
| Cabbage | 8 | 10 | | 4 | 10 |
| Celery | 9 | 3 | 40 | | 15 |
| Asparagus | 10 | 6 | 12 | 5 | 12 |
| Courgette | 10 | 6 | | | 10 |
| Leek | 12 | 5 | 15 | | 12 |
| Sprout | 12 | 8 | 15 | 4 | 10 |
| Beans | 15 | 12 | | 4 | 20 |
| Broccoli | 15 | 7 | | | 10 |
| Parsnip | 15 | 9 | 30 | | 15 |
| Cauliflower | 20 | 7 | 20 | 20 | 15 |
| Jerusalem Artichoke | 20 | 7 | 35 | | 9 |
| Swede | 20 | 8 | 35 | | 25 |
| Potato | 25 | 10 | 20 | | 25 |
| Beetroot | 60 | 18 | 10 | | 30 |