

# EVERYDAY GOODNESS

## *Recipe Book*

Where diabetes doesn't define your mealtime



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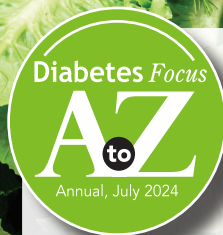
Diabetes Focus informs and inspires all those who have, or are affected by diabetes. Diabetes Focus is committed to working with all stakeholders to find solutions aimed at improving the quality, style, satisfaction, enjoyment and activities of people affected by diabetes.

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# EVERYDAY GOODNESS

## Recipe Book

### Savouring health one recipe at a time

This recipe book is for everyone navigating the journey of diabetes with the desire to enjoy life's culinary pleasures without compromising their health. Whether you are newly diagnosed or have been living with diabetes for many years, or are someone cooking for a loved one, the goal is to transform the way you think about food and diabetes.

We offer a collection of recipes that are both nutritious and delectable, crafted with careful attention to the dietary needs of people with diabetes. Each recipe is designed to maintain balanced blood glucose levels while providing a rich sensory experience that celebrates flavour, texture, and aroma.

From hearty breakfasts and satisfying lunches to succulent dinners and indulgent snacks, we have ensured there is something for every occasion and taste preference.

Our mission is to show that diabetic-friendly meals can be varied, vibrant, and utterly satisfying. By using wholesome ingredients and innovative cooking techniques, we can create dishes that not only support your health goals but also bring joy and excitement to your table.

Remember, managing diabetes is a daily endeavour, and making mindful food choices is a powerful step toward living a full and healthy life.

We hope this book inspires you to explore new recipes, experiment with fresh ingredients, and, most importantly, savour every bite. Here's to your health, happiness, and the delicious journey ahead.

### Enjoy cooking and eating the deliciously diabetic way!

**Estée van Lingen**

Dietitian

[esteedietitian.com](http://esteedietitian.com)







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bos. Naturally!

## BREAKFAST

Buzz

# BERRY GOOD MORNING BOWL

**A delicious kickstart to your day.** Packed with antioxidants, this vibrant breakfast bowl is more than just a meal, it's an experience for your taste buds.



Servings: 1



Ingredients: 6



Prep time: 5 – 10 minutes

## INGREDIENTS

- 2 Tbsp. (20g) oats
- 2 x  $\frac{1}{4}$  cup mixed berries (raspberries, blackberries, blueberries, strawberries). The second cup is for the topping as you require.
- $\frac{1}{2}$  tsp. ground cinnamon
- $\frac{1}{2}$  cup low-fat milk/ almond milk or 50g low-fat plain yoghurt
- 1 Tbsp. (10g) chia seeds
- 6 almonds

## METHOD

1. Add everything together in a blender except the almonds and a  $\frac{1}{4}$  cup berries and purée till smooth.
2. Pour mixture in a bowl, top with almonds and the second  $\frac{1}{4}$  cup of berries, and serve.

## — FAST FIXES

- **Need an on-the-go meal?** Add this mixture into a shaker and enjoy on-the-go. In this case, you will blend with the almonds.
- **Prefer a crunchier meal?** Leave out the blending and just mix everything together. Add more water or low-fat milk if it's too thick. Don't let the mixture stand too long as it will thicken due to the chia seeds that were added.



Fruit does contain sugar but a variety of fruits can still be enjoyed as part of a diabetic-friendly diet if the correct rules and portions are followed.

## — NUTRITIONAL INFO (per serving)

Energy	Protein	Carbs	Fat
997kJ	10,2g	24g	9,3g



# CHEEKY OMELETTE WRAP

BREAKFAST

Buzz

This isn't your ordinary omelette. We're talking fluffy omelettes loaded with delicious fillings, all wrapped up for a fun way to fuel your day.



Servings: 2



Ingredients: 8



Total time: 10 – 15 minutes

## INGREDIENTS

- Non-stick cooking spray
- 4 large eggs, beaten lightly
- 1 Tbsp. (40g) low-fat cottage cheese
- 1 cup (70g) mushrooms, chopped
- ½ cup cherry tomatoes, chopped
- Salt
- Black pepper
- Italian herbs, dried

## METHOD

1. Stir-fry the mushrooms and cherry tomatoes over dry heat to warm up until browned. Flavour with salt and pepper and Italian herbs. Set aside.
2. Spray a medium frying pan with non-stick cooking spray. Pour half of the egg mixture into pan and cook over medium heat, swirling the pan to make a thin omelette. Once browned, turn over and cook on the other side till browned too. Remove from the pan. Cool on a baking paper covered wire rack. Repeat with remaining egg.
3. Spread half of the low-fat cottage cheese on one omelette. Top the middle of the omelette with half of the mushroom and cherry tomato mixture. Repeat with the second omelette.
4. Serve warm with extra vegetables on the side.

## TOP TIPS

- Mushrooms and cherry tomatoes can be switched out with baby spinach, mixed peppers, onions, baby marrow, etc.
- Serve with a slice of rye or whole wheat toast **as allowed** or add avocado on the side.



## NUTRITIONAL INFO (per serving)

Energy	Protein	Carbs	Fat
808kJ	18,3g	3g	11,9g



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## **DIABETES FRIENDLY**

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## **ENDORSED BY**

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## **ZERO SUGAR**

Futurelife® Smart Food Zero has zero added sugar.



## **PROTEIN**

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## **VITAMINS & MINERALS**

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## **VARIETY**

Futurelife® Smart Food Zero is now available in Chocolate & Banana flavour.

# HASH BROWN HERO

**Get ready to meet your new breakfast hero.** The Hash Brown Hero is here to spice up your mornings with some serious zucchini power. These golden fritters are lower in carbs than traditional hash browns.



Servings: 4 (2 hash browns each)



Ingredients: 7



Total time: 30 minutes

## INGREDIENTS

- 8 (350g) large zucchinis
- 1 (160g) medium onion
- 2 heaped Tbsp. plain flour
- Sea salt
- Freshly ground black pepper
- 2 large free-range eggs
- 2 Tbsp. olive oil, divided

### HEALTH FACT

Zucchinis, also known as baby marrows, provide a high level of nutrients yet are low-kilojoule vegetables. They are a significant source of vitamin A, vitamin C, calcium, iron, and dietary fibre.

## METHOD

1. Coarsely grate the zucchinis; there's no need to peel them.
2. Peel and coarsely grate the onions.
3. Transfer the grated zucchinis and onions to a sieve; press down on them to squeeze out as much liquid.
4. Transfer to a mixing bowl, add the flour and season well with salt and pepper.
5. Add in the eggs and mix well with a wooden spoon, until the mixture is fully combined.
6. Put a large non-stick frying pan on the heat and add 1 Tbsp. olive oil. Once hot, add heaped spoonfuls of the mixture to the pan. Don't overcrowd the pan.
7. Cook for about 4 minutes on medium heat, without moving, until a golden crust has formed, then turn each one over.
8. Continue to cook another 2 – 3 minutes on the other side till brown and cooked through. Transfer to kitchen paper towel to drain.
9. Repeat with the remaining batter, adding the extra 1 Tbsp. olive oil as needed.

### — SERVING SUGGESTION —

Serve with roasted cherry tomatoes, a poached or fried egg and/or avocado, or spread low-fat cottage cheese on top.

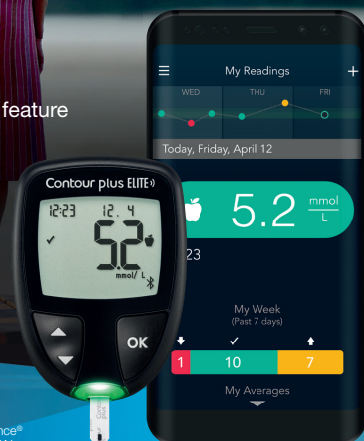
### — NUTRITIONAL INFO (per serving)

Energy	Protein	Carbs	Fat
570kJ	6,1g	12g	6,35g



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\*\* On a compatible Android or iOS device. For a full list of compatible devices, please visit [compatibility.contourone.com](http://compatibility.contourone.com).

1. Richardson J et al. Clinical Relevance of Reapplication of Blood Samples During Blood Glucose Testing. Poster presented at the virtual 20th Annual Diabetes Technology Meeting (DTM). 12 November 2020.

2. Market Research Ascensia Diabetes Care, Hall & Partners online market research, conducted April/May 2015.

3. Klaff I et al. Accuracy and user performance of a new blood glucose monitoring system. Journal of Diabetes Science and Technology. 2021;15(6): 1382-1389.

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## BREAKFAST

Buzz

# PEACH & BERRY BREAKFAST SLICE

Indulge in a taste sensation with this delightful Peach & Berry Breakfast Slice. Made with a base of wholesome rolled oats to keep you fuller for longer and bursting with flavour for a satisfying start to your day.



Servings: 20



Ingredients: 12



Total time: 1 ½ hours

## INGREDIENTS

- 1 Tbsp. baking powder
- 1 cup (180g) rolled oats
- ½ cup (70g) cake flour
- 1 tsp. cinnamon
- ¼ cup (57.5g) soft tub margarine, light
- 10 Huletts EquiSweet Sachets
- 2 eggs, lightly beaten
- ¾ cup (185ml) low-fat plain yoghurt or cottage cheese
- 1 Tbsp. vanilla essence
- 100g frozen berries
- 1 large peach or nectarine, thinly sliced
- Grilled low-GI fruit for garnishing, optional

Can be stored in an airtight container in the fridge for up to 4 days.

## METHOD

1. Preheat oven to 180°C. Line and grease a 20cm x 25cm baking tray.
2. Combine the flour, baking powder, cinnamon, EquiSweet and oats in a mixing bowl and make a well in the centre.
3. In a separate bowl whisk the eggs, yoghurt, vanilla and melted margarine until well combined.
4. Pour the whisked egg and yoghurt mixture into the well in the centre of the dry ingredients and mix into a batter.
5. Spoon the batter into the greased baking tray and smooth out into an even layer.
6. Lay the berries and peach slices on top of the batter.
7. Bake for 45 minutes.

### — NOTE —

1 Peach & Berry Breakfast Slice is equivalent to: ½ portion starch and ½ portion fat. GL per serving = 7.

GI (calculated) = 54 (low-GI, if a bit of extra low-GI fruit like berries or peach is used for garnishing).

Rest assured; this recipe has been approved by DSA and GIFSA.

### — NUTRITIONAL INFO (per serving)

Energy	Protein	Carbs	Fat
288kJ	2,3g	7,8g	2,8g





**EquiSweet's superior taste allows you to enjoy the sweeter things in life without the added kilojoules.**



- ✓ **ENDORSED BY GIFSA & DIABETES SA**
- ✓ **NO BITTER AFTER TASTE**
- ✓ **SUCRALOSE VARIANT ASPARTAME-FREE**

**EquiSweet is available in both Classic and Sucralose variants, in convenient tablets, sachets and refill formats.**

**Winner in the Sweetener category (ASK AFRICA AWARDS) since 2018.**

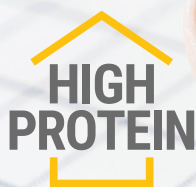


**Huletts®**  
**EquiSweet®**  
LOW KILOJOULE SWEETENER

**The Perfectly Sweet Taste of Huletts in a low kilojoule sweetener**

## SWEET CHEESY DOES IT

**Craving a protein-packed treat that's light on guilt?** Look no further than creamy cottage cheese and juicy berries for a delightful and refreshing treat that's ready in minutes.



**HIGH  
PROTEIN**



Servings: 2



Ingredients: 5



Prep time: 10 minutes

## INGREDIENTS

- 1 cup (230g) low-fat cottage cheese
- ¼ tsp. vanilla extract or 1 tsp. vanilla essence
- ¼ tsp. cinnamon
- 5 drops liquid stevia
- 1 cup berries of choice (blueberries, raspberries, strawberries, blackberries, etc.)

## METHOD

1. Combine all the ingredients except the berries in a food processor or with a blender.
2. Pulse until smooth.
3. Divide in two serving bowls or two containers to store in fridge.
4. Top with berries and enjoy.



## — WHY IS COTTAGE CHEESE GOOD FOR YOU? —

**Cottage cheese packs a powerful nutritional punch, making it a great addition to your diet for three reasons:**

- 1. Protein powerhouse:** It's particularly high in protein, with almost half of its kilojoules coming from protein.
- 2. Calcium champion:** Cottage cheese is an excellent source of calcium, which is crucial for strong bones and teeth.
- 3. Vitamin and mineral rich:** It's not just protein and calcium. Cottage cheese contains a good amount of B vitamins, which play a role in energy production and cell function.

## — NUTRITIONAL INFO (per serving)

Energy	Protein	Carbs	Fat
472kJ	12,9g	9g	2,2g

# LETTUCE ROLL-UPS

MIDMORNING

Munch Mania

**The stealthy snack:** Ditch the boring bread. These Lettuce Roll-ups are like tiny edible tuxedos for all your favourite sandwich fillings. Sneak some veggies in while you're at it. Shhh, don't tell the taste buds.



Servings: 2 (half a Lettuce Roll-up is 1 serving)



Ingredients: 6



Prep time: 10 – 15 minutes

## INGREDIENTS

- 8 Iceberg lettuce leaves
- 2 Tbsp. reduced fat mayonnaise
- 1 tsp. mustard
- 3 (40g) prosciutto slices (or any other lean ham) or 30g chicken breast, strips
- 6 slices cucumber
- 8 cherry tomatoes, cut in half

You will also need:

- 1 piece of baking paper (30cm x 30cm)

## METHOD

1. On a cutting board, place the baking paper. Layer 5 – 8 lettuce leaves in the middle of the baking paper. The sides of the lettuce leaves should be on top of each other, leaving no space between them. Layer the topping by spreading first the mustard and then the mayonnaise.
2. Add the prosciutto (lean ham or chicken breast), slices of cucumber, and tomatoes.
3. Roll the lettuce by using the baking paper as your base and as tight as possible.
4. Halfway through rolling, fold the edges towards the centre and continue rolling like a burrito. When it's completely wrapped, roll the remainder of the baking paper around the lettuce.
5. Using a knife, slice in half and enjoy.

## — TOP TIP —

It's not just about adding in as much healthy foods as you can, portion control is key when it comes to managing blood glucose levels and weight loss.

## — NUTRITIONAL INFO (per serving)

Energy	Protein	Carbs	Fat
603kJ	7,5g	6g	9,6g

LOW  
CARB



## FLIPPIN' FANTASTIC FLAPJACKS

This isn't your average stack of pancakes. We're taking fluffy, golden flapjacks to the next level by supercharging them with LIFE GAIN® Advanced Nutritional Supplement. That's right, these flapjacks are designed to tantalise your taste buds and support your overall well-being.



Servings: 4  
(1 flapjack per serving)



Ingredients: 5



Total time: 10 – 12 minutes

## INGREDIENTS

- 1 (118g) medium banana
- 1 large egg
- 2 heaped Tbsp. LIFE GAIN® Vanilla (or use 2 scoops provided in the tin)
- 1 tsp. cinnamon
- ½ cup fresh or frozen mixed berries

## HEALTH FACT

The greener the banana, the lower the GI.

The Triple Protein Formula in LIFE GAIN® can help you to feel fuller for longer and assist with recovery of muscle tissue and maintain a healthy weight.

## METHOD

1. Add the medium banana to a blender and blend on low until just broken down, not completely smooth (you can mash the banana if you don't mind a rougher texture).
2. Add the egg, LIFE GAIN® Vanilla, and cinnamon, then blend on low until smooth.
3. Heat a non-stick pan over medium-low heat, then lightly spray the pan surface with cooking spray. Use half of the batter to form two flapjacks in the pan. When the batter starts to bubble, flip over. Repeat with the rest of the batter.
4. Top with fresh or frozen berries.

## – ADD VARIETY

- Use LIFE GAIN® Chocolate if you want a chocolate taste or add 1 level tsp. cacao instead.
- Use LIFE GAIN® Strawberry to add to the berry taste.
- Add 1 Tbsp. of plain low-fat yoghurt with the berries or spread a tsp. of sugar-free peanut butter on the flapjack.

**PLEASE NOTE:** Applying heat to the ingredients used in the recipe may cause the denaturation of some nutrients.

## — NUTRITIONAL INFO (per serving)

Energy	Protein	Carbs	Sugar	Fat
362kJ	6g	10g	6g	3g





# Beyond every day nutrition.

Most of us live stressful fast paced lifestyles and we may not be getting all the nutrients that our body's need from the food we eat.

**LIFEGAIN®** is an **\*ALL-IN-ONE Advance Nutritional Supplement** that offers high level nutrition to assist in maintaining your body's normal physical and emotional functions so that you can gain the most out of life every day!

## LIFEGAIN® FORMULA

- ✓ High in energy
- ✓ Very high in omega-3 fatty acids
- ✓ High in iron & zinc
- ✓ No refined carbohydrates
- ✓ High in protein
- ✓ No added sugar
- ✓ Source of Fibre as packed
- ✓ Trans fat, gluten, lactose and cholesterol free
- ✓ 24 vitamins and minerals
- ✓ Diabetic friendly\*\*

## LIFEGAIN®. REGAIN YOUR STRENGTH.

When planning your diabetic diet, it's important to keep certain principals in mind to be sure that your body is getting what it needs daily.

### 5 PRINCIPALS OF HEALTHY EATING

ADEQUACY	BALANCE	KILOJOULE CONTROL	MODERATION	VARIETY
A diet that provides all the essential nutrients in balance	A diet that contains the right mix of nutrients to provide what is essential for health and weight management	Not too many or too few kilojoules	Not too much fat, salt, or sugar	As many different foods as possible to ensure that all essentials nutrients are consumed

Find out how **LIFEGAIN®** is changing lives: [www.lifegain.co.za/real-life-stories](http://www.lifegain.co.za/real-life-stories)

\*ALL-IN-ONE Advanced Nutritional Supplement. \*\*Suitable for people with diabetes without impaired renal function. Can be used in conjunction with a diabetic prescribed diet. **Nativa (Pty) Ltd.** Customer Care Line: 0860 628 482 • 260 Cradock Avenue, Lyttelton, Centurion, 0157, South Africa • YALIF040/01

## THE HANGRY HIPPO

**This isn't your grandma's chickpea salad.** This has got more kick than a hippo in a tutu. It's the perfect lunch to tame your inner hangry beast. Served on a bed of baby spinach, because even hangry hippos need their greens.



Servings: 4



Ingredients: 9



Prep time: 10 minutes

## INGREDIENTS

- 1 can (400g) chickpeas
- 2 Tbsp. fresh parsley
- 2 Tbsp. fresh chives
- ¼ cup lemon juice
- 2 Tbsp. extra virgin olive oil
- 1 small garlic clove, minced
- 1 Tbsp. nutritional yeast
- Pinch of salt
- 4 cups baby spinach

## METHOD

1. In a mixing bowl, combine the chickpeas, parsley, chives, lemon juice, oil, garlic, nutritional yeast, and salt. Mix well.
2. Season with additional lemon juice or salt if needed.
3. Divide the baby spinach between four plates or bowls just before eating and top with the chickpea salad mixture and any excess dressing from the mixture.
4. Serve cold.

**Nutritional yeast** is an inactivated version of the yeast you use to make bread or beer. It has a savoury or umami flavour. It is a good source of protein and high in B vitamins.

## — SWOPS AND MORE FLAVOUR —

- If you want more flavour, you can add other fresh herbs, red pepper flakes or parmesan cheese.
- You can also swop out the chickpeas with butter beans or lentils.
- Leftovers can be refrigerated in an airtight container for up to 3 days. Assemble the salad just before serving.

## — NUTRITIONAL INFO (per serving)

Energy	Protein	Carbs	Fat
871kJ	9,5g	17g	10g

# RAINBOW ROCKET WRAPS

LUNCHBOX

LOOT

**Blast off to flavourtown with our Rainbow Rocket Wraps.** Packed with colourful veggies that are out of this world (not literally, we checked). Get ready for a taste bud trip to another galaxy.



Servings: 4



Ingredients: 10



Prep time: 25 minutes

## INGREDIENTS

- 4 vegetable wraps (made from turnips, beetroot, etc. and less than 10g carbohydrates per wrap)
- 1 cup (75g) red cabbage, finely chopped
- 1 cup (75g) green cabbage, finely chopped
- 1 cup carrots, grated
- 4 Tbsp. lite mayonnaise or salad dressing
- ½ red pepper, thinly sliced
- ½ green pepper, thinly sliced
- ½ yellow pepper, thinly sliced
- Pinch of salt
- Black pepper

## METHOD

1. Mix the cabbage and carrots with the mayonnaise and make sure it's mixed through.
2. Lightly toast the wraps in a pan (don't add oil or fat to the pan). Remove from heat and cool slightly.
3. Top the wraps with the mixed peppers in the middle and then with the cabbage, carrot, and mayo mixture. Flavour with salt and pepper.
4. Roll up the wraps like a pancake or if preferred, fold in the bottom part so it's easier to eat.

Don't want to chop?  
Use ready-prepared cabbage and carrot mix.



## —NUTRITIONAL INFO (per serving)

Energy	Protein	Carbs	Fat
693kJ	4,9g	9,1g	9,6g



## THE MIGHTY MEATBALL SPUDS

**Get ready for a spud-tacular meatball adventure.** This lunch is pure comfort on a plate. Soft, fluffy potatoes cradle the juicy meatballs, all smothered with a tangy sugar-free tomato and onion relish.



**HIGH  
PROTEIN**



Servings: 4 (1 serving  
is 3 potato quarters  
and two meatballs)



Ingredients: 14



Total time: 40 minutes  
(excluding boiling of potatoes)

## INGREDIENTS

- 1 cup (240g) sugar-free tomato and onion relish
- 250g lean mince or ostrich mince
- 1 large egg
- 3 Tbsp. (45g) parmesan, grated
- 1 tsp. oregano, dried
- 2 Tbsp. basil, dried
- 2 Tbsp. fresh parsley, chopped
- 2 garlic cloves, finely minced
- 1 ½ tsp. onion powder
- ½ tsp. red pepper flakes, optional
- Salt
- Black pepper
- 3 medium potatoes (80g each), boiled till soft, with skin on
- Fresh basil leaves as garnish

## METHOD

1. Preheat the oven to 180°C and line a rimmed baking sheet with parchment paper. Set aside.
2. Pour tomato and onion relish into a glass baking dish and spread in a thin layer to cover the bottom and set aside.
3. Add mince, eggs, parmesan cheese, oregano, basil, parsley, garlic, onion powder, and red pepper flakes to a separate glass bowl. Season with salt and pepper to taste. Thoroughly combine mixture using your hands and divide into 8 equal-sized portions. You can make them bigger or smaller as well.
4. Gently roll each portion into a ball and place on prepared baking sheet, leaving room between each meatball. Place baking sheet in the preheated oven and bake for 15 – 20 minutes.
5. Remove from oven and transfer the meatballs to the glass baking dish filled with tomato and onion relish.
6. Place baking dish in oven for approximately 10 minutes, or until sauce and meatballs are heated through. Remove from oven.
7. Cut the potatoes into quarters, dividing into 4 servings and top each serving with two meatballs and tomato and onion relish.
8. Garnish with fresh basil leaves and serve.

## — NUTRITIONAL INFO (per serving)

Energy

1103kJ

Protein

21,8g

Carbs

25g

Fat

7,6g



# SPICY FIESTA BITES

**AFTERNOON**

Nibble Nook

**We are all craving chips and guac... but adulting is hard.**

These Spicy Fiesta Bites are the healthy alternative that lets you pretend you are having a fancy fiesta while secretly nourishing your body.



Servings: 4



Ingredients: 9



Prep time: 10 – 15 minutes

## INGREDIENTS

- 1 (140g) small avocado, peeled and mashed
- 1 medium tomato, finely cubed
- ½ small onion, finely chopped
- 2 Tbsp. (80g) low-fat cottage cheese
- 1 chilli, finely chopped (add more for a spicier taste)
- Juice of half a lemon
- Pinch of salt
- Ground black pepper
- 4 large brown rice cakes

## METHOD

1. Mix the mashed avocado with the tomato, onions, and cottage cheese.
2. Add the chilli, lemon juice and flavour with salt and pepper.
3. Divide mixture into four equal amounts.
4. Spread the divided mixture on each rice cake and serve.

### HEALTH FACT

Protein and healthy fats can help to balance blood glucose levels when consumed together with a carbohydrate. This helps with a slower release and thus helps to lower the glycaemic response.

## —NUTRITIONAL INFO (per serving)

Energy	Protein	Carbs	Fat
455kJ	3,7g	11g	4,8g



# NOT ALL VINEGARS ARE CREATED EQUAL



**mother** *(noun)*  
[ˈmʌðə]

gut-friendly probiotics  
that maintain a healthy,  
digestive balance.



 **SAFARI**  
DISCOVER NATURE'S BEST-KEPT SECRET





# SAFARI APPLE CIDER VINEGAR GREEN SMOOTHIE

(Serves 2)



## BENEFITS

**NATURALLY  
FERMENTED**

**RAW &  
UNFILTERED**

**MADE FROM  
100% APPLES**

Prep time: 5 minutes.

## INGREDIENTS

- 2 cups baby spinach
- ½ avocado
- 2 frozen bananas
- 2 dates, pitted
- ¼ cup mint leaves
- 1 thumb size piece of ginger (± 1 Tbsp)
- 400 ml cold coconut water or water
- 2 Tbsp Safari Apple Cider Vinegar
- 2 mint sprigs (for garnish)

## METHOD

- Place all the ingredients in a high powered blender.
  - Blend until smooth.
  - Pour into two glasses and garnish with mint sprigs.
- Serve and enjoy!**



## ENERGY BALL BONANZA

**Sugar crash? Never heard of her.** These bad boys are fueled by sugar- and salt-free peanut butter and protein powder, so you can conquer your afternoon without the jitters.



Servings: 10



Ingredients: 5



Prep time: 10 – 15 minutes (excluding storing time in fridge or freezer to set)

## INGREDIENTS

- 1 ½ cup (120g) rolled oats
- 6 Tbsp. (120g) sugar- and salt-free peanut butter
- 2 scoops (about 50 – 60g) chocolate or vanilla protein powder
- 2 Tbsp. low-fat cottage cheese
- 2 Tbsp. (16g) shredded coconut, optional

## METHOD

1. Mix all ingredients in a large bowl and stir to combine. This will take some work, but it will come together as you keep mixing. Use your hands to knead if necessary.
2. Once combined, take a spoonful of mixture and form into a ball. Repeat until you have formed 10 balls.
3. Store in a closed container in refrigerator or freezer.

Protein takes a while to digest so it makes you feel fuller for longer. It also helps maintain muscle mass in older people. The recommended intake is between 0.8g/kg and 1.8g/kg of body weight.

**Please talk to your healthcare professional before increasing your protein intake, especially if you have kidney problems as it can lead to increased strain and loss of renal function.**



## —NUTRITIONAL INFO (per serving)

Energy	Protein	Carbs	Fat
606,2kJ	10,1g	8,8g	7,04g

# PIZZA PINWHEELS

AFTERNOON

Nibble Nook

It's a pizza that took a wrong turn and ended up in a crêpe pan. Melted mozzarella cheese with tangy tomato paste, all wrapped up in a fluffy egg pancake. It's like a pizza party in your mouth and everyone is invited.



LOW  
CARB



Servings: 6



Ingredients: 9



Total time: 10 – 15 minutes

## INGREDIENTS

- 4 large eggs
- 50ml low-fat milk
- 1 tsp. baking powder
- 2 Tbsp. (80g) low-fat cottage cheese
- 1 small tin (90g) tomato paste
- 1 tsp. dried herbs e.g. Italian herbs
- 30g mozzarella cheese, grated
- Pinch of salt
- Ground black pepper

**Eggs contain very little saturated fat and absolutely no trans fat.**



## METHOD

1. Beat eggs with the milk and add in baking powder, salt, and pepper.
2. Heat a pan over medium heat and spray with non-stick cooking spray.
3. Pour in the egg mixture and make sure to cover the base of the pan. Let it cook on one side till just brown and then cook the other side. Try not to overcook as it will then dry out when in the oven.
4. Once cooked, remove from heat and cool slightly.
5. Spread low-fat cottage cheese on the egg base then tomato paste. Spread mozzarella cheese over the whole base and flavour with herbs, salt, and pepper.
6. Heat oven to 180°C (an air fryer – about 180°C). Get a baking sheet ready and line with baking paper.
7. Roll the base with toppings like a pancake, use a toothpick to keep the roll together.
8. Place the roll on the baking paper. Bake in the preheated oven for 5 minutes and check to see the cheese is melted and it's slightly browned and toasted.
9. Remove from the oven and cool slightly. Slice into thick slices (about 2 – 3cm thick) to form wheels.
10. Can be served hot or cold as a snack.

## —NUTRITIONAL INFO (per serving)

Energy	Protein	Carbs	Fat
404kJ	8,9g	4g	5g

## HAM &amp; CHEESY ROCKETS

**Prepare for lift-off.** These rockets are fuelled with ham and packed with more cheese than an astronaut's lunch. Peek inside and you will find a secret stash of crunchy peppers. The perfect after-school pick-me-up.



**LOW  
CARB**



Servings: 3  
(2 rockets are 1 serving)



Ingredients: 4



Prep time: 10 minutes

## INGREDIENTS

- 6 slices (120g) lean ham or chicken
- 45g cheddar cheese, cut into thin sticks (15g per serving)
- 45g mini peppers (of your choice of colour)
- $\frac{1}{4}$  cup blueberries

**Refrigerate in an airtight container for up to 3 days. For a dairy-free option, use vegan cheese.**

## METHOD

1. Place the ham open on a plate. Top with the cheese and peppers and wrap the ham around the cheese sticks and peppers.
2. Serve with the blueberries on the side.

## — HEALTH FACT —

Blueberries are an ideal addition to kids' lunches and snacks. Each tiny bite is packed with several essential nutrients. They are an excellent source of manganese for nerve function, a good source of vitamin C to support immune health, and an excellent source of vitamin K for bone growth.

## —NUTRITIONAL INFO (per serving)

Energy	Protein	Carbs	Fat
477kJ	10,8g	4g	6,3g



# MINI MONSTER QUESADILLAS

MUNCHKIN

Zone

**Calling all monster munchers.** These quesadillas are so good, they will have little monsters doing a happy dance in your tummy. Filled with yummy chicken to satisfy even the hungriest roar.



Servings: 8



Ingredients: 11



Total time: 35 minutes

## INGREDIENTS

- 2 large whole wheat tortilla wraps (about 67g each)
- 1 Tbsp. (15ml) olive oil
- 1 (130g) skinless chicken breast, cut into strips
- 1 small onion, sliced
- 1 small red pepper, chopped
- 1 small yellow pepper, chopped
- 50g cheddar cheese, grated
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1 clove garlic, crushed
- 1 tsp. mild chilli powder to taste, optional

## METHOD

1. Heat the oil in a frying pan or wok until hot.
2. Add the onion and chicken and cook on high for about 3 minutes, turning regularly.
3. Add spices, garlic, and chilli (if using). Continue to stir around for a couple more minutes.
4. Add the peppers and cook on a medium heat until they have softened. Make sure that the chicken is cooked through if the chicken is sliced thickly. This normally takes around 5 minutes.
5. Turn the oven grill on high.
6. Place one wrap on a baking sheet and top with the cheese and chicken mix and cover with the other wrap.
7. Cook for 2 – 3 minutes until the cheese melts.
8. Remove from the grill and cut into 8 slices.

## TOP TIPS

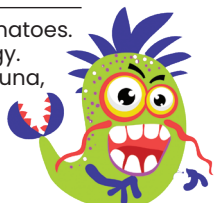
- Veggie variations: courgettes, grated carrots, broccoli, and chopped tomatoes.
- Keep the vegetables as dry as possible as they can make the wrap soggy.
- You can also use lean beef mince or tuna instead of chicken. If you use tuna, add a tsp. of lite mayo and lemon juice so that it's not too dry.

## NUTRITIONAL INFO (per serving)

Energy	Protein	Carbs	Fat
565kJ	7,7g	11g	6,2g



AZ of Diabetes | Everyday Goodness



## RAINDROP RAISIN COOKIES

**Have you ever seen rain fall up? No way, right?** But with these outta-this-world Raindrop Raisin Cookies, it's like you are gobbling up tiny drops of rain that magically turn into yummy, chewy cookies.



Servings: 15



Ingredients: 9



Total time: 55 minutes

## INGREDIENTS

- 1 cup (80g) rolled oats
- 1 cup (100g) almond or coconut flour
- 1 ½ tsp. baking powder
- 1 ½ tsp. ground cinnamon
- 1/8 tsp. salt (if salted butter is used, leave out the salt)
- 2 Tbsp. organic extra virgin coconut oil or unsalted butter, melted and cooled slightly
- 1 large egg, room temperature
- 1 tsp. vanilla extract
- ¼ cup (40g) raisins or ¼ cup (40g) dark chocolate chips

## METHOD

1. Whisk together the oats, flour, baking powder, cinnamon, and salt in a medium bowl.
2. In a separate bowl, whisk together the coconut oil, egg, and vanilla.
3. Add in the flour mixture, stirring until incorporated. Fold in the raisins.
4. Chill the cookie dough for 30 minutes.
5. Preheat the oven to 180°C and line a baking sheet with parchment paper.
6. Drop the cookie dough into 15 rounded scoops onto the prepared sheet and flatten slightly. Bake for 11 to 14 minutes.
7. Cool in the pan for 10 minutes before transferring to a wire rack.



**HEALTH FACT**  
Raisins are a good source of soluble fibre, which aids digestion and reduces issues for little tummies.

— **NUTRITIONAL INFO** (per serving)  
If dark chocolate chips are used.

Energy	Protein	Carbs	Fat
415kJ	2,7g	6g	7,2g

— **NUTRITIONAL INFO** (per serving)

Energy	Protein	Carbs	Fat
389kJ	2,6g	6g	6,4g

# RAMEN RUMBLE

**SUPPER**

**Spectacular**

**This is Ramen Rumble, a heavyweight championship bout in your bowl.**

Tender beef throws down with mighty broccoli florets, and a perfectly boiled egg acts as the referee. Who will win? Every delicious slurp is a victory.



**HIGH  
PROTEIN**



Servings: 6



Ingredients: 12



Total time: 30 – 40 minutes

## INGREDIENTS

- 2 Tbsp. apple cider vinegar
- 6 Tbsp. low-sodium soya sauce, divided
- 2 Tbsp. corn starch, divided
- 4 garlic cloves, chopped, divided into 2 Tbsp.
- 2 Tbsp. (15g) ginger, finely chopped and peeled, divided
- 500g steak, thinly sliced against the grain
- 1 Tbsp. low-sodium vegetable stock powder
- 2 Tbsp. oyster sauce (or black bean paste)
- 5 Tbsp. olive oil
- 500g broccoli, cut into smaller florets of about 2 – 3cm
- 2 Tbsp. toasted sesame seeds
- 3 large boiled eggs, halved lengthwise

## METHOD

1. In a large bowl, whisk vinegar, 2 Tbsp. soya sauce, 1 Tbsp. corn starch, 1 Tbsp. garlic, and 1 Tbsp. ginger until corn starch is dissolved. Add steak, toss to coat. Marinade at room temperature for 15 – 30 minutes.
2. In a small bowl, whisk 4 Tbsp. soya sauce and 1 Tbsp. corn starch until dissolved. Add oyster sauce and 1 Tbsp. stock powder. Add 1 cup water and whisk.
3. In a large skillet over medium-high heat, heat 1 Tbsp. oil. Add half of beef. Spread into an even layer and cook, undisturbed, until browned. Stir to redistribute beef and cook, stirring often, until cooked through. Transfer to a plate. Repeat with 1 Tbsp. oil and remaining beef.
4. In the same skillet over medium-high heat, heat 2 Tbsp. of oil. Add broccoli and cook, stirring often, until bright green.
5. Push broccoli to one side. Add remaining 1 Tbsp. oil, 1 Tbsp. garlic, and 1 Tbsp. ginger to empty side of skillet. Cook, stirring, until fragrant, then toss to combine with broccoli. Cover and cook until broccoli is tender.
6. Uncover, add beef and accumulated juices and toss to combine. Cook, tossing until coated and glossy. Top with sesame seeds and the boiled egg halves.
7. Divide into 6 equal amounts with a boiled egg half each. Serve warm.

## —NUTRITIONAL INFO (per serving)

Energy	Protein	Carbs	Fat
1386kJ	26g	11g	19g

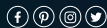




SCAN FOR RECIPE

## Pork Katsu with crispy crackling in the air fryer

Embrace the wonders of air frying with this Pork Katsu recipe. Air frying offers a healthier, less greasy route to crispy perfection. For the ultimate crackling, ensure your pork is dry before cooking and use a high heat blast at the end.



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🕒 PREP TIME 20 MINUTES 🕒 COOKING TIME 20 MINUTES





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## SUPPER

Spectacular

# LENTIL SUPERHERO SOUP

**Want to be a legume legend or vegan vigilante who gets strength from a lentil soup recipe?** This soup packs a mean punch (of fibre), every spoonful is a nourishing explosion and balances your gut as well.



Servings: 4



Ingredients: 11



Total time: 50 minutes

## INGREDIENTS

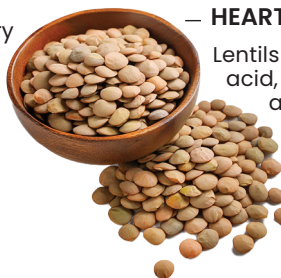
- 1 Tbsp. olive or avocado oil
- 1 medium carrot, peeled and cut into rings
- 1 cup cabbage, coarsely chopped
- 1 medium onion, peeled and chopped
- 1 leek, sliced
- 1 celery stalk, chopped
- 1 medium tomato, skinned and chopped
- ½ 400g tin lentils or ½ cup (200g) cooked dry lentils
- 500ml water
- 1 tsp. salt
- Freshly ground black pepper to taste

## METHOD

1. Heat the oil in a pan and add all the vegetables except the lentils.
2. Cook over low heat for 10 minutes stirring occasionally.
3. Add 300ml water (rest will be added at the end) and seasoning. Simmer until the vegetables are tender (about 25 minutes).
4. Add the lentils and heat the soup through and add the remaining water (little bit at a time) until a smooth and thick consistency is reached. More water can be added if needed.

## — HEART HEALTH —

Lentils are a plentiful source of fibre, folic acid, and potassium. These nutrients all support heart health. Increased fibre intake can reduce levels of low density lipoprotein (LDL) cholesterol, also known as bad cholesterol.



## —NUTRITIONAL INFO (per serving)

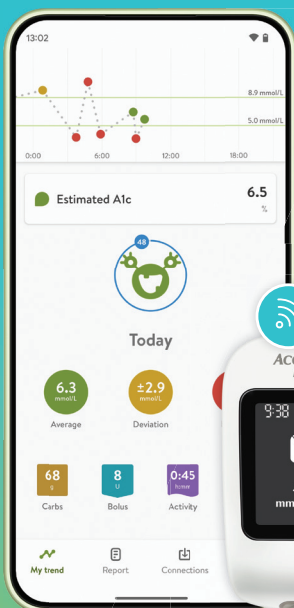
Energy	Protein	Carbs	Fat
549kJ	5,3g	14g	4.1g



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\*To check if you have a mobile device that is compatible with the mySugr app, contact our customer support centre.

1. Harvey C, Koubek R, Bégat V, Jacob S. Usability Evaluation of a Blood Glucose Monitoring System With a Spill-Resistant Vial, Easier Strip Handling, and Connectivity to a Mobile App. J Diabetes Sci Technol. 2016;10(5):1136-1141.

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