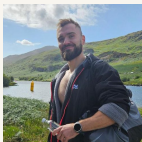


[EIGHT RECIPES](#) · [MEAL PLAN](#) · [SHOPPING LIST](#)

Small meals for *low-appetite days.*

Eight recipes with serving options, a four-day lunch and dinner plan, and a shopping list.



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These recipes have been checked on paper, but have not been kitchen tested. Cooking times are estimates; use the stated doneness checks. Finished weights, texture and portion volumes have not been measured.

YOUR GUIDE

Recipes and serving notes

Start with a recipe you feel able to eat. Choose from soft dishes, small plated meals and a smoothie, with instructions for adjusting the texture and storing leftovers.

Recipes in this guide

01	Vanilla rice pudding with Greek yogurt	5
02	Mini egg, potato and spinach bakes	6
03	Chicken and carrot rice pot	7
04	Turkey cottage pie pots	8
05	Herb-baked cod with sweet-potato mash	9
06	Salmon and potato fishcakes	10
07	Banana, milk and yogurt smoothie	11
08	Silken tofu with warm rice and courgette	12

Using the recipes

The stated servings describe the recipe yield, not your daily requirements. Add meals, snacks and drinks to meet your needs. Weights are the reference; household measures are approximate. Ingredient weights are raw or drained unless stated. Oven temperatures are conventional, not fan. Check doneness rather than relying only on the clock.

General information, not a personalised diet or treatment plan. Seek individual advice if you regularly struggle to eat enough. Check every product label for allergens and cross-contact information.

GETTING STARTED

How to use this guide

01 Choose by texture and effort

Consider the texture, temperature and preparation time. Soft food will not suit everyone; choose the dishes you prefer.

- Soft dishes: rice pudding, chicken rice pot or silken tofu.
- Plated meals: cottage pie, cod with mash or fishcakes.
- Quick options: a smoothie or safely stored leftovers.

02 Check the serving size

Servings tell you how much a recipe makes. They are not a daily food target. Refrigerate any uneaten food promptly. If you regularly struggle to eat enough, ask a clinician or dietitian for help rather than keep reducing your meals.

03 Check substitutions

Use the swaps listed with each recipe. Lactose-free dairy may suit someone with lactose intolerance, but it is not milk-free. These recipes are not a low-FODMAP plan or a prescribed texture-modified diet.

04 Plan the rest of your food

A smaller meal is one part of a day's food. Include other meals, snacks and drinks, with varied fruit and vegetables, fibre-containing carbohydrates and sources of unsaturated fat as appetite allows. A protein-rich dish by itself is not a muscle-preservation programme.

05 Support your muscles

Adequate protein alongside regular, progressive resistance exercise can support muscle strength and function during weight loss. Where appropriate, try weights, resistance bands or bodyweight exercises; discuss suitable activity with your healthcare professional.

06 Include fibre and fluids

Include fruit, vegetables, oats or wholegrains, beans or lentils, nuts and seeds as tolerated. Increase fibre gradually, especially with bloating or constipation. Drink regularly; small frequent sips may be easier with nausea. Follow any prescribed fluid restriction rather than a universal fluid target.

GETTING STARTED

Practical guidance continued

07 Adjust for digestive symptoms

For nausea, reflux or uncomfortable fullness, try smaller, more frequent meals, eat slowly and stop when comfortably full. Lower-fat choices may help if fatty foods worsen symptoms. Adjust fibre to tolerance with bloating, constipation or diarrhoea. With diarrhoea or vomiting, pay particular attention to fluids and seek advice if symptoms persist or affect eating or drinking.

08 Know when to get support

Speak to your healthcare professional or dietitian if you consistently eat substantially less than usual, cannot meet your nutritional needs, lose weight rapidly or unintentionally, or have persistent digestive symptoms. Seek urgent medical advice if you cannot keep fluids down. A dietitian can assess whether your food intake meets your nutritional needs.

09 Prepare and store food safely

Keep raw meat, poultry, fish and eggs separate from ready-to-eat food; wash hands, utensils and surfaces after handling them. Use a fridge thermometer and keep the fridge at 4°C / 40°F or below. Cool cooked food in small, shallow portions and refrigerate promptly, within two hours (one hour above 32°C / 90°F). Label containers with the date.

10 Use leftovers promptly

This guide uses the UK FSA limit of 48 hours for cooked leftovers; rice has a shorter limit. Chill rice within one hour, use within 24 hours and reheat only once. Freeze extra portions promptly. Thaw in the fridge and use within 24 hours of full defrosting. Reheat once until steaming hot throughout (74°C / 165°F if using a food thermometer). Storage recommendations vary by country; follow stricter local or product instructions.

11 Understand the evidence and estimates

These nutritional strategies draw mainly on wider evidence and expert guidance for incretin-based weight-management therapies. Direct research testing dietary strategies during retatrutide treatment remains limited. Nutrition values are estimates and vary by brand, product and country; check labels. Grams remain the primary measurement.

Vanilla rice pudding with Greek yogurt

A creamy rice breakfast with a cool yogurt swirl. Make two portions and keep one for tomorrow.



MAKES 2 • PREP 5 MIN • COOK 30 MIN

Per recipe serving, estimated: 254 kcal • 23 g protein • 3 g fat

Fibre not reported: ingredient reference data incomplete.

Carbohydrate not reported: incompatible source definitions. See nutrition notes.

Ingredients

60 g Pudding rice, dry

About 1/3 cup

300 g Semi-skimmed milk (1.7% fat)

About 1 1/4 cups

150 g Water

About 2/3 cup

300 g Plain strained Greek yogurt, 0% fat

About 1 1/4 cups

2 g Vanilla extract

About 1/2 tsp

Allergens: Milk. Check labels for substitutions and cross-contact.

Serving tips and swaps

This recipe makes two portions. If you eat less, refrigerate the rest promptly.

Lactose-free milk and lactose-free strained yogurt can be used; check their protein content because products differ.

Method

1. Start the rice

Put the rice, milk, water and vanilla in a small heavy saucepan. Bring just to a simmer, stirring.

2. Cook gently

Turn the heat low and cook for 25-30 minutes, stirring often, until the rice is tender. Add a splash of water if the pan becomes dry before the rice is cooked.

3. Add the yogurt

Let the rice cool for 5 minutes. Divide between two bowls and spoon half the yogurt over each. Stir in or leave as a swirl.

4. Save a portion

If keeping one, transfer it promptly to a shallow covered container and refrigerate within one hour. Eat within 24 hours.

Storage and reheating

Cool in shallow containers and refrigerate within one hour. Use refrigerated rice within 24 hours. Reheat only once until steaming hot throughout (74°C / 165°F if using a food thermometer). Freeze promptly if you will not use the second portion tomorrow. Thaw in the fridge and use within 24 hours of full defrosting.

Mini egg, potato and spinach bakes

Egg, potato and spinach baked in a muffin tin. Makes six bakes, with three per serving.



MAKES 2 • PREP 10 MIN • COOK 30 MIN

Per recipe serving, estimated: 254 kcal • 16 g protein • 12 g fat

Fibre: 2.3 g per serving (estimated).

Carbohydrate not reported: incompatible source definitions. See nutrition notes.

Ingredients

200 g Eggs, without shells

About 4 large

200 g Peeled potato, diced small

About 1 medium

60 g Spinach, chopped

About 2 packed cups

60 g Semi-skimmed milk (1.7% fat)

About 1/4 cup

5 g Olive oil, for the tin

About 1 tsp

Allergens: Egg, Milk. Check labels for substitutions and cross-contact.

Serving tips and swaps

Portion by the number of bakes. One bake is one-third of the stated serving, not a full breakfast.

Use the same amount of lactose-free milk if preferred. Keep the egg amount unchanged.

Method

1. Soften the potato

Heat the oven to 190°C / 375°F. Boil the potato pieces for 8-10 minutes until tender, then drain well. Wilt the spinach in the warm pan and squeeze out excess moisture.

2. Fill the tin

Brush six muffin wells, each at least 100 ml capacity, with the oil. Beat the eggs with the milk, then fold in the potato and spinach. Divide evenly between the six wells, leaving space below each rim.

3. Bake

Bake for 18-22 minutes until set, with an internal temperature of at least 71°C / 160°F. Rest for 5 minutes before loosening the edges.

4. Serve

Serve three bakes per recipe serving. Add toast or another accompaniment if you need more; it is not included in the nutrition estimate.

Storage and reheating

Cool in shallow containers and refrigerate promptly within two hours, or one hour above 32°C / 90°F. Use within 48 hours (UK FSA guidance), or freeze portions promptly. Thaw in the fridge and use within 24 hours of full defrosting. Reheat only once until steaming hot throughout (74°C / 165°F if using a food thermometer).

Chicken and carrot rice pot

Tender chicken, soft carrot and rice in one pot. Add water for a looser texture.



MAKES 2 • PREP 10 MIN • COOK 25 MIN

Per recipe serving, estimated: 326 kcal · 28 g protein · 4 g fat

Fibre: 2.9 g per serving (estimated).

[Carbohydrate not reported: incompatible source definitions. See nutrition notes.](#)

Ingredients

200 g Skinless chicken breast, raw

About 7 oz

100 g White long-grain rice, dry

About 1/2 cup

120 g Carrot, peeled and finely diced

About 1 large

5 g Olive oil

About 1 tsp

500 g Water

About 2 cups

Allergens: Check all product labels. Check labels for substitutions and cross-contact.

Serving tips and swaps

Adding water changes consistency, not the amount of chicken or rice in a portion.

The base recipe uses water. Stock changes sodium and may contain allergens; check the label if you use it.

Method

1. Start the pot

Heat the oil in a lidded saucepan. Add the carrot and stir over medium-low heat for 3 minutes. Add the rice and water.

2. Cook with the chicken

Lay the chicken on top. Bring to a gentle boil, cover and simmer on low for 18-22 minutes, until the rice and carrot are soft and the thickest part of the chicken reaches 74°C / 165°F. If the chicken has not reached this temperature, continue cooking and add hot water if needed to prevent the rice drying out.

3. Shred and stir

Remove the chicken to a clean plate and shred it with two forks. Return it to the rice. Add a little hot water for a looser consistency, or simmer uncovered briefly if too wet.

4. Divide

Divide the chicken and rice evenly between two bowls. Refrigerate any saved portion within one hour and eat within 24 hours.

Storage and reheating

Cool in shallow containers and refrigerate within one hour. Use refrigerated rice within 24 hours. Reheat only once until steaming hot throughout (74°C / 165°F if using a food thermometer). Freeze promptly if you will not use the second portion tomorrow. Thaw in the fridge and use within 24 hours of full defrosting.

Turkey cottage pie pots

A golden potato top and a soft turkey-and-vegetable filling, baked in individual dishes.



MAKES 4 • PREP 15 MIN • COOK 40 MIN

Per recipe serving, estimated: 334 kcal • 24 g protein • 10 g fat

Fibre: 4.8 g per serving (estimated).

Carbohydrate not reported: incompatible source definitions. See nutrition notes.

Ingredients

400 g Turkey mince, raw, 7% fat

About 14 oz

600 g Raw peeled potatoes, cubed

About 4 medium

150 g Carrot, finely diced

About 2 medium

150 g Courgette (zucchini), finely diced

About 1 small

10 g Olive oil

About 2 tsp

10 g Plain all-purpose flour

About 1 tbsp

80 g Semi-skimmed milk (1.7% fat)

About 1/3 cup

150 g Water

About 2/3 cup

Allergens: Wheat, Milk. Check labels for substitutions and cross-contact.

Serving tips and swaps

Each pot is one recipe serving. You can serve part and refrigerate the rest promptly; review your whole day's intake rather than routinely shrinking every meal.

Use lactose-free milk in the mash if needed.

Method

1. Make the mash

Heat the oven to 200°C / 400°F. Boil the potatoes for 15-18 minutes until tender. Drain and mash with the milk.

2. Cook the filling

Meanwhile, heat the oil in a pan. Add the turkey and break it up with a spoon. Cook for 5 minutes, then add the carrot and courgette and cook for 5 minutes more.

3. Thicken

Stir in the flour, then the water. Simmer for 8-10 minutes, stirring, until the vegetables are tender and the filling is moist but not watery.

4. Bake the pots

Divide the filling between four 500 ml ovenproof dishes. Leave space below each rim. Top with mash and roughen with a fork. Bake for 15-20 minutes until lightly golden and the centre reaches 74°C / 165°F.

Storage and reheating

Cool in shallow containers and refrigerate promptly within two hours, or one hour above 32°C / 90°F. Use within 48 hours (UK FSA guidance), or freeze portions promptly. Thaw in the fridge and use within 24 hours of full defrosting. Reheat only once until steaming hot throughout (74°C / 165°F if using a food thermometer).

Herb-baked cod with sweet-potato mash

Flaky cod with sweet-potato mash and tender courgette.



MAKES 2 • PREP 10 MIN • COOK 25 MIN

Per recipe serving, estimated: 288 kcal • 25 g protein • 7 g fat

Fibre not reported: ingredient reference data incomplete.

Carbohydrate not reported: incompatible source definitions. See nutrition notes.

Ingredients

240 g Boneless cod fillets, raw

About 2 × 4 1/4 oz

300 g Peeled sweet potato, cubed

About 1 large

160 g Courgette (zucchini), sliced

About 1 small

40 g Semi-skimmed milk (1.7% fat)

About 3 tbsp

10 g Olive oil

About 2 tsp

4 g Fresh parsley, chopped

About 1 tbsp

Allergens: Fish, Milk. Check labels for substitutions and cross-contact.

Serving tips and swaps

Serve the fish, mash and courgette separately if you prefer.

Frozen cod can be used after thawing in the fridge. Use lactose-free milk in the mash if preferred.

Method

1. Cook the sweet potato

Heat the oven to 190°C / 375°F. Boil the sweet potato for 12-15 minutes until tender.

2. Bake the cod

Put the cod in a small ovenproof dish, brush with half the oil and scatter over the parsley. Bake for 12-16 minutes, until the fish reaches 63°C / 145°F and flakes easily.

3. Soften the courgette

Heat the remaining oil in a pan. Add the courgette and a splash of water, cover and cook for 6-8 minutes until tender.

4. Finish the mash

Drain the sweet potato and mash with the milk. Divide the fish, mash and courgette between two plates, checking carefully for bones.

Storage and reheating

Cool in shallow containers and refrigerate promptly within two hours, or one hour above 32°C / 90°F. Use within 48 hours (UK FSA guidance), or freeze portions promptly. Thaw in the fridge and use within 24 hours of full defrosting. Reheat only once until steaming hot throughout (74°C / 165°F if using a food thermometer).

Salmon and potato fishcakes

Small oven-baked fishcakes with a simple yogurt dip. Two fishcakes make one recipe serving.



MAKES 2 • PREP 15 MIN • COOK 35 MIN

Per recipe serving, estimated: 480 kcal • 35 g protein • 23 g fat

Fibre not reported: ingredient reference data incomplete.

Carbohydrate not reported: incompatible source definitions. See nutrition notes.

Ingredients

240 g Boneless, skinless salmon flesh, raw

About 8 1/2 oz, weighed after removing skin

250 g Peeled potato, cubed

About 2 small

50 g Egg, beaten

About 1 large

20 g wholemeal panko breadcrumbs

About 3 1/2 tbsp; use the 20 g weight

5 g Olive oil

About 1 tsp

4 g Fresh parsley, chopped

About 1 tbsp

80 g Plain strained Greek yogurt, 0% fat

About 1/3 cup

Allergens: Fish, Egg, Wheat, Milk. Check labels for substitutions and cross-contact.

Serving tips and swaps

The estimate includes the yogurt dip. If you leave it out, the protein and energy will be lower. If higher-fat meals worsen nausea, reflux or fullness, try a smaller portion or another recipe.

Try lactose-free strained yogurt for the dip. Do not assume every dairy-free yogurt has similar nutrition.

Method

1. Cook the base

Heat the oven to 200°C / 400°F. Boil the potatoes for 12-15 minutes until tender. Meanwhile, bake the salmon for 12-15 minutes, until it reaches 63°C / 145°F.

2. Mix

Drain and mash the potatoes. Let the potato and salmon cool for 5 minutes. Check carefully for bones, then flake the salmon into the potato with the egg, breadcrumbs and parsley. Use a clean bowl and utensils for mixing; wash hands after handling the raw egg.

3. Shape and bake

Shape into four cakes. Brush a baking tray with the oil and set the cakes on it. Bake for 15-18 minutes, turning carefully halfway, until the centres reach 74°C / 165°F.

4. Serve

Serve two cakes with half the yogurt per serving. Spoon the yogurt on the side rather than coating the cakes.

Storage and reheating

Cool in shallow containers and refrigerate promptly within two hours, or one hour above 32°C / 90°F. Use within 48 hours (UK FSA guidance), or freeze portions promptly. Thaw in the fridge and use within 24 hours of full defrosting. Reheat only once until steaming hot throughout (74°C / 165°F if using a food thermometer).

Banana, milk and yogurt smoothie

A banana smoothie made with milk and Greek yogurt.



MAKES 1 • PREP 5 MIN • COOK 0 MIN

Per recipe serving, estimated: 197 kcal · 19 g protein · 3 g fat

Fibre: 1.1 g per serving (estimated).

Carbohydrate not reported: [incompatible source definitions](#). See [nutrition notes](#).

Ingredients

80 g Banana, peeled

About 1 small

150 g Semi-skimmed milk (1.7% fat)

About 2/3 cup

120 g Plain strained Greek yogurt, 0% fat

About 1/2 cup

Allergens: Milk. Check labels for substitutions and cross-contact.

Serving tips and swaps

Use this as a snack or one part of your day. It is not a nutritionally complete meal replacement.

Lactose-free milk and strained yogurt are options. Plant-based versions differ substantially in protein, so their nutrition needs recalculation.

Method

1. Blend

Put the banana, milk and yogurt in a blender. Blend until smooth, scraping down the sides if needed.

2. Adjust

If too thick, blend in cold water a tablespoon at a time. Added water changes volume but not the batch's nutrition.

3. Serve

Pour into a glass and drink slowly. Refrigerate any remainder immediately in a clean covered container and use the same day.

Storage and reheating

Best freshly made. Refrigerate any remainder immediately in a clean covered container and use the same day. Keep chilled at 4°C / 40°F or below.

Silken tofu with warm rice and courgette

Soft tofu and rice with gently cooked courgette and a little ginger-soy seasoning.



MAKES 2 • PREP 10 MIN • COOK 20 MIN

Per recipe serving, estimated: 351 kcal • 19 g protein • 9 g fat

Fibre not reported: ingredient reference data incomplete.

Carbohydrate not reported: incompatible source definitions. See nutrition notes.

Ingredients

500 g Silken tofu, drained

About 17 1/2 oz

100 g White long-grain rice, dry

About 1/2 cup

160 g Courgette (zucchini), diced

About 1 small

10 g Soy sauce

About 2 tsp

8 g Fresh ginger, finely grated

About 1 tbsp

5 g Olive oil

About 1 tsp

250 g Water, for rice

About 1 cup

Allergens: Soy, Wheat. Check labels for substitutions and cross-contact.

Serving tips and swaps

Use a spoon to portion the soft tofu without breaking it up. Keep it separate from the rice and courgette if you prefer.

Silken and firm tofu are not nutritionally interchangeable. Check the actual product when changing the tofu type.

Method

1. Cook the rice

Rinse the rice. Cook it with the measured water in a covered saucepan, following the rice packet's cooking time; add water if required.

2. Cook the courgette

Heat the oil in a pan. Add the courgette and ginger and stir for 2 minutes. Add 2 tablespoons of water, cover and cook for 5-7 minutes until tender.

3. Warm the tofu

Slide large spoonfuls of tofu into the pan. Drizzle over the soy sauce. Cover and heat gently for 4-5 minutes, following the tofu packet's heating instructions, without vigorous stirring. Continue heating until hot throughout; the packet instructions take priority over the estimated time.

4. Assemble

Divide the rice, tofu and courgette evenly between two bowls. Chill any saved rice portion within one hour and use within 24 hours.

Storage and reheating

Cool in shallow containers and refrigerate within one hour. Use refrigerated rice within 24 hours. Reheat only once until steaming hot throughout (74°C / 165°F if using a food thermometer). Freeze promptly if you will not use the second portion tomorrow. Thaw in the fridge and use within 24 hours of full defrosting.

A PRACTICAL PLAN

Four days of lunches and dinners

Lunches and dinners for one person. The stated servings provide approximately 660 kcal on days 1-2 and 768 kcal on days 3-4 in total for lunch plus dinner, not a daily intake target. The guide includes two breakfast recipes and a smoothie.

Important: lunch and dinner only. This is not a complete day's diet and does not supply all the energy and nutrients you need. Add breakfast, snacks and other food to meet your needs. If you regularly struggle to eat enough, lose weight faster than intended or have persistent digestive symptoms, speak to your healthcare professional or dietitian.

Day 1**Lunch** Chicken and carrot rice pot**Dinner** Turkey cottage pie pots

Make both batches. Refrigerate tomorrow's portions; freeze the extra two pie pots promptly.

Day 2**Lunch** Chicken and carrot rice pot**Dinner** Turkey cottage pie pots

Eat the rice within 24 hours. Reheat each saved portion only once.

Day 3**Lunch** Salmon and potato fishcakes**Dinner** Herb-baked cod with sweet-potato mash

Cook two portions of each. Refrigerate the second portions promptly.

Day 4**Lunch** Salmon and potato fishcakes**Dinner** Herb-baked cod with sweet-potato mash

Use the saved portions. Choose silken tofu on another day if you want a plant-based option.

BEFORE YOU SHOP

Shopping list

One full batch of all eight recipes. This is more food than the four-day lunch and dinner plan; select the recipes you need or freeze extra portions promptly.

- | | |
|--|--|
| ☐ Banana, peeled 80 g | ☐ Potatoes (prepared weight) 1050 g |
| ☐ Boneless cod fillets, raw 240 g | ☐ Pudding rice, dry 60 g |
| ☐ Boneless salmon, raw 240 g | ☐ Semi-skimmed milk (1.7% fat) 630 g |
| ☐ Carrots (prepared weight) 270 g | ☐ Silken tofu, drained 500 g |
| ☐ Courgette / zucchini 470 g | ☐ Skinless chicken breast, raw 200 g |
| ☐ Eggs (without shells; about 50 g each) 250 g | ☐ Soy sauce 10 g |
| ☐ Fresh ginger, finely grated 8 g | ☐ Spinach 60 g |
| ☐ Fresh parsley 8 g | ☐ Turkey mince, raw, 7% fat 400 g |
| ☐ Olive oil 40 g | ☐ Vanilla extract 2 g |
| ☐ Peeled sweet potato, cubed 300 g | ☐ White long-grain rice, dry 200 g |
| ☐ Plain all-purpose flour 10 g | ☐ wholemeal panko breadcrumbs 20 g |
| ☐ Plain strained Greek yogurt, 0% fat 500 g | |

Quantities are edible or drained weights, before cooking unless stated. Allow for skins, seeds and can liquid when buying. Eggs weigh about 50 g each without shells. Water is omitted. Cross out ingredients you already have.

THE DETAILS

About the estimates

Sum reference values for the listed edible ingredient weights, divided by recipe yield. Raw weights unless the ingredient states drained or cooked. No cooking-retention or waste adjustment. All listed oil is counted. Vanilla, cinnamon and cumin are excluded; optional swaps are not included. Brands and portions change the result. Values are estimates. CoFID reproduced under the Open Government Licence v3.0.

Carbohydrate totals are not reported: the ingredient sources use different definitions (CoFID available carbohydrate and US-label total carbohydrate including fibre), which cannot be added consistently. Energy, protein and fat are estimates from the listed weighed ingredients; fibre is shown only where every ingredient has supporting data. These recipes are not suitable for carbohydrate counting.

Reference foods

UK CoFID 2021, food codes: 11-865, 12-313, 12-937, 13-489, 13-521, 17-038, 18-290, 11-861, 13-496, 13-627, 11-886, 16-372, 13-463, 13-844, 16-356, 14-318, 17-721, 13-890.

[Composition of Foods Integrated Dataset - GOV.UK](#)

Milk, semi-skimmed, pasteurised, average: Semi-skimmed milk reference contains 1.7% fat. A 2% product changes the estimate.

FAGE Total 0%, US 16 oz tub - [manufacturer label](#)

Jennie-O lean ground turkey, 93% lean - [manufacturer label](#)

Kikkoman Whole Wheat Panko - [manufacturer label](#)

Mori-Nu Silken Tofu Soft - [manufacturer label](#)

Food safety and nutrition reading

[Nutrition during GLP-1 treatment](#)

[Safe cooking temperatures](#)

[Cooling and reheating rice](#)

[Storing leftovers](#)

[UK FSA: chilling, freezing and defrosting \(48-hour leftovers\)](#)

Content amended: 30 September 2026. Reference products last checked: 12 September 2026. Brand names identify calculation inputs; they are not sponsorships or required purchases. Full ingredient-level references are included on each online recipe page. Fibre is shown only where all ingredient references have values; missing or excluded data are not treated as zero.