

Diabetes *Focus*

A to Z

Annual, July 2025

Protein-Packed RECIPES

DISTRIBUTED BY:



PUBLISHED BY:

word for word
MEDIA
Write to the hearts of our markets

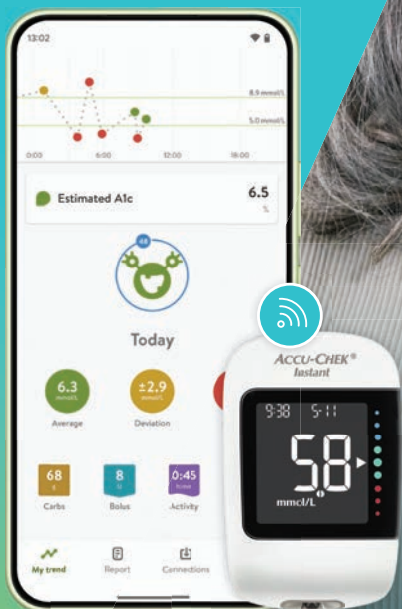
ACCU-CHEK®
Instant

Roche

Testing made simple.

Accu-Chek meters help make diabetes a little easier for you to manage - whether you test frequently or are newly diagnosed.¹

Connects with mySugr



For any questions related to your diabetes management, kindly reach out to your healthcare provider. Should you have any queries about our products, please get in touch with our customer support centre at info@accu-chek.co.za.

*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.

Email: info@accu-chek.co.za | Toll Free: 080-34-22-38-37 (South Africa only) | +254 20 764 0560 (Kenya only) | +234 0800 225 5476 (Nigeria only) | +27 (11) 504 4677 (Other countries)

ACCU-CHEK, ACCU-CHEK INSTANT and MYSUGR are trademarks of Roche. All other product names and trademarks are property of their respective owners. © 2024 Roche Diabetes Care | Roche Diabetes Care South Africa (Pty) Ltd. Hertford Office Park, Building E, No 90 Bekker Road, Midrand, 1686, South Africa | ZA-509

PUBLISHED BY:

Word for Word Media
Tel: 011 763 5790
www.wordforwordmedia.co.za

word for word
MEDIA
Write to the hearts of our markets

PUBLISHER:

Karen Joseph
karen@diabetesfocus.co.za

MEDIA SALES:

brian.mabaso@diabetesfocus.co.za
nomonde.maroga@diabetesfocus.co.za

EDITOR:

Laurelle Williams
editor@diabetesfocus.co.za

DESIGN & LAYOUT:

Sandra De Oliveira
sandra@diabetesfocus.co.za

DISTRIBUTED BY:



Mission

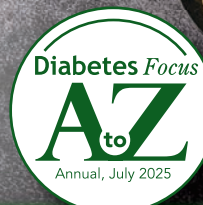
Diabetes Focus informs and inspires all those who have, or are affected by diabetes. Diabetes Focus is committed to working with all stakeholders to find solutions aimed at improving the quality, style, satisfaction, enjoyment and activities of people affected by diabetes.

DISCLAIMER - PLEASE NOTE:

The views expressed in the AtoZ of Diabetes do not necessarily reflect the policy of Diabetes South Africa nor that of the publishers and their contributors. Whilst every effort has been made to ensure that the information is correct, neither Word for Word Media nor Diabetes South Africa, can be held responsible for any errors or omission.



[Diabetes.South.Africa](https://www.facebook.com/Diabetes.South.Africa)



Protein-Packed RECIPES

As a registered dietitian, I have the privilege of working closely with people navigating the challenges of diabetes. One of the most common questions I'm asked is "What can I eat that's both healthy and satisfying?" This **Protein-Packed Recipe Book** is my answer to that question.

My passion lies in helping people discover food that not only nourishes the body but also brings joy. I firmly believe that eating for better blood glucose control doesn't mean giving up flavour or pleasure; it simply means choosing ingredients that support your health while still exciting your taste buds.

In this collection of recipes, you'll find high-protein meals designed to help balance blood glucose, support energy levels, and keep you feeling full and satisfied. Each dish has been carefully crafted to be simple, delicious, and aligned with current nutrition science to help manage diabetes in a sustainable and enjoyable way.

Whether you're newly diagnosed, supporting a loved one, or simply aiming for better blood glucose control, I hope these recipes inspire confidence in the kitchen and joy at the table.



Here's to food that loves you back.

Warmly,
Estee van Lingen, RD(SA)
Registered Dietitian & Food Lover
Estdietitian.com

Contents



Pork Dishes



One Pan Pork Breakfast Hash	16
Greek Style Pork Roast with Tzatziki sauce	17
Pulled Pork Salad with citrus and spring onion	18
Pork Lasagne.....	20
Pork Skillet Sausages with Apple and Avocado	21



Dairy Dishes



Protein-to-the-Max Smoothie	6
Strawberry Cheesecake Smoothie	8
Cottage Cheese Omelette	10
Yoghurt Bark.....	11

Beef Dishes



Beef & Vegetable Stew.....	22
Steak, Butternut and Broccoli	24
Slow Cooker Yummy Stuffed Peppers	25
Unstuffed Cabbage Rolls	26



Vegetarian Dishes



Cauliflower, Kale & Lentil Soup	12
Taco Salad with Black Beans	13
Slow Cooker Lentil Bolognese	14
Green Frittata.....	15



Chicken Dishes



Chicken & Broccoli Bake	27
Indian Butter Chicken with Cauliflower Rice	28
Chicken Satay with Coconut Curry Sauce	29
Chicken Tikka Masala	30





Dairy Dishes

LIFEGAIN® Protein-to-the-Max Smoothie

Sneak in your greens and veggies the delicious way with this Protein-to-the-Max Smoothie. You'll never guess it's packed with spinach and zucchini and powered with LIFEGAIN® Advanced Nutritional Supplement. This refreshing blend is perfect for those looking for a plant-based option packed with vitamins and minerals.

INGREDIENTS

- 2 scoops (60g) LIFEGAIN® Advanced Nutritional Supplement Vanilla
- 200ml unsweetened almond milk (alternatively you can also use water)
- 1 (80g) zucchini
- 40g pineapple, fresh or frozen
- 2 cups baby spinach
- 1 level Tbs. (13g) hemp seeds

PER ONE SERVING

Energy	Protein	Carbs	Fat	Fibre
1 602kJ	37,8g	18g	16,3g	4,8g



Servings: 1



Ingredients: 6



Total time: 5 minutes

METHOD

1. Blend all the above together in a blender.
2. Serve cold.

PROTEIN TO THE MAX

Did you know Lifegain® has 15,3g of protein per serving and has a protein blend that contains three sources of protein (soy protein, whey protein isolate, and milk protein isolate) that helps with muscle recovery and assist in maintaining muscle mass.



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

Scan the QR code to find out how LIFEGAIN® is changing lives

*ALL-IN-ONE Advance Nutritional Supplement. ** Suitable for people with Diabetes without impaired renal function. Can be used in conjunction with a diabetic prescribed diet. LIFEGAIN® Nativa (Pty) Ltd. www.nativa.co.za. 260 Cradock Avenue, Lyttelton, Centurion, 0157, Gauteng, South Africa. Customer Care Tel Number: +27 860 628 482. Customer Care e-mail: health@nativa.co.za. YALIF041/01





Dairy Dishes

Strawberry Cheesecake Smoothie

**Hulett's®
EquiSweet®**
LOW KILOJOULE SWEETENER

Indulge in a creamy, dreamy dessert-like breakfast with this 5 ingredient Strawberry Cheesecake Smoothie. Packed with the sweet tanginess of strawberries and the rich creaminess of cottage cheese, this is perfect for a busy morning or a satisfying afternoon snack.

PER SERVING

Energy	Protein	Carbs	Fat	Fibre
693kJ	9,6g	18,6g	5,1g	1,5g



Servings: 4



Ingredients: 5



Total time: 5 minutes

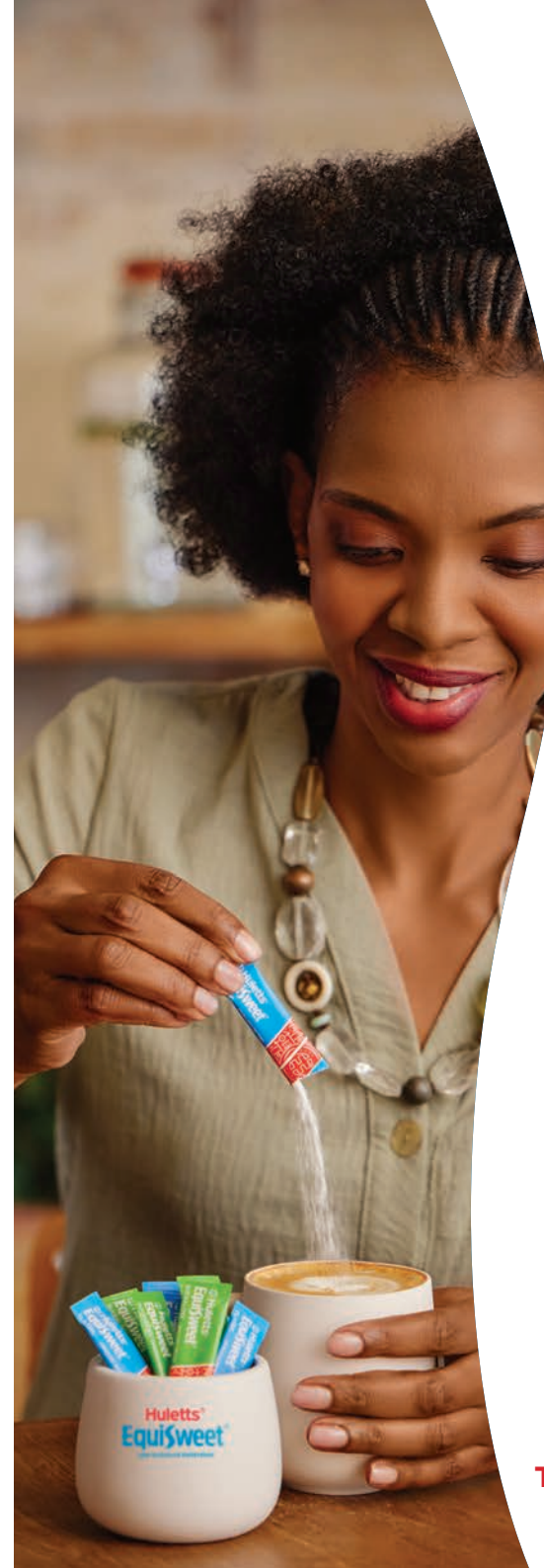
INGREDIENTS

- ¼ cup finely crushed biscuits (3 digestive biscuits)
- ½ cup (120g) low-fat smooth cottage cheese
- 2 cups low-fat plain yoghurt, plus 1 tsp. extra
- 2 cups (250g) frozen strawberries
- 3 sachets (1g each) Hulett's EquiSweet Sweetener

METHOD

1. Evenly spread the extra 1 tsp. of yoghurt onto the rim of each glass.
2. Roll the rim of the glasses through the crushed biscuits forming a neat coating.
3. Place the low-fat smooth cottage cheese, low-fat plain yoghurt, frozen strawberries, and the Hulett's EquiSweet Sweetener in a blender and blend until smooth and creamy.
4. In the meantime, carefully cut the green leaves off the tops of the fresh strawberries, creating a V-shape, before slicing the strawberries thinly. They should look like hearts after being sliced.
5. Neatly stick the strawberry slices to the inside of the glasses before dividing the smoothie mixture between the glasses.
6. Garnish the smoothies with mint sprigs and the strawberry heart slice.
7. Serve immediately.

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



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.



**Hulett's®
EquiSweet®**
LOW KILOJOULE SWEETENER

**The Perfectly Sweet Taste of Hulett's
in a low kilojoule sweetener**



Dairy Dishes

Cottage Cheese Omelette



Start your day right with this light and flavourful omelette with soft cottage cheese for added protein and the nutrient powerhouse, spinach.

PER SERVING

Energy	Protein	Carbs	Fat	Fibre
914kJ	24,4g	3g	12,3g	0,2g



Servings: 1



Ingredients: 6



Total time: 15 minutes

INGREDIENTS

- 2 fresh large eggs
- Non-stick cooking spray
- Salt
- Pepper
- 1 cup baby spinach leaves, stems removed
- 2 Tbsp. low-fat cottage cheese

METHOD

1. Begin with 2 fresh eggs, whisking them thoroughly with a pinch of salt and pepper.
2. Heat a non-stick skillet over medium heat and spray with cooking spray. Pour the egg mixture into the pan, tilting it to spread evenly.
3. As the eggs begin to set, top with the cottage cheese and add the baby spinach leaves.
4. Gently fold the omelette in half when the eggs are mostly set but still slightly wet on top. Cook for another minute until the cottage cheese melts and the eggs are fully cooked.

swaps

Alternatives to baby spinach:

fresh sliced mushrooms or lightly stir-fried mushrooms and onions, spring onion, cherry tomatoes, mixed chopped bell peppers, etc.



Dairy Dishes



Yoghurt Bark



Indulge in a wholesome and delicious treat. Thick, smooth yoghurt is transformed into a delightful frozen bark, studded generously with strawberries and almonds for a perfect balance of sweet, tart, and crunchy.

PER SERVING

Energy	Protein	Carbs	Fat	Fibre
480kJ	9,7g	8g	4,4g	0,9g



Servings: 4



Ingredients: 4



Total time: 3 hours & 10 minutes

INGREDIENTS

- 2 cups (300g) plain low-fat Greek yoghurt
- ½ cup frozen strawberries
- ¼ cup (30g) slivered almonds
- 1 Tbsp. honey

METHOD

1. Line a 20 x 20cm freezer-safe baking dish with parchment paper.
2. In a large bowl, combine the yoghurt, frozen strawberries, almonds, and honey.
3. Spread the yoghurt mixture into the prepared baking dish.
4. Place in the freezer until the bark has set, +- three hours.
5. Let the pan sit at room temperature for about 5 minutes to soften. Then, remove the yoghurt bark from the pan, peel off the parchment paper, and break into pieces. **NOTE:** Store yoghurt bark in an airtight container in the freezer. It will stay fresh for several months.

What is the difference between yoghurt and Greek yoghurt?

The main difference between yoghurt and Greek yoghurt is the straining process. Greek yoghurt is made by straining regular yoghurt to remove whey, resulting in a thicker, creamier, and tangier consistency, as well as higher protein and lower sugar content compared to regular yoghurt.





Vegetarian Dishes

Cauliflower, Kale & Lentil Soup



Warm your soul with this comforting and nutritious soup. Packed with tender cauliflower florets, vibrant kale leaves, and protein-packed lentils, this soup is a powerhouse of flavour and goodness.



Servings: 6



Ingredients: 12



Total time: 40 minutes

INGREDIENTS

- 2 Tbsp. extra virgin olive oil
- 1 medium onion, diced
- 2 full length stalks celery, diced
- 2 medium carrots, diced
- 4 garlic cloves, minced
- 1 head cauliflower, chopped in florets
- 4 cups kale leaves, chopped
- 5 cups low-sodium vegetable broth (mixed as per packet instructions)
- 1 cup water
- 1 ½ cups cooked lentils
- Pinch of sea salt
- Black pepper to taste

PER SERVING

Energy	Protein	Carbs	Fat	Fibre
795kJ	7,9g	22g	5,8g	8,2g

METHOD

1. Heat the olive oil in a large pot. Add the onion, celery, and carrots. Cook for about 10 minutes, or until veggies are softened. Add the garlic and cook for 2 – 3 more minutes.
2. Add the cauliflower, kale, vegetable broth, and water. Bring to a boil then reduce heat to a simmer. Simmer for 20 minutes.
3. Stir in the cooked lentils and season to taste with sea salt and black pepper.
4. Divide between bowls and serve.

good to know

- Leftovers can be refrigerated in a covered container up to 4 days.
- Freeze up to 6 months.
- One serving is equal to approximately 2 cups of soup.



Vegetarian Dishes

Taco Salad with Black Beans



A fiesta in a bowl. This Taco Salad with Black Beans offers a protein-packed and flavourful twist on a classic.

PER SERVING

Energy	Protein	Carbs	Fat	Fibre
1176kJ	11,4g	18g	14,8g	13,5g



Servings: 4



Ingredients: 11



Total time: 25 minutes

INGREDIENTS

- 450g cooked black beans
- 2 Tbsp. chilli powder
- 1 Tbsp. cumin
- ½ tsp. sea salt
- 1 cup cherry tomatoes, chopped
- 1 jalapeño pepper, chopped
- 2 stalks spring onion, chopped
- 3 Tbsp. lime juice, divided
- 2 heads Romaine lettuce hearts, chopped
- 2 Tbsp. extra virgin olive oil
- 1 medium (140g) avocado, sliced

METHOD

1. In a pan over medium heat, heat up the black beans and leave in the pan.
2. Add the chilli powder, cumin, salt, tomatoes, jalapeño and spring onion to the beans. Stir to combine. Cook for 5 minutes until tomatoes are very soft. Remove from heat and stir in half of the lime juice. Season with additional salt if needed.
3. In a large mixing bowl, toss the chopped Romaine lettuce with olive oil and remaining lime juice.
4. To assemble the salad, divide lettuce between plates and top evenly with black beans and avocado. Serve immediately.

good to know

- Refrigerate beans and lettuce separately in airtight containers for up to 3 days. Assemble salad just before serving.
- For more flavour, top with additional tomatoes, sliced jalapeño, green onions, salsa, cilantro, lime juice, or hot sauce. Less spicy – remove jalapeño pips.
- Make it non-vegan: use lean ground beef, ostrich or chicken mince instead.



Vegetarian Dishes

Slow Cooker Lentil Bolognese



Packed with plant-based protein and fibre, our Slow Cooker Lentil Bolognese is a nutritious and delicious alternative to traditional meat sauce that's both good for you and incredibly tasty.



Servings: 6



Ingredients: 12



Total time: 8 hours

INGREDIENTS

- 1 Tbsp. extra virgin olive oil
- 1 cup (150g) dry lentils
- 1 medium onion, diced
- 5 garlic cloves, minced
- 3 cups diced tomatoes, drained
- 3 cups crushed tomatoes
- 3 bay leaves
- 1 tsp. oregano
- 500ml water
- Pinch of sea salt
- Pinch of black pepper
- Red pepper flakes (optional)

PER SERVING

Energy	Protein	Carbs	Fat	Fibre
733kJ	10,1g	22g	3,4g	7,6g

METHOD

1. Heat olive oil in a large skillet over medium heat. Add onion and garlic. Cook till browned. Add the lentils. Transfer to your slow cooker. Add diced tomatoes, crushed tomatoes, bay leaves, oregano, and water. Cover and cook on low for 5 hours.
2. Remove bay leaves from slow cooker. Plate the bolognese. Garnish with fresh ground pepper and red pepper flakes if you like it spicy.

good to know

- For extra vegetables, add diced green pepper and mushrooms.
- No slow cooker? Make it on the stovetop and let it simmer for at least an hour.



Vegetarian Dishes

Green Frittata



Green goodness on a plate. Packed with iron-rich spinach, earthy mushrooms, and protein-packed egg whites, it's a delicious and nutritious powerhouse.

PER SERVING

Energy	Protein	Carbs	Fat	Fibre
331kJ	6,6g	3g	4,3g	1,1g



Servings: 6



Ingredients: 12



Total time: 25 minutes

INGREDIENTS

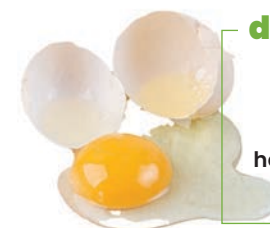
- 1 Tbsp. olive oil
- 140g white button mushrooms, diced
- 1 medium red bell pepper, seeded and diced
- 1 small onion, diced
- 3 cups baby spinach
- 2 large eggs
- 5 egg whites
- ¼ cup skimmed milk
- ½ tsp. black pepper
- ¼ tsp. cayenne pepper
- 5-6 fresh basil leaves, chopped
- ½ tsp. salt (optional)

METHOD

1. Preheat the oven to 180°C.
2. Add olive oil to an oven safe non-stick sauté pan over medium-high heat.
3. Add mushrooms and sauté until all the liquid from the mushrooms is evaporated.
4. Add bell pepper, onion, and spinach and sauté until vegetables are softened and liquid is evaporated.
5. Whisk eggs, egg whites, milk, salt (optional), pepper, cayenne pepper, and basil in a medium-sized bowl. Pour over vegetables and stir until eggs start to set.
6. Smooth the top of the frittata with a spatula. Put in oven to bake for 20 minutes or until eggs are set.
7. Slide the frittata out of the pan onto a plate and slice into 6 slices.

did you know?

Adequate protein intake from sources like egg whites can help maintain muscle mass as you age.





Pork Dishes

One-Pan Pork Breakfast Hash

In just one pan, you'll have a delicious and filling meal of eggs, lean back bacon and fiber-rich Brussels sprouts. Perfect for busy mornings when you crave a hearty and flavourful start without the fuss.



Servings: 4



Ingredients: 7



Total time: 40 minutes

INGREDIENTS

- 4 cups (600g) Brussels sprouts, halved
- ½ red onion, chopped
- 1 tsp. avocado oil
- Sea salt
- Black pepper
- 5 slices (125g) lean back bacon, chopped
- 4 eggs

PER SERVING

Energy	Protein	Carbs	Fat	Fibre
1090kJ	20g	8g	15,2g	6,5g

METHOD

1. Preheat the oven to 200°C and line a baking tray with parchment paper.
2. Add the Brussels sprouts and onion to the baking tray. Drizzle with avocado oil, and sea salt and pepper (to taste). Add the chopped bacon on top and place in the oven for 15 minutes. Remove from the oven, stir and bake for 10 minutes more.
3. Remove the tray from the oven and use a spoon to push ingredients aside to make divots for the eggs.
4. Carefully crack the eggs into the divots. Bake for 6 to 8 minutes, or until the eggs are cooked to your liking.
5. Divide between plates and enjoy.

good to know

- **Don't like Brussels sprouts? Use other vegetables (peppers, baby marrows or mushrooms).**
- **Leftovers can be refrigerated in an airtight container for up to 4 days. Reheat the vegetables and cook additional eggs as needed.**

Greek Style Pork Roast with Tzatziki Sauce



Savour the flavours of Greece with this succulent, herb-marinated pork roast, roasted broccoli and sweet piquanté peppers. A generous topping of refreshing tzatziki sauce completes this satisfying meal.

PER SERVING

Energy	Protein	Carbs	Fat	Fibre
972kJ	28,5g	12g	6,7g	4,5g



Servings: 6



Ingredients: 11



Total time: 55 minutes

INGREDIENTS

- 1 small bunch fresh rosemary
- 4 Tbsp. olive oil, divided
- 600g pork loin, fat removed 320g (2 cups) baby potatoes with skin, cut into quarters
- 500g broccoli, bottom parts of stems removed and cut into florets
- 1 tsp. dried oregano
- 1 lemon
- 20g sweet piquanté peppers (Peppadews)
- 1 clove garlic
- Pinch of salt
- Pinch of pepper
- ½ cup (150g) low-fat tzatziki sauce

METHOD

1. Preheat the oven to 180°C. Wash and dry the fresh produce. Pick the rosemary leaves off the stems and finely chop the leaves.
2. In a large bowl, combine the chopped rosemary leaves and 1 Tbsp. of olive oil.
3. Line a sheet pan with foil.
4. Pat the pork dry with paper towels; season with salt (optional) and pepper. Add the seasoned pork to the bowl of rosemary oil; turn to coat.
5. Transfer to one side of the sheet pan. Roast 20 minutes. Leaving the oven on, remove from the oven.
6. Place the potato quarters on a separate sheet pan. Drizzle with ½ teaspoon of olive oil and season with salt (optional), pepper, and the oregano. Toss to coat and arrange in an even layer. Roast 26 to 28 minutes, or until browned and tender when pierced with a fork. Remove from the oven.
7. Finish the pork and roast broccoli: place broccoli florets in a large bowl. Drizzle with 1 Tbsp. of olive oil and season with salt and pepper. Toss to coat. Reserving the bowl, carefully transfer to the other side of the sheet pan of partially roasted pork and arrange in an even layer. Roast 16 to 18 minutes, or until the broccoli is tender when pierced with a fork and the pork is browned and cooked through. Remove from the oven.
8. Transfer the roasted pork to a cutting board and let it rest for at least 5 minutes
9. Halve the lemon crosswise; squeeze the juice into the reserved large bowl, straining out the seeds. Roughly chop the peppers. Peel 1 clove of garlic; using a zester, finely grate into a paste (or use the small side of a box grater). Add the chopped peppers and as much of the garlic paste as you like to the bowl of lemon juice. Stir to combine. Transfer the roasted broccoli to the bowl of lemon-garlic mixture. Toss to coat.
10. Find the lines of muscle (or grain) on the rested pork; thinly slice crosswise against the grain. Serve the sliced pork with the finished vegetables. Top the pork with the tzatziki.



Pork Dishes

SA Pork New Recipe to be supplied

SA Pork New Recipe to be supplied



Pork Dishes

Pork Lasagna



Enjoy a comforting Pork Lasagna that cleverly replaces traditional pasta sheets with tender, thin ribbons of fresh zucchini. It's a delicious way to enjoy lasagna, with an added bonus of vegetables.

PER SERVING

Energy	Protein	Carbs	Fat	Fibre
850kJ	26,6g	6g	7,6g	1,2g



Servings: 8



Ingredients: 18



Total time: 35 minutes

INGREDIENTS

- 500g lean pork mince
- 1 Tbsp. olive oil
- 1 red onion, diced
- 1 – 2 garlic cloves, crushed
- 1 tsp. dried oregano
- 1/2 tsp. ground cumin
- Pinch of salt
- Pinch of Ground black pepper
- 2 cups Portobello mushrooms, sliced
- 1 Tbsp. Worcestershire sauce
- 1 x 400ml can tomato & onion relish
- 4 large (300g) zucchinis, sliced lengthways

For the white sauce

- 1 tub low-fat plain cottage cheese, blended
- 1 tsp. prepared mustard
- ½ tsp. salt
- Black pepper to taste

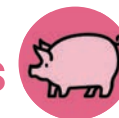
For the topping

- 2 cups (150g) mozzarella cheese, grated
- Fresh basil

METHOD

1. Preheat oven to 180°C.
2. **For the white sauce:** Blend the low-fat cottage cheese and mustard until smooth. Add seasoning and mix well.
3. **Filling:** Heat oil in pan, sauté onion until fragrant. Add garlic, herbs, and seasoning, followed by lean pork mince. Cook until browned. Add mushrooms, Worcestershire sauce, tomato and onion relish. Season as needed.
4. **Layering:** In a baking dish, layer pork mixture, zucchini ribbons, and white sauce, ending with a layer of white sauce. Top with mozzarella.
5. Bake for 35 – 40 minutes until golden. Serve garnished with fresh basil.

Pork Dishes



Pork Skillet Sausages with Apple and Avocado



A delightful combination of pork sausages cooked in a skillet alongside juicy apples infused with aromatic cinnamon. This delicious blend of sweet and savoury is complemented by fresh avocado, adding your daily dose of healthy fats to every bite.

PER SERVING

Energy	Protein	Carbs	Fat	Fibre
1170kJ	14,7g	15g	17,5g	5,2g



Servings: 4



Ingredients: 5



Total time: 15 minutes

INGREDIENTS

- 320g lean organic pork sausages
- 2 medium apples, cored and chopped with skin on
- 2 tsp. cinnamon
- 2 (280g) avocados, pitted and sliced
- ¼ cup of water

METHOD

1. Pre-cook apples with cinnamon and water until apples are soft and water has evaporated.
2. Place a large skillet over medium heat.
3. Add sausages to the skillet and cook till the sausages are cooked through.
4. Divide the sausages, avocado, and apples onto 4 plates and serve.

best things about avos

- High in energy
- High in heart healthy fats
- High in vitamin K
- High in biotin
- Cholesterol free
- Sodium free
- A source of fibre





Beef Dishes

Beef & Vegetable Stew



A deeply nourishing dish crafted with tender beef, sweet carrots, and protein-packed split lentils. This classic stew is not just a treat for your taste buds but a powerhouse of essential nutrients.



Servings: 4



Ingredients: 11



Total time: 70 minutes

INGREDIENTS

- 1 Tbsp. olive oil
- 500g beef goulash or tenderised steak, fat removed, or lean cubed beef
- 2 medium onions, peeled and cut into eights
- 2 cloves garlic, crushed
- ½ cup water
- 4 medium carrots, with skin, sliced
- 1 tsp. dried oregano
- 1 sprig fresh rosemary leaves, chopped
- ¼ can dried split lentils
- 1 – 2 tsp. low-sodium beef stock powder dissolved in 1 cup boiling water
- 1 tin (70g) tomato paste
- Freshly ground black pepper
- 1 Tbsp. Lite chutney (optional)

PER SERVING

Energy	Protein	Carbs	Fat	Fibre
1129kJ	31,7g	16g	7,3g	4,3g

METHOD

1. Heat oil in a large saucepan and stir-fry the meat on high heat until browned. Remove the meat from saucepan and set aside.
2. Reduce heat slightly, gently fry onions and garlic, using same saucepan and no extra fat. Cook for 5 minutes stirring occasionally.
3. Add water, carrots, oregano, rosemary, lentils, and prepared stock and cook covered for 10 minutes on low heat.
4. Add the cooked meat, tomato paste, and chutney to the vegetable mixture and cook covered for 45 minutes or until meat and vegetables are soft. Stir occasionally and add more water, if necessary, to make enough gravy.
5. Add freshly ground black pepper to taste and serve.

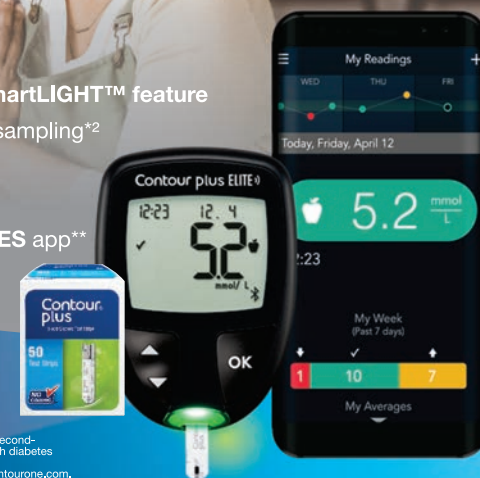
Contour
Evolving with you



Switch to CONTOUR® PLUS ELITE for Remarkable Accuracy³ and Ease of Use⁴

- Take decisions with confidence - with the unique smartLIGHT™ feature
- Avoid relancing,¹ save strips with Second-Chance® sampling^{*2}
- Easy to use, ready out of the box⁴
- Have peace of mind with a highly accurate meter³
- Gain valuable insights with the CONTOUR® DIABETES app**

www.diabetes.ascensia.co.za



* Average strip wastage estimated by healthcare professionals and indicated as a potential benefit of the Second-Chance® sampling feature. Data and quotes collected through online survey of 400 HCPs and patients with diabetes in US, CAN, DE and UK.
** On a compatible Android or iOS device. For a full list of compatible devices, please visit 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. 4. CONTOUR® PLUS ELITE BGMS User Guide, Rev. 12/21

© 2023 Ascensia Diabetes Care Holdings AG. All rights reserved. Ascensia, the Ascensia Diabetes Care logo, Contour, smartLIGHT and Second-Chance are trademarks and/or registered trademarks of Ascensia Diabetes Care Holdings AG. Date of preparation: February 2023, PP-CNXT C-GBL-0225



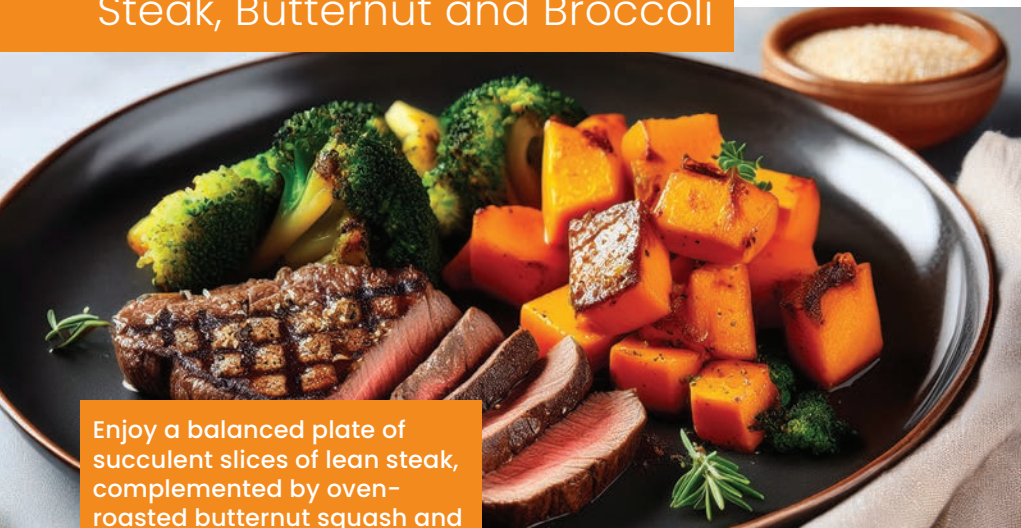
CONTOUR DIABETES HELPLINE
0800 246 243

Pharmaco
Pharmaco Distribution (Pty) Ltd.
91 Protea Road, Chislehurst, Sandton, 2196
P.O.Box 786522, Sandton, 2146, South Africa
Tel: +27 11 784 0077, Website: www.pharmaco.co.za



Beef Dishes

Steak, Butternut and Broccoli



Enjoy a balanced plate of succulent slices of lean steak, complemented by oven-roasted butternut squash and steamed broccoli. A generous sprinkle of nutritional yeast adds a delightful, cheesy, umami flavour and a boost of B vitamins.



Servings: 4



Ingredients: 7



Total time: 40 minutes

INGREDIENTS

- 500g lean steak, fat removed
- 2 cups butternut squash, peeled, seeds removed, chopped
- 1 Tbsp. extra virgin olive oil
- 1 tsp. sea salt
- 1 tsp. thyme
- 2 cups broccoli, chopped into florets
- 1 Tbsp. nutritional yeast

did you know?

One tablespoon of nutritional yeast provides about 5g of protein, 2g of fibre, and only 3g of carbohydrate. It is an excellent source of B vitamins like niacin and B12.

PER SERVING

Energy	Protein	Carbs	Fat	Fibre
1081kJ	33,6g	8g	9,3g	4g

METHOD

1. Preheat the oven to 190°C and line a baking sheet with parchment paper.
2. Toss the butternut squash in olive oil and sea salt. Spread the squash evenly across the baking sheet and cook for 20 minutes.
3. Heat a skillet over medium-high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet, top with fresh thyme, and add to the baking sheet with the butternut squash. Return to the oven for an additional 10 minutes, or until the steak is cooked to your liking.
4. Add the broccoli to a pan with enough water to cover halfway. Steam for about 3 to 5 minutes or until tender. Drain any excess water and transfer to a plate alongside the squash and steak.
5. Top the broccoli with nutritional yeast and enjoy.

Beef Dishes



Slow Cooker Yummy Stuffed Peppers



These stuffed peppers are so easy, they practically cook themselves. Perfect for a comforting weeknight meal, these stuffed peppers are slow-cooked to bring out their natural sweetness and filled with spicy lean mince and vitamin-packed baby spinach.

PER SERVING

Energy	Protein	Carbs	Fat	Fibre
1282kJ	33,2g	17g	10,6g	4,1g

METHOD

1. Slice tops off the peppers and carve out seeds. Set aside.
2. In a large mixing bowl, combine mince, salt, black pepper, chilli powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil, and flour. Mix well and divide into 4 portions and stuff each pepper with a portion of mince.
3. Place peppers in the slow cooker and top each with a spoonful or two of tomato and onion relish. Cook for 4 hours on high or 6 – 8 hours on low.
4. Remove peppers and top with remaining tomato and onion relish.
5. Can be served with low-GI starch (½ cup brown rice or quinoa, or 3 baby potatoes) if preferred.

did you know?

Red bell peppers are the most nutrient-dense with higher levels of vitamin C, beta-carotene, and antioxidants than their green and yellow counterparts.



Servings: 4



Ingredients: 14



Prep time: 10 – 15 minutes



Cooking time: 4 hours

INGREDIENTS

- 4 large red bell peppers
- 500g beef lean mince (ostrich or chicken)
- ½ tsp. sea salt
- ½ tsp. black pepper
- 1 Tbsp. chilli powder
- ½ tsp. cumin
- ½ tsp. dried basil
- 1 egg
- 2 garlic cloves, minced
- 1 small onion, diced
- 1 cup baby spinach, chopped
- 1 Tbsp. extra virgin olive oil
- 2 Tbsp. flour
- 1 can (400g) tomato & onion relish



Beef Dishes

Unstuffed Cabbage Rolls



You know those classic, comforting cabbage rolls, but without all the fussy rolling? That's what Unstuffed Cabbage Rolls are all about. This dish takes all the delicious flavours of traditional cabbage rolls – lean beef mince, tomatoes, and of course, plenty of cabbage – cooked together in a hearty, easy-to-make meal.



Servings: 4



Ingredients: 7



Cooking time: 45 minutes

INGREDIENTS

- 1 Tbsp. avocado oil
- 500g extra lean beef mince
- 1 small onion, finely diced
- 8 cups green cabbage, finely sliced
- 3 cups diced tomatoes
- ½ tsp. sea salt
- ½ tsp. black pepper

PER SERVING

Energy	Protein	Carbs	Fat	Fibre
1263kJ	32,5g	16g	9,3g	7,4g

METHOD

1. Heat the coconut oil in a large stock pot over medium-high heat. Add mince and onions and sauté for about 5 to 7 minutes, or until mince is cooked through and browned. Drain off the fat.
2. Add cabbage, diced tomatoes, sea salt, and black pepper. Bring to a boil, then reduce to a simmer. Simmer uncovered for 15 to 20 minutes, or until cabbage is tender.
3. Divide into bowls and enjoy.

best things about cabbage

- **Low in carbs and high in fibre**
- **Reduced inflammation**
- **Improved digestion**
- **Reduced risk of heart disease and stroke**



Chicken Dishes

Chicken & Broccoli Bake



This dish is a comforting and wholesome twist on a classic bake. The secret ingredient is the addition of mashed butter bean. The creamy butter beans adds a velvety texture and a subtle earthy depth to the sauce, making it incredibly satisfying without being heavy.



Servings: 6



Ingredients: 12



Total time: 30 minutes

INGREDIENTS

- 1 large head of broccoli or 500g frozen broccoli
- 500g cooked chicken breast meat, shredded
- 1 ½ cups (375ml) low-sodium chicken stock, water reserved from cooking chicken mixed with 1–2 tsp. low-sodium chicken stock
- ¼ cup mashed butter beans
- 3 Tbsp. water
- 1 tsp. salt
- ½ tsp. black pepper
- Pinch grated nutmeg
- 1 cup (90g) mozzarella cheese, grated
- 4 Tbsp. (60ml) plain low-fat or fat-free yoghurt
- Pinch cayenne pepper
- Tamari or Coconut aminos sauce, optional

PER SERVING

Energy	Protein	Carbs	Fat	Fibre
1112kJ	38g	8g	7,5g	4,7g

METHOD

1. Preheat the oven to 200°C.
2. If using fresh broccoli, wash and cut in bitesize florets (makes about 5 cups). Place florets in a sieve and gradually pour a whole kettle of boiling water over broccoli, letting the hot water run down the sink. Layer the blanched broccoli and chicken in a lightly greased casserole dish (12cm x 23cm).
3. To make the sauce, bring 250ml (1 cup) of the stock to the boil in a saucepan.
4. Mix the mashed butter beans to a smooth paste with water.
5. Gradually pour the paste into the boiling stock, stirring well with a whisk to make a smooth sauce. Add in the other ½ cup stock if needed and the sauce is too thick.
6. Stir in the salt, black pepper, and nutmeg. Boil until thick and smooth.
7. When cooked, stir in half the cheese and all the yoghurt, cayenne pepper, and Tamari or Coconut aminos sauce.
8. Pour the sauce evenly over the broccoli and chicken.
9. Sprinkle the remaining cheese evenly over the bake.
10. Bake for 20 minutes, until hot and bubbly.



Chicken Dishes

Indian Butter Chicken with Cauliflower Rice



Experience the magic of Indian Butter Chicken – tender chicken in a creamy, spiced tomato sauce – served alongside nutritious cauliflower rice. A perfect and healthy balance.



Servings: 6



Ingredients: 15



Cooking time: 30 minutes

INGREDIENTS

- 500g chicken breast, diced into cubes
- 2 Tbsp. extra virgin olive oil
- 2 onions, diced
- 2 garlic cloves, minced
- 2 Tbsp. grated ginger
- 1 small can (70g) tomato paste
- 2 Tbsp. paprika
- 1 Tbsp. curry powder
- 2 Tbsp. garam masala
- 1 tsp. sea salt
- ¾ tsp. chilli powder
- ½ cup water
- 1 cup plain low-fat Greek yoghurt
- 1 head cauliflower
- 1 lime, juiced

PER SERVING

Energy	Protein	Carbs	Fat	Fibre
941kJ	26,6g	13g	6,3g	4g

METHOD

1. Heat olive oil in a large skillet over medium heat. Sauté onion, garlic, and ginger. Stir in tomato paste, paprika, curry powder, garam masala, sea salt and chilli powder. Cook 1 – 2 minutes or until fragrant.
2. Add diced chicken and stir until cooked through, about 5 – 7 minutes. Add in water and loosen the paste.
3. Stir in yoghurt and reduce to a simmer for about 5 minutes.
4. Create cauliflower rice by adding the florets to a food processor. Process until cauliflower has a rice-like consistency. If you don't have a food processor, you can also roughly grate the cauliflower.
5. Squeeze lime juice on cauliflower rice and transfer into a bowl.
6. Remove the curry from heat and dish up onto the cauliflower rice. If preferred and you want a softer texture of the rice, lightly boil before dishing up.

Chicken Dishes



Chicken Satay with Coconut Curry Sauce



Delicious chicken satay smothered in a velvety coconut curry sauce, loaded with healthy baby marrows, peas, spinach, and green beans. A truly flavourful dish.

PER SERVING (WITHOUT RICE)

Energy	Protein	Carbs	Fat	Fibre
1480kJ	32,6g	9g	19,8g	4,6g



Servings: 4



Ingredients: 10



Total time: 25 minutes

INGREDIENTS

- 1 tsp. olive oil
- 400g skinless and boneless chicken thighs, sliced in chunks
- 2 Tbsp. red curry paste
- 2 Tbsp. no-added-salt, no-added-sugar peanut butter
- 200g (½ of 400g can) reduced-fat coconut milk
- 3 (200g) baby marrows, diced
- 1 cup green beans, topped and tailed
- 4 cups baby spinach leaves
- 6 Tbsp. (160g) frozen peas
- Coriander leaves, to serve
- Brown or cauliflower rice, to serve (optional)

METHOD

1. Combine red curry paste and peanut butter and mix well. Set aside.
2. Heat a heavy-based pan to medium-high heat and coat with oil. Add chicken and cook stirring for 5 minutes. Add curry paste mixture and stir to combine. Add coconut milk and bring to a simmer.
3. Add baby marrow and beans and cook stirring for 5 – 10 minutes until liquid is reduced and chicken is cooked through. Add spinach leaves and peas; cook for another minute.
4. Serve curry with rice (if preferred), topped with coriander leaves.

good to know

- Freeze any leftover coconut milk for your next delicious curry.
- If using brown rice, limit to ½ cup cooked or according to your personal allowance (discuss with a dietitian).



Chicken Dishes

Chicken Tikka Masala



A beloved classic, this Chicken Tikka Masala boasts juicy chicken bathed in a spicy tomato gravy. A generous swirl of plain Greek yoghurt cuts through the richness creating a harmonious and satisfying meal.

PER SERVING

Energy	Protein	Carbs	Fat	Fibre
722kJ	22,4g	11g	3,1g	3,6g

METHOD

1. Add the oil to a pan and add the onions and peppers. Cook for 5 minutes until soft and add the chicken breasts and cook for 3 minutes.
2. Add the tikka paste and stir for 1 – 2 minutes until the chicken is evenly coated.
3. Add garlic and tomatoes, mix again and bring to a gentle boil then cover and simmer gently for 6 – 8 minutes.
4. Add coriander, stir well then remove from the heat.
5. Stir in the yoghurt and salt. Sprinkle with the remaining coriander and serve immediately.

did you know?

While Chicken Tikka Masala is widely considered an Indian dish, it's likely of British origin, with some accounts suggesting it was invented in the 1970s by a Bangladeshi chef in Glasgow, Scotland.



Servings: 4



Ingredients: 10



Total time: 35 minutes

INGREDIENTS

- 2 (300g) skinless chicken breasts, cubed
- 1 tsp. avocado oil
- 1 large onion, chopped
- 1 red pepper, finely chopped
- 2 Tbsp. tikka paste
- 2 – 3 cloves of garlic, crushed
- 1 x 400g tin chopped tomatoes
- 2 Tbsp. freshly chopped coriander plus 2 tsp. to serve
- 2 Tbsp. plain Greek yoghurt or low-fat plain
- Pinch of salt

ACCU-CHEK®

Instant

Roche

All your diabetes data in one place with the mySugr app!

Connect your Accu-Chek Instant meter to the free mySugr app and automatically capture your data to get the full picture of what's affecting your blood glucose.



SCAN ME
to download the
FREE mySugr App



For any questions related to your diabetes management, kindly reach out to your healthcare provider. Should you have any queries about our products, please get in touch with our customer support centre at info@accu-chek.co.za.

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

Email: info@accu-chek.co.za | Toll Free: 080-34-22-38-37 (South Africa only) | +254 20 764 0560 (Kenya only) | +234 0800 225 5476 (Nigeria only) | +27 (11) 504 4677 (Other countries)

ACCU-CHEK, ACCU-CHEK INSTANT and MYSUGR are trademarks of Roche. All other product names and trademarks are property of their respective owners. © 2024 Roche Diabetes Care | Roche Diabetes Care South Africa (Pty) Ltd. Hertford Office Park, Building E, No 90 Bekker Road, Midrand, 1686, South Africa | ZA-509



Manage diabetes with ease.

Shop CGM devices and more on the Medipost App.

Looking for Continuous Glucose Monitoring (CGM) products, diabetes care supplies, or surgical items? Shop anytime, anywhere with the Medipost online store or mobile app – all from the comfort of your home. Download the Medipost App or visit shop.medipost.co.za

With a dedicated Devices and Surgical Supplies category, it is easy to find what you need to manage your health with confidence.

- Browse CGM products
- Order securely online or in-app
- Get fast, free and reliable delivery anywhere in South Africa



Chat with us on WhatsApp at 012 426 4655 and our friendly team will help you with your chronic medicine and OTC needs.



Scan QR code to explore our app, online store, and more.

Diabetes support. Simplified.



Medipost
Pharmacy