

FOODS & RECIPE DATA SHEETS

Breakfast Ideas

- EyeSight Soup™ (See recipe later)
- Organic Eggs - Boiled, Poached (on spinach) Scrambled, with tomatoes, mushrooms and/or vegetable omelettes (no cheese).
- Occasional Porridge with Soya or skimmed Milk.
- Fresh Fruit salad - with Soya yogurt etc. (check previous table for low glycaemic fruits)
- Kippers and Tomatoes

Replace flour bread with Sprouted Wheat bread. This is a healthy bread described in the Old Testament and consists of 100% organic sprouted grains (see data Sheet later).

Lunch Ideas

- EyeSight Soup™ (at least once per day)
- Salads – Greek Salad, Avocado Salad, Salad Nicoise (no potatoes), Fish salad (Tuna, Herring, Salmon, Pilchards, or Sardines), or 3 Bean Salad. (Note: do not fill up on lettuce, consider instead, red/green/yellow peppers, onions, tomatoes, garlic, etc.).
- Sugar free, organic baked beans, mushrooms and tomatoes etc.
- Raw veggie sticks with hummous or similar.
- Leftover food from previous night.

Evening Meal Ideas

- Vegetables - Stir-fried, Steamed, Flash Boiled, Oven Roasted in olive oil.
- Tofu Chunks once or twice per week.
- Add Fish (oily fish Salmon (not farmed unless organic), Sardines, Mackerel, Trout and Eel at least 3-4 times per week) in place of meat. Haddock and Cod etc. do not contain high enough levels of EPH and DHA to count.
- Meat once or twice per week.
- Potatoes once per week.
- Baked sweet potatoes twice per week.
- Vegetable Curry with Bean curry (Chickpea Dahl) etc. (if absolutely necessary, include very small amount of rice).
- Vegetable Chilli.
- Fish and Vegetable Stew.

Eat 1 piece of low-sugar fruit between meals (Mid-Morning, Mid-Afternoon and Mid-Evening).

A delicious healthy snack or replacement for cake is Fruit Sprouted Wheat Bread (see data sheet later). Also, a bar of chocolate or chocolate raisins/nuts are a reasonably healthy snack.

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Recipes

EyeSight Soup

Eat it most days at Breakfast, Lunch or Evening meal.

Make enough to last for 3-4 days if you have room to keep it in the fridge. One idea is to put each day's soup into 'Tupperware' Type containers, which may fit into the fridge easier.

Vegetable Ideas (Choose 5-6 vegetables, only include 1-2 root vegetables).

Kale (important)	Sea Weed (Noni, Kelp, Wakame etc.)
Carrots	Purple broccoli
Peas	Spinach
Broccoli	Cabbage
Green beans	Brussels Sprouts
Spring greens	Cauliflower
Asparagus	Water Cress
Red & Yellow Peppers	

Plus

Onions (lots of)

Celery

Tinned Tomatoes

Garlic

Tinned Beans (*Choose 2-3 types, e.g Haricot, Soya beans, kidney beans, Chickpeas, Ballotti, Lentils, Black Eyed beans. (all tinned, sugar free, ready to use or dried and cook your own) etc.*)

Plus

Rock Salt or Celtic Sea Salt

Vegetable Stock Cube

Seasoning

Oil

Cooking

1. Put 2 tablespoons of oil in a large pan, chop onion, carrots and celery. Cook for approximately 5 minutes.
2. Add rest of chopped vegetables, tinned tomatoes and boiling water plus the vegetable stock cube and minced garlic.
3. Simmer for 5-10 minutes, until just cooked.
4. Remove from heat and then blend to suit your taste.
5. Return to pan and add pulses and beans.
6. Allow to cool and refrigerate in containers or Pan.

Make enough to last 4-5 days if kept in fridge. It can be frozen if necessary.

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Fish and Vegetable Stew

Eat it 1-3 times per week with different fish.

Make enough to last for 1-2 meals if you have room to keep it in the fridge (or longer in freezer). One idea is to put each day's meal into 'Tupperware' Type containers, which may fit into the fridge easier.

Ingredients suggestions:

Kale (important)	Sea Weed (Noni, Kelp, Wakame etc)
Green beans	Broccoli
Sweet Potato	Red & Yellow Peppers
Spinach	Cabbage
Muscles	Salmon (not fish-farmed)
Coley	Sole
Prawns	Mackerel
Clams	Any fish to taste

Plus

Rock Salt

Garlic

Tinned Tomatoes

Tomato Puree

Red Onions

Seasoning

Sunflower Oil

Cooking

1. Heat 2 tablespoons of oil in a large pan.
2. Fry onions for 2 minutes then take onion out leaving oil in.
3. Add diced fish to the oil and fry on high heat for 2 minutes to seal the fish.
4. Add the cooked onion and then the rest of the chopped vegetables.
5. Add Tomatoes, seasoning, minced garlic and stock (water) to taste.
6. Bring to boil, then reduce heat to gently simmer for 20-30 minutes.
7. Add any prawns or shellfish 5 minutes before end. (you can keep all of the previously cooked fish out until this point if you prefer chunkier pieces.)