



Breakfast

- Scrambled egg on 2 slices oaty toast* with 2 tsp. sterol / stanol fortified spread and topped with mushrooms and tomatoes.
- Berry Smoothie: whizz together 150ml Alpro Soya Original alternative to milk and 75g Alpro soya alternative to fruit yogurt with a small banana and a handful of berries.
- Tiered fruit and yogurt granola - *see recipe on reverse*.
- Porridge made with 150ml Alpro Simply Mild alternative to milk topped with one tbsp. dried fruit.
- 2 Oatibix* (oat cereal biscuits) with 140g Alpro Cherry or Blueberry soya alternative to yogurt and a chopped banana.
- Mackerel on toast using 2 slices oaty bread* spread with 2 tsp. sterol / stanol fortified spread and topped with tomatoes.
- Breakfast oatcakes with 2 tsp. peanut butter. Serve with a small glass (150ml) of orange juice.

Lunches

- Bean or pulse based soup e.g. tomato and lentil or mixed bean, served with a crusty wholemeal roll with 2 tsp. sterol / stanols fortified spread.
Dessert: a piece of fresh fruit.
- Hummus, grated carrot and salad filled wholemeal pitta bread.
Dessert: 150g Alpro Simply Plain soya alternative to yogurt with one tbsp. dried fruit and a drizzle of honey.
- Sardines on toast using 2 slices oaty bread* with 2 tsp. sterol / stanol fortified spread.
Dessert: 150g serving Alpro Plain with Almond alternative to yogurt with a serving of fruit.
- Jacket potato with baked beans and salad.
Dessert: fruit compote sprinkled with oatbran and served with 125g of Alpro Vanilla Custard.
- Chicken and mixed bean salad with 4 rye crispbreads spread with 2 tsp. sterol / stanol fortified spread.
Dessert: a piece of fruit.
- Vegetable-based soup e.g. carrot and sweet potato or pea and mint – avoid ‘cream of’ varieties – sprinkled with oatbran and served with a wholemeal roll with 2 tsp. sterol / stanol fortified spread.
Dessert: 150g Alpro Strawberry with Rhubarb soya alternative to yogurt.
- Veggie omelette served with wholemeal bread with 2 tsp. sterol / stanol fortified spread and salad.
Dessert: 125g pot Alpro soya dessert – choose from vanilla, dark chocolate, smooth chocolate or caramel.

Evening Meal

- Salmon with dill sauce – *see recipe on reverse*. Serve with brown basmati rice and a mixed side salad.
Dessert: summer pudding with Alpro Plain with Almond alternative to yogurt.
- Pork stir-fry with noodles, baby sweetcorn, a handful of Edamame beans, bean sprouts and peppers.
Dessert: apple compote with a handful of almonds and topped with Alpro Vanilla Custard.
- Chicken and veggie fajitas – using wholemeal tortillas and stir-fried strips of your favourite vegetables e.g. peppers, baby sweetcorn, onions, green beans, broccoli etc. and lean chicken. Serve with guacamole, tomato salsa and instead of sour cream, use Alpro Simply Plain soya alternative to yogurt.
Dessert: raspberry parfait with cranachan – *see recipe on reverse*.
- Soya burger in a wholemeal bap served with lots of salad.
Dessert: exotic fruit salad topped with your choice of Alpro alternative to fruit yogurt.
- Spaghetti bolognese using soya mince and canned beans instead of meat. Served with wholegrain spaghetti and a side salad.
Dessert: 125g pot Alpro Smooth Chocolate soya dessert.
- Salmon steak served with new potatoes, broccoli and carrots.
Dessert: poached pears with 125g Alpro Dark Chocolate soya dessert.
- Roast beef with Yorkshire pudding made with Alpro Soya Original alternative to milk. Serve with a good helping of steamed vegetables and a few roast potatoes (cooked in vegetable oil).
Dessert: baked apple served with 200g Alpro Vanilla Custard.

Snacks / drinks

- One serving of fruit – fresh, frozen, dried or canned in natural juice.
- Soya latte or soyaccinno - using 200ml Alpro Soya Original alternative to milk.
- Handful (30-35g) of mixed unsalted nuts.
- 125g pot Alpro soya alternative to fruit yogurt sprinkled with oatbran.
- Wholemeal hot cross / currant bun.
- Small bowl of wholegrain breakfast cereal served with Alpro Simply Mild alternative to milk.
- Handful (30g) of soya nuts or roasted Edamame beans.
- Wholemeal English muffin spread with 2 tsp. sterol / stanol fortified spread.

***Oaty bread:** Hovis[®] Hearty Oats[™] or other oaty breads providing at least 1g beta-glucan per 2 slices (check the label).

***Oatibix** or other oat-based breakfast biscuits or cereals that provide at least 1g beta-glucan per single serving (check the label).



Raspberry parfait with Cranachan

Serves 2

Ingredients:

- 1 banana • 4 tbsp. rolled oats • 1 tbsp. caster sugar • 200g frozen raspberries
- 300g **Alpro Simply Plain** soya alternative to yogurt • 2 tsp. icing sugar
- 1 tbsp. toasted flaked almonds • 2 tbsp. honey

Preparation:

1. Chop a banana into chunks and place in the freezer for 2-3 hours until frozen.
2. Mix the oats with the caster sugar and place under a low grill and toast, keeping a close eye on it to make sure you don't burn it.
3. Put the banana, raspberries, **Alpro Simply Plain** and icing sugar in a food processor and blend until smooth.
4. Spoon into glasses and sprinkle with the oats, toasted almonds and honey.



Tiered fruit and yogurt granola

Serves 2

Ingredients:

- 4 tbsp. granola.
- 2 tbsp. blueberries.
- 2 tbsp. raspberries.
- 250g **Alpro Vanilla** soya alternative to yogurt.

Preparation:

1. Pop some of the granola and fruit into the bottom of two bowls.
2. Pour half the **Alpro Vanilla** on top.
3. Put in another layer of granola and fruit.
4. Add the remaining **Alpro Vanilla**.
5. Finish off with the remaining fruits.

Salmon with dill sauce

Serves 2

Ingredients:

- 2 x 125g salmon fillets.
- 1 tbsp. olive oil.
- 1 tbsp. balsamic vinegar.
- Juice of half lemon.
- Handful of chopped parsley.
- Salt and pepper.

For the dill sauce:

- 100g **Alpro Simply Plain** soya alternative to yogurt.
- 2 tbsp. extra-light mayonnaise.
- 5cm cucumber, finely chopped.
- 4 tbsp. fresh dill, chopped.
- Salt and pepper, to taste.

For the mash:

- 420g can butter beans, drained and rinsed.
- 6 tbsp. **Alpro Soya Original** alternative to milk.
- 4 spring onions, finely chopped.



Preparation:

1. Pre-heat oven to 190°C / Gas Mark 5.
2. **For the dill sauce:** combine all ingredients in a food processor. Process until blended and refrigerate for 1-2 hours before serving.
3. **For the salmon:** mix 1 tbsp. oil, balsamic vinegar, lemon juice and the parsley. Place the salmon, skin side up, in a shallow oven proof dish, season and pour over the marinade. Allow to marinate for at least 10 minutes.
4. Cook the salmon in the oven for 8-10 minutes. The salmon is cooked when the flesh becomes opaque or when it flakes easily with a fork.
5. **For the mash:** place the butter beans and 150ml cold water in a pan. Bring to the boil and simmer for 5 minutes. Drain the beans then pour into a food processor, season and whizz until fairly smooth, or mash with a potato masher. Return to the pan; add the **Alpro Soya Original** and spring onions and mix thoroughly.
6. Serve the salmon on a bed of butter bean mash and pour over a spoonful of sauce.