



NEW
INNOVATIVE
DESIGNS

INITIAL BOOK I FIRST
STARTED, COLLATED DETAILS
INITIALLY

MY RECIPES - AN INTRODUCTION

Food Innovations that might work

EMAIL IF YOU WANT TO KNOW MORE ABOUT MY BOOKS -
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MY RECIPES - INTRODUCTION

INITIAL CONSIDERATIONS

I wanted to provide initial information to consider for your health, know there are various fitness books out there, just needed to give my initial thoughts as well? Looking at food wise initially?

I wanted to mention how I build my meals, I like experimenting and using taste to determine quality, know I was told this at the college but wanted to mention the ingredients first and number of portion sizes, I like not mentioning 100ml of milk etc (just initially), you get used to the recipes as well. I know some people say add vinegar to make sweet n sour, add pineapples, but sticking to the recipe is the preferred option in my opinion.

I like my beef in the slow cooker, more like a beef casserole, same with sausage. I like the packets of sausage casserole sauce, some have a nice herby flavour. I like pre-soaking the beef overnight in the fridge using red wine, beef boullignon is similar. I usually use carrots and onions in the casserole. I read the best vegetable to eat is carrot, others would say eat 2 a day - linked in with them not being water soluble, just some incorporations? I slice the onions and chop the carrots. Some people use Passata as the sauce with the herbs for the beef, Jamie Oliver made his beef stew in the wilderness with tomato tins and his selection of herbs. I like Worcester sauce but this is more for my steak pie. In my casserole from scratch I brown my beef (after soaking), I add the carrots and onions to the dish but mushrooms are one of my favourites in a stew too. I usually cook my stew for 4 hours in the slow cooker. I stir occasionally and keep the temperature at a lower setting initially. Got told red wine relaxes the collagen in the beef. I know there are different beef cuts, I was told from a chef choose a fattier cut of beef like casserole stew, was told cooks to a better texture in a casserole breaks up better. But for a steak dish I would pick sirloin steak, at the college they cooked the steak on top of roughly chopped carrots and onions. Items like omelette was cooked to order. I like braised steak with peppercorn sauce, it is like a yoghurt or cream tub with garlic, mushrooms and peppercorns, how I would make to my taste. Know the packet sauce with milk tastes really nice as well.

I like the pulled pork texture, understand it is made in a smoker, think kept in the smoker for a few hours or a day, most people don't have a smoker. You can wrap tin foil around your beef joint and cook similar to pulled pork but cook at a lower temperature for a few hours. I would use a slow cooker. Know you can use the oven as well. Know some people use the pulled pork texture for their steak pies. I did make a roast beef one xmas but it was too dry!

MY RECIPES (2)

FURTHER FOOD TECHNIQUES

I like putting herbs on the beef, like placing rosemary others place twigs place into the joint, but I like basting with juices every half hour or so (would aim for every 15 minutes though). Others use a rub to their beef, like a dry rub to flavour the beef. I know a lot is mentioned without particular contents but gives you an idea how to start. A dry rub is like barbeque granules, you can grind them in a similar small bowl. When it mixes with the juices from the joint it flavours the meat right through including the use of the rosemary twigs. It is also good to get your favourite recipes out there as well. I like the BBC recipe website but sometimes meals don't have the flavour you like, I comment on my chosen recipes and others. A herb brush is good as well.

I know some people prefer copying recipes, but I wanted to give you an idea of how I would proceed, some skills which can be duplicated elsewhere.

Sometimes with my casserole I want to turn it into a type of steak pie and use my Worcester, some people put slices of cheese at the top of their dish. I put puff pastry (rolled) on top for the last half hour but need to put on the steak dish and transfer to the oven - with tin foil. For the last fifteen minutes I remove the tin foil and make sure the pastry doesn't burn, consider turning the temperature down, when transferred for the final cooking time.

I like toasted bread sandwich with salad and coronation chicken – I have a panini toaster at home, I and others advise to butter both outsides of the bread. Some people use similar with steak and rubbing the beef with garlic as you cook, mentioned elsewhere previously, pre-soaking your steak is a good option as well give the beef a better flavour as mentioned, also choosing the cut relevant to the dish is important as well and the potato selection, most recipes mention buy baker potatoes etc for your baked potato, some people like sweet potatoes as well which has a nice like fruity taste with baking – I would always check for allergies as well for each dish, won't mention too much on allergies, a temperature gauge is a good idea and you can tell especially if the turkey is cooked through – others cover there turkey in foil to prevent skin burning, you can use oil last to coat with a brush and take foil off and cook the outside say for 20 mins or so,. I like putting my turkey on a bed of carrots, onions and potatoes, others add the veg through the cooking time. The juice from the turkey can be used to make a gravy after the turkey, when this has been cooked completely. A turkey broth is what I would use as well. I questioned like scones, know some people brush their scones with egg wash, again though egg an allergy to some people. Remember problems with allergens?

MY RECIPES (3)

ADDITIONAL TIPS

With food in the oven keep checking to make sure it doesn't burn; a good oven window is a nice option. My hotdogs and roll is usually baguette rolls, I use corn relish and tomato relish, I like onions on my hotdog as well. I always liked the fairground onions, people called them caramelised onions, but I prefer boiled onions, not sure of the liquid but I like vinegar and sugar for boiling the onions in? As an added divert I was told you can initially cook mushrooms in butter. Some people like chilli con carne say with chips, if you want to make it a meal, some people like salad as well. Others prefer if the hot dogs are just on their own with the roll. Others call it a chilli dog with the mince. The hot dog on the roll is covered with chilli and mince, I like but not the same as hot dogs from the stand at the fairground. Know others make with soft rolls and the jumbo hot dog is good.

Sweet and sour sauce is nice. I use vinegar, tomato ketchup, brown sugar and pineapple juice to make my sweet n sour sauce. I mentioned briefly above. You can make to taste, else check some recipes on the web, you get good advice there. as well. You can use your pineapple chunks and chicken to get a good sweet and sour sauce say with rice, you might want to include extras in the dish, say red peppers etc, the initial sauce is a good base to start. Initial starting points are good though? People use roughly chopped vegetables in their dish, like yellow and red peppers, onions are a favourite as well. Mentioned chicken sweet n sour sauce elsewhere too. Was told a colourful vegetable plate is a good option as well.

Mentioned my large Yorkshire pudding, with equal – egg, milk and plain flour with an extremely hot frying pan placed initially in the oven, you then place the mixture back in and place in the oven. I detail elsewhere but you don't remove from the oven too early as the pastry flattens similar like chocolate eclairs. Use tomato ketchup with equal proportion of salad cream for like a Hawaiian sauce? I know people like their burgers with pineapples which are good on top as well.

My slaw: coleslaw via food processor – 1. red cabbage, onion, carrot and 2. white cabbage and coleslaw – use slicer in food processor for all vegetables used. Add mayonnaise and rotate processor, can use small equal proportions of each, use no slicers when you add the mayonnaise just rotate. Make sure mixed all the way through.

My roast beef and horse radish finger rolls I like? But learnt some at the college, like cutting bread edge and use the soft dough. Some people don't like horse radish as it is like a hot mayonnaise sauce.

MY RECIPES - (4)

From above - I usually use cooked roast beef and small finger rolls or the cracked wheat fingers. My horse radish sauce is from the jar, just an extra for lunch which you could consider? Know the radishes can be used with yoghurt as well, I would confirm first, I have never tried to make them scratch.

I try and build on my recipes to give better dinners.

My chicken dinner is mainly below:

I use boneless chicken breasts, but chicken legs have most iron so you could consider them as well. I make my own smash like chosen potatoes, milk and butter, salt and pepper to season, chefs put their potatoes through a sieve which gives you a constant texture and they pipe their potatoes as well, can use various sources including a soft plastic cut nozzle piping bag. The gravy can be made using bouillons or gravy sauce, some people like using granule sauce. Beef stock can be used as well. Most people use carrots and peas as their side dish. You can cut Brussel sprouts and coat them in butter and beetroot mixed in a dish. I want to include my taste and texture, was part of chef course, can comment on diets, say suitability for different people such as lactose intolerant and diabetes etc.

My onion soup is initially below, just initial pointers:

You can make a small bowl, use onions and water initially. Add beef stock. Just initial starting point means you can make different taste onion soups. I would make a paste to thicken the soup, like flour and butter.

Chicken orange with rosemary and orange flavouring with roasties is good as well.

The potatoes can be partly cooked in water and salt, then coat them in oil and you bake in the oven, some people like to coat their potatoes with herbs. Slight diverse, I know people have cooked their chips at a lower temperature and then cooked higher so they are nice and crisp.

I read you can place rosemary twigs into the chicken and use orange juice from oranges to coat the chicken – again watch burning, was an experiment for me. My dish never turned out as good as I thought, tried to use oranges in the cavity as mentioned, would check online for a good chicken orange dish. I haven't in this example as gives you some pitfalls. Some dishes I am new to. Wanted to mention fondant potatoes, you flute or round cut your potatoes for frying in the pan with a little oil, I used vegetable oil, you place them in an upright baking tray and pour diluted vegetable stock in water into the tray. You cook in the oven, I use foil initially to prevent potatoes burning, should get a nice, tasty potato when finished, can use with your favourite dishes.

MY RECIPES (5)

SOME PITFALLS

Some initial pointers or more my ideas:

My first real 2021 Xmas dinner – initial run – was a trial but the Turkey could have been better Used Brussels with beetroot coating? Other options but mentioned examples above, mixing with butter the brussels and beetroot is a good option. Read beetroot is a good option for lowering blood pressure.

Food and Health information below:

I wanted to compile a little trial idea to discuss information gathered over the last few years. With high cholesterol (containing lipid), seven out of ten people over 45 have high cholesterol (high in salts, lack of exercise, family history, being overweight, (men more likely than women)), drinking more than the recommended amount of alcohol are all contributors to someone's health downfall. I have always said life is to be lived as well, was just thinking of subtle changes? Like healthy eating when possible.

Programs could be used to custom-build proteins that function as enzymes to get rid of particularly nasty types of toxic waste, for example, or to break down fat. From initial reading of others documents, most is from others readings, I do not have specific references.

Information provided below is from general notes as well, other comments, understand none covered with confidentialities.

Reduced CO-Q10 as you age leads to susceptibility to illness. Men who lathered on the anti-aging antioxidant CO-Q10 saw a 29% reduction in wrinkles. Patients who took CO-Q10 after a heart attack reduced their blood pressure and had higher levels of good cholesterol than those who took a placebo.

The ultimate goal of the book is to produce information which may be used to make better quality ideas and more specifically provide the reader with enough information to make their mind up about their health and make some adjustments which may help them in the long term.

Before looking at the next page, decide what foods you would eat in your old age. I originally compiled a diet which was good for fruit and vegetables but affected by too many sugars.

MY RECIPES (6)

MY INITIAL TIPS

Foods I would eat in old age would be soups in the winter such as chicken, lentil and broth. I would choose a selection of salads tossed in olive oil and cheese in the summer. Chicken would be a high containment on my menu. Chicken legs are higher in iron than the rest of the bird as mentioned above. I would also consider eating salmon and cod as part of my weekly diet, I like tuna as well with my baked potato. Whole meal bread accompanied with pasta, fizzy water and brown rice are other options. Fruit with more vegetables. Greens especially would be on the diet along with a small glass of red wine. I would also say smaller portions as you age, but this is other people's recommendations. From working in a restaurant all the meals should be approximately the same size. I understand baked potatoes keep all their nutrients and the skin is high in various vitamins. Others mention steaming vegetables and using the collected water as a liquid to develop various soups. I need to check phosphorates in juice pulling calcium from the bones, a bad starter for Osteoporosis.

Below are some notes from others about health classes?

Pilates - this form of exercise which often involves tuition in a small group, helps develop "core strength" strengthening the back and developing better muscle tone. It is not aerobic therefore is best complemented with an aerobic exercise, but train with caution. that is my philosophy.

Yoga - as well as being great for generating vital energy yoga is excellent for stretching and maintaining suppleness. Some forms of yoga are more aerobic such as Asanga yoga, and as such are a complete form of exercise, for generating strength, suppleness and stamina. Consider Thai Chi?

Psychocalisthenics - This is a 16-minute routine, designed to both generate vital energy and to maintain a basic level of strength, suppleness and stamina. It is quite aerobic, depending on the speed you practice it, and is best backed up with some other aerobic exercise for maximum fitness.

Aerobics - Classes in aerobics are taught in gyms and on DVDs, and are obviously designed to keep you fit, with stamina and a degree of strength, depending on the muscles being used. Most aerobic exercise do not keep you supple, so they are best complemented with stretching exercise, both before and after exercise. I prefer classes as this forces to train at higher levels, just my idea though?

MY OTHER CONSIDERATIONS (7)

FITNESS CONSIDERATIONS

Jogging and walking - these are specific exercises designed to tighten, for example, bum, tum and thigh muscles and also improve your muscle mass and strength. The more muscle mass you have the more fat you will burn. The correct toning exercises need to be balanced with aerobic exercises and stretching.

Swimming - An excellent all-round exercise, swimming develops strength, stamina and suppleness, although additional stretching is helpful. It's better to do some crawl or backstroke, as they help to coordinate the body and brain, improving concentration. Read underwater swimming helps with lung capacity. You can use a test where the maximum is 500mls or so, mine was 250, suppose you could gauge every 2 months to see any improvements.

Cycling - This excellent aerobic exercise is good for improving cardiovascular health, although make sure you do not spend too long on busy roads breathing in exhaust fumes (oxidants). Cycling however, will not keep you supple, so some stretching exercise is vital. Again life is to be lived.

Researchers have found a way of keeping us younger for longer, in mice at least, increasing the production of two proteins called p53 and Arf (need to confirm) enabled more of the animals to survive to old age while showing fewer signs of aging. P53 has been a key therapeutic target for cancer research. when activated it encourages damaged cancer cells to a process called apoptosis, cells to destruct, p53 is the single most important tumour suppressing protein. When you have more Arf, you have a greater activation of p53 and a stronger tumour suppressing effect. Arf and p53 are antioxidants. Want to consider this with lab tests I hope to arrange in the future.

Brain infections in childhood could raise the risk of developing schizophrenia later in life, children who get mumps with complications of brain inflammation before the age of 12 had almost three times the risk of developing schizophrenia after the age of 15. Inflammation obviously affects the structure of the brain and possibly may cause damage at an early stage that may materialize as people age.

Crohn's disease might be caused by bacteria that may have borrowed a few nasty genes from, after all things, plaque.

CARBS RE-VISITED (8)

GLUCOSE CONSIDERATIONS

three things can happen to glucose:

- It can be burned immediately for energy.
- It can be stored in limited amounts for later use as a star like material called glycogen
- It can be converted to fat.

Carbs come into general "flavors" sugars and starches (also called simple and complex). The most common simple carbs are glucose, fructose galactose, each containing a single sugar unit.

Protein foods are crucial to your health and your low-carb lifestyle. Protein works hand in glove with dietary fat to allow you to cut down on carbs. I will look first at the many important roles that protein plays, including its role in preserving lean tissue while promoting fat loss. Then we'll show you how to ensure you're getting adequate protein. Finally, you will consider why Atkins is not a high-protein diet.

When you eat protein foods, the digestive process breaks the links apart so the amino acids can be absorbed into your bloodstream. There, they are transported throughout your body to provide the building blocks necessary to construct and repair cells. Without a continuous supply of amino acids, your existing cells shrink, and new cells cannot be produced. When you embark on a weight-loss diet, you want to shrink and new cells that store body fat, but not muscle and other critical cells. Eating protein also increases blood levels of amino acids contributing to:

- increased satiety (a sense of fullness)
- More stable blood sugars levels
- Burning of more calories

A number of studies have shown that consuming protein is more satiating than consuming either carbohydrate or fat. Another rule may be to pair exercise with protein, this may involve eating a yoghurt after training, but from the Westman book they indicate:

In the UK the government's recommended dietary allowance (RDA) for protein is 55 grams (2 ounces) for adults between nineteen and fifty years old.

With Atkins I would eat plenty of protein, but not a high-protein diet.

Some people mistakenly assume that a marriage of Atkins and a low-fat diet is the best of both worlds. Not so! If you're restricting carbohydrates,

MORE DIETRY INFORMATION (9)

RELEVANT OR NOT? U DECIDE?

The dietary calories from fat are used directly for energy and are unlikely to be stored. Protein can't do this job on its own. The team of fat and protein keeps you from feeling deprived.

The cholesterol myth:

THE MYTH - Eating fatty food raises cholesterol to dangerous levels.

THE REALITY - Like fats, cholesterol is a lipid. Though you do absorb some cholesterol from eating animal products - plants contain none - your own liver makes most of the cholesterol in your body from scratch, independently of how much cholesterol you eat. Someone mentioned loose lipids in the blood might be a sign of cancer developing, others will know best, would need confirmed in the lab? I think cancer specific might be different?

Types of fats to consider:

Mono-saturated fatty acids (MUFAs) - are found in olive oil, rapeseed oil, groundnut oil, and most other nut oils as well as avocados.

Polyunsaturated fatty acids (PUFAs) - are always liquid both at room temperature and in the refrigerator.

Saturated fatty acids (SFAs) - tend to remain solid at room temperature e.g. butter, palm oil and coconut oil.

The following information has been discussed from the Atkins diet:

Somewhere towards the end of the first or second week of the Atkins diet most people feel a dramatic increase in their energy levels and sense of well-being. This is a clear signal that you have got the Atkins edge and can begin to hone your low-carb skills.

Once you discover which types and amounts of food are best for your metabolism, you'll set yourself up for success in terms of health and weight management as well as satisfaction and, yes, pleasure. So let's delve deeper into what you can eat during the first few months of an Atkins diet.

One of the things we hear most often from the new to Atkins is that they're having trouble getting enough vegetables into their daily carb tally.

New science on the importance of fibre, minerals and phytochemicals in vegetables has changed recommendations about the amount of vegetables you should eat in Induction to 12 to 15 grams of Net Carbs.

MORE DIET INFO - (10)

ITEMS TO CONSIDER

Have at least one and preferably two salads a day, me I prefer making my own salad, plenty lettuce and tomatoes, 2 of my favourite ingredients. To make it easier to track your carbs, Atkins created mini recipes for basic main course and side dish salads, which can be modified:

- Side Dish Salad - start with 2 ounces of salad leaves. Add 6 sliced radishes, half a medium tomato and a tablespoon of olive oil and a little vinegar. (It's advised to add vinegar to most of your meals – myself the dury is out on the vinegar?).

- Main Course Salad - Starts with 4 ounces of your favourite salad leaves, add 25 grams sliced spring onions, 35 grams sliced raw mushrooms around 50 grams cucumber slices for a total of 5.2 grams of net carbs. Top with a grilled chicken and some prawns if you like.

- Egg Foo Yong - stir-fry a sliced spring onion with 55 grams (2 ounces) bean sprouts in a little olive oil until soft, then add two beaten eggs and cook, stirring, for a minute or two, serve with soya sauce or no added sugar salsa. Or replace the sprouts with grated courgette, spinach or vegetable leftovers. Or replace the sprouts with half packet of well-rinsed and drained shirataki noodles.

- Morning soup - bring 240 millimetres (8 fluid ounces) of water to the boil, turn down the heat and add 1 bouillon cube, 115 grams from tofu? into small pieces, half packet well-rinsed shirataki noodles and 1 thinly sliced spring onion. Simmer for a few minutes, ladle into a soup bowl, or replace the tofu with chunks of leftover chicken, beef, or pork and/or add watercress or baby spinach leaves.

While we're on the subject of breakfast, there's no reason to avoid caffeinated coffee. Moderate caffeine intake is associated with improved long-term health and regulation of body weight. Coffee contains several antioxidants and has the added benefit of mildly enhancing fat burning. Add cream (but not milk) and/or one of the three acceptable sweeteners if you wish. By the way, an overwhelming desire for caffeine is not a true addiction but simply the result of consuming it regularly. You will probably notice some withdrawal signs such as mild headache if you miss your daily dose. This should be a note to self, I love fresh orange juice - they state orange juice and others should be off limits in the morning, me again I say subtle changes, not a health freak like I was in 2000 or so? They say think of the juice as liquid sugar.

MORE HEALTH & RECIPES (11)

TOO MUCH APPLE PIE (CRUMBLE) - Initial details below

The idea is to puree apple slices in a pot, you add some sugar to give the apples a sweet texture. You place the apples into a suitable cooking dish, steak pie dish is just as good, the breadcrumb mix is placed on top and cooked in the oven until crisp. Cinnamon is considered with the apple crumble, would say high sugars is my most concern? Was told cinnamon helps with cell sensitivity and blood sugars? Might be wrong mix here. I love my apple crumble with vanilla ice cream, some like it with custard. Know there are other options like apple pie, rhubarb tart, cheesecake, my favourite there is strawberry cheesecake. For crumble topping you can use:

1. Brown sugar and plain flour and butter, or
2. Digestive biscuits and butter, or
3. Some people like topping like bread pudding on top of their apple mixture, was told Bramley apples are the best? There is a lot of sugar in apple crumble, why might be a bad choice on most occasions.

I wanted to comment on more food choices and recipes, what to consider? With chicken curry my initial thoughts it is high in salt and sugar and older people usually need less salt and sugar. From reading previous articles other stated as you age it is difficult to control your blood pressure. I think 5 fruit and veg a day is recommendable. Was told more vegetables than fruit is advisable as fruit is like a refined source of sugar called fructose. With sugars with too high levels in the body they can crystallise in the heart and lead to heart disease, stats said the USA have the higher level of heart disease. My thoughts on the heart crystallising is the area is the location of more blood so sugar can rest more in this area. Someone mentioned turmeric being linked to dementia in the sense it helps prevent, know detailed information but hopefully provides interesting reading to the individual. Again, though dementia is an umbrella term for many types of the condition.

Back to the chicken curry, fats are high as well. Fats are attributed to strokes and clots. Others will agree a balanced diet is preferable. With general exercise aim to get your heart into the training zone for most of the exercise regime. A stretching regime as I was told removes lactic acid from the muscles, helps with next day or so aches and pains. A warm up and cool down is good. I was told using like skipping ropes at the beginning of the exercise regime raises the blood pressure to high quickly. Others mentioned stepper as well?

MORE RECIPE INFO (12)

OTHER COOKING CONSIDERATIONS

. For my fried rice I make an omlette mix like egg with salt and pepper. I fry this mostly first and put to the side just for a few minutes. The rice is excellent in a rice cooker as the texture is nice and fluffy. But I boil in salted water, Jamie Oliver uses white rice cooked in coconut milk, hopefully I will mention at the end but the very worst you can cook in the coconut milk and let others know if you enjoyed. Once I have boiled the rice in the pot I wash too get most of the starch out the rice, know there are loads of rice options out there. I usually go for the option of vegetable oil to fry my rice, but I start with the wok heated and fry green onions for a minute or so, I then add the rice and cook before adding the omelette type egg which should hopefully present as a chinese restaurant type dish. Know sometimes with using egg straight in the wok the dish is like a scrambled type of dish with poor presentation, again a nice plate the consumer is more likely to eat or buy?

I like Jamie Olivers website and his program on Food Network but you need to note as you progress, I tried his mushroom soup with garlic bread as the side bread, thought dish was okay. Never completed as stated though.

I was always told follow the method and the recipe as detailed!

With Indian dishes they use a lot of Ghee butter, most are tomato dishes as well, always an option to curry dish, but I was told tandoori options are better as they are lower in fat, will link to options in the book as well, at some point. As well I was told chicken legs and thighs contain most Iron as well, my assumption is iron will be located more in the legs due to standing so will be subject to more concentrate. Mentioned previous though.

I used to wonder what to use as the basic cooking material for the sauce, initially I was unsure about cream or yoghurt, know a lot of chefs use cream in tomato soups. I made a similar meal to the curry dish at college in an infill course, was a good production but I thought my tomato sauce was best. We cooked with various apparatus then strained the sauce, gives you an introduction into what you could consider. We used a collander which like a larger sieve but in steel cornical format?

I know people use rice as mentioned as long rice but some people don't like a mostly tasteless rice, just my opinion. Boiled rice is one of my pet hates!

MORE RECIPES (13)

MY CURRY AGAIN!

I like using pineapple in my chicken curry as well, sometimes I use chopped brown onion with peas as an added ingredient or separate. I don't use the pineapple juice but drain and put the pieces straight in the sauce.

https://www.bbc.co.uk/food/recipes/simple_chicken_curry_95336, is a curry to try.

My own preference food wise is I like sirloin steak, know more expensive. The most failure with consumers is the steak is too rare, might be medium or well done. Sometimes with rare steak on its own the meat has fluid draining from the steak which looks like blood but I prefer keeping this from my steak. know some marinades have similar effect? People's favourite with steaks is like fat chips, sometimes a sauce like peppercorn (which is my favourite), peas and sliced carrots are usually my option as well. Was told fatter chips contain less of oil, I thought because of the surface area? Heard of triple cooked chips.

I like the slow cooked braising steak. I like slow cooked steak as the meat tends to be more tender, sometimes I use a slow cooker for like 4 hours or so which can give better results than cooking in a casserole dish. Mentioned previous. I like fan assisted ovens as well as this keeps the oven at the same temperature, some tips from the chef is good as well. Means you can use any shelf in the oven! Mine was bread with a garlic and parsley butter which was placed in the oven. I was told to make sure the butter was fully melted, but if you taste garlic butter not fully melted it tastes not very nice.

I was told to keep ovens at 160 and fryers at 180? Mentioned elsewhere the higher the heat causes the fish to be to crispy.

Back to the steak but I won't mention the cut locations as you can buy the steak straight from the butchers or supermarket.

You can make your own beef stock from carcass bones. Been used in sauces, think a better option as the dish progresses all the accompaniments to the sauce, help flavour the dish.

Plain flour has been used to thicken a dish. Was told tomatoes thickens dishes as well?

I have to reinforce stating your allergens, egg is one and has been used to coat a scone. Other difficult ones are peanut. Some allergens can be fatal. Most places should ask if you suffer from allergens. Know on jars the allergens are mentioned, but most places highlights there foods and the allergens. A fatal allergy sufferer will know what to stay away from!

Consider the 14 allergens. Most restaurants ask about allergens, but may contain as a labelling option as well.....

MORE RECIPE INFO? (14)

MOST FROM MY EXPERIENCE

I was told olive oil is like the healthiest oil. The mediterraneans state the case and use the oil to sometimes coat a salad, know there are vinegarettes which I like instead of. I was at a diabetes class and they mentioned using 1 calorie cooking oil. Understand high fats have an effect on diabetes.

Herbs and spices are a good thought as they help enhance a dish, getting the amount of ingredients correct as well is the finished article. Know straight forward but missing like oregano from your pizza could lead to a failed dish.

I like using Worcestershire sauce as this is like a spicy brown sauce, I use in casseroles and like placing on my bread before adding cheese and onions. I chop the onions as dices and place the cheese on top, know slightly diversified but gives you other options on how to use the sauce. Using a blender with diced option is good to get your onions the same size, know self explanatory though.

I confirm I don't have experience of working in places like the Sheraton etc, know the presentation and taste of different dishes is second to none, just want to give others different ideas.

Some of my favourites there are prawn cocktail, I like toast and pates. Know diversified again but gives you other ideas?

Another option to the potatoes is to coat them in a parsley and butter type sauce.

Also a brussel sprout accomplishment is to use butter with chopped small beetroot and coat the potatoes but you need to get a balance with your meal. Mentioned before though. Like a potato gratin with peppercorn sauce is like a clash of flavours and distastes the dish, I like just one sauce on the plate. I like the following recipe -

<https://www.centralengland.coop/food/recipes/mains/slow-cooked-braising-steak>

Sirloin Steak Options - part mentioned.....

Sirloin steak can contain a lot of fat, I try and pick a cut with less fat or I trim most of the fat off, but know you can add a flavour to the dish and maybe trim the fat at the end. Mentioned using garlic rubbed onto the steak to give a nice taste and flavour to the steak dish. Sometimes a side sauce is an option, but I like pouring my peppercorn over the steak, you can buy sachet style or use like peppercorns with yoghurt or milk and I sometimes like using mushrooms, experimented with but prefer the sachet mix where you just add the milk. Sticking can be a problem but most pots used are non-stick. Most soups are good in deep pots if making from scratch. A stick blender is a good option.

RECIPE TIPS MORE? (15)

OTHER INFORMATION TO ADHERE TO?

Most dishes can be kept in the fridge for 2 days that is my maximum for all and others in the freezer for a month. Know there are restrictions on types of raw and cooked food which you should confirm as well, will mention at some point as well. Raw meats at the bottom of the fridge.

Some people like using a herb brush? Ideas here -

<https://www.jamieoliver.com/features/how-to-cook-the-perfect-steak/>

My Sweet and Sour Chicken - Revisited

With sweet and sour chicken I used to make my sauce using tomato ketchup, vinegar, brown sugar and pineapple juice, made a few times at home and the recipe is excellent. Keeping the pineapple chunks back is a good idea and I use red peppers with onions as well. Adding the sauce to the cooked chicken is my favourites and with the vegetables.

Would say the dish is high in sugars, not so much fats but would be a treat for me every so often. Chicken is lower in fat but base food on balanced diets as well.

Know others mentioned red wine and the drink being good for a healthy heart, still need to confirm myself but the person worked at a local hospital, people mention the flavonoids in the wine are good for the heart.

I used a wok with deep frying oil in the past with coated pork, the temperature was too high but sometimes you learn from your mistakes.

https://www.simplyrecipes.com/recipes/sweet_and_sour_chicken/

I like lasagne. I have only made on the odd occasion. I usually build the dish up in layers, common practice anyway. You can make your own tomato based sauce, some people like a garlic taste to the lasagne, know spicy sauces are common as well. I start with making the mince. Usual starting point is browning, know for mince and tatties people use a beef stock cube to flavour the mince. I like the browning the mince on its own first then draining, cooking small chopped onions on their own. Adding the drained mince back in is my way. I started using like a bolognese jar sauce and mixed with my mince, mushrooms sliced and sliced onions are good, you mix the sauce and mince and ingredients first. A tinfoil sheet over the top is an option prevents surface burn. Adding cheese is good, some people mix three or so cheeses. My way is mince and sauce at bottom, I like to lightly oil my dish to use for the oven. I place some cheese over then the lasagne sheets. Know white sauce is a necessity as well.

LASAGNE AND MORE (16)

INITIAL DETAILS

Build up in layers to the top, I place sauce on the top and leave enough room for finishing cheese, tinfoil goes over the top. I place in the oven for an hour or so. Then I place cheese over the top and place back in the oven for a few minutes, make sure the cheese doesn't burn, similar is used for potato gratin. Remember the tinfoil is removed before adding the cheese. Remember to use white sauce as well, you can make your own or buy in jars, know there are packet mixes out there?

Will comment on the below, but the above is my initial trial method.

Chinese chicken in black bean sauce

Black bean recipes are my favourite from the chinese restaurant, I know chicken is a leaner fat choice than beef. But beef soft and tender is a good option, no one likes a chewy beef in their food. I would marinade the beef first to make the beef tender when initially frying. I haven't tried but I was told red wine relaxes the collagen in beef and makes the meat more tender. The black bean sauce can be bought in jars or made from recipe, but my favourite way is from the chinese takeaway. Again, the recipe confirms as well. Sometimes the jar sauces have a blander taste not sweet and spicy like the restaurant or recipe instructions. I won't comment too much on the black bean sauce but make statements throughout, the sauce is one of my favourites but new to me. Steamed rice in a rice cooker is good but I haven't used for a while, but know bamboo steamers are an excellent choice.

KUNG PO

I used to eat Chicken Kung Po in the past and is one of my favourite recipes. I know people say takeaway food is high in fats, sugars and salts. I like chinese food on the odd occasion like twice a month. Foods with salad and vegetables are my preferences as well. I mention rice being bland and know you can add herbs or spices to spruce it up. Egg fried rice is a good option as well.

MORE RECIPES (17)

SOME FAVOURITES AGAIN

<https://www.bbcgoodfood.com/user/4767446/recipe/beef-kung-po>
Kung Po as detailed above with the link.

Steak pie

My steak pie recipe can vary. I don't like pies that contain too much physical fats, some do. I usually add Worcester and tomato puree to the sauce. I was told to use a fatter cut of beef like casserole steak, you can ask any butcher for the beef and he will know what to look for whether at a local butcher or in a supermarket (mentioned above). I used to use cornflour and a beef stock – sometimes bought in plastic containers or homemade, I am commenting before looking at all the recipes to give you my initial thoughts. I used with all recipes mentioned. I usually brown the beef first as well, I try to get tender and I like marinading the meat as well before. Sometimes onions or mushrooms are added, again I prefer a dark rich tasting sauce. I have also mentioned a carcass sauce from heating the bones in hot water, the water is used for the stock. For the pastry you can use puff pastry but I prefer a pre-made hand rolled pastry which isn't too puffy when cooked. Some like the meat marinated in a bag in the fridge, wanted to say? Recipe below:

https://www.bbc.co.uk/food/recipes/steakpie_85721

BAKED POTATO WITH CORONATION CHICKEN

I was told baked potatoes when being cooked seal all the good nutrients inside. Some people like raisins through there coronation chicken. I have not really made before but gives you a recipe I have tried to build from my knowledge, I would probably cook the chicken and let cool, I need to confirm health and safety. Keep the cooked chicken in a suitable environment, probably once cooled wrap with tin foil and place in the fridge. I was told never to re-heat chicken. For the coronation sauce I would use yoghurt mixed with curry powder. Raisins would be added to the sauce as well. This hopefully confirms part, but potatoes cooked in the oven are my favourite, know people half microwave and half oven cook. In the microwave and oven. An oven skin is good, nicely cut the potato with butter is good. To mention I hope the book gives you an idea of cooking skills which can be taken to another level.

MORE FAVOURITE RECIPES (18)

FROM SCRATCH OR PART?

<https://albertbartlett.co.uk/recipes/baked-potato-with-coronation-chicken#.XUITqPIKjcs>

Mayo Chicken

With mayo chicken I use cooked shredded chicken, I don't like diced, would apply to the coronation above as well. Most is based on mayonnaise and added to the chicken. Know you might use herbs and spices as an option as well. Understand below might have differences as well.

<https://www.allrecipes.com/recipe/230620/mayo-chicken/>

Penne al'arrabiata (pasta with a spicy tomato sauce)

I was told with pasta, in my experience some of the pasta sauce I have tasted is dry, a chef said if the sauce is too dry add some water. If too low in stock add more stock. But you still need to get a balance, a tasting spoon is good but use only once even if you need to use 6 spoons.

Penne al'arrabiata is my favourite pasta due to the spicy taste, I sometimes like the dish with chopped smoked sausage. Penne pasta is the best to use, I know some people prefer wholemeal pasta as well, others disagree but pasta is recommended on the Glycaemic Index, the rating is quite high but is one of my favourites, most carbohydrates are high in sugar. I made an assumption in relation to diabetes to monitor your levels with a type of patch through the day. I thought about planning say 5 meals through the day. You could have 10 to 15 different options. I like a light lunch say salad with tuna or ham, loads of different salad and vegetable considerations like onion, shredded lettuce (like better than leaf), sometimes green onions, possibly light mayonnaise coleslaw, a variety of peppers, was told to make a colourful plate of food, beetroot is my favourite, mentioned in the past beetroot juice can reduce your blood pressure by 10 points, vinegrette is an option, cucumber as well and say – maybe cheese, would wash down with some flavoured water like natural, orange and mango is high in vitamin C and I still like the iron in the diet as was told vitamin C helps more oxygen to be delivered to the body, potato salad could help? Probably consider better!

MORE FOOD DETAILS? (19)

INITIAL IDEAS?

Would like to consider more items for your plate. Sometimes roast beef with horseradish is good, horseradish has a spicy taste but is a good combination in a salad or in a sandwich. I like pickles as well, branstons are one of my favourites, know others make their own pickles. Different but sweet pickles are nice, the standard one with onions and vinegar on its own is too strong tasting for me. Sometimes with beef apple sauce is an option. Just giving you options for your salad.

Back to the pasta and shaved parmesan is a preference. I go for cracked black pepper on top as this gives the pasta a strong taste, the parmesan is like a sharp cheese and goes excellently with a tomato pasta. Know you can consider mozzarella, sometimes stringy but gives a spicy pasta a nice taste. Was told mozzarella comes from buffalo? A spicy pasta alla arrabiata - or spicy tomato sauce to you and me - an easy store cupboard pasta dish for a weeknight supper. A bay leaf is a type of top garnish.

The pasta is slightly high in carbohydrates and medium in fat. Others would look for a night time meal which helps generate sleep, know tryptophan has been mentioned like a turkey sandwich with cranberry sauce and a glass of milk. I was told calcium was linked to some dementias, again milk is mostly needed in the diet, I thought less milk after 30, but you need to consider Osteoporosis, which is crumbling of the bones, I did think about meshing the bones to keep the structure, might be expensive but is possible.

I like Chicken and Sweetcorn soup and is one of my favourites, I have made assumptions here before looking at the procedure below. I thought you used egg as the juice for soup, the chicken can be pre-cooked and added at the end. The sweetcorn can be added near the end as well. This would be the basis of the main ingredients to the soup. Think the soup would contain more fat but mostly the good omega fats, sugar would be added to help taste, now you can read below and see how the recipe compares.

<http://www.foodnetwork.co.uk/recipes/chicken-and-sweetcorn-soup.html>

JERK CHICKEN

I wanted to trial Jerk Chicken, not yet but might?

MORE OF MY FOODS (20)

USE TO GET AN IDEA?

I enjoy food like lasagne, potatoes with two pieces of vegetables. I aim for two pieces of red meat a week and chicken or fish the rest of the week. I try and eat carrots as they are recommended as one of the best vegetables to eat.

Vinegar is eaten with most foods especially olive oil and salad.

I enjoy tuna and tomatoes, this is one of my favorite foods, I would aim for more lower GL foods. Tuna is mostly with a sandwich for me?

Mainly lunches would consist of olive oil and vinegar salads, chicken with onions, tomato and maybe some light cottage cheese. I like drinking diluting juice with my lunch (sugar free preferably). I would have tea at lunch time, maybe make a cup in the afternoon.

Breakfast would always comprise boiled eggs (most times anyway) with muffins and flora pro-active margarine which would hopefully combat cholesterol. Chicken legs for the iron content would also be considered. Eggs reduce your stress levels in the morning. Watch the acid content of food as well. Coffee would start the morning. Cereal I would also consider.

Snacks would be flapjacks, oatcakes, and cheese and possibly grapes.

Late night foods would be sleepish foods such as turkey, cranberries, whole meal bread and walnuts. Was told not to eat less than 2 hours before bed.

Tea and coffee would be limited at night.

In the summer; I would stick to the Mediterranean diet, eating fresh fruit, vegetables, red wine, fish, white meat and salads and limited red meat.

Exercise would mostly be outdoors, but this is just my preference, I think bike work mostly might be a no-no because of my hip now.

In the winter: I would eat mostly hot foods such as soups, hot meals with lots of vegetables and some fruit. Porridge would be eaten as would broth soups.

Sport centre work would mostly be my choice in the winter.

As an addition.....

I would conclude as indicated from literature conditions cancer is mostly a genetic disease. Also, foreign bodies alter the DNA of the cells causing the genes to mutate. My conclusion is viruses, genetic origin, toxins, cholesterol all lead to cancer being triggered in the body. I have included early onset from specific viruses which indicate cancer may develop. Health factors play an important part in cancer and are cross interchangeable for example I have included factors such as diabetes, high blood pressure, heart disease and viruses such as meningitis.

MORE TIPS OR OTHER (21)

HEALTH AGAIN

The biggest killers in the world health wise are heart disease, strokes, and cancer.

There is also the change in cells as they grow and die. I suspect this may be a factor in some cancers.

I would aim to eat four-five portions of fruit and vegetables with 3 coming from vegetables, 4 coming from grains and breads, 2-3 from calcium and 1 to 2 fats.

Eating for health is one of the best ways to control your diet, the TNT as designed by men's health is also a good alternative but has an effect on your health from experience, but once you become accustomed to the diet you become more and more healthier.

Calorie restriction in my experience is a danger zone for me and I would aim for a reduction in lunch menu size and slight adjustment to main meals, adjust vegetables and fruit with carbs, this will alter your insulin carb levels and maybe aim for more lower GI lower foods. Consider 6 small meals a day?

Eat proteins after your exercise, was told helps with tissue building?

In regard to lifestyle I would consider a more relaxed lifestyle after 50, with the occasional exercise program mainly for enjoyment, but the choice is yours.

With regards to exercise, I would target the major muscle groups, your body starts to weaken as you age and osteoporosis may be the result of low levels of calcium and high levels of phosphate. I would ensure you drink 1 pint of milk a day or similar.

Me personally I chose the following lifestyle, when I can:

- A Mediterranean diet
- Plenty of walking with at least 1 hour per week with 1 or 2 days off
- Light exercise and I used to use a swivel ball
- I try and aim for plenty of fruit and vegetables
- Relaxation at least 1-2 hours a day with meditation still a consideration

Socializing occasionally with the occasional sport from time to time

The "bad fats" are non-essential fats listed on packets as saturated fats, trans-fats and hydrogenated fats found in meat, dairy products, processed, fried and junk foods. Eating bad fats leaves you unsatisfied, so you will find yourself craving more fats because your body hasn't received the good fats if needs.

MORE FOOD TIPS (22)

CONSIDER FRIDGE AND FOODS TO STORE

Bad fats feature heavily in the average Western diet and so are bad news for your heart, your weight, and your arteries. They contribute to diseases such as cancer, diabetes, and coronary heart disease, as well as heavy weight gain. If you eat these fats and do not burn them off immediately, all your body can do is store them as unhealthy fat. Heart disease is the number 1 killer in the western world?

Worst of all are the trans-fats and hydrogenated fats. These are the real "uglies" that have been processed, fried, or damaged. When the molecules of essential fats are altered by food processing or frying, they set up a reaction in the body that can damage body cells. That is why some crisps, biscuits, ready-meals, and fried foods are bad for you.

There are also an "in-between" fat mono-unsaturated: omega-9. Olive oil is a particularly rich source. Whereas this is nowhere near as good for you as the essential "good" fats, neither is it as bad for you as the non-essential "bad" fats.

The omega-3 essential fats, found in flax and pumpkin seeds, and oily coldwater fish such as mackerel, herring, salmon and tuna, keep extra weight at bay in a number of ways. They help make hormone-like substances called prostaglandins, which help to control metabolism and fat burning. They also help to limit the potential damage to the arteries caused when eating too many fats or sugary foods leads to bursts of high glucose in the blood.

Unfortunately, many vegetarian processed foods are also high in those hydrogenated fats. Check the label, if it states "hydrogenated oils", don't buy it? Food for your Fridge – just considerations:

You do not have to wave goodbye to cheese or butter on the low-GL diet. Fresh fish, tofu and chicken will also be welcome. Try:

- Skimmed milk or a dairy-free alternative such as soya? (Rice milk, however, has a high GL so avoid it)
- Low-fat cottage cheese and cream cheese, as well as feta, halloumi and soft, mild goat cheeses
- Butter (used occasionally, but keep for a while)
- Live natural yoghurt, very low-fat

MORE FOODS FOR YOUR STORE (23)

YOUR CHOICE?

- Fresh sardine, cod, haddock, mackerel, herring, salmon
- Fresh free range and organic chicken
- Tofu (soya bean curd) or tempeh (fermented soya bean curd)
- Anchovies, my pet hate, in olive oil (fresh, from the delicatessen counter)
- Mixed antipasti, preferably in olive oil
- Marinated artichoke hearts in oil and canned artichoke hearts
- Olives
- Unsalted, unroasted peanuts, and seeds for snacking and cooking

These should be stored in your fridge as well:

- Pumpkin seed butter
- Organic or free-range eggs (ideally enriched with omega 3).

These staple ingredients will ensure that you are always able to rustle up a low GL meal at a moment's notice:

- Low-GL Get up and go (a delicious smoothie mix that you blend with fruit)
- Xylitol (a natural sweet, low-carb sugar alternative that has 40 per cent fewer calorie than sugar)
- Low sodium salt, or sea salt (to be used in moderation)
- Black peppercorns
- Marigold Reduced-salt Vegetable Bouillon powder
- Whole organic rolled oats and oats flakes.
- Wheatgerm
- Whole barley and rye flakes
- Conrflour
- Quinoa ("keen-waa"). This fruit looks and cooks like a grain.
- Dried or canned legumes and pulses (Canned varieties should be rinsed to remove as much salt and sugar as possible)
- 100 per cent rye bread - pumpernickel-style or sourdough
- Rough oatcakes (sugar-free)
- Wholemeal pasta
- Brown basmati rice (this has the lowest GL of all rice so is the only recommended on the Holford Low-GL Diet)
- Dried herbs and spices
- Canned tomatoes, tomato puree and sun-dried tomato paste
- Coconut oil (although it is a saturated fat, it is a very stable oil)

MORE FRIDGE STORAGE (24)

CHOOSE MOSTLY YOUR FAVOURITES

Some items below, check first though?

- Extra virgin oil
- Sesame oil
- Mirin, or Japanese rice cooking wine
- Tamari, a wheat-free soy sauce
- Tahinin (ground sesame seed paste)
- Crunchy peanut butter (choose a sugar free brand)
- Vanilla and almond extracts
- Good-quality dark chocolate (around 70 per cent cocoa solids)
- Good-quality anchovies and sardines canned in olive oil.
- When you are on a weight loss diet, setting targets is important. Changing your food habits can happen only if you make plans and alter how you think and what time and what you do. In time you will change your behaviour and create a new positive habit, and again keep your diet plan close by and hopefully this book if you enjoy reading it, do not want to hear it is just used to gather dust on the cabinet.
- To illustrate what I mean, consider a three-week action plan, to help plan a new objective each week. Taking small steps that represent consistent progress will take you nearer and nearer your ultimate weight-loss goal.

This finalises my brochure, would check all details though.....