

Alli Godbold's 7 Day Low GI Kick Start Plan



Forward from Alli Godbold

As a Nutritional Therapist I see many clients with weight issues and I always consider whether they might be suffering from food intolerances. If weight gain is accompanied by bloating, constipation and/or diarrhoea, congestion or skin problems I will recommend that first of all they take a YorkTest Food Intolerance test.

Food intolerances are often accompanied by water retention which is why when the culprit foods are eliminated many of my clients experience immediate and significant weight loss - it is not unusual to see a 5lb weight loss in the first week of avoiding a problem food.

I have written a 7 Day Low GI Kick Start Plan to be used in conjunction with YorkTest's Ideal Weight Programme to help you get started on your new Low GI way of life! The plan has 7 days of breakfasts, lunches and dinners which avoid simple sugars and refined carbohydrates. This low GI plan (it avoids foods with a high Glycaemic Index) primarily consists of lots of vegetables, nuts and seeds and lean meat and fish. The plan works because it avoids surges of the hormone insulin, the storage hormone released when our sugar levels rise too high. High levels of insulin promote fat storage and prevent our fat stores from being broken down for energy. My Diet is also gluten and dairy free as eliminating these foods results in weight loss for many people with intolerances to these common allergens.

My Low GI Kick Start Plan is 7 days after which you will have the knowledge to go 'off piste' and plan your own meals. If you follow YorkTest's Ideal Weight Programme principles you will not only lose weight but will also experience improved wellbeing as a result of truly nourishing your body.



Alli

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Breakfasts



- 1 | Granola served with coconut milk and berries
- 2 | *Buckwheat pancakes with smoked salmon and avocado
- 3 | *Boiled eggs with gluten free toast
- 4 | Berry smoothie
- 5 | *Scrambled eggs with smoked salmon and chives
- 6 | Porridge with berries
- 7 | *Spinach omelette

*if you are avoiding eggs repeat the non egg recipes with variations: Pancakes (can be made omitting eggs) served with almond butter and berries ; make smoothie and porridge with different fruits; serve granola with soya yoghurt (e.g. Joya) and chopped pear etc.

Lunches

- 1 | Smoked mackerel salad
- 2 | Pear and fennel soup
- 3 | Hummous with flaxseed crackers
- 4 | Roasted pepper and tomato soup
- 5 | Quinoa patties with spinach salad
- 6 | Black bean soup with salsa
- 7 | Courgette 'spaghetti' with walnut pesto and sundried tomatoes

Dinners

- 1 | Salmon burgers with fruit salsa and butternut squash salad
- 2 | Cauliflower pizza base
- 3 | Mexican spicy salmon with coleslaw salad
- 4 | Shredded chicken with tender-stem broccoli and lemon dressing
- 5 | Coriander masala chicken
- 6 | Japanese salad with smoked tofu
- 7 | Kashmiri chicken curry with cauliflower 'rice'



All recipes are gluten and dairy free

1 | Granola served with coconut milk, coconut yoghurt and berries

Ingredients

100g of one or combination of
gluten free oats, rice flakes,
millet flakes, quinoa
flakes and buckwheat flakes

140g walnuts, chopped

140g almonds, chopped

140g hazelnuts, chopped
(or just get 400g of raw
mixed nuts)

140g ground flax seed
(e.g. Linwoods sold at Holland
& Barrett and supermarkets)

100g coconut oil

1 tbsp. of brown rice syrup

1/2 tbsp. cinnamon

1 tbsp. vanilla extract

dried apricots, dates, prunes
and figs – optional

Method

Preheat oven to 180°C

In a big bowl, combine oats, nuts and flaxseed. In a saucepan, blend together, oil, syrup and cinnamon and cook on low heat until mixture starts bubbling. Remove, add vanilla and stir. Pour over oat mixture and mix well.

Thinly spread on baking sheet, lined with baking parchment. Place in oven and bake until golden (approx. 15 mins). Cool thoroughly, add a little dried fruit - optional. Store in airtight container.

Serve this with almond or coconut milk (e.g. Koko), coconut yoghurt (e.g. Coyo) and blueberries.





2 | Buckwheat pancakes served with smoked salmon and avocado

Ingredients

- 200g buckwheat flour
- 2 tsp. cinnamon
- zest of 1 orange
- 2 tsp. baking powder (gluten free)
- soya/coconut or almond milk (approx. 250ml)
- the juice from zested orange
- coconut oil
- smoked salmon
- avocado
- lemon juice
- freshly ground black pepper

Method

Mix flour, cinnamon, zest and baking powder in a large bowl. Add juice and gradually beat in the milk until the mixture forms a batter with a dropping consistency (coats the back of a spoon but still pourable). Put a heavy based frying pan on the heat. Melt the coconut oil (1 tsp.) to cover the bottom of the pan, pour off any excess. Pour a ladleful of the batter into the pan and cook for 2-3 mins until bubbles appear, flip over and cook for another 2 mins until golden. Repeat to make more pancakes using more coconut oil as necessary – this recipe serves 4 people. Alternatively the batter keeps well in the fridge in a sealed jar for up to 3 days.

Serve with slices of smoked salmon and avocado sprinkled with lemon juice and some freshly ground black pepper.



3 | Boiled eggs with gluten free toast

Method

Boil 2 eggs and have with 1 slice of gluten free toast – my favourite is ABO Linseed Loaf or Buckwheat Loaf. (available online www.artisanbread-abo.com). Biona also do gluten free bread.

If pushed for time try hard boiled eggs (made the night before and kept in fridge) sliced on toast.

Ingredients

2 eggs

1 slice of gluten free bread

4 | Berry smoothie

Ingredients

handful berries – either fresh or frozen

250ml unsweetened almond milk (or coconut milk e.g. Koko, unsweetened soya milk e.g. Alpro, or coconut water)

1 serving of protein powder e.g. Nutralya hemp seed protein powder, Sunwarrior classic (brown rice) protein powder, or Pulsin

1 dessertspoon of mixed ground seeds (e.g. Linwoods ground flax seeds)

1 tbsp. coconut yoghurt (e.g. Coyo)

pinch of cinnamon

Method

Blend all ingredients in a liquidiser and pour into a large glass.





5 | Scrambled eggs with smoked salmon and chives

Ingredients

2 eggs

1 slice smoked salmon, cut into strips

a few chives, chopped finely

1 tsp. of butter/coconut oil

Method

Whisk the eggs while you melt the butter/coconut oil in a heavy based pan. When the butter/oil is melted add the eggs and stir gently with a wooden spoon. Add the salmon and chives and serve immediately.

Serve this with a slice of gluten free toast (e.g. ABO linseed or buckwheat) or a couple of flaxseed crackers – see lunch recipe 3).



6 | Porridge with berries

Method

Put the oats in a non-stick saucepan over a gentle heat. Add the water and milk and stir until the porridge is thick and creamy. The longer you cook on a very gentle heat the creamier the porridge.

Another method is to soak the oats in the water and milk overnight and cook the next morning – the soaking softens the oats and makes them easier to digest.

Ingredients

half a cup of gluten free oats

half a cup of water

1 cup of coconut milk (e.g. Koko)

mixed berries

7 | Spinach omelette

Ingredients

2 eggs, beaten

large handful of spinach

1 tsp. butter/coconut oil

Method

Melt the butter/coconut oil in large, heavy based non-stick frying pan. Pour the eggs into the pan and allow to cover base of pan. When the bottom of the omelette is cooked (1 minute) spread the spinach leaves over the omelette.

Using a palette knife gently roll the omelette from the edge of the pan to make a 'roll'.



1 | Smoked mackerel salad

Method

Prepare all the salad ingredients and place in a large bowl – you can include radishes, celery, alfalfa sprouts, raw beetroot slices etc. to maximize nutrients. Flake the mackerel into the salad and toss the salad well with the lime juice.

Serve with a couple of gluten free oat cakes (Nairn's) or some Flaxseed Crackers (lunch recipe 3).

Ingredients

1 fillet of mackerel, skinned

green leaves – little gem lettuce,
rocket, spinach, watercress

vine tomatoes - sliced

flesh of half a Hass avocado - cubed

cucumber slices

juice of half lime



2 | Pear and fennel soup

Ingredients

2 large fennel bulbs, trimmed and chopped

2 tbsp. olive oil

2 onions, chopped

2 garlic cloves, chopped finely

1200ml vegetable stock made with bouillon (e.g. Marigold)

2 pears, cored and chopped

Method

Heat the olive oil in a large saucepan and sauté the onion and garlic.

Add the fennel and pear and the stock, bring to the boil and then reduce heat to a simmer for 30 mins.

Blend with a hand blender until smooth. Serve with 2 gluten free oatcakes (Nairn's) or 2 flaxseed crackers (lunch recipe 3).

Serves 4

3 | Hummous with flaxseed crackers

2 flax seedcrackers with a tablespoon of hummous and a mixed salad

Hummous

Ingredients

400g tin of chickpeas – organic, drained

1 clove garlic, crushed

sea salt

3 tbsps. tahini

juice of 2 small lemons

4-5 tbsps. water

3 tbsps. extra virgin olive oil

Method

Place the chickpeas with all the other ingredients in a food processor or blender. Blend using enough water to get the right consistency.

Flaxseed crackers

Ingredients

100g ground flaxseed (e.g. Linwoods ground flaxseeds - lots of varieties)

100g seeds (use a mixture of sesame, sunflower and pumpkin seeds)

100g flour (brown rice, buckwheat, chestnut, gram or quinoa flour or a mixture of these)

olive oil or sundried tomatoes in olive oil

sea salt or tamari soy sauce

fennel seeds, caraway seeds

Method

Mix all of the ingredients together with enough water to make a dough. Line a baking tray with baking parchment and placing another layer of baking parchment on top roll out the dough to form a thin layer (2mm thick). Bake in a hot oven (190°C) for approx. 20 mins until no longer soft. When cool break into 'Ryvita size' crackers.

Every batch you make can be different as you can use chopped dried sea vegetables with tamari soy sauce, or sundried tomatoes with a little sea salt etc. Invent new crackers every time and you will never get bored of them.

4 | Roasted pepper and tomato soup

Ingredients

3 red peppers
2 tbsp. olive oil
1 onion, finely diced
2 cloves garlic, crushed
1 tsp. cumin seeds, ground
1 tsp. fresh thyme leaves
1 tsp. smoked Spanish paprika
200g red lentils, rinsed
400g tin chopped tomatoes
1.2 litres vegetable stock
2 tbsp. of finely chopped parsley
salt to taste
juice of 1-2 lemons

Method

Roast the peppers in a hot oven for about 20 mins. until the skin is blistered and bubbly. Remove the peppers from the oven, cover with a bowl until cool and then remove the skin and seeds and chop the flesh. Reserve the liquid from the peppers – or use a jar of Karyatis red peppers.

Sauté the onion in the oil until soft, add the garlic, cumin and thyme, then add the paprika, lentils, tomatoes and stock. Simmer.

Add the pepper flesh and liquid to the soup and continue to cook until the lentils start to break down.

Stir in the parsley and season with salt and lemon juice adding some extra paprika if necessary and a swirl of extra virgin olive oil as you serve.

Serves 4



5 | Quinoa patties with spinach salad

Quinoa patties

Ingredients

300g sweet potato, chopped
3 tbsp. olive oil
100ml (in measuring jug) quinoa
2 tsp. bouillon (e.g. Marigold)
40g dried cranberries – soaked for an hour if time, drained
parsley, chopped
2 heaped tbsp. nutritional yeast flakes
15g ground arrowroot (2 sachets)
sea salt
1 egg white

Serves 4

Method

Place the chopped sweet potato on a baking tray, drizzle with 2 tbsp. olive oil and bake for 30 mins. Transfer to a bowl and blend to a puree with another tbsp. olive oil.

Toast the quinoa in a dry pan and when popping add 200ml of boiling water. Add the bouillon powder and simmer for approx. 15 mins until the quinoa separates and absorbs the stock (adding more water as necessary to prevent sticking to pan). Drain if there is any liquid remaining as the quinoa needs to be dry.

In a large bowl combine the sweet potato puree with the quinoa and the remaining ingredients, mixing to a sticky consistency. Form the mixture into 8 small burgers.

Heat a little olive oil/coconut oil in a pan and cook the burgers for about 2 mins on each side until golden. Transfer to a baking tray lined with baking parchment and warm through for 10 mins.

Serve 2 patties with a portion of the spinach salad.



Spinach salad

Ingredients

bag of spinach, washed

1 ripe avocado

1 tbsp. nutritional yeast flakes
(available Holland & Barratt or
online from Goodness Direct)

3 tbsp. lemon juice

1 tbsp. olive oil

splash tamari soy sauce

handful seeds – optional

Method

Place the spinach in a large bowl. Massage in the avocado, yeast flakes and lemon juice - adding the oil and tamari. Mix in seeds.

6 | Black bean soup with salsa

Black bean soup

Ingredients

2 plum tomatoes
3 garlic cloves, unpeeled
25g butter
olive oil
1 small white onion, finely chopped
1 tbsp. fresh oregano, chopped
2 fresh bay leaves
1 red chilli, finely chopped,
or 1 tsp. Chipotles en adobo
(from Sainsbury's or online from The
Cool Chile Company)
sea salt, freshly ground black pepper
2 tins/cartons of black beans, drained
1 litre stock (e.g. Marigold bouillon)
juice of 1 lime

Method

Dry roast the tomatoes and garlic in a heavy based pan until blackened. Remove the skin.

Meanwhile, heat the butter and a tbsp. of oil in a large, heavy based pan and when the butter foams add the onion and herbs. Sweat for about 10 mins. and then add the garlic. Cook for a few mins before adding the skinned tomatoes and chilli/Chipotles. Season well with salt and pepper. Cook gently for a few mins and then add the drained beans, the stock and lime juice. Simmer for about another 10 mins.

Whizz with a hand blender – briefly for a textured soup, longer for a smooth soup. Pour the soup into bowls, add some salsa.

Serves 4



Fresh tomato salsa

Method

Combine all of the ingredients to make delicious salsa that goes with everything!

Ingredients

2 large tomatoes, finely chopped

1 small red onion, finely chopped

1 large avocado – flesh cubed

juice of 1 lime

small handful coriander, chopped

sea salt and black pepper

7 | Courgette 'spaghetti' with walnut pesto and sundried tomatoes

Courgette 'spaghetti'

Ingredients

2 large courgettes

1 handful sundried tomatoes

Method

Use a *Spiralizer to make spaghetti from the courgettes, or shave into ribbons using a vegetable peeler.

*Spiralizer from Amazon GEFU brand

Serves 4

Pesto

Ingredients

3 handfuls of rocket

50g walnuts

100ml olive oil

2 tbsp. water

2 tbsp. nutritional yeast

2 garlic cloves, peeled

juice of half a lemon

sea salt and black pepper

Method

Put all the ingredients into a food processor and blitz until combined but still chunky. Season to taste.

Divide the 'pasta' between 4 plates, top with walnut pesto and garnish with the sundried tomatoes.



1 | Salmon burgers with fruity salsa and butternut squash salad

Burgers

Ingredients

750g salmon fillet, skinless

1 heaped tbsp. sushi ginger

half small red onion, chopped

small bunch coriander

1 tsp. capers

2 tsp. toasted sesame oil

half tsp. sea salt

black pepper

olive oil

Serves 4

Method

Combine salsa ingredients in a bowl and set aside.

Place the salmon on a plate and put it in the freezer for 15 mins along with the bowl and blade from the food processor.

Meanwhile prepare the rest of the burger ingredients.

Blitz the cold salmon until roughly minced, (pulse for a couple of seconds about 6 times) – the cold temperature prevents the salmon from turning to paste!

Place the salmon in a large mixing bowl and use the processor to blitz the ginger, onion, coriander, capers, sesame oil, salt and pepper. Add this to the salmon and combine with a spatula. Form the mixture into burgers. Put the burgers in the fridge to marinate for an hour, time permitting.

Meanwhile make the salad (see next page)

Heat a grill pan over a medium/high heat. Drizzle the burgers with a little olive oil and cook for about 5 mins each side until browned. Serve with the salsa and salad.



Salsa

Ingredients

half a cucumber, diced

half a mango, diced

one third pineapple, diced

half small red onion, finely chopped

small bunch coriander, chopped

small bunch mint leaves, chopped

juice 1 lime

sea salt

Method

Combine salsa ingredients in a bowl and set aside.

Salad

Ingredients

half a butternut squash

olive oil

3 artichoke hearts (from jar), chopped

rocket

pomegranate seeds
(from a quarter of a pomegranate)

juice of half a lemon

Method

Chop the butternut squash into small pieces and place on a baking tray, brush with olive oil. Bake the squash in a hot oven until tender – approx. 15 mins. Combine the squash with the rest of the salad ingredients.

2 | Cauliflower base pizza

Ingredients

1 cauliflower
2 eggs
sea salt
1 tbsp. of oregano
3 tbsp. of quinoa flour (or buckwheat flour or ground almonds)
1 can of tomatoes
1 tsp. of dried rosemary
1 white onion
coconut oil
100g rocket
100g sun-dried tomatoes

Serves 2

Method

Set the oven to 180°C.

Take your cauliflower, cut off the green stalks. Cut it up roughly and pop it into the food processor and pulse it until it is finely pulsed (smaller than rice, not quite flour).

Once you have done this pop the chopped cauliflower in a bowl with the eggs, a large pinch of salt, the oregano and gluten free flour.

Mix together to form a dough and split into two. Place one half on baking paper and flatten out with a spoon or spatula until you form a circle just under 1cm high. Repeat with other half.

Melt 2 tsp. of coconut oil on a medium heat and brush the oil over the pizza bases.

Place them both in the oven to cook for 20 mins.

Make the topping by cutting the white onion up very small, sauté it in 1 tbsp. of coconut oil with the rosemary on a medium heat with a pinch of sea salt for 5 mins.

Add in the can of tomatoes and cook for another 5-10 mins. By this time it will be time to take the bases out.

Pour the tomato mix on top and cook for another 5 mins until the edges crisp (but don't burn).

Take them out and scatter the rocket and sun-dried tomatoes evenly over both pizzas.



3 | Mexican spicy salmon with coleslaw salad

Spicy salmon

Ingredients

zest and juice of 1 lime

1 red chilli chopped finely or
1½ tsp. Chipotles en adobo
(www.coolchile.co.uk or from
Sainsbury's)

1 tbsp. maple syrup

sea salt

4 fillets of salmon

2 tbsp. coriander, chopped

Method

Preheat oven to 200°C

Whisk together the lime zest and juice, the Chipotles en adobo/chilli and maple syrup with a pinch of salt. Line a baking tray with parchment paper, place the salmon on top and pour the mixture over it. Bake in the oven for about 15 mins or until the salmon is just cooked through (timing depends on the thickness of the fillet).

Serve sprinkled with coriander.

Serves 4



Coleslaw

Ingredients

1 tbsp. pumpkin seeds
 quarter white cabbage, shredded
 1 little gem lettuce, finely sliced
 6 radishes, finely sliced
 1 small red onion, finely sliced
 1 large carrot, sliced into matchsticks
 half red chilli, finely sliced
 2 tbsp. chopped fresh mint
 1 tbsp. chopped fresh coriander

Dressing

1 tsp. cumin seeds
 1 egg yolk
 half tsp. Dijon mustard
 1 garlic clove, finely chopped
 large pinch sea salt
 2 tsp. red wine vinegar
 juice of half a lime
 170ml extra virgin olive oil
 1tbsp. soya yoghurt (e.g. Joya)

Method

Dry roast the cumin seeds in a heavy based frying pan for a minute and then grind to a powder with a pestle and mortar.

In a small bowl mix the egg yolk, mustard, garlic, cumin, salt, vinegar and lime juice. Gradually whisk in the olive oil. Stir in the soya yoghurt.

Dry roast the pumpkin seeds in a heavy based pan for a minute until the skins are popping. In a large bowl mix all the slaw ingredients. Toss the slaw with the dressing just before serving.

4 | Shredded chicken with tender-stem broccoli and lemon dressing

Ingredients

4 organic/free range chicken breasts, skinned

Dressing:

juice and zest of a lemon

4 tbsp. olive oil

freshly ground black pepper

Serves 4

Salad

Ingredients

250g tender-stem broccoli, trimmed

½ red onion, finely chopped

handful of mange tout

2 carrots, cut into julienne

1 tbsp. sesame seeds

trickle sesame oil

Method

Bring a large pan of water to the boil. Add chicken and cook 10 mins. Turn off heat and leave chicken in to poach for further 15 mins. Remove from pan and shred meat, set aside.

Mix dressing ingredients and set aside.

Steam broccoli and then place in a bowl with the chicken and all the other ingredients. Pour over dressing and mix well. Sprinkle over seeds and sesame oil.



5 | Coriander masala chicken

Method

Put all the ingredients for the masala in a food processor and blend to a paste.

Cover the chicken in the paste in a shallow oven proof dish.

Bake in the oven for 20 mins until the chicken is cooked through. Serve with a small portion of brown basmati rice (teacup sized portion).

Ingredients

2 skinless chicken breasts,
sliced into smaller fillets

Masala paste:

1 green chilli

1" piece of fresh root ginger

4 cloves of garlic

1 tsp. cumin seeds

1 tsp. coriander seed

1 tbsp. lemon juice

half tsp. garam masala

2 tbsp. olive oil

1 tsp. salt

1 bunch fresh coriander (30g)

Serves 2

6 | Japanese salad with smoked tofu

Ingredients

125g buckwheat noodles
(100% buckwheat)

1 large carrot

1 courgette

handful green beans, thinly slices

small handful Thai basil leaves, ripped

handful bean sprouts

handful coriander leaves

seeds from half pomegranate

2 tsp. sesame oil

2 tsp. coconut oil

125g smoked tofu, cut into 6
big squares

2 tsp. tamari

50g raw cashews

Dressing

1 tbsp. white miso paste

2 tbsp. mirin

1 pack sushi ginger
(50g drained weight)

2 tsp. rice wine vinegar

1 tbsp. lime juice

1 tbsp. olive oil

2 tsp. water

Method

Whizz the dressing ingredients in a blender until smooth.

Cook the noodles according to instructions (they tend to stick together so use a large pan with plenty of water and stir occasionally whilst they are cooking), rinse in cold water and drain. Use a spiralizer (GEFU from Amazon online) to make the carrot and courgette into spirals (or shred finely). Place the noodles, carrot and courgette into a bowl and mix. Mix in the remaining vegetables/herbs, pomegranate seeds and 2 tsp. sesame oil.

Before serving heat the coconut oil in a heavy pan and cook the tofu for a few mins until browned on all sides. Add the tamari and cook for a further 2 mins.

Add the dressing to the noodle salad and toss gently. Scatter on the cashews and serve with the tofu cubes on the side.



7 | Kashmiri chicken with cauliflower 'rice'

Kashmiri chicken

Ingredients

3 chicken breasts, diced
1 tbsp. coconut oil
1 large onion, sliced
1 large piece ginger, peeled and grated
2 garlic cloves, finely chopped
bunch coriander, chopped
1 tsp. ground coriander
1 tsp. ground cardamom
1 tsp. turmeric
100g flaked almonds
100ml chicken or bouillon stock
freshly ground black pepper

Method

In a large pan heat oil and brown chicken quickly. Transfer to plate and set aside. Add onion, garlic, chilli, ginger to pan - cook for about 10 mins until softened. Add the spices, and cook for a further 5 mins. Add the almonds and then chicken, stir well, add stock and salt and pepper. Simmer for 40 mins over a gentle heat. Add fresh coriander before serving.

Serve with cauliflower rice.

Cauliflower 'rice'

Ingredients

½ cauliflower, cut into florets
30g pine nuts
ground black pepper
juice ½ lemon
2 tsp. tahini

Method

Place all in a food processor and blend until resembles "grains" – don't over blend.

Notes



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