

CUT CARBS, QUIT SUGAR, FEEL FABULOUS

It's a health revolution. And the best part? It's...

Quick, easy & oh so tasty

PART TWO
by Karen Thomson

FOLLOWING A highly successful first instalment, we're back with more recipes and tips to help you cut carbs, quit sugar and feel fabulous. This time we're focusing on quick, easy and oh so tasty recipes that will help you stay on track with your diet. We've also included some top tips to help you avoid common pitfalls and stay motivated.

BE LABEL-SAVVY

When you're shopping for ingredients, it's important to read the labels carefully. Look for hidden sugars and carbs in products like ketchup, salad dressings, and bread. Opt for whole, unprocessed ingredients whenever possible.

THE BIG BREAKFAST

Start your day with a healthy breakfast to kickstart your metabolism. Try a bowl of oatmeal with fruit, or a smoothie with spinach and berries.

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Sweet treats to help kick your cravings

PART THREE
by Karen Thomson

CUTTING BACK ON carbs and sugar can be a challenge, especially when you're craving something sweet. We've got you covered with a collection of delicious, low-carb, no-sugar recipes that will satisfy your sweet tooth without derailing your diet. From chocolate brownies to fruit tarts, these treats are both indulgent and healthy.

FIRST, FACE UP TO FACTS

When you're craving sugar, it's often because your body is low on energy or you're bored. Try drinking water or a glass of tea to see if that helps. If you're still craving, try one of our recipes.

BE PREPARED

Keep healthy snacks on hand to avoid temptation. Pre-portioned portions can help you control your intake.

KNOW YOUR SUGAR TRIGGERS

Identify the foods and situations that trigger your sugar cravings. Avoiding them can help you stay on track.

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UK BREAKS FROM £15

150 HOLIDAY PARKS TO CHOOSE FROM

Daily Mail

Cut carbs, quit sugar, eat MORE fat to feel fabulous

Chilcot report could be used to prosecute British troops but Blair WON'T face charges

SUPERB RECIPE PULLOUT INSIDE

Delicious ways to cut carbs, quit sugar and feel fab

MAY IS ON THE MARCH

As 10 Cabinet ministers and over 100 MPs back her No10 bid, she vows: 'I'll build new Trident now'

Evans quits Top Gear as police probe sex assault claims

EAT TO FEEL FABULOUS

Delicious ideas for lunch on the go!

THE GOLDEN RULES TO MAKE IT SO SIMPLE

1. **KEEP IT SIMPLE** - Focus on whole, unprocessed ingredients like lean proteins, healthy fats, and fiber-rich carbs.

2. **PREP AHEAD** - Spend some time on weekends prepping ingredients and meals to make weekdays easier.

3. **STAY HYDRATED** - Drink plenty of water to keep your energy up and avoid sugary drinks.

4. **BE LABEL-SAVVY** - Check for hidden sugars and carbs in packaged foods.

5. **LISTEN TO YOUR BODY** - Eat when you're hungry and stop when you're full.

SMOKED SALMON WRAPS

CAPRESE SALAD IN A JAR

MINI SALAMI 'PIZZAS'

CHICKEN FAJITA

SWEET POTATO FRITTATA

BRUSCHETTA

TOP TIPS

GRAB-AND-GO LUNCH

EAT TO FEEL FABULOUS

Can you believe these puds are GOOD for you!

THE GOLDEN RULES TO MAKE IT SO SIMPLE

1. **KEEP IT SIMPLE** - Use simple ingredients like cocoa powder, almond flour, and natural sweeteners.

2. **PREP AHEAD** - Make these treats in batches and store them in the freezer for easy access.

3. **STAY HYDRATED** - Drink water to keep your metabolism active.

4. **BE LABEL-SAVVY** - Check for hidden sugars in ingredients like chocolate chips.

5. **LISTEN TO YOUR BODY** - Enjoy these treats in moderation as part of a balanced diet.

CHOCOLATE AND PEANUT PARADISE

RAW CHOCOLATE BALL POPS

LIME AND POPPY SEED MUFFINS

NUTTY PANCAKES

PORTUGUESE CUSTARD TARTS

ARE YOU REALLY HUNGRY?

PHYSICAL HUNGER

EMOTIONAL HUNGER

DELICIOUS DESSERTS

INSTANT CRAVING BUSTER

CUT CARBS, QUIT SUGAR, FEEL FABULOUS

How to stay slim for life

PART FIVE
by Karen Thomson

STAYING SLIM for life isn't about short-term weight loss. It's about making healthy choices that become habits. This includes eating a balanced diet, staying active, and getting enough sleep. It's about feeling good and confident in your own skin.

IT'S NOT ABOUT SHORT-TERM WEIGHT LOSS

WHAT IF YOU FALL OFF THE WAGON?

CHOCOLATE REWARD

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EAT TO FEEL FABULOUS

Meat-free feasts packed with vitamins

THE GOLDEN RULES TO MAKE IT SO SIMPLE

1. **KEEP IT SIMPLE** - Focus on a variety of vegetables, fruits, and plant-based proteins.

2. **PREP AHEAD** - Wash and chop vegetables in advance to make cooking easier.

3. **STAY HYDRATED** - Drink water to keep your body hydrated.

4. **BE LABEL-SAVVY** - Check for hidden sugars and fats in plant-based products.

5. **LISTEN TO YOUR BODY** - Eat until you're satisfied, not stuffed.

BERRY SMOOTHIE

STUFFED AUBERGINE

VEGETARIAN THAI GREEN CURRY

CAULIFLOWER CHEESE BAKE

SMOKED SALMON AND PEPPERS STIR-FRY

CHEESY COURGETTE 'PASTA'

HOW TO INTRODUCE ALLICOR BACK INTO YOUR DIET

HOW MAKE YOUR SKIN GLOW

EAT TO FEEL FABULOUS

Beware the sugar in fruit and veg!

What contains the most carbs?

BEWARE THE SUGAR IN FRUIT AND VEG!

While fruits and vegetables are generally healthy, some contain high amounts of natural sugars and carbohydrates. It's important to consume them in moderation and balance them with other nutrients.

'RICE' THAT'S TRULY HEALTHY

HOW MAKE YOUR SKIN GLOW