The Glucose Goddess Method

JESSIE INCHAUSPÉ

Audiobook PDF
Jessie’s disclaimer
In this book, I make existing scientific discoveries accessible to everyone. I translate them into practical tips. I am a scientist, not a doctor, so remember that none of this is medical advice. If you have a medical condition or take medication, speak to your doctor before using the hacks in this book.

Publisher’s disclaimer
The information contained in this book is provided for general purposes only. It is not intended for and should not be relied upon as medical advice. The publisher and author are not responsible for any specific health or allergy needs that may require medical supervision. If you have underlying health problems, intend to change your diet or lifestyle, or have any doubts about the advice provided in this book, you should seek the advice of a qualified medical, dietary or other appropriate professional.
‘Having no more cravings is a huge game changer. I don’t think about food all day long. I feel like a ball and chain have been cut off.’

‘Anyone who has a hard time sticking with a program should do this. The easy and gentle way into the hacks makes this so doable. Most diets are so strict that when one makes a mistake (which is 100% inevitable), one feels terrible and either binges to ease the disappointment or quits. As the hacks become a regular part of our day, we can slowly tailor the way we eat to accomplish what we need without feeling we are denying ourselves.’

‘I feel incredible. And to my surprise, I lost some weight around my belly – eating more than ever and even having dessert.’

‘My period is back after several years without it.’

‘I can’t thank you enough. This program has changed my life completely!!’

‘I feel so much better in all aspects. It’s like I’ve become a different person

and I couldn’t be happier! I lost weight, my depression has decreased so much. It feels amazing, plus the brain fog is completely gone.’

‘I hadn’t ovulated in over 5 months due to polycystic ovarian syndrome, and by following the Method I was able to ovulate and then get pregnant after two weeks. I was about to start ovulation medication (Clomid), but thanks to doing this, it happened naturally. My husband and I are OVER THE MOON.’

‘I used to plan finishing my daily chores and errands by 2pm because I would crash afterwards. I could hardly move and often took a nap. Now I have energy all day long! It’s incredible and I can’t believe how much I can get done now.’

‘I had type 2 diabetes. I had previously been told by my dietician that because I am coeliac as well, adjusting my metabolism would be like adjusting the course of an oil tanker. But I noticed results with this Method within 4 days. I continued beyond the 4 weeks, and my HbA1C dropped in 4 months from 9.6 to 4.7. I’m no longer diabetic at all. And I

TESTIMONIALS from those who have tried THE GLUCOSE GODDESS METHOD
lost 25kg. This should be available through the government for anyone with pre-diabetes or diabetes.’

‘Surprisingly, one of the biggest differences I’ve noticed is in my skin! My acne has decreased dramatically. Kind of an unexpected but nice side effect :)

‘I have eczema and histamine intolerance. Both cause red rashes on my face and body. I could see a large improvement in them even in the first week.’

‘The best thing about this Method has been realising, at 55, that I can make changes to my diet that make me feel better, but don’t feel punitive.’

‘Blood pressure lowered, hair loss reduced, lost weight, especially in the abdomen area. I am so grateful for these life-changing hacks! I know so many people who would benefit from this.’

‘Anyone who feels slightly off kilter but can’t identify why would benefit from this.’

‘My endocrinologist asked me what I did to improve my health, he couldn’t believe how much better I am!’

‘This Method should be called: change your life in 4 steps.’

‘I have lost 2.8kg in 4 weeks, and the incredible thing is that it is waist and stomach fat. I had 6 kilos I wanted to lose for my health and now I’m halfway there. It’s been nice and easy. I will continue to assimilate all these changes until I make them completely mine. Thank you.’

‘Every single person on earth would benefit from doing this Method.’

‘My relationship with food has changed completely. I LOVE that the Method does not demonise any type of food or craving, nothing needs to be cut out.’

‘My body feels great. Joints don’t hurt so much. Cravings way down!’

‘Going through perimenopause and I feel that these hacks have lessened the symptoms of feeling tired, low energy, brain fog, feeling hungry all the time.’

‘Thank you so much for this Method. I have felt so stuck for so long and now something has finally clicked and I am seeing results!’
What's GLUCOSE AGAIN?

When we have lots of glucose spikes throughout a day, our glucose curve looks like this:

When we incorporate the hacks, our glucose curve looks like this:
# THE FOUR-WEEK PROGRAM

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<th>WEEK 1</th>
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Can I join a group doing the Method?
You sure can, and it will probably be really beneficial. During the 2,700-person pilot experiment, I received feedback that people loved doing the Method in a group, where they were held accountable and could share their difficulties and encourage each other. So I put something together online: you can join other people doing the Glucose Goddess Method on my website www.glucosegoddess.com/method/group, or by scanning the QR code below. It’s a fun experience that will make you feel motivated and connected to others around the world. You’ll get support, encouragement and community. The experience comes complete with videos of me walking you through the different steps of the four-week plan.
NOTES ABOUT THE RECIPES and bonus content

Grocery shopping
I have not made grocery shopping lists for each week, because there is a lot of freedom in how you can go about choosing recipes. **The best way to set yourself up for success is to plan ahead and to make your own grocery list.** For Week 1, you need ingredients for savoury breakfasts. So have a look at which ones you want to try, or think of your own savoury breakfast ideas, and buy the ingredients for those.

Because I know some of you will find this helpful, I went ahead and created a sample grocery shopping list, selecting some of my current favourite recipes. You can access it at www.glucosegoddess.com/method/grocery or by scanning the QR code below.
THE WORKBOOK
(starting on the next page)

Feel free to write directly on these pages with a pen, or, if you would prefer to print out the workbook, or if you’d like to download additional versions (maybe for someone you’re doing this with), you can do so for free at www.glucosegoddess.com/method/workbook, or scan this:
### WEEK 1. SAVOURY BREAKFAST

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<th>DAY</th>
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<th>SAVOURY BREAKFAST</th>
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<td>How did you feel today? 😊😊😊😊😊</td>
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<td>How did you feel today? 😊😊😊😊😊</td>
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<td>Your space for notes: ............................................................</td>
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WEEK 1. SAVOURY BREAKFAST

**DAY 5 | DATE:**

SAVOURY BREAKFAST

How did you feel today? 😊😊😊😊😊

How strong were your cravings? .........................
(ON A SCALE OF 1–5)

How much energy did you have? .........................
(ON A SCALE OF 1–5)

Your space for notes: ........................................
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**DAY 6 | DATE:**

SAVOURY BREAKFAST

How did you feel today? 😊😊😊😊😊

How strong were your cravings? .........................
(ON A SCALE OF 1–5)

How much energy did you have? .........................
(ON A SCALE OF 1–5)

Your space for notes: ........................................
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**DAY 7 | DATE:**

SAVOURY BREAKFAST

How did you feel today? 😊😊😊😊😊

How strong were your cravings? .........................
(ON A SCALE OF 1–5)

How much energy did you have? .........................
(ON A SCALE OF 1–5)

Your space for notes: ........................................
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**SUMMARY**

Which of these has improved since you started the Method?

Mood  | Energy  | Hunger  
Cravings  | Sleep  | Skin

Other things you noticed in your physical and mental health?
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What was the most difficult part of this week?
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What was your favourite savoury breakfast?
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WEEK 2. VINEGAR

DAY 8 | DATE:
SAVOURY BREAKFAST
VINEGAR once a day

How did you feel today? 😊😊😊😊😊
How strong were your cravings? ........................................ (ON A SCALE OF 1–5)
How much energy did you have? ........................................ (ON A SCALE OF 1–5)
Your space for notes: ..........................................................
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DAY 9 | DATE:
SAVOURY BREAKFAST
VINEGAR once a day

How did you feel today? 😊😊😊😊😊
How strong were your cravings? ........................................ (ON A SCALE OF 1–5)
How much energy did you have? ........................................ (ON A SCALE OF 1–5)
Your space for notes: ..........................................................
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DAY 10 | DATE:
SAVOURY BREAKFAST
VINEGAR once a day

How did you feel today? 😊😊😊😊😊
How strong were your cravings? ........................................ (ON A SCALE OF 1–5)
How much energy did you have? ........................................ (ON A SCALE OF 1–5)
Your space for notes: ..........................................................
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DAY 11 | DATE:
SAVOURY BREAKFAST
VINEGAR once a day

How did you feel today? 😊😊😊😊😊
How strong were your cravings? ........................................ (ON A SCALE OF 1–5)
How much energy did you have? ........................................ (ON A SCALE OF 1–5)
Your space for notes: ..........................................................
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WEEK 2. VINEGAR

DAY 12 | DATE: 12

SAVOURY BREAKFAST
VINEGAR once a day

How did you feel today? 😊😊😊😊😊

How strong were your cravings? ............................
(ON A SCALE OF 1–5)

How much energy did you have? ............................
(ON A SCALE OF 1–5)

Your space for notes: ............................................................
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DAY 13 | DATE: 13

SAVOURY BREAKFAST
VINEGAR once a day

How did you feel today? 😊😊😊😊😊

How strong were your cravings? ............................
(ON A SCALE OF 1–5)

How much energy did you have? ............................
(ON A SCALE OF 1–5)

Your space for notes: ............................................................
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DAY 14 | DATE: 14

SAVOURY BREAKFAST
VINEGAR once a day

How did you feel today? 😊😊😊😊😊

How strong were your cravings? ............................
(ON A SCALE OF 1–5)

How much energy did you have? ............................
(ON A SCALE OF 1–5)

Your space for notes: ............................................................
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SUMMARY

Which of these has improved since you started the Method?

Mood  Energy  Hunger
Cravings  Sleep  Skin

Other things you noticed in your physical and mental health?
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What was the most difficult part of this week?
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What was your favourite way of having vinegar?
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WEEK 3. VEGGIE STARTER

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**SAVOURY BREAKFAST**
**VINEGAR** once a day
**VEGGIE STARTER** once a day

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<th>How did you feel today?</th>
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<th>How much energy did you have?</th>
<th>(ON A SCALE OF 1–5)</th>
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| Your space for notes: | | |
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|                       |                      |

**How did you feel today?**

**How strong were your cravings?**

**How much energy did you have?**

**Your space for notes:**
WEEK 3. VEGGIE STARTER

DAY 19 | DATE: 19
SAVOURY BREAKFAST
VINEGAR once a day
VEGGIE STARTER once a day

How did you feel today? 😊😊😊😊😊

How strong were your cravings? .................................
(ON A SCALE OF 1–5)

How much energy did you have? .................................
(ON A SCALE OF 1–5)

Your space for notes: ..................................................
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DAY 20 | DATE: 20
SAVOURY BREAKFAST
VINEGAR once a day
VEGGIE STARTER once a day

How did you feel today? 😊😊😊😊😊

How strong were your cravings? .................................
(ON A SCALE OF 1–5)

How much energy did you have? .................................
(ON A SCALE OF 1–5)

Your space for notes: ..................................................
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SUMMARY

Which of these has improved since you started the Method?
Mood Energy Hunger
Cravings Sleep Skin

Other things you noticed in your physical and mental health?
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What was the most difficult part of this week?
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What was your favourite veggie starter?
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DAY 21 | DATE: 21
SAVOURY BREAKFAST
VINEGAR once a day
VEGGIE STARTER once a day

How did you feel today? 😊😊😊😊😊

How strong were your cravings? .................................
(ON A SCALE OF 1–5)

How much energy did you have? .................................
(ON A SCALE OF 1–5)

Your space for notes: ..................................................
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How did you feel today? 😊😊😊😊😊

How strong were your cravings? .................................
(ON A SCALE OF 1–5)

How much energy did you have? .................................
(ON A SCALE OF 1–5)

Your space for notes: ..................................................
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How did you feel today? 😊😊😊😊😊

How strong were your cravings? .................................
(ON A SCALE OF 1–5)

How much energy did you have? .................................
(ON A SCALE OF 1–5)

Your space for notes: ..................................................
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How did you feel today? 😊😊😊😊😊

How strong were your cravings? .................................
(ON A SCALE OF 1–5)

How much energy did you have? .................................
(ON A SCALE OF 1–5)

Your space for notes: ..................................................
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How did you feel today? 😊😊😊😊😊

How strong were your cravings? .................................
(ON A SCALE OF 1–5)

How much energy did you have? .................................
(ON A SCALE OF 1–5)

Your space for notes: ..................................................
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WEEK 4. MOVING AFTER EATING

**DAY 22 | DATE:**

SAVOURY BREAKFAST
VINEGAR once a day
VEGGIE STARTER once a day
MOVING after a meal

How did you feel today? 😊😊😊😊

How strong were your cravings? (ON A SCALE OF 1–5)

How much energy did you have? (ON A SCALE OF 1–5)

Your space for notes: 

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**DAY 23 | DATE:**

SAVOURY BREAKFAST
VINEGAR once a day
VEGGIE STARTER once a day
MOVING after a meal

How did you feel today? 😊😊😊😊

How strong were your cravings? (ON A SCALE OF 1–5)

How much energy did you have? (ON A SCALE OF 1–5)

Your space for notes: 

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**DAY 24 | DATE:**

SAVOURY BREAKFAST
VINEGAR once a day
VEGGIE STARTER once a day
MOVING after a meal

How did you feel today? 😊😊😊😊

How strong were your cravings? (ON A SCALE OF 1–5)

How much energy did you have? (ON A SCALE OF 1–5)

Your space for notes: 

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**DAY 25 | DATE:**

SAVOURY BREAKFAST
VINEGAR once a day
VEGGIE STARTER once a day
MOVING after a meal

How did you feel today? 😊😊😊😊

How strong were your cravings? (ON A SCALE OF 1–5)

How much energy did you have? (ON A SCALE OF 1–5)

Your space for notes: 

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WEEK 4. MOVING AFTER EATING

**DAY 26 | DATE:**

**SAVOURY BREAKFAST**

- VINEGAR once a day
- VEGGIE STARTER once a day
- MOVING after a meal

How did you feel today? 😊😊😊😊😊

How strong were your cravings? ________________________ (ON A SCALE OF 1–5)

How much energy did you have? ________________________ (ON A SCALE OF 1–5)

Your space for notes: ..........................................................

**DAY 27 | DATE:**

**SAVOURY BREAKFAST**

- VINEGAR once a day
- VEGGIE STARTER once a day
- MOVING after a meal

How did you feel today? 😊😊😊😊😊

How strong were your cravings? ________________________ (ON A SCALE OF 1–5)

How much energy did you have? ________________________ (ON A SCALE OF 1–5)

Your space for notes: ..........................................................

**DAY 28 | DATE:**

**SAVOURY BREAKFAST**

- VINEGAR once a day
- VEGGIE STARTER once a day
- MOVING after a meal

How did you feel today? 😊😊😊😊😊

How strong were your cravings? ________________________ (ON A SCALE OF 1–5)

How much energy did you have? ________________________ (ON A SCALE OF 1–5)

Your space for notes: ..........................................................

**SUMMARY**

Which of these has improved since you started the Method?

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<thead>
<tr>
<th>Mood</th>
<th>Energy</th>
<th>Hunger</th>
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<tr>
<td>Cravings</td>
<td>Sleep</td>
<td>Skin</td>
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Other things you noticed in your physical and mental health?

- .............................................................................................................
- .............................................................................................................

What was the most difficult part of this week?

- .............................................................................................................
- .............................................................................................................

What was your favourite movement?

- .............................................................................................................
- .............................................................................................................
And so we begin! First things first – we’re going to unpack the most powerful meal of the day: breakfast.
‘I don’t know where to start! I feel unbelievably good! And after just one week! I can’t wait for the rest of the program. I’m bursting with energy and laughing and dancing. I don’t get hangry any more.’

‘Changing my breakfast from sweet to savoury has set my day on a whole new trajectory.’

‘I used to be always tired and I ate a lot of sweets, which made me feel guilty. Now it’s hard for me to believe that such a simple change changed so much. First of all, I have energy all day long – I do not feel like sleeping at all – and, most importantly, the desire for sweets is very much fixed, even though I had a huge problem with it. I have will and energy back! And now, even though I get up to feed my youngest child in the middle of the night, I wake up full of energy instead of feeling dead like I did before!’

‘I can concentrate very well on my work. I work for my father and he said yesterday (Day 6) that he notices that I am doing well! That makes me really happy.’

‘I really notice an incredible difference in my energy level the last few days. Getting out of my bed was always really difficult, no matter how long I slept, and I dragged myself through the day. But now what a difference: I jump out of bed in the morning! And even after a full working day, I still have a lot of energy left. I also notice that I sleep more peacefully. (All this is without sleeping longer.)’

‘The main thing that has improved is that I don’t feel so hungry, I can wait. And also I’m less anxious. I can tell, without exploding, what bothers me.’

‘What helped me is seeing and feeling the results. Once you feel change, it jumpstarts something in you and motivates you. It makes you trust what you’re doing – you know it isn’t a gimmick. With these hacks, you will see immediate results most of the time, even if they’re small. For me, the first one was not falling asleep right after eating. The second one was not bloating. That did it for me.’
‘My behaviour with my children is much more Zen after this week. I’m less stressed out.’

‘Would now not even consider anything but a savoury breakfast to start my day. I love how non-judgmental this Method is. I feel really encouraged.’

‘I used to think that I needed a lot of carbs in the morning to have energy and be satiated for longer . . . but I learned that I was wrong. I’m happy with the savoury breakfasts and I have the energy to work and be creative all day. I’m on fire!!!! I still have some cravings but I’m able to control them and not the other way around . . . Life-changing.’

‘After this first week, I’m eating with much less guilt and my body sends me sensations of physical hunger again . . . this makes me almost cry with emotion after a lot of years of a bad relationship with food.’

‘I used to have cravings between meals. And couldn’t resist most of the time. Now I eat breakfast and don’t think of food until lunchtime.’

‘I used to always need a morning snack, but now I’m not hungry until at least 12 or 1pm. If given the opportunity to have something sweet at breakfast, I feel like I don’t really need it and I have loved sticking to savoury, which is rare for me! I would often start with savoury then add a pancake or piece of toast with jam and peanut butter at the end, and now I don’t feel it’s necessary.’

‘In just one week my skin and my hair look better. I feel peaceful and sleep better.’

‘My doctor informed me last month that I urgently needed to work on my stress levels or I would have to start taking medication. I couldn’t get myself to do anything because I had no energy. After Week 1 of this Method, the only change has been the savoury breakfast, and I feel like I’m on top of the world! It’s having a big impact on my stress. I’m feeling so good.’

‘I often wear a smart watch that somehow measures my stress level. Until recently I had an average score of 60–70 (high stress score). Today, Day 7, my stress score was 21! You can see a gigantic plunge in the graph! Plus everything is so tasty and quick to prepare.’
The amazing steadiness that a savoury breakfast (here, omelette and avocado) creates in our body.
The perfect 7-MIN EGGS

Let’s start with this very simple savoury breakfast recipe. The only prerequisite skill for preparing perfect 7-min eggs is a general knowledge of how to fill a pot with water. If you can turn a few handles and levers, you’re golden. You can even cook the eggs in advance and take them with you to work – with a little bit of sea salt in a small piece of folded aluminium foil. Feel free to modify how many eggs you’re having until they keep you full for four hours. For some people it will be two eggs; for others, six.

How to make it:

- Place a small saucepan of water on a high heat and bring it to the boil. When the water is bubbling, gently lower in the eggs and cook them for 7 minutes, which should be enough to gooey-hardboil them.

- Drain the water from the pan and run the eggs under a cold tap until they’re cool enough to handle.

- Peel the eggs, then place them on a plate and cut them in half. Marvel at the perfect gooeyness!

- Sprinkle over some salt and pepper to season, and pick them up with your fingers to eat.

Makes: 4 eggs
Prep time: until the water boils / Total cook time: 7 mins
GLUTEN-FREE, VEGETARIAN
SAVOURY JAM ON TOAST

A classic with a twist: we all know jam on toast, but have you met its savoury cousin that keeps your glucose levels steady and leaves you feeling amazing? I can’t wait for you to try it.

How to make it:

● Preheat the oven to 200°C/180°C fan. Place the chopped red capsicums, crumbled feta, oregano (if using) and olive oil in a baking dish and mix them together really well. Transfer the dish to the oven and bake for 10 minutes, until the feta has melted and the capsicums have heated through.

● Remove the dish from the oven and give the contents another stir, then spread one-third of the mixture on top of some freshly toasted sourdough or rye bread.

● Transfer the remaining savoury jam to a jar and refrigerate for up to 2 weeks, using it as the mood takes you. It is lovely warm (just reheat in the microwave) or cold.

TIP: Top the savoury jam with some flaked tinned tuna (drained).

Makes 1 x 450g jar (enough for about 3 slices of sourdough toast)
Prep time: 6–8 mins / Total cook time: 10 mins
VEGETARIAN
No-spike GRANOLA

What you need:

- 1 teaspoon coconut oil
- 1½ teaspoons ground cinnamon
- 100g pumpkin seeds
- 50g pecans
- 50g unblanched almonds or hazelnuts (or use blanched, if you prefer)
- + salt
- + yoghurt and berries (optional, to serve)

Granola? More like graNOla. Sadly, typical granola is packed full of starch and sugar, causing a massive breakfast glucose spike. No thanks! If you’re a granola lover, you don’t have to totally kick it to the curb, but you do need to rework the original recipe. I’ve got you. This version gets its sweetness from whole fruit, and uses Greek yoghurt to pack it full of protein. It yields four portions, so share the extra with friends, or keep it in an airtight jar and eat it for multiple mornings. Enjoy!

How to make it:

- Preheat the oven to 200°C/180°C fan. Place the coconut oil in a medium bowl and melt in the microwave. Stir in the cinnamon and a pinch of salt.
- Add the pumpkin seeds, pecans and almonds or hazelnuts and toss them in the cinnamon mixture. Transfer the mixture to a baking tray lined with baking paper and toast in the oven for 7 minutes.
- Remove the nuts and seeds from the oven and leave them to cool on the tray. Once cold, transfer them to an airtight container and store them for up to 2 weeks.
- To serve, put a good dollop of yoghurt in a bowl and top with 2–3 tablespoons of the granola and a small handful of berries.

Makes: 4 portions / Prep time: 4 mins / Total cook time: 7 mins
GLUTEN-FREE, VEGAN (WITHOUT YOGHURT TO SERVE)
Happy HALLOUMI

If this halloumi makes you happy . . . clap your hands! This recipe is full of all the savoury breakfast necessities – protein, fat and fibre. As you ride into your day with steady energy and no cravings, your glucose will thank you.

How to make it:

- Add a splash of olive oil to a large frying pan on a medium heat and fry the sliced halloumi for 1 minute on each side, until golden all over. Push the halloumi to one side of the pan and reduce the heat a little.

- Add a drop more olive oil to the empty side of the pan and fry the chopped garlic and ginger for 30 seconds, or until they are just starting to crisp.

- Reduce the heat slightly and add the garam masala or curry powder, along with the chilli powder (if using). Mix well using a wooden spoon or spatula.

- Stir the spinach into the garlic and spice mixture and cook for 30 seconds more, until the spinach is just starting to wilt.

- Plate the spinach and top with the halloumi slices to serve.

Makes: 1 portion / Prep time: 4 mins / Total cook time: 4 mins

GLUTEN-FREE, VEGETARIAN

What you need:

- 70g halloumi, cut into 2 equal slices
- 1 garlic clove, peeled and roughly chopped
- 2.5cm piece of ginger, peeled and roughly chopped
- 1 teaspoon garam masala or curry powder
- ¼ teaspoon chilli powder (hot as you like; optional)
- 200g baby spinach leaves
- + olive oil
- + salt and pepper
**WEEK 1. SAVOURY BREAKFAST**

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**Cosy QUICHE**

What do a thick sweater and this fluffy quiche have in common? You’ve got it: they are both delightfully cozy and comforting. Make this one on a slow morning and enjoy it for the following three days – the recipe yields four perfect portions. You’ll need baking beans and baking paper for ‘blind-baking’ the pastry case to avoid a soggy bottom.

**How to make it:**

- Preheat the oven to 200°C/180°C fan. Generously grease a loose-bottomed, non-stick cake tin (20cm diameter and 2.5cm deep) with butter. Line the tin with the ready-made pastry sheet, pressing it gently into the edges and base of the tin. Trim the overhang with a sharp knife to neaten.

- Cut out a piece of baking paper twice the diameter of the tin, scrunch it up a little (to make it more malleable) and lay it over the quiche case (it’s going to protect the pastry from the baking beans or rice). Fill the quiche case with some dried beans or rice, then transfer it to the oven and blind-bake it (i.e. bake it without its filling so that your final quiche is nice and crisp) for 15 minutes, or until lightly golden and firm.

- While the quiche case is baking, prepare the filling. In a bowl or jug, whisk together the yoghurt, whole eggs and egg yolks with a generous seasoning of salt and pepper. Stir in the frozen peas and set the filling aside.

- When the quiche case is ready, remove it from the oven, and discard the beans or rice and baking paper (you can keep the beans or rice to use for blind-baking another time, but don’t try to eat them!). Return the quiche case to the oven for 5 minutes.

- Carefully pour the prepared mixture into the baked tart case. Lay the slices of goat’s cheese on top and sprinkle over the chopped chives. Return to the oven for 25 minutes, or until the filling is golden brown and set.

**Makes:** 4 generous portions / **Prep time:** 15 mins / **Total cook time:** 45 mins

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**What you need:**

- butter, for greasing
- 1 sheet (320g) of ready-made shortcrust pastry
- 150g full-fat Greek yoghurt
- 2 whole eggs, plus 2 egg yolks
- 60g frozen peas
- 60g goat’s cheese log, cut into 6 equal slices
- 1 tablespoon chopped chives
- + salt and pepper

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**VEGETARIAN**
California QUESADILLA

Please allow me to introduce the California quesadilla, passed on to me by a friend from Los Angeles: crisp tortilla, cool cream cheese, flaky salmon and a punch of heat. It will satisfy your glucose and your beach-vacation cravings.

How to make it:

- Melt the butter in a medium non-stick frying pan on a medium heat. Once it's bubbling, add the chopped salmon and cook for about 3 minutes, stirring from time to time.
- While the salmon is cooking, place the tortilla on a flat surface and spread the cream cheese over one half of it. Scatter over the avocado slices, then slide the salmon from the pan on top.
- Drizzle with some hot sauce (as much as you dare!) and season generously with salt and pepper.
- Fold the tortilla in half; then slide it into the frying pan. Cook it for 3 minutes, or until it’s starting to turn golden and crisp. When you’re ready, transfer it to a serving plate, cut it in half and enjoy!

Makes: 1 portion / Prep time: 5 mins / Total cook time: 6 mins
Cheeky CHICKPEA STEW

What you need:
- ½ onion, roughly chopped
- 2 garlic cloves, roughly chopped
- 3 tomatoes, roughly chopped
- 1 x 400g tin of chickpeas, drained
- ½ teaspoon hot sweet paprika (or any kind)
- a dollop of full-fat Greek yoghurt, to serve (optional)
- + olive oil
- + salt and pepper

Stop right there! This recipe is a winner. While most stews are time-consuming to cook, this community favourite can be whipped up in about 10 minutes with very little prep. You could add a handful of spinach just before the end of cooking time, or serve it with a fried or poached egg on top and a slice of sourdough. You can keep it in the fridge for up to four days.

How to make it:
- Heat a splash of olive oil in a medium saucepan on a medium heat and add the chopped onion. Fry for 1½ minutes, stirring occasionally, until the onion has softened, then add the chopped garlic and fry for 30 seconds more.
- Add the chopped tomatoes, and the chickpeas, paprika and 150ml of water to the pan. Increase the heat to high, cover the pan with a lid and simmer the mixture for 7 minutes, until the tomatoes are beginning to break down.
- Season generously with salt and pepper, then transfer half of the stew to a bowl. Serve it just as it is or with a dollop of Greek yoghurt on top.
- Leave the remaining stew to cool, then transfer it to an airtight container and refrigerate it for up to 4 days – this is your second portion for another time.

Makes: 2 portions / Prep time: 4 mins / Total cook time: 10 mins
GLUTEN-FREE (WITHOUT BREAD TO SERVE), VEGAN (WITHOUT GREEK YOGHURT TO SERVE)
**Rush-hour EGG CUPS**

For those of us who live on the go . . . Make these egg cups in advance and take a couple of them with you as you head out the door in the morning. Easy to enjoy on your way to work or when you get to your desk. You’ll need a six-cup silicone muffin mould to make these beauties.

**How to make it:**

- Preheat the oven to 200°C/180°C fan. Brush the cups of the muffin mould with a little vegetable oil and set aside.
- Melt the butter in a medium frying pan on a medium heat. Add the sliced mushrooms, sliced spring onions, chopped red capsicum and chopped broccolini and fry them for 4–5 minutes, until softened. Set them aside to cool a little.
- In a separate, large bowl, generously season the whisked eggs with salt and pepper.
- Add the cooled vegetables and crumbled feta to the eggs and stir to combine. Spoon the mixture equally into the cups in the muffin mould.
- Bake the muffins in the oven for 15–17 minutes, or until risen and set. Leave them to cool slightly before removing them from the mould. Two muffins make a substantial breakfast, there and then. The remainder will keep in an airtight container in the fridge for a further 2 days (you can reheat them in the microwave for 20 seconds before eating, if you wish).

Makes: 6 muffins (about 3 portions) / Prep time: 8 mins / Total cook time: 22 mins
GLUTEN-FREE, VEGETARIAN
TODAY I’m fancy
SALMON TOAST

What you need:

- 1 slice of rye bread
- 1 heaped tablespoon of full-fat cream cheese
- 1 slice of smoked salmon, halved
- 2 teaspoons capers, drained
- a wedge of lemon, for squeezing over
+ salt and pepper

In this first week of the Glucose Goddess Method, you are becoming a Goddess, God or non-binary deity. Deities can get fancy, and it’s for those days that this fancy salmon toast was created. Up the salmon quantity until it keeps you full for four hours, and scatter over a few salad leaves to serve, if you like.

How to make it:

- Toast the slice of **rye bread**. Spread the **cream cheese** evenly over the toast and top with the **salmon** and **capers**. Serve with the **lemon** wedge for squeezing over.

Makes: 1 portion / Prep time: 5 mins
SPINACH AND SAUSAGE

sitting in a tree

What you need:

Spinach leaves and sausages sitting in a tree, K-I-S-S-I-N-G. First comes sausage, then comes garlic and spinach, then come steady glucose levels.

How to make it:

● Place the olive oil in a medium frying pan on a medium heat. Add the sausage pieces and fry them for 5 minutes, turning them regularly, until they are golden brown all over. Remove them from the pan and keep them warm on a plate.

● Add the chopped garlic to the fat left in the pan and fry it for about 30 seconds, to soften, then stir in the spinach. Cook the leaves until they have heated through and wilted.

● Transfer the spinach to a serving plate, top with the sausage pieces and serve.

Makes: 1 portion / Prep time: 10 mins / Total cook time: 7 mins
AVOCADO TOAST 2.0

What you need:

½ avocado, stoned
1 teaspoon harissa paste
1 slice of rye or sourdough bread
2 slices of cooked ham

The little problem with most avocado toasts (no offence, dear avocado toasts) is that they don’t contain any protein . . . And you know what that means: it’s not a winning savoury breakfast. So, here’s the thing – swooping in between the bread and the avocado, our glucose hero: ham! If you’re not a ham person you can replace it with cheese, eggs, tofu or any other protein of your choice.

How to make it:

• Place the avocado flesh and harissa paste in a bowl and roughly mash them together with the back of a fork. Season the mixture with salt and pepper.
• Toast the slice of rye or sourdough bread and place it on a serving plate, then lay both ham slices on top. Top with the smashed avocado mixture.
• Squeeze a little lemon juice over, if you wish, and serve.

Makes: 1 portion / Prep time: 7 mins

+ salt and pepper
WEEK 1. SAVOURY BREAKFAST

PROSCIUTTO. RICOTTA. FIGS.

Chef’s kiss.

What you need:

A meal this decadent and this good for your glucose feels almost illegal. The prosciutto and ricotta pack a big punch of protein, and the fig is your whole fruit for taste. Make sure the fig is fresh, not dried. You can replace it with any other whole fruit (such as a peach), and the ricotta with any other cheese (burrata or mozzarella being great contenders). And here’s another idea: throw a few flaked almonds, pecans or hazelnuts on top. Dreamy and steady.

How to make it:

- Place the ricotta in a bowl with a generous seasoning of salt and pepper. Using a fork, beat the ricotta until it is smooth, then spoon it on to a serving plate.
- Place the prosciutto slices and fig wedges on top, drizzle everything with olive oil and crack over some more pepper, then serve.

Makes: 1 portion / Prep time: 5 mins

GLUTEN-FREE

50g ricotta

3 slices of prosciutto (smoked, if you can find it)

1 fig, cut into 6 wedges

+ salt and pepper
+ olive oil, for drizzling
WEEK 1. SAVOURY BREAKFAST

ONE-DISH DELISH

What you need:

This delish one-dish was born of the philosophy that savoury breakfasts should be light on dish duty but heavy on flavour. Now nothing can keep you from the savoury breakfast of your dreams.

How to make it:

1. Preheat the oven to 220°C/200°C fan. Place the tomato halves, mushroom slices and drained chickpeas in a small baking dish or skillet (you’re looking for a snug fit) and sprinkle over the Worcestershire sauce and olive oil. Transfer the dish to the oven and bake for 5 minutes.

2. Remove the dish from the oven and arrange the bacon on top of the veg, then bake for a further 10 minutes, or until the bacon is cooked through and crispy at the edges.

3. Remove the dish once more, crack in the egg, then return it to the oven for another 6–8 minutes, or until the egg white is set and the yolk is still a little runny. Serve with some crusty bread to mop up the delicious juices.

Makes: 1 portion / Prep time: 5 mins / Total cook time: 25 mins

GLUTEN-FREE (WITHOUT BREAD TO SERVE)

10 cherry tomatoes, halved
5 chestnut (or button) mushrooms, sliced
¼ tin of chickpeas, drained
1 tablespoon Worcestershire sauce
2 rashers of streaky bacon, each cut into 3 pieces
1 egg

+ 1 tablespoon olive oil
+ salt and pepper

crusty bread, to serve
TOAST PARTY

What you need:

- 3 slices of dark rye bread
- 1 slice of smoked trout
- 2 tablespoon soft goat's cheese
- 1 heaped tablespoon basil pesto
- + salt and pepper

Good news! I’m throwing a party and everyone is invited. Everyone, that is, except for naked toast. Toast is not to be excluded from our savoury breakfasts, as long as it’s there for flavour and you dress it up in its best party dresses: protein, fat or fibre.

How to make it:

- Toast the slices of rye bread and top each with either the smoked trout, goat's cheese or pesto (one topping per piece).
- Cut each slice in half, season with salt and pepper and serve.

Makes: 1 portion / Prep time: 10 mins
AN APPLE
with some clothes on

What you need:

1 apple (about 90g), sliced into rounds (there’s no need to core it)

juice of ¼ lemon

40g Cheddar, sliced

a small handful of walnut halves or pieces

Whole fruits are a very welcome addition to a savoury breakfast, as long as they are there for taste and are accompanied by protein and fat. Basically, whole fruits should not go out naked. So, here is an apple with some clothes on: protein and fat from the Cheddar and walnuts! Get ready for tart, crunchy, bitey mouthfuls.

How to make it:

● Dress the sliced apple with lemon juice to stop it browning.
● Arrange the apple slices on a plate, add the Cheddar slices and scatter over the walnuts, then serve.

Makes: 1 portion / Prep time: 5 mins
GLUTEN-FREE, VEGETARIAN
TOMATO TOAST

What you need:

1 slice of sourdough bread

1 small handful of rocket

½ ball of burrata (use the other half for the Fibre-first Garden Plate on page 92)

3 sun-dried tomatoes in oil, drained and halved

1 heaped teaspoon of good quality basil pesto

+ ½ tablespoon olive oil

+ salt and pepper

A variation on the avocado toast . . . how about a tomato toast? (At Glucose Goddess we are big fans of alliteration.) Tasty tomato on toasted sourdough topped with terrific burrata and tangy pesto.

How to make it:

- Toast the slice of sourdough bread, place it on a plate and drizzle over the olive oil.
- Top with the rocket, burrata and halved sun-dried tomatoes and drizzle over the pesto. Season with salt and pepper and eat immediately.

Makes: 1 portion / Prep time: 5 mins

VEGETARIAN
SAVOURY SMOOTHIE

What you need:

Not your regular glucose-spiking fruit smoothie . . . I worked some Glucose Goddess magic on this protein-, fat- and fibre-packed version to make it pass the savoury test with flying colours. If you want to make your own savoury smoothie, build it around protein, and add fat and fibre and some fruit for taste.

How to make it:

- Place all of the ingredients in a blender with 100ml of water and blitz until smooth. Pour into a glass and enjoy!

Makes: 1 portion / Prep time: 5 mins

GLUTEN-FREE, VEGAN

- 2 scoops of protein powder
  (I recommend whey protein powder, or pea protein powder if you are vegan, but use whichever you prefer)

- 1 teaspoon flaxseed oil

- 2 teaspoons ground flaxseeds

- 100g frozen fruit, such as blueberries

- 3 tablespoons nut butter or 30g nuts
BREAKFAST ICE CREAM

What you need:

- 4 heaped tablespoons (about 100g) full-fat Greek yoghurt
- 1 tablespoon nut butter
- 50g frozen mixed berries

Ice cream for breakfast? Is any explanation really needed as to why this is an amazing way to kickstart the day?

How to make it:

- In a bowl, mix the yoghurt and nut butter together until smooth.
- Stir in the frozen mixed berries and leave the mixture to settle for 2–3 minutes before eating.

Makes: 1 portion / Prep time: 5 mins
GLUTEN-FREE, VEGETARIAN
A PEACH with some clothes on

What you need:

3 heaped tablespoons full-fat Greek yoghurt

1 ripe peach, stoned and cut into wedges

2 tablespoons good-quality light tahini (good-quality tahini is liquid)

+ a pinch of sea salt

Peaches called – they were jealous that apples got some clothes to lower their glucose spike and not them (page 76). So we went shopping for some protein and fat outfits (the yoghurt and tahini) and peaches joined the ranks of our savoury breakfast recipes.

How to make it:

● Place the yoghurt and peach wedges in a serving bowl, drizzle over the tahini, sprinkle over the salt and serve.

TIP: A few spoonfuls of No-spike Granola (see page 50) are lovely sprinkled over the top.

Makes: 1 portion / Prep time: 5 mins
GLUTEN-FREE, VEGETARIAN
AVOCADO ACCIDENT

Or how putting together random ingredients from my fridge turned into a classic breakfast recipe. A happy accident that has become a community favourite.

How to make it:

- Dress the sliced avocado with the lemon juice to stop it from browning.
- Spoon the hummus on to a serving plate and arrange the avocado slices on top.
- Top the avocado with the drained tuna and the seeds and/or nuts and drizzle over the olive oil. Season with salt and pepper to serve.

Makes: 1 portion / Prep time: 5 mins
GLUTEN-FREE

What you need:

- ½ avocado, stoned and sliced
- Juice of ¼ lemon
- 3 tablespoons hummus
- ½ x 110g tin of tuna in olive oil, drained
- 1 tablespoon seeds (such as pumpkin or sunflower) and/or nuts (such as walnuts)

+ 1 tablespoon olive oil
+ salt and pepper
WEEK 1. SAVOURY BREAKFAST

BREAKFAST SALAD

What you need:

- 125g peeled, deseeded watermelon, roughly chopped into cubes
- 8 radishes, trimmed and sliced
- 60g feta, crumbled
- 3–4 mint sprigs, leaves picked and roughly chopped
- 2 tablespoons pumpkin seeds
- A squeeze of lime juice
- + 1 tablespoon olive oil

This easy, throw-it-together savoury breakfast tastes like summertime in a bowl. The sweet watermelon paired with the biting flavour of mint and the contrasting textures of feta and seeds makes this a dreamy glucose-steadying breakfast. A perfect option for when your heart says holiday.

How to make it:

- Arrange the chopped watermelon, sliced radishes, crumbled feta and chopped mint in a bowl. Sprinkle over the pumpkin seeds and drizzle with the lime juice and olive oil.

Makes: 1 portion / Prep time: 5 mins
GLUTEN-FREE, VEGETARIAN
CHILLI SARDINES

What you need:

½ avocado, stoned and sliced

juice of ¼ lemon

1 x small (90g) tin of sardines in olive oil, drained

a small handful of rocket

1 tablespoon chilli oil (see tip)

Okay, you’ve seen avocado in breakfast recipes before. But adding sardines and chilli oil takes it from ‘Been there, done that’ to ‘Where has this been all my life?’ Serve these ingredients on a piece of toast for an original dish that’s sure to set your glucose on a steady path for the whole day.

How to make it:

● Dress the sliced avocado with lemon juice to stop it from browning.

● Arrange the drained sardines with the rocket on a serving plate.

● Drizzle chilli oil all over and season with salt and pepper, before serving.

Tip: To make your own chilli oil, heat 1 tablespoon olive oil in a small saucepan along with about ¼ teaspoon chilli powder (any strength you like) or ½ teaspoon chilli flakes. When it starts to bubble, remove the pan from the heat and leave the oil to cool. Once it’s cooled, it’s ready to use.

Makes: 1 portion / Prep time: 5 mins
What you need:

½ burrata (reserve the other half for the Tomato Toast on page 78)

1 small peach, stoned and cut into chunks

a small handful of rocket

2 tablespoons pecans

+ 1 tablespoon olive oil
+ salt and pepper

If you want to be extra helpful to your glucose, eat the rocket here first. When we eat vegetables at the beginning of the meal, we reduce the potential glucose spike of the rest of it. Might this be a little preview of what’s to come in Week 3? Perhaps!

How to make it:

• Arrange the burrata, peach chunks, rocket and pecans in a serving bowl and drizzle the olive oil over. Season with salt and pepper, and serve.

Makes: 1 portion / Prep time: 5 mins
GLUTEN-FREE, VEGETARIAN
Oh my gosh! Look at you! You’re glowing. It must be the steady glucose levels.
WEEK 2. VINEGAR

TESTIMONIALS from
THE COMMUNITY

‘I feel so good with the vinegar in my diet. I honestly feel that my cravings are not there any more.’

‘Day 13: Last night I slept six hours straight!! First time in years.’

‘I don’t have any more digestive problems . . . no more pain and no more gas – feeling lighter and less swollen.’

‘This week I was able to go one day without eating late with no problem. This has never happened in my whole life. I am 45 years old and I am Mexican. When I was growing up, we ate dinner and then went to sleep. It is my biggest obstacle to healing and it is actually getting healed!’

‘I can go so long without being hungry – like four to five and a half hours. My body feels nourished. It’s super annoying being hungry every three hours. The vinegar has been a GAME CHANGER for long-lasting satiety.’

‘My belly is flatter even though I didn’t want to lose weight. Until now, I always have had a little bloated belly.’

‘I’m feeling great. I think about my cravings only when I open kitchen cabinets and find snacks I have forgotten about. I think this will lead to weight loss in the long run.’

‘My psoriasis spots are less red and flaky.’

‘I’ve improved my mood swings. I notice I no longer go from 0 to 100 in one second. I’m more calm. That’s a lot for me! (Three kids: 8, 5 and 2 years hahahaha).’

‘My energy level and reduction of cravings – spectacular.’

‘I’m in such a good mood it’s ridiculous.’

‘No more sugar cravings! Never thought that I could survive a day without chocolate.’

‘For the first time in my life I’m really motivated, I’ve lost 2kg and my energy levels are way better!!!’
‘I used to feel sleepy after lunch but it’s all gone now. I’ve replaced my after-lunch nap with a book-reading session.’

‘My energy levels have improved a lot . . . I went all back to old habits (sweet breakfast and no vinegar) for three days because I was sick but I immediately felt the difference: nausea came back and I felt hungry all the time.’

‘I’m dealing with an intense family situation, and normally my weight would shoot up with the stress. But to my surprise, I’m actually losing weight during this second week. I’m really enjoying the vinegar in my water.’

‘The lack of hunger is outstanding. I used to be hungry all day, and now I’m fine doing three meals a day. I have also had the energy to do small exercise routines, which I’m usually never in the mood for.’

‘I feel more grounded when I am choosing what I will eat – it’s letting me choose the food properly. Just a BIG thank you for this Method!’

‘Week 2: My skin is clearer; I feel more connected to my body and I listen to my body more, which is fantastic.’

‘Cravings have reduced, and I spend less time and mental energy thinking about food. It is freeing! No decrease in bloating and IBS-C symptoms, but I feel generally better!’

‘I feel less guilty about eating sweet stuff. Before finding this Method, I would berate myself for having sweet stuff at any time. With the knowledge I have now, I know I can have some if I want to and not feel bad about it’

‘No cravings (my husband works for a chocolate company and we always have products at home – cravings disappeared!). THANK YOU!’

‘I feel like my gut health has improved. I feel like I no longer have hypoglycemia, something I’ve had my whole life.’

‘I have type 1 diabetes. Mentally, I am so much more motivated because I have energy and feel so much more positive. Physically, my blood sugar has not been climbing as high post-meals and I have been able to reduce the amount of insulin per 10g of carbs too. This has had a massive impact on my moods. I’m less irritable. I have so much more energy!’
The science

Vinegar: the very powerful Week 2 hack.
What you need:

1 tablespoon apple cider vinegar or another vinegar you enjoy
+ water

A 2020 original. The most straightforward way to add vinegar to your day. Anytime during the day works – but it’s extra powerful if you have it before eating anything starchy or sweet. Some vinegars are less striking than others, so choose one that best suits your taste buds. Drink up, buttercup!

How to make it:

• Mix the vinegar and 300ml water in a tall glass. Ideally, drink the contents through a straw to protect your teeth’s enamel. (If you find the taste too strong, start with a teaspoon instead of a tablespoon of vinegar.)

With a twist
If you want, you can add:
- a squeeze of lemon juice
- ice cubes
- or, you can use sparkling water

Serves: 1
GLUTEN-FREE, VEGAN
THE LEMON OPTION
(for those who can’t stand vinegar)

What you need:
- juice of ½ lemon
- a few ice cubes (optional)
- + water

If vinegar is a no-go (you just can’t do it) – then breeze through the vinegar hack by replacing it with lemon juice. Not as powerful on your glucose levels, but still helpful. You can also use lime juice instead of lemon.

How to make it:
- Mix the lemon juice with 300ml water in a tall glass, with some ice, too, if you like. You can use sparkling water instead, if you prefer. Ideally, drink the contents through a straw to protect your teeth’s enamel. Alternatively, pour the contents of the glass into a water bottle (see the Emotional Support Water Bottle on page 112) and sip on it all day.

Serves: 1
GLUTEN-FREE, VEGAN
THE ICE-CUBE TRAY

What you need:

If you are someone who likes organising things and doesn’t want to dirty a spoon every day to measure out vinegar doses, this is for you: portion out your daily vinegar tablespoons into your ice cube tray, and pop one into your drink of choice every day. Boom!

How to make it:

● Pour 1 tablespoon of apple cider vinegar into each hole of an ice-cube tray and freeze. Add a cube to any drink you fancy – in a water bottle, glass or mug!

Makes: as many as you have holes in your ice-cube tray / Prep time: 5 mins

GLUTEN-FREE, VEGAN
THE FLASK

What you need:

Or how to have your vinegar on the go.

How to make it:

- Pour several tablespoons of your favourite vinegar into a little flask or bottle. Keep it in your bag, and add a tablespoon of vinegar from it to any drink you have on the go – at a restaurant, in the office, while travelling ...

Serves: 1

GLUTEN-FREE, VEGAN
THE EMOTIONAL SUPPORT WATER BOTTLE

What you need:

- 1 tablespoon apple cider vinegar or another vinegar you enjoy
- + water

Here’s another way to get your vinegar hack in: dilute a tablespoon in your water bottle, and sip on it throughout the day. Carry the water bottle with you like a teddy bear. Emotional support and glucose support combined.

How to make it:

- Mix the vinegar and 500ml water in your water bottle (or use enough water to fill the bottle). Sip on it throughout the day.

Serves: 1
GLUTEN-FREE, VEGAN
THE RESTAURANT VINEGAR DRINK

I’m often asked what you should do if you don’t have vinegar with you and you want to complete your vinegar hack while at a restaurant. Good news: most restaurants have vinegar. Better news: you might get your whole party to try pouring some into their water glasses too.

How to make it:

• Ask your waiter for vinegar – any kind – and pour 1 tablespoon into your glass of water. Drink it ideally before you start eating, but during the meal is also fine.

GLUTEN-FREE, VEGAN
And so we begin a series of mocktails that tick off your vinegar hack for the day, and make for a fun ritual. I know that you might be inclined to slide over these recipes, but give them a try. The participants in my pilot study told me that they really helped them enjoy the vinegar hack.

How to make it:

- Blitz the mint leaves, apple cider vinegar and ice together in a blender until it has the consistency of a slushy.
- Transfer the mixture to a cocktail glass, top up with soda water and serve.

Serves: 1 / Prep time: 5 mins

GLUTEN-FREE, VEGAN
What you need:

- 3cm piece of ginger, peeled and finely grated
- 1 tablespoon apple cider vinegar
- a few ice cubes
- + soda water, to top up
- a slice of lime, to decorate (optional)

I love the concept of glucose hacks being gentle giants that we place throughout our day. They protect our glucose levels and free us up to do whatever we want. This particular giant leaves a tingle on the lips and heat in the throat. If you love ginger, start with two teaspoons of it. If you are new to it, start with one teaspoon and build it up.

How to make it:

- Mix the ginger and apple cider vinegar together in a glass.
- Fill the glass with ice and top up with soda water. A slice of lime makes a nice decoration, if you wish.

Serves: 1 / Prep time: 5 mins

GLUTEN-FREE, VEGAN
What you need:

- 1 teaspoon ground cinnamon
- 1 tablespoon apple cider vinegar
- A few ice cubes
- ½ small apple, cored and sliced
- Soda water, to top up

All this talk of apple cider vinegar, but not enough credit to its birth mother: apples! Here they are, front and centre. A super-tasty spritzer to sip, preferably while sitting under an apple tree. (If you do, send me a photo.)

How to make it:

- Mix the cinnamon and apple cider vinegar in a small bowl until fully combined (it takes a bit of stirring before the cinnamon completely blends in).
- Pour the mixture into a coupé glass. Add some ice and some soda water. Finish with the slices of apple.

Makes: 1 portion / Prep time: 3 mins
GLUTEN-FREE, VEGAN
NOT-ORANGE-JUICE SPRITZER

What you need:

Looks like orange juice, is definitely not orange juice. Because orange juice (and all fruit juices for that matter) are a one-way ticket to a glucose rollercoaster, whereas our friend here is a spike-slasher.

How to make it:

- Place the ginger, mint, rosemary, orange zest, turmeric and apple cider vinegar in a tall glass and use the end of a wooden spoon to gently mash everything together.
- Top up with soda water, then put some ice in a fresh glass, and strain the spritzer into it. Serve with a slice of orange and/or some mint or rosemary to decorate, if you wish.

Serves: 1 / Prep time: 5 mins
GLUTEN-FREE, VEGAN
CUCUMBER and FENNEL PICKLE

Can we eat pickles to check off our vinegar hack? We sure can. The best way to ensure they will steady our glucose is to make them ourselves (store-bought pickles sometimes have sugar in them). All the pickle recipes in the next pages will be ready for immediate consumption. Eating about five pickles will give you your 1-tablespoon daily vinegar goal.

How to make it:

● Pour the apple cider vinegar into a saucepan. Add the fennel seeds, 50ml water and the salt and place the pan on a medium heat. Bring the mixture to the boil, then immediately remove the pan from the heat and set it aside for the liquid to cool slightly.

● Meanwhile, pack the sliced cucumber into a sterilised jar. Pour the cooled liquid from the saucepan (including the seeds) into the jar to cover the cucumber slices, seal the jar and refrigerate. The pickles are ready to use immediately, although the flavour will intensify over time. Use within 4 weeks.

A note on sterilising jars: Preheat the oven to 140°C/120°C fan. Wash the jars and lids with clean, soapy water and rinse (but don’t dry) them. Place the jars and lids upside down on a baking tray and transfer them to the oven for 15–20 minutes. Fill and seal the jars while they are still hot.

Makes: 1 x 500ml jar / Prep time: 15 mins
GLUTEN-FREE, VEGAN
CAULIFLOWER and ZA’ATAR PICKLE

What you need:

- 200ml apple cider vinegar
- 1½ tablespoons of za’atar
- 1 small cauliflower, stalks discarded, broken into really small florets
- + 1 tablespoon salt

This one is a beauty. Eating five cauliflower florets will count as your daily 1-tablespoon goal. Easy to nibble on while cooking a meal, or to add to your dinner plate as your protective friend.

How to make it:

- Pour the apple cider vinegar into a small saucepan. Add the za’atar and salt and place the pan on a medium heat. Bring the liquid to the boil, then immediately remove the pan from the heat.
- Pack the cauliflower florets into a sterilised jar and pour over the boiling liquid to completely cover them (the boiling liquid will soften and slightly cook the cauliflower). Seal the jar with the lid and leave it to cool. You can eat the pickles immediately, although they will benefit from an hour in the pickling liquid first, and the flavour will intensify over time. Use within 4 weeks.

Makes: 1 x 500ml jar / Prep time: 15 mins
GLUTEN-FREE, VEGAN
CORIANDER and ORANGE PICKLED RADISH

What you need:

- 200ml apple cider vinegar
- 4 strips of unwaxed orange peel
- 1 tablespoon coriander seeds
- 200g radishes, thinly sliced
- + 1 tablespoon salt

In my opinion, the most impressive jar of pickles to have in your fridge. And a perfect companion to the Today I’m Fancy Salmon Toast (page 64). If you want to knock out your breakfast and vinegar hacks in one, add five radish slices to that toast or any other breakfast recipe.

How to make it:

- Pour the apple cider vinegar into a small saucepan. Add the orange peel, coriander seeds and salt and place the pan on a medium heat. Bring the liquid to the boil, then immediately remove the pan from the heat. Set it aside and leave the liquid to cool slightly.

- Pack the radish slices into a sterilised jar, pour over the cooled liquid (including the seeds and peel) to cover, then seal and refrigerate. You can eat the pickles immediately, although they will benefit from an hour in the pickling liquid first, and the flavour will intensify over time. Use within 4 weeks.

Makes: 1 x 500ml jar / Prep time: 15 mins
GLUTEN-FREE, VEGAN
What you need:

- 1 teaspoon apple cider vinegar
- ½ teaspoon ground cinnamon
- hot water (almost boiling), from a kettle
- cinnamon stick, to decorate (optional)

Can you have vinegar in teas? Yes, you can! And if you’re a little shy about this whole vinegar thing, this community-favourite warming recipe is a lovely place to start. The cinnamon complements the vinegar beautifully.

How to make it:

- In a mug, mix the apple cider vinegar and cinnamon together until they are well combined. Pour in the hot water, stir, then decorate with a cinnamon stick, if you wish. Enjoy!

Serves: 1 / Prep time: 5 mins
GLUTEN-FREE, VEGAN
TURMERIC and PEPPER TEA

What you need:

- 1 tablespoon apple cider vinegar
- 1 teaspoon ground turmeric
- ½ teaspoon ground black pepper
- + hot water (almost boiling), from a kettle

Well, good morning to you too! When waking up is hard to do, may I suggest reaching for a cup of Turmeric and Pepper Tea? It’s like a splash of cold water on the face, but vastly more enjoyable.

How to make it:

- Mix the apple cider vinegar, turmeric and black pepper together in a mug and top up with hot water.

Serves: 1 / Prep time: 5 mins
GLUTEN-FREE, VEGAN
Next-level FIRE CIDER

What you need:

Are you the kind of person who likes a challenge? Then jump into the ring and try this fiery little brew. Add a tablespoon to some soda water for a cool drink, or to a mug of hot water for a tea; or combine it with a few tablespoons of olive oil and mustard for a mind-blowing salad dressing. Note: you need to make this recipe two days in advance so the ingredients have time to meld and spark.

How to make it:

- Place all the ingredients into a sterilised jar. Seal the jar with the lid, then shake well and refrigerate. The ‘cider’ is ready to use after 2–3 days and will keep for up to 4 weeks. Shake well before using.

Makes: 1 x 500ml jar / Prep time: 10 mins

GLUTEN-FREE, VEGAN
OREGANO DRESSING

What you need:

- 2 tablespoons apple cider vinegar
- 2 tablespoons Dijon mustard
- 1 tablespoon dried oregano
- + 6 tablespoons olive oil
- + salt and pepper

How to make it:

- Place all the ingredients and the olive oil in a small jar and season well with salt and pepper. Seal the jar and shake it vigorously until the dressing has emulsified. Refrigerate until needed.

Makes: 2 servings / Prep time: 5 mins
GLUTEN-FREE, VEGAN

Perfect PARMESAN DRESSING

What you need:

- 2 tablespoons apple cider vinegar
- 4 tablespoons finely grated Parmesan
- 12 basil leaves, roughly torn
- + 6 tablespoons olive oil
- + salt and pepper

How to make it:

- Place all the ingredients in a small bowl, add the olive oil and season with salt and pepper. Use a hand-held blender to blitz the mixture until it's smooth and beautifully green. The dressing is best used immediately, but it will keep in the fridge for 2–3 days, although it may lose some of its vibrant green colour in that time.

Makes: 2 servings / Prep time: 7 mins
GLUTEN-FREE, VEGETARIAN
**WEEK 2. VINEGAR**

### Hot SRIRACHA DRESSING

**What you need:**
- 2 tablespoons sesame oil
- 2 tablespoons apple cider vinegar
- 2 tablespoons sriracha
- 4 teaspoons English mustard

Some like it hot, some like it cold, some like it in the pot seven days old. Some also like to use nursery rhymes to snag your attention. If you fall into the some-like-it-hot category, this vinegar dressing is for you. Try it on a colourful coleslaw, with roasted red capsicums, or on some rocket and walnuts for a fresh salad to complete your vinegar hack for the day.

**How to make it:**
- Place all the ingredients in a jar and season them with some pepper. Put the lid on, then shake until the dressing is completely emulsified. Refrigerate until needed (you may need to give it an extra shake before using).

**Makes:** 2 servings / **Prep time:** 5 mins

**GLUTEN-FREE, VEGAN**

### HARISSA and YOGHURT DRESSING

**What you need:**
- 1 tablespoon harissa paste
- 2 tablespoons apple cider vinegar
- 2 tablespoons full-fat Greek yoghurt

Moving swiftly on (I told you that vinegar would be way easier and more fun than you thought), please meet this gorgeous, aromatic dressing. I’m a sucker for yoghurt dressings on some fresh kale, or with roasted veggies.

**How to make it:**
- Place all the ingredients in a jar with the olive oil, season well with salt and pepper, then put on the lid tightly. Shake the jar until the contents are thoroughly combined. Refrigerate and use the dressing within 5 days.

**Makes:** 2 servings / **Prep time:** 5 mins

**GLUTEN-FREE, VEGETARIAN**
OLIVE and CAPER DRESSING

What you need:

- 2 teaspoons Dijon mustard
- 2 tablespoons apple cider vinegar
- 1 teaspoon capers, drained
- 3 pitted green olives
- + 3 tablespoons olive oil
- + salt and pepper

Not all heroes wear capes. Some wear capers. This dressing is a bit of a curveball, but if it pleases your taste buds you might be making it every day. It's a great one to try when you're feeling adventurous.

How to make it:

- Place all the ingredients in a bowl with the olive oil and mash them together with a fork until emulsified (or you can finely chop the capers and olives and mix them like that).
- Season to taste, then refrigerate until needed.

Makes: 2 servings / Prep time: 7 mins
GLuten-free, Vegan

GREEN GODDESS DRESSING-DIP

What you need:

- ½ small, ripe avocado, stoned
- a small bunch of coriander
- juice of ½ lime
- 1 tablespoon Dijon mustard
- 2 tablespoons apple cider vinegar
- + 2 tablespoons olive oil
- + salt and pepper

Goddesses work together: Prepare this as a dip for raw veggies or as a dressing to top off a bowl full of greens. Or if you like it as much as I do, eat it with a spoon. Vinegar? Check. Deliciousness? Check. A silky smooth, almost scoopable dressing.

How to make it:

- Place the avocado flesh and all the remaining ingredients into a food processor with the olive oil and blitz until smooth. Season with salt and pepper to taste. The dressing is best used straight away, but will keep for 24 hours, covered, in the fridge (it may discolour, but will taste the same).

Makes: 2 servings / Prep time: 5 mins
GLuten-free, Vegan
Fabulous things come to those who start Week 3... It’s time to meet a glucose superwoman: fibre!
‘Feeling less bloated and sleeping better. I’ve learned a lot throughout these first three weeks; about food, my body, and some reactions and responses that I didn’t understand until now. One thing I never did was eat veggies first, and it makes a big difference to my appetite.’

‘I’ll be 65 in January, and this is how I’m going to probably be eating the rest of my life!’

‘I feel better and better every day. The unwanted facial hair on my chin has reduced.’

‘My awareness of how what I eat affects the way my body feels has dramatically increased. For example, I skipped the veggie starter and vinegar for one meal, and I almost went into a “food coma” — meaning I didn’t eat more, but the meal got me super-sleepy, drained and cranky. Mind-boggling realisation for me!’

‘I’m so grateful for this Method. My quality of life and overall health has been improving since Week 1.’

‘The veggie starter has become a must-have for me and I feel so much better.’

‘I noticed I had fewer night-time cravings when I had a veggie starter before dinner.’

‘After this week, I can’t start a meal without a veggie starter . . . it just doesn’t make sense not to prepare my body for the food I will eat.’

‘I didn’t see much of a change during vinegar week, but now my cravings are reduced significantly. Veggie starters are a non-negotiable. I love the program and how easy the hacks are. They are now a habit and that is the key to why it’s so successful!’

‘My waistline has reduced and I feel lighter and happier. I am able to eat without guilt and absolutely enjoy the veggie starters.’

‘So now my kids eat savoury breakfast, and they eat veggie starters: great habits to make at an early stage in life.’
‘I thought this week was going to be challenging, but it turned out great and we are being creative with it.’

‘I’m so thrilled that I’ve learned how to handle the 4pm munchies. Now I just grab a veggie starter and consider it pre-dinner instead of feeling like I’m “ruining my dinner” with other snacks.’

‘I now have stable energy levels throughout the day (I felt so tired every day after breakfast and in the afternoon or after some meals, and never knew why or how to fix that, but now I do). I can finally go longer between meals without getting dizzy, hangry or having cravings (this is the biggest change for me, because I often suffered from dizziness and felt shaky when I was hungry, which I hated because I knew I had to get food as soon as possible and didn’t know how to change that cycle).’

‘Adding in a veggie starter rather than bread/crisps before meals (even if I’m just grabbing some celery while cooking) made the biggest difference to how I felt after the total mealtime – no crash or dizziness an hour later.’

‘Eating my veggies first is reducing anxiety about what I must or must not eat. With the veggie starter, I know I’m helping myself. I think just about that.’

‘I feel a definite improvement overall in mood and brain fog.’

‘One amazing difference was that recently I went to catch up with a friend and we had a couple of glasses of wine. Over the past year, I was finding that even one glass would impact my sleep so I was almost completely avoiding it – and while I know it’s not a health drink anyway, it was getting to the point where I just felt I couldn’t enjoy a glass once in a while. The other night, I had a veggie starter and a strong lemon water before going out. We ordered olives and cheese with the wine. I managed to enjoy the evening and, even better, was still able to sleep relatively well that night! Amazing!’

‘It’s so much easier eating veggies before a meal than I thought. I just keep them ready cut in my fridge. I definitely have more energy.’
The powerful effect of a veggie starter on the glucose spike of a meal.
EXPRESS FIBRE

What you need:

No time, no energy, no ingredients, no problem! Snag a few veggies from your fridge, pair them with a yummy dip (or not!) and there you have it: a super-quick, super-helpful veggie starter. Ideally, your veggie starter makes up about one third of your meal, but when that’s not possible, even a few cherry tomatoes will count, and are better than not having any at all.

How to make it:

- Assemble the tomatoes, carrots or cucumber (or any other veggie). Add some hummus to a dipping bowl if you want (or use any other dip you fancy).
- Pop them in your mouth.

Makes: 1 portion / Prep time: 3 mins
GLUTEN-FREE, VEGAN
Let’s dive right into one of my favourite veggie starters, inspired by a recipe by Yotam Ottolenghi. You’ll notice here that we’re adding some cheese to it for taste – is that okay? Yes! Adding some protein or fat to our veggie starter is absolutely fine and does not reduce the power of the fibre in our veggies.

How to make it:

● Preheat the oven to 220°C/200°C fan. Place the chopped cauliflower in a roasting tin, toss it with 2 tablespoons of the olive oil and season it with salt and pepper. Pop the roasting tin in the oven and roast the cauliflower for 25 minutes, turning it over halfway through.

● Meanwhile, make a dressing. In a small jug, mix together the remaining 2 tablespoons of olive oil, along with the Dijon mustard and apple cider vinegar. Season with salt and pepper.

● When the cauliflower is ready, remove it from the oven and scatter the crumbled Cheddar and chopped parsley all over the top. Drizzle with the dressing and serve.

Tip: Toasted hazelnuts make a nice addition here, and you can team this with some grilled chicken for a lovely main meal.

Makes: 1 portion / Prep time: 10 mins / Total cook time: 25 mins

GLUTEN-FREE, VEGETARIAN

CAULIFLOWER SALAD
COUNTS AS YOUR VINEGAR HACK FOR THE DAY AS WELL

What you need:

½ small cauliflower, roughly chopped (use the leaves too)

2 teaspoons Dijon mustard

1 tablespoon apple cider vinegar

20g Cheddar, crumbled or cut into cubes

a handful of flat-leaf parsley, leaves picked and roughly chopped

+ 4 tablespoons olive oil
+ salt and pepper
What you need:

- 2 teaspoons tahini
- 1 teaspoon white or brown miso
- 1 teaspoon soy sauce (or tamari, if you’re gluten-free)
- Juice of ½ lemon
- A large handful (about 75g) of spinach
- Salt and pepper

My cousin Arthur’s fresh spinach with miso dressing makes miso, I mean me so, excited that he has allowed me to share the recipe with you. The miso dressing has a lovely tangy flavour, yet still allows the cool spinach to be the star of the show. This is the veggie starter of our dreams. And one of my absolute favourites in this book. Warning: very addictive.

How to make it:

- Mix the tahini, miso, soy sauce (or tamari) and lemon juice together with 2 teaspoons of water until smooth and creamy.
- Tip the spinach into a serving bowl and pour over the dressing. Toss the leaves in the dressing and season them with salt and pepper. Enjoy your new favourite veggie starter!

Makes: 1 portion / Prep time: 5 mins

GLUTEN-FREE, VEGAN
**PEANUT BROCCOLINI**

*What you need:*

- 1 teaspoon soy sauce (or tamari, if you’re gluten-free)
- 1 teaspoon sriracha
- 1 teaspoon unsweetened peanut butter (make sure the ingredients are 100% peanuts)
- 1 teaspoon warm water
- 6–7 stems of broccolini, tough ends trimmed
- Chopped nuts of your choice (optional)

Broccolini is a top contender in the world of veggie starters because of its very high fibre content. With its peanut butter dressing (yes, for real!), this recipe will surprise your taste buds and delight your glucose.

*How to make it:*

- In a small bowl, whisk together the **soy sauce (or tamari)**, **sriracha**, **peanut butter** and **warm water** with a fork. It may look split at first but keep whisking and it will become smooth.
- Bring a small saucepan of water to the boil on a high heat. Add the **broccolini** and blanch it for 2 minutes, to soften it slightly. Drain and transfer to a serving plate.
- Drizzle the dressing all over the broccolini and serve. Sprinkle over some chopped **nuts** for texture, if you have them to hand.

**Makes: 1 portion / Prep time: 3 mins / Total cook time: 3 mins**

GLUTEN-FREE, VEGAN
One top community tip to make veggie starters easier is to cook them in batches in advance. So here is a simple recipe that provides four portions for you to keep in the fridge and whip out before meals. Easy!

**How to make it:**

- Preheat the oven to 220°C/200°C fan and line a large roasting tin with baking paper.
- Spread all the prepared veggies over the tray. Sprinkle over the olive oil and toss the vegetables to coat. Season with salt and pepper.
- Roast the vegetables in the oven for 20–25 minutes, tossing halfway through cooking, or until nicely charred.
- Spoon a few heaped spoonfuls of the veggies into a serving bowl and add the pesto. Stir to coat, then sprinkle over the nuts.
- Save the leftover vegetables for the rest of the week. They will keep for 3–4 days stored in an airtight container in the fridge.

**Makes:** 4 portions / Prep time: 8 mins / Total cook time: 25 mins

**GLUTEN-FREE, VEGETARIAN**
What you need:

- 7 cherry tomatoes, halved
- 7 bocconcini
- ½ avocado, stoned and cut into chunks, or balled
- ¼ tablespoon balsamic vinegar
- + 1 tablespoon olive oil
- + salt and pepper

This is one of the very first veggie starters I ever put together and it has remained a firm favourite. Extra points for how pretty it is and how exciting to eat.

How to make it:

- Arrange the halved tomatoes, bocconcini and avocado in a bowl and drizzle the balsamic vinegar and olive oil all over. Season well with salt and pepper and serve.

Makes: 1 portion / Prep time: 5 mins

GLUTEN-FREE, VEGETARIAN
Here is cauliflower again – a wonderful fibrous vehicle for some delicious chimichurri sauce (and you’ll have sauce left over for another day). Picture the protective mesh from this starting to reduce your glucose spike and marvel at how good you feel.

How to make it:

- Preheat the oven to 200°C/180°C fan and line a roasting tin with baking paper. Lay the cauliflower florets and leaves over the roasting tin, then roast in the oven for 20–25 minutes, or until tender.
- Meanwhile, make a chimichurri dressing. Place the parsley, coriander, dried oregano, paprika, lemon juice and olive oil in a mini food processor and blitz until smooth. (Alternatively finely chop the herbs and then stir through the liquids.) Season the dressing well with salt and pepper.
- When the cauliflower is ready, transfer it to a serving dish and drizzle over half of the chimichurri, then serve.
- Transfer the remaining chimichurri to a small airtight jar. It will keep in the fridge for up to 5 days and is delicious drizzled over any roast veg.

Makes: 1 portion / Prep time: 8 mins / Total cook time: 25 mins

GLUTEN-FREE, VEGAN

CHIMICHURRI CAULIFLOWER

What you need:

½ small cauliflower, cut into florets (use the leaves too)

a small handful of flat-leaf parsley

a small handful of coriander

1 teaspoon dried oregano

1 teaspoon hot, sweet paprika (or any you have to hand)

juice of ½ lemon

+ 2 tablespoons olive oil
+ salt and pepper
What you need:

1 tablespoon full-fat Greek yoghurt

juice of ½ lemon

2 tablespoons finely grated Parmesan

2 handfuls of mixed lettuce leaves

a small handful of hazelnuts, blanched if you prefer (optional)

+ 1 tablespoon olive oil

+ salt and pepper

‘Sure, I’m a little bitter, but at least I’m well dressed’ would likely be the tagline in this salad’s online dating profile. Swipe right! Take a chance and go on a date with this veggie starter. I’m sure you’ll get along beautifully.

How to make it:

● Mix the yoghurt, lemon juice, Parmesan and olive oil together to make a dressing and season it with salt and pepper.

● Tip the lettuce leaves into a serving bowl and drizzle over the dressing. Toss the leaves until they are thoroughly coated, then sprinkle over the hazelnuts, if using, and serve.

Makes: 1 portion / Prep time: 8 mins

GLUTEN-FREE, VEGETARIAN
CHARRED BRUSSELS SPROUTS with BACON and TOASTED HAZELNUTS

What you need:

2 rashers of streaky bacon, cut into small pieces

12 Brussels sprouts, halved

20g hazelnuts, blanched if you prefer, roughly chopped

a squeeze of lemon juice

+ 1½ tablespoons olive oil

You had me at bacon.

How to make it:

● Drizzle ½ tablespoon of the olive oil into a medium frying pan and place on a medium heat. Add the chopped bacon rashers and fry for 3 minutes, or until browned and crispy. Remove the bacon from the pan, leaving behind the rendered fat, and set it aside.

● Add the Brussels sprouts to the pan and turn up the heat. Fry them, tossing them regularly, until they are nicely charred (about 10 minutes). Return the bacon to the pan to heat it through. Then, tip everything into a serving bowl or on to a plate.

● Sprinkle over the hazelnuts, lemon juice and remaining olive oil and season with salt and pepper.

Makes: 1 portion / Prep time: 8 mins / Total cook time: 15 mins
GLUTEN-FREE
Bonjour! So many cousins, so little space to share all their recipes. This is another family favourite passed on to me by a relative. The simple prep and surprising burst of flavour make Frenchie Asparagus a go-to veggie starter. No cooking involved, and it counts as your vinegar for the day. Oui, oui. Merci beaucoup!

How to make it:

- In a small bowl, whisk together the mustard, vinegar and olive oil with a fork until they have emulsified to make a dressing. Season with salt and pepper.
- Arrange the white asparagus on a plate, drizzle the dressing over and season generously with salt and pepper before serving.

Makes: 1 portion / Prep time: 5 mins

GLUTEN-FREE, VEGAN
BACKWARDS BROCCOLI

What you need:

- ¼ head of broccoli, finely chopped
- boiling water, from the kettle
- 3 tablespoons full-fat Greek yoghurt
- 1½ teaspoons harissa paste
- + salt and pepper

We have all thrown raw veggies into boiling water, but have you ever poured boiling water into a bowl of raw broccoli? Didn’t think so. This might be one of those things you have to see to believe, so fill that kettle and get boiling.

How to make it:

- Place the broccoli in a heatproof bowl and cover it with boiling water from the kettle. Set the bowl aside for 2 minutes to let the broccoli soften.
- Meanwhile, spread the yoghurt over a serving plate and mix in the harissa.
- Drain the broccoli, then scatter it all over the harissa yoghurt. Season generously with salt and pepper and serve.

Makes: 1 portion / Prep time: 5 mins / Total cook time: 2 mins
GLUTEN-FREE, VEGETARIAN
What you need:

A little tahini, a bowl full of greeny, keeps me from feeling like a total meanie. Don’t take that rhyme as a hint that my next book will feature poetry. It won’t. But one thing I will be doing is whipping up this bowl of goodness as my next veggie starter. Throw whatever greens you have on hand – Brussels sprouts, lettuce, green beans or even peas – into a big bowl and top with this tasty tahini dressing and some grated Parmesan. Yum!

How to make it:

- Toss the sliced zucchini, chopped snowpeas and lettuce together in a serving bowl.
- In another small bowl, mix the tahini and lemon juice together with the ice-cold water and some seasoning. Drizzle the dressing all over the greens.
- Sprinkle the Parmesan over the top, season with salt and pepper and serve.

Makes: 1 portion / Prep time: 10 mins

Gluten-free, Vegetarian
What you need:

Top tip from the wonderful people who completed the Glucose Goddess Method before you: cook batches of veggie starters in advance and keep them in the fridge until you’re ready to eat them. Well, here’s another recipe perfectly suited to that plan: the recipe makes four portions, and it’s a great ‘take-to-work’ option. Just a note: while you see balsamic vinegar used here, there isn’t enough vinegar in total in the recipe to count as your vinegar hack for the day.

How to make it:

- Place the olive oil in a medium saucepan on a medium heat. Add the chopped red onion and eggplant chunks and fry for 2 minutes. Add the chopped garlic and fry for 30 seconds more.
- Add the chunks of capsicums, chopped tomatoes and balsamic vinegar. Stir everything together, then bring the mixture to a simmer. Place the lid firmly on the pan and cook on a high heat for 15 minutes, or until the vegetables are soft, removing the lid to stir from time to time.
- Season the ratatouille with salt and pepper, then leave it to cool, before transferring it to an airtight container. It will keep for up to 5 days in the fridge.

Makes: 4 portions / Prep time: 10 mins / Total cook time: 20 mins
GLUTEN-FREE, VEGAN
WEEK 3. VEGGIE STARTER

No-teeth BEAN PURÉE

What you need:

100g frozen broad beans
1 garlic clove, peeled
zest and juice of ½ large unwaxed lemon
+ 2 tablespoons olive oil
+ salt and pepper

No teeth, no problem. While it is best to consume our veggies whole (blending reduces the power of the fibre they contain), there are some occasions when something sippable is just what we need. This purée also makes a great dip, served with radishes or mixed veg crudités.

How to make it:

● Bring a small saucepan of water to the boil on a high heat, then reduce it to a simmer. Add the frozen broad beans and garlic clove and simmer for 1 minute, or until the broad beans have softened.

● Drain the beans and garlic and transfer them to a jug or deep bowl. Add the olive oil and lemon zest and juice. Using a hand-held stick blender, blitz the mixture until smooth. Season with salt and pepper.

Makes: 1 portion / Prep time: 5 mins / Total cook time: 1 min
GLUTEN-FREE, VEGAN
What you need:

- 60g ricotta
- 2 tablespoons finely grated Parmesan
- 50g frozen spinach, defrosted and excess water squeezed out
- 1 teaspoon ground nutmeg
- 1 tablespoon pine nuts, toasted
- 1 small zucchini, sliced into ribbons with a mandoline or peeler
- + salt and pepper

Top tip when making this recipe: make sure to get all that excess liquid out of the spinach. Squeeze it between your hands – you will be amazed at how much comes out. What’s left is all the fibre! Which is what we’re after. The ricotta filling for these rolls also doubles up as a delicious pasta sauce, finished with a squeeze of lemon. Scale the recipe up if you’re feeding a crowd.

How to make it:

- Make the filling by mixing together the ricotta, Parmesan, spinach, nutmeg and toasted pine nuts in a bowl and season generously with salt and pepper.
- Lay out the ribbons of zucchini and spread equal amounts of the filling mixture along the length of each. Roll up each filled ribbon into a spiral. Arrange the spirals on a serving plate and serve.

Makes: 2 portions / Prep time: 15 mins
GLUTEN-FREE, VEGETARIAN
My aunt’s
PURPLE RED CABBAGE SALAD

What you need:

- ¼ small red cabbage, finely sliced
- Juice of ½ lemon
- A small handful of pomegranate seeds (about 20g)
- 5–6 coriander sprigs, leaves picked and roughly chopped
- + 1 tablespoon olive oil
- + salt and pepper

If I keep stealing recipes from my relatives, this book is going to start reading more like a family tree than a cookbook. But maybe that’s okay. Anyway, this cabbage salad is not only pleasing to the palate, it’s total eye candy too. The bright purples and deep reds from the cabbage and pomegranate seeds make it look like a work of art. A great veggie starter choice when hosting or cooking for others.

How to make it:

- Toss the sliced cabbage with the lemon juice and olive oil in a bowl, then add all the remaining ingredients and stir to combine. Season with salt and pepper and serve.

Makes: 1 portion / Prep time: 10 mins
GLUTEN-FREE, VEGAN
HOT COS

I thought my love of cool, crunchy lettuce leaves ran deep . . . and then I tried grilling them. Absolute veggie starter game changer. This recipe requires only one main ingredient, the cos itself, and a few other items you’re sure to have on hand. An excellent option when you’re short on groceries, time, or both!

How to make it:

● Place the olive oil in a griddle pan or large frying pan on a high heat.

● Once the oil is hot, add the cos lettuce halves to the pan, cut sides down, and griddle them for 2 minutes, or until the undersides are starting to brown. Carefully turn over the lettuce halves and griddle the other sides for a further 2 minutes.

● Season generously with salt and pepper and transfer to a plate to serve.

Makes: 1 portion / Prep time: 2 mins / Total cook time: 4 mins

GLUTEN-FREE, VEGAN
BABY RADISHES WITH DILL _and_ YOGHURT

What you need:

12 radishes, halved

1 tablespoon full-fat Greek yoghurt

5–6 dill sprigs, leaves picked and finely chopped

+ 1 tablespoon olive oil
+ salt and pepper

A community favourite, this veggie starter is as easy to assemble as it is delectable to eat. A great one, too, if you have little ones at home who want to jump on the veggie starter train.

How to make it:

- Place all the ingredients with the olive oil in a serving bowl and toss them together to combine. Season the mixture generously with salt and pepper, then serve.

Makes: 2 portions / Prep time: 5 mins

GLUTEN-FREE
What you need:

- a large knob of butter
- 1 small leek, finely sliced
- a small handful of flat-leaf parsley, leaves picked and roughly chopped
- + salt and pepper

Nothing says comfort quite like my mum’s cooking. This one is for when you have lots of time to spare, because these leeks need a good 30 minutes to slowly caramelize in the pan. Worth the wait.

How to make it:

- Melt the butter in a medium frying pan on a medium heat.
- Once it has melted, reduce the heat to very low and add the sliced leek. Fry for 25–30 minutes, stirring from time to time, until soft and silky. Season the leek with salt and pepper, top with the chopped parsley and serve.

Makes: 1 portion / Prep time: 5 mins / Total cook time: 30 mins

GLUTEN-FREE, VEGETARIAN
Sorry, more Parmesan

GARLIC GREEN BEANS

What you need:

Okay, I’m not really sorry. Of all the proteins and fats that we like adding to our veggie starters to make them tastier, Parmesan is unapologetically one of my favourites. A thing of beauty.

How to make it:

- Preheat the oven to 200°C/180°C fan and line a small roasting tin with baking paper.
- In a bowl, toss the green beans with the softened butter and chopped or grated garlic until they are thoroughly coated.
- Tip out the beans in a single layer over the lined roasting tin and scatter the Parmesan over them.
- Season the beans with salt and pepper and roast them in the oven for 15 minutes, or until the cheese is golden and crispy. Serve.

Makes: 1 portion / Prep time: 5 mins / Total cook time: 15 mins
GLUTEN-FREE, VEGETARIAN
What you need:

- a knob of butter
- 1 garlic clove, roughly chopped
- 1 zucchini, sliced into 1cm rounds
- 2 anchovies from a jar, drained and roughly chopped
- a small bunch of flat-leaf parsley, leaves picked and roughly chopped
- lemon juice, to serve (optional)

+ salt and pepper

Another punchy way to add flavour to your veggie starter: anchovies! (Divisive, I know, but if you love them this is for you.) They are fantastic for your health because they are rich in omega-3 fatty acids, which offer powerful benefits for your heart. Store a jar of anchovies in the fridge and use them in the same way on other greens, such as chopped broccoli, sliced cabbage or Brussels sprouts.

How to make it:

- Melt the butter in a frying pan on a medium heat. Once it has melted, add the chopped garlic and sliced zucchini and fry them for 5–7 minutes, or until softened and slightly browned.

- Stir in the chopped anchovies and cook for 1 minute more.

- Remove the pan from the heat. Add the chopped parsley and season with salt and pepper. Serve with a squeeze of lemon juice, if you have any fresh lemons to hand.

Makes: 1 portion / Prep time: 8 mins / Total cook time: 8 mins

GLUTEN-FREE
If you’ve never baked fennel, this is your opportunity to try it out. A top-tier veggie starter.

How to make it:

- Preheat the oven to 200°C/180°C fan. Place the fennel wedges, lemon wedges and olive halves in a roasting dish, drizzle them with the olive oil and season them with salt and pepper.
- Bake in the oven for 20 minutes, or until the fennel has softened and is beginning to char, then remove the dish from the oven and allow everything to cool slightly. Squeeze out some of the juice from the roasted lemon wedges and serve.

Makes: 1 portion / Prep time: 5 mins / Total cook time: 20 mins
GLUTEN-FREE, VEGAN
5-MINUTE SOUP

What you need:

- 1 tablespoon white or brown miso
- 50g frozen spinach
- ¼ small broccoli (about 100g), finely chopped
- 300ml boiling water from a kettle
- Juice of ½ lime

I haven’t checked the Guinness Book of World Records yet, so I can’t be completely sure, but this has to be one of the fastest soups to prepare of all time. And also one of the best soups for our veggie starter mission, because the veggies in it are still whole (not blended) – so the fibre is intact. Ready, steady, go!

How to make it:

- Place the frozen spinach and the chopped broccoli in a medium saucepan with the boiling water. Place the pan on a high heat with the lid on and bring the water back to the boil for about 45 seconds, or until the veg is cooked. Remove the pan from the heat.

- Stir in the miso, soy sauce (or tamari) and lime juice and serve.

Makes: 1 portion / Prep time: 5 mins / Total cook time: 5 mins
GLUTEN-FREE, VEGAN
CRISPY KALE

If you’ve turned up your nose at kale before, take another chance on it using this recipe. The chilli flakes add a pop of heat, while oven-baking the kale reduces some of the bite in it that can sometimes be off-putting. A super-easy veggie starter that can be made in advance and enjoyed cold.

How to make it:

● Preheat the oven to 200°C/180°C fan. Place the kale slices in a roasting dish, drizzle them with the olive oil, then sprinkle over the chilli flakes. Season with salt and pepper.
● Use your hands to massage the oil into the kale so that it is thoroughly coated.
● Roast the kale in the oven for 7 minutes, or until tender and slightly crisped at the edges, tossing it halfway through. Serve then and there, or enjoy cold later on.

Makes: 1 portion / Prep time: 3 mins / Total cook time: 7 mins
GLUTEN-FREE, VEGAN

What you need:

80g curly kale, tough stalks removed and sliced (or use ready-sliced)

½–1 teaspoon chilli flakes (depending on how spicy you like your food)

+ 1 tablespoon olive oil
+ salt and pepper
LAZY TZATZIKI

What you need:

- about ½ large cucumber, halved lengthways, seeds scraped out, and flesh cut into chunks
- 2 tablespoons full-fat Greek yoghurt
- a large handful of mint, leaves picked
+ 1 tablespoon olive oil
+ salt and pepper

Working smart, not hard, is the name of the game in the Glucose Goddess Method. And this recipe is a great example: leave the mint leaves whole and keep the cucumber chunky.

How to make it:

- Place the **cucumber** chunks, together with the **yoghurt**, **mint** leaves and **olive oil**, in a bowl. Toss or stir everything together to coat the cucumber. Season with **salt** and **pepper**, and serve.

Makes: 1 portion / Prep time: 5 mins
GLUTEN-FREE, VEGETARIAN
There's a lot of debate in the food world about which pairings are the true dynamic duo. Peanut butter and jam, grapes and cheese, chocolate and more chocolate are some typical contenders, but if you ask me, Parmesan and balsamic are the greatest culinary couple of all time.

How to make it:

- Toss the rocket in a bowl with the balsamic vinegar and olive oil. Season with salt and pepper and sprinkle over the finely grated or shaved Parmesan to finish.

Makes: 1 portion / Prep time: 3 mins
GLUTEN-FREE, VEGETARIAN
ARTICHOKE, PEA, LEMON, OLIVES

What you need:

What did the lemon say to the artichokes and peas? I don’t want o-liiive you. Artichokes are an excellent choice of fibrous veggies, and here is an easy way to prepare them.

How to make it:

• Arrange the artichokes, the defrosted peas and the olive halves in a bowl. Sprinkle over the lemon zest and juice, together with the olive oil. Season with salt and pepper and serve.

Makes: 1 portion / Prep time: 8 mins
GLUTEN-FREE, VEGAN
I cannot confirm or deny whether this dish has single-handedly united a few couples. But if you’ve got your eye on someone special, maybe this is your prompt: double up this recipe and invite them over for dinner. Just saying.

**How to make it:**

- Place the salad leaves, halved tomatoes, cucumber slices, dill or basil leaves and feta on a plate.
- Scatter the za’atar all over, then add a generous squeeze of lemon juice and the olive oil. Season with salt and pepper, then stir everything together to combine and coat in the dressing. Serve.

**Makes:** 1 portion / Prep time: 10 mins

GLUTEN-FREE, VEGETARIAN
THE BEIGE BOWL

What you need:

Transport yourself into a monochromatic world where everything is a shade of beige and devour this veggie starter. Oh, what’s that? More Parmesan? Yes, indeed.

How to make it:

● Arrange the artichokes on a serving plate and sprinkle over the Parmesan, hazelnuts, lemon zest and juice. Season well with salt and pepper and serve.

Makes: 1 portion / Prep time: 5 mins
GLUTEN-FREE, VEGETARIAN

1 jar of artichokes in oil, drained (about 160g drained weight)

2 tablespoons finely grated Parmesan

2 tablespoons hazelnuts, toasted and chopped

Zest and juice of ½ unwaxed lemon

+ salt and pepper
TALENTED TOMATOES

What you need:

- 15 cherry tomatoes, halved
- 1 heaped tablespoon full-fat Greek yoghurt
- 1 teaspoon dried oregano
- + 1 tablespoon olive oil
- + salt and pepper

Tomatoes are not only a wonderful source of fibre for our veggie starter; they are also very good at holding on to that dreamy yoghurt dressing so that it actually gets to our mouth. So much talent.

How to make it:

- Place the tomato halves in a bowl and add the yoghurt, oregano and olive oil. Stir everything together, then season generously with salt and pepper, and serve.

Makes: 1 portion / Prep time: 7 mins
GLUTEN-FREE
REMEMBERED HERB SALAD

What you need:
- 6–7 sprigs each of coriander, mint, parsley and dill, leaves picked
- Juice of ½ lemon
- + 1 tablespoon olive oil
- + salt and pepper

‘Hey, it’s me. The herbs you bought and left in the back of your fridge. Do you remember me? I’d love to be in this tasty veggie starter and help your glucose be steady.’

How to make it:
- Toss the lettuce leaves and herbs together in a bowl. Sprinkle over the lemon juice and dress with the olive oil. Season with salt and pepper and serve.

Makes: 1 portion / Prep time: 5 mins
GLUTEN-FREE, VEGAN
What you need:

3–4 small cooked baby beetroots, sliced

a small handful of dill, leaves picked and finely chopped

a small handful of hazelnuts, roughly chopped

+ 1 tablespoon olive oil
+ salt and pepper

How to make it:

• Combine all the ingredients in a bowl with the olive oil. Season with salt and pepper and serve.

Makes: 1 portion / Prep time: 5 mins

GLUTEN-FREE, VEGAN
Tim Spector’s SQUISHY TOMATOES

What you need:

- 15 cherry tomatoes
- 1 large garlic clove, sliced
- 3–5 baby gem lettuce leaves
- 2 tablespoons olive oil
- salt and pepper

Tim Spector is a glucose genius, and his squishy tomatoes recipe might just serve as the best evidence of that. Tim graciously allowed me to include his original creation here, and I am delighted to get to share it.

How to make it:

- Preheat the oven to 200°C/180°C fan. Place the tomatoes, garlic and olive oil in a small roasting dish (they need to have a snug fit) and season with salt and pepper. Roast them in the oven for 15 minutes, or until they have collapsed and released their juices.
- Remove the dish from the oven and leave the tomatoes to cool slightly, then serve with leaves of baby gem. Scoop up the succulent juicy tomatoes with each little leaf!

Makes: 1 portion / Prep time: 3 mins / Total cook time: 15 mins
GLUTEN-FREE, VEGAN
MOVEMENT

Your cells are making energy more efficiently, your brain is working better, your body is learning to burn fat for fuel, and your hormones are getting back on track. Bravo!
’I still can’t believe all these little changes that you are hardly aware of but together they make a big change . . . and I don’t want, I DON’T WANT, the Method to end. I am happy, calm and serene.’

’I’m in my forties and have had acne all my life. After one week on the Method, my skin started to improve, after four weeks it is almost clear. These are no longer hacks, they are my life!’

’When I started the movement, it changed everything. That’s when I really started seeing results. It inspired me to kick everything up to 100% and that’s only made everything better. I’m so happy I did this.’

’The best thing is that I don’t have that constant feeling of hunger and I don’t feel any anxiety any more.’

’My period is back!!’

’No migraines. I normally had two or three migraines a week and relied on daily medication. I had to come off the medication a few months ago and was really suffering without them. I was about to go back on them, but thought I would give the program a go as I had nothing to lose. Had a few headaches in the first few days, but haven’t had any since! I am amazed with the results and so happy.’

’With this program, it’s as if I’ve finally become myself: I no longer have mood swings and I greet bad news with a certain detachment. I always thought these problems were psychological and I did a lot of work on myself, but now I realise that it was purely physiological. I had tried diets (vegan, sugar-free, gluten-free, lactose-free), but what I like about this Method is that you can eat anything, there is no avoidance. The hacks are not difficult to integrate and I will follow them for the rest of my life (when it’s easy, of course!).’

’Movement after meals definitely makes me happier. Even when I don’t feel like going outside, I go for a walk and it changes everything.’

’Sleep has improved, especially when I have been for a walk after dinner. I feel
like it also calmed my mind down, which is a plus. The heat flushes I experience often after meals have improved – not gone away completely, but much better. ‘I eat in a much more serene way even if I decide to eat something for pleasure.’

‘Today when I was shopping, my choices were naturally much healthier. My desire was to buy some prawns to make a ramen for the weekend. I laughed at this!’

‘My workouts have changed: I feel more energetic, stronger and more able to face hard exercises. Yesterday was my first day of unilateral hyperextensions and... achievement unlocked!’

‘The biggest change for me is probably the steps I now take to prepare for a meal and then after a meal. I have my apple cider vinegar drink while I’m preparing, I eat my veggie starter first, and then I do a little bit of exercise after. Sometimes that’s just cleaning the kitchen, sometimes it’s playing with my dog and sometimes it’s doing a little dance. I’ve also had a shift in mentality that if I don’t do those things I haven’t failed – it’s more a lifestyle of do them when it’s practical and you can, and don’t be hard on yourself if you miss a few.’

‘I do not have cravings any more! In general I didn’t have that many, but in the week before my period it was very obvious. No more cravings for me!’

‘Life is so fun when you don’t have food on your mind all the time! I can go food shopping without being tempted to buy something sweet, I no longer notice my colleague eating a cookie... This way it’s really easy to just eat what your body needs.’

‘Although weight loss wasn’t a goal for me, I think I’ve lost a few kilos anyway. Big bonus!’

‘My life has totally changed, and my mental health has improved tremendously! I CAN’T THANK this Method enough. IT HAS CHANGED MY LIFE COMPLETELY!’

‘I feel full of energy and less dependent on food!!! Yaaaaaaaaaaaaay! No more ice cream at midnight!’
The science

How using our muscles can reduce a glucose spike.
ANYTIME MAIN DISHES

Want some glucose-steadying recipes for lunch and dinner, or after your veggie starter? You’re in the right place. Come on in.
What you need:

2 red capsicums, deseeded and cut into quarters
1 fennel bulb, cut into thin wedges (reserve the fronds if you have any)
2 skin-on, bone-in chicken thighs
1 tablespoon capers, drained
½ bag of cooked puy lentils (about 125g)
a small bunch of flat-leaf parsley, roughly chopped, to serve (optional)
+ 2 tablespoons olive oil
+ salt and pepper

Long live the traybake! Anytime I can reduce my washing up, I’m in. This traybake is as pretty on the plate as it is pleasing to the palate.

How to make it:

● Preheat the oven to 200°C/180°C fan. Arrange the quartered red capsicums, wedges of fennel and the chicken thighs in a roasting tin, drizzle with the olive oil and season everything with salt and pepper. Roast in the oven for 30 minutes, until the vegetables are softened and charred a little, and the chicken is cooked through.

● Remove the roasting tin from the oven and scatter the capers and cooked puy lentils all over the chicken and vegetables. Return the tin to the oven for 5 minutes more, to heat the lentils through. Serve scattered with the parsley and fennel fronds, if using.

Makes: 2 portions / Prep time: 10 mins / Total cook time: 35 mins
GLUTEN-FREE
My favourite
SAN FRANCISCO SALAD
COUNTS AS YOUR VINEGAR HACK FOR THE DAY AS WELL

When I like something, I stick with it. When I was living in San Francisco, I fell in love with a salad just like this one from a Greek restaurant. I probably had it twice a week for four years! So here is my take on it. I hope you’ll love it as much as I do.

How to make it:

- Place the sliced red onion in a bowl and cover it with the apple cider vinegar. Mix them together well and set the bowl aside while you prepare the chicken.

- Pour 2 tablespoons of the olive oil into a large frying pan on a high heat. Slice the chicken fillets in half horizontally through the middle (to make them thinner), then season them with salt and pepper and add them to the pan. Fry them for 3 minutes on each side, or until they are cooked through, then remove them from the pan, cut them into thin slices and set them aside.

- Mix the yoghurt, dill, grapefruit juice and the remaining olive oil in a large bowl and season generously to make a dressing.

- Add the kale to the bowl and massage it with your hands for a few minutes, until it has softened and is thoroughly coated in the dressing.

- Add the baby gem leaves and toss them in the dressing with the kale.

- Divide the leaves between two bowls and top each portion with the grapefruit segments, pickled red onion and sliced chicken, then serve.

Makes: 2 portions / Prep time: 10 mins / Total cook time: 7 mins

GLUTEN-FREE
TAHINI BAKED COD

What’s a person to do when the craving for a deeply rich and creamy meal strikes, but the desire to keep their glucose steady strikes even harder? Well, whip up this recipe, of course. I adore it, and I hope you will too.

How to make it:
● Preheat the oven to 220°C/200°C fan and line a baking tray with baking paper. Place the cod fillets on the lined baking paper and drizzle 1 tablespoon of the olive oil over. Season the fillets with salt and pepper and roast in the oven for 10–12 minutes, until cooked through.
● Meanwhile, make the sauce. Heat the remaining olive oil in a medium frying pan and fry the chopped shallots for about 5 minutes.
● Add the tahini and boiling water from a kettle and stir the sauce on a low heat for about 3 minutes, until it has the consistency of double cream. Add more boiling water if necessary.
● Stir in the chopped dill and the lemon zest and juice and season.
● Steam or blanch the broccolini until tender – for 4–5 minutes. Serve it with the cod and tahini sauce.

Makes: 2 portions / Prep time: 5 mins / Total cook time: 12 mins
Ahhh, the classic tuna sandwich. This is a version I learned from a dear friend. The capers and mustard add a zingy twist to the original, taking this school lunchbox staple to new heights.

*How to make it:*

- In a bowl mix the **tuna**, **Dijon mustard**, **mayonnaise** and **capers** together and season with **salt** and **pepper**.
- Toast the **pitta bread** and open it up to create a pocket. Stuff with the **lettuce leaves** and the tuna mixture and serve.

*Makes: 1 portion / Prep time: 10 mins*
This recipe has endless possibilities once you follow the basic principle (veggies on the bottom, protein in the middle, starch on the top). Pack it, take it to work, flip it on a plate . . . and there you are – your food more or less set up to be eaten in the right order: veggies first and carbs last. Don’t fret if you don’t eat everything exactly in that order – a general intention is what matters.

Use any veg and leaves you have in your fridge. Protein could be chicken, beef, hard-boiled eggs, tofu . . . and then you could add some cooked rice or pasta. Simple additions like pesto, harissa or even mayo will make a perfect topping, or turn to pages 136–139 for some inspiration for dressings that also pack a vinegar hack.

How to make it:

● Place a layer of the salad veggies in your mason jar, then follow with the cooked chicken slices and top with the cooked rice.

● To serve, tip all the contents of the jar out on to a plate, pour over the dressing and enjoy!

Makes: 1 portion / Prep time: 10 mins

GLUTEN-FREE
Jessie’s NIÇOISE SALAD

I don’t want to brag but . . . okay, yes, I do! I make a mean niçoise salad. And because I like you, I’m going to share my top-secret, never-before-revealed, recipe with you . . . Just keep it between ourselves, okay?

How to make it:

- Bring a small saucepan of water to the boil on a high heat. Add the eggs and boil them for 5 minutes, then add the green beans. Boil for a further 2 minutes, by which time the beans should be just cooked and the eggs gooey-hardboiled. Strain off the water using a colander.

- Remove the beans from the colander and set them aside. Then run the eggs under cold water to stop them from cooking further. When the eggs are cool enough to handle, peel them and set them aside.

- To make the dressing, place the Dijon mustard, lemon juice and olive oil in a bowl with some salt and pepper and whisk until everything is emulsified.

- In a large bowl, toss the leaves with half the dressing and divide them between two serving bowls or plates. Top each portion with equal amounts of the tuna and green beans.

- Cut each egg in half and place the halves on top of each salad portion. Season with salt and pepper once more, and drizzle the remaining dressing all over. Serve.

Makes: 2 portions / Prep time: 12 mins / Total cook time: 7 mins

GLUTEN-FREE
Warning: while this main dish is absolutely exquisite, the garlic + chilli combo might not be one you want to indulge in before a date. The flavours are strong, but so is their ability to stick to your lips.

How to make it:

- Place the olive oil in a large frying pan on a medium heat. Add the chopped garlic and chopped red chilli and fry for 1½ minutes, or until just softened.
- Add the lemon wedges and tiger prawns and stir-fry for about 3 minutes, until the prawns have turned pink and are cooked through. Season with salt and pepper and stir in the chopped parsley.
- Serve with some steamed green beans, if you like, and maybe some crusty bread to mop up the juices.

Makes: 2 portions / Prep time: 5 mins / Total cook time: 5 mins

GLUTEN-FREE

CHILLI GARLIC PRAWNS

What you need:

- 3 garlic cloves, roughly chopped
- 1 red chilli, roughly chopped
- ½ lemon, cut into small wedges
- 450g shelled raw tiger prawns
- a big handful of flat-leaf parsley, leaves picked and roughly chopped
- green beans and crusty bread, to serve (optional)
- + 3 tablespoons olive oil
- + salt and pepper
When the mood strikes for a particularly satiating, filling meal . . . right this way!

How to make it:

• To make the peperonata, place 1½ tablespoons of the olive oil in a saucepan on a medium heat. Add the sliced onions and capsicums and the thyme leaves and fry for 10 minutes, or until the vegetables have softened, stirring from time to time.

• Add the sliced garlic, the chickpeas and balsamic vinegar and cook, covered with a lid, for 3–4 minutes more, or until the garlic has softened and the vinegar has reduced a little.

• Meanwhile, place a griddle pan on a high heat. Season the rib-eye steaks with salt and pepper and brush the remaining olive oil all over them. When the pan is smoking hot, grill the steaks for 2–3 minutes on each side (for medium rare). When they are ready, remove them from the heat, cover them with foil and leave them to rest for 5 minutes.

• When you’re ready to serve, season the peperonata with salt and pepper, slice the steak thinly and plate up.

Makes: 2 portions / Prep time: 10 mins / Total cook time: 15 mins

GLUTEN-FREE
Chilli, garlic and ginger – as the great Julie Andrews once sang, ‘These are a few of my favourite things!’ The flavourful sauce from this dish brings the tofu to life, and makes for a mouthwatering meal.

**How to make it:**

- If you have a bamboo steamer, use it; otherwise, use a colander with a saucepan and a small plate. For the latter method, pour a cup of water into a saucepan and suspend the colander over it – make sure you choose a saucepan that enables the colander to sit above the water level. Place the tofu on a small plate and carefully position it inside the colander. Place the sliced bok choy on the plate alongside the tofu. Cover the colander tightly with a saucepan lid or another plate and steam the tofu and bok choy for 10 minutes, or until the bok choy is tender.

- Meanwhile, pour the olive oil into a frying pan on a medium heat and stir-fry the ginger and garlic for about 2 minutes, until the garlic is starting to turn golden.

- Add the soy sauce (or tamari) and lime juice and simmer for about 10 seconds, then remove the frying pan from the heat and stir in the chilli powder.

- To serve, divide the tofu and bok choy equally between two plates, and top with the sauce. The dish goes well with any kind of cooked rice.

**Makes: 2 portions / Prep time: 10 mins / Total cook time: 12 mins**

GLUTEN-FREE, VEGAN
BAKED SALMON with CUCUMBER and PICKLED GINGER DRESSING

What you need:

2 skinless, boneless salmon fillets (about 150g each)
3 tablespoons pickled ginger, drained and roughly chopped
¼ cucumber, deseeded and finely diced
a small bunch of coriander, leaves picked and finely chopped
200g cooked white or brown rice
2 teaspoons soy sauce (or tamari, if you’re gluten-free; optional)
+ 1 tablespoon olive oil
+ salt and pepper

The flavours of this dish are subtle but moreish. Pickled ginger is available from most major supermarkets – if you haven’t had any yet, run, don’t walk!

How to make it:

● Preheat the oven to 200°C/180°C fan and line a roasting tin with baking paper. Lay the salmon fillets on top, drizzle over the olive oil and season with salt and pepper. Bake in the oven for 12 minutes, or until the fillets are opaque and cooked through.

● Meanwhile, mix the chopped pickled ginger, diced cucumber and chopped coriander together in a bowl and season with a little salt and pepper.

● When the salmon is ready, serve each fillet on a bed of cooked rice and piled high with the pickled ginger dressing. A drizzle of soy sauce (or tamari) is a tasty addition, but the dish is also lovely without.

Makes: 2 portions / Prep time: 10 mins / Total cook time: 12 mins

GLUTEN-FREE
CHICKEN, LEMON and OLIVE TRAYBAKE

What you need:

- 2 skin-on, bone-in chicken thighs
- 1 lemon, cut into wedges and pips removed
- 100g pitted mixed olives
- 1 red chilli, roughly chopped (optional)
- 100g broccolini, tough ends trimmed
- + 2 tablespoons olive oil
- + salt and pepper

Makes: 2 portions / Prep time: 7 mins / Total cook time: 35 mins

How to make it:

● Preheat the oven to 200°C/180°C fan. Place the chicken thighs, lemon wedges, olives and chopped red chilli (if using) in a roasting tin. Sprinkle the olive oil and some salt and pepper over the top, then roast in the oven for 30 minutes, until the chicken thighs are cooked through.

● Remove the roasting tin from the oven and add the broccolini, then return it to the oven for a further 5 minutes, by which time the broccolini should have softened and charred a little. Divide the chicken and broccolini between two serving plates and serve.

There are some meals that are so simple, classic and tasty, they deserve a spot on every weekly glucose-steady menu.
POACHED CHICKEN with SPRING ONION and GINGER

What you need:

- 5cm piece of ginger, peeled
- 6 spring onions
- 2 skinless, boneless chicken breasts (about 160g each)
- 1 garlic clove, chopped
- 2 tablespoons soy sauce (or tamari, if you’re gluten-free)
- 200g cooked quinoa or white or brown rice
- + 3 tablespoons olive oil

File this recipe under ‘Meals to cook when I am trying to impress someone!’ Your new mother-in-law coming over? Feed her this. It is beyond delicious, and takes less than 30 minutes to prepare from start to finish.

How to make it:

- Carefully cut 3 thin slices from the length of the ginger and finely chop the remainder. Leave 1 spring onion whole, then finely slice the remaining 5, keeping the white and green parts separate.

- Place the chicken breasts, the whole spring onion and the 3 slices of ginger in a medium saucepan and cover with water. Place the pan on a high heat and bring the water to the boil. Then reduce the heat and simmer for 15 minutes, or until the chicken is cooked through. Set aside, leaving the chicken in the poaching liquid.

- Pour the olive oil into a frying pan on a medium heat. Add the white parts of the chopped spring onions and the chopped garlic, and fry for a couple of minutes, until everything is starting to crisp and brown.

- Add the soy sauce (or tamari), 120ml of the chicken poaching liquid, the remaining ginger and the green parts of the spring onion. Cook, stirring for 1 minute, so that the sauce reduces a little and the ginger softens.

- Using a slotted spoon, remove the chicken from the remaining poaching liquid and cut it into thin slices (the rest of the liquid can be discarded).

- Divide the cooked quinoa or rice between two serving plates, then top each portion with the chicken slices. Pour over the sauce to finish and serve.

Makes: 2 portions / Prep time: 7 mins / Total cook time: 20 mins

GLUTEN-FREE
CRISPY BEEF BOWL with kimchi

What you need:

- 200g beef mince (5% fat is good)
- 2 tablespoons sriracha
- 2 tablespoons soy sauce (or tamari, if you’re gluten-free)
- 4 iceberg lettuce leaves, finely shredded
- 2 generous tablespoons kimchi
- 1 avocado, stoned and sliced
- + 2 tablespoons olive oil

For nights when all you want to do is curl up with some yummy food and relax. The sriracha adds a kick without being over-the-top spicy and the avocado adds a cool, creamy texture. Absolutely divine!

How to make it:

- Pour the olive oil into a medium non-stick frying pan on a medium heat and fry the beef mince for about 10 minutes, breaking it up with a wooden spoon, until it’s browned all over and starting to become crispy. Stir in 1 tablespoon of the sriracha and all the soy sauce (or tamari).
- Divide the iceberg lettuce leaves between two bowls, along with the kimchi and sliced avocado. Spoon the crispy beef on top and drizzle over the remaining sriracha.

Makes: 2 portions / Prep time: 10 mins / Total cook time: 10 mins

GLUTEN-FREE
I’ve said it before and I will say it again: ‘Yes. I. Eat. Dessert!’
It’s absolutely possible to eat sugar and keep our glucose steady – we just need to eat it after a meal, instead of for breakfast or as a snack.
TOFFEE PEACH PAVLOVA

What you need:

- 90g caster sugar
- 60g light muscovado sugar
- 3 egg whites
- 1 teaspoon white wine vinegar
- 100ml cream, whipped; or 100g full-fat Greek yoghurt
- 3 ripe peaches, destoned and sliced; or 100g raspberries
- + a pinch of salt

This is THE BEST! The addition of muscovado sugar to a traditional meringue recipe creates the most intoxicating toffee flavour. In terms of what fruit to use, peaches work particularly well, but choose what is in season and you won’t go wrong.

How to make it:

• Preheat the oven to 180°C/160°C fan and line a medium baking tray with baking paper. Mix the caster sugar and muscovado sugar together so that they are combined and there are no lumps.

• Place the egg whites and a pinch of salt in the bowl of a free-standing electric mixer and whisk on high speed until the egg whites are stiff.

• A spoonful at a time, add the sugar mixture to the egg whites, whisking to incorporate between each addition.

• When you have added all the sugar, let the mixer run on a high speed for 6 minutes, until you have a stiff and glossy meringue. Add the white wine vinegar and whisk for 1 minute more.

• Transfer the mixture to the prepared baking tray, flattening it down to create a circle that is about 18cm in diameter and 5cm deep.

• Place the meringue base in the oven and immediately reduce the heat to 140°C/120°C fan. Bake the meringue for 1½ hours, until crisp on the outside. Remove it from the oven and leave it to cool. When you’re ready to serve the pavlova, top the meringue with the whipped cream or Greek yoghurt and the sliced peaches or raspberries.

Makes: 6 portions / Prep time: 15 mins / Total cook time: 1½ hours

GLUTEN FREE, VEGETARIAN
Very simple
CHOCOLATE MOUSSE

My two favourite words in one name: simple and chocolate. Craving something sweet when you’re low on time can often lead to grabbing an ultra-processed pre-packaged treat or digging through whatever desserts are left lurking in the fridge. Pre-prepare this easy throw-it-together mousse and you’ll solve the problem beautifully.

How to make it:

• Place the broken-up **dark chocolate** in a heatproof bowl with 60ml **water** and set it over a saucepan of simmering water (making sure the bowl does not touch the water). Stir the chocolate from time to time until it’s melted, fully combined with the water and smooth.

• Remove the bowl from the heat and leave the chocolate to cool for 4–5 minutes. Then stir in the **egg yolks** and set aside.

• Whisk the **egg whites** in a bowl with the **caster sugar** until stiff. Using a metal spoon, fold 1 spoonful of the sweetened egg white into the chocolate mixture, and then follow with the rest. Fold gently, so as not to knock out the air from the egg whites.

• Pour the chocolate mousse mixture into four small glasses and refrigerate for 2–3 hours, or until set. Serve topped with some **berries** and a little **yoghurt** or **whipped cream**.

Makes 4 / Prep time: 25 mins, plus setting time
GLUTEN-FREE
MISO CHOCOLATE TRUFFLES

What you need:

- 100g 70% dark chocolate, finely chopped
- 100ml cream
- 1 tablespoon butter
- 1 tablespoon white miso (or use brown miso if that’s what you have)
- 1 tablespoon maple or golden syrup
- a generous pinch of sea salt
- 60g blanched hazelnuts, roughly chopped
- 20g cocoa powder

If you’ve learned anything from this cookbook, besides a plethora of amazing new recipes, of course, I hope it’s to expect the unexpected when cooking the Glucose Goddess way. While miso might not be a typical chocolate truffle ingredient, it certainly should be! It’s a welcome addition in this dessert, which I know you’ll adore.

How to make it:

- Place the finely chopped dark chocolate in a bowl.
- Pour the cream into a small saucepan and add the butter. Place the pan on a low heat and bring the mixture to just below boiling point.
- When the mixture starts to bubble, remove from the heat and pour it over the chocolate. Leave it for a couple of minutes, then stir to form a smooth and silky ganache.
- Mix the white miso and maple or golden syrup together, then stir in the sea salt.
- Stir the syrup mixture into the chocolate ganache, followed by the chopped hazelnuts. Refrigerate the mixture until set (about 2 hours).
- Using your hands, roll the ganache into 15 small truffles and toss them in the cocoa powder. Refrigerate in a small box, ready for indulging!

Makes: 15 truffles / Prep time: 25 mins, plus setting time

GLUTEN-FREE
What you need:

- 50g plain flour
- 150g caster sugar
- 50g unsalted butter
- 100g shelled pistachios
- 350g frozen mixed berries
- crème fraîche, full-fat Greek yoghurt or ice cream, to serve (optional)

Juicy berries with a nutty topping – a match made in heaven. Any frozen berries will work, and you can swap the pistachios for hazelnuts or almonds.

How to make it:

- Preheat the oven to 200°C/180°C fan. Place the plain flour, 100g of the caster sugar and all the unsalted butter in a food processor and blitz until the mixture resembles breadcrumbs.
- Add the shelled pistachios and blitz again until the nuts are roughly chopped and the crumble has a light green hue.
- Tip the frozen mixed berries into a medium-sized round or square baking dish (you want a snug fit) and toss them with the remaining 50g of caster sugar.
- Scatter the crumble mixture on top and bake for 20–25 minutes, or until the berries are bubbling and the crumble is golden and crispy. Serve with crème fraîche, Greek yoghurt or ice cream, if you wish.

Makes: 4 portions / Prep time: 10 mins / Total cook time: 25 mins

VEGETARIAN
BERRY STEADY ICE CREAM

What you need:

- 4 heaped tablespoons full-fat Greek yoghurt
- 100g frozen mixed berries
- 1 scoop whey protein (or any unflavoured and unsweetened protein powder)
- 1 tablespoon tahini (optional)

An ice cream that will keep your glucose levels steady! You can also enjoy it as an afternoon snack between meals – its balance of low sugar and high protein won’t create a spike.

How to make it:

- Spoon the yoghurt into a plastic tub and place it in the freezer for 3–4 hours, or until frozen.
- Transfer the frozen yoghurt to a blender, along with the frozen mixed berries, whey protein and tahini (if using), and blitz. The mixture will become crumb-like to begin with, but keep blitzing and eventually you will have a deliciously smooth, scooopable ice cream. Serve the first portion straight away. Freeze the second portion in a freezer-proof container, then either re-blend to soften before eating, or simply leave it to soften in the tub.

Makes: 2 portions / Prep time: 7 mins, plus freezing time

GLUTEN FREE, VEGETARIAN
LEMON RICOTTA CHEESECAKE

What you need:

- a little butter for greasing the tin
- 90g caster sugar, plus 1 tablespoon
- 320g ricotta
- 25g plain flour
- 3 eggs, separated
- zest of 3 lemons and juice of 1
- 1 teaspoon vanilla extract
- mixed berries and crème fraîche or full-fat Greek yoghurt, to serve (optional)

Lemon Ricotta that you’ll like a lotta! This cheesecake is so heavenly it’ll have you writing poetry about it too.

How to make it:

- Preheat the oven to 200°C/180°C fan. Line the base of a springform cake tin (18cm in diameter and 7.5cm deep) with baking paper. Grease the sides with butter and dust the tin with 1 tablespoon of the caster sugar.
- Place the ricotta, 40g of the remaining caster sugar, the plain flour, egg yolks, lemon zest and juice and vanilla extract in a bowl and whisk until smooth.
- In a separate bowl, use an electric whisk to whisk the egg whites until stiff. Add the remaining 50g of caster sugar and whisk again until you have a thick and glossy meringue.
- Gently fold the meringue into the ricotta mixture until completely combined.
- Pour the mixture into the prepared tin and bake it on the middle shelf of the oven until golden and risen – around 35–40 minutes.
- Remove the tin from the oven and leave the cheesecake to cool. Then refrigerate it for at least a couple of hours before serving. Serve with some mixed berries, and some crème fraîche or Greek yoghurt, if you like.

Makes: 6 portions / Prep time: 15 mins, plus chilling time / Total cook time: 40 mins

VEGETARIAN
Watch out! This is going to blow . . . your mind! The Atomic Banana is a well-loved recipe passed down from my Brazilian grandmother. Watching a banana spin and burst in a microwave has remained one of the most exciting things I have done in a kitchen.

How to make it:

- Pierce the skin of the banana all over with a fork. Then place it on a microwave-safe plate and cook it on high for 2 minutes. The banana will burst open and go soft and squishy inside.
- Serve it just like that, dusted with cinnamon, topped with chopped walnuts and, if using, drizzled with tahini.

Makes: 1 portion / Prep time: 4 mins / Total cook time: 2 mins

GLUTEN-FREE, VEGAN
This dessert is the Glucose Goddess philosophy in a nutshell: very easy and very impressive. Carbs (chocolate) with clothes on (fat, fibre and protein), to reduce the spike.

How to make it:

- Line a medium baking tray with baking paper. Place the broken-up **dark chocolate** in a heatproof bowl and set it over a saucepan of simmering water (making sure the bowl doesn’t touch the water). Stir from time to time, until the chocolate has completely melted.

- Pour the melted chocolate into the prepared baking tray and spread it out to a thin, even layer. Scatter the **pistachios, walnuts** and **sea salt** all over.

- Place the baking tray in the fridge and leave the nutty chocolate to set hard (about 30 minutes).

- Remove it from the fridge and break it into bite-sized pieces. Keep these ready-to-go treats in an airtight container for up to 2 weeks.

Makes: 1 batch / Prep time: 15 mins

GLUTEN-FREE, VEGETARIAN
In my first book, Glucose Revolution, I noted the 300+ scientific papers that support my work. They also serve as the basis for this book. On this page, I have noted further references that I have referenced to write The Glucose Goddess Method. If you’d like to see all scientific references, head to: www.glucosegoddess.com/science

**Poor sleep**

**Mood**

**Brain fog**


**Gut health**

**Fertility, PCOS, hormonal issues, menopause**

**Cancer**

**Alzheimer’s and dementia**