



SIMPLE · FAMILY-FRIENDLY · REAL LIFE

The Everyday *T1D & ADHD* Cookbook

Simple, family-friendly recipes and practical tips to nourish teenagers with Type 1 Diabetes and ADHD - one meal at a time.

Created by Sweet & Spicy Minds

REAL MEALS FOR T1D & NEUROSPICY FAMILIES

◆ DREAM BIG · REACH FOR THE STARS ◆

What's Inside

ONE MEAL AT A TIME

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Dedication



For every parent, grandparent, carer and teenager navigating Type 1
Diabetes and ADHD.

This book is for the mornings that start before the alarm.

The blood glucose checks before breakfast.

The forgotten lunchboxes.

The changing appetites.

The carb counting.

The executive dysfunction.

The moments that feel overwhelming.

And the countless small victories that often go unnoticed.

If this book makes just one meal easier, one morning calmer, or helps one
family feel less alone, then it has done exactly what it was created to do.

Remember—progress over perfection, always.

Progress over perfection.



There will be busy mornings, forgotten lunchboxes, unexpected highs and
lows, and days when dinner comes from the freezer. This book isn't about
creating perfect meals—it's about helping families feel a little more
prepared, a little less overwhelmed, and a lot more supported.

Welcome to *The Everyday T1D & ADHD Cookbook*



If you're reading this, chances are food has become more than simply deciding what's for breakfast.

For families living with Type 1 Diabetes and ADHD, every meal can involve planning, carbohydrate counting, changing appetites, sensory preferences, growth spurts, sport, hormones, and the everyday challenge of simply getting everyone out the door on time.

Some days everything runs smoothly.

Other days breakfast ends up being eaten in the car, someone forgets their water bottle, and you're doing a last-minute search for a necessary “kit bag” resource or checking hypo treatment supplies that's somehow ended up under the couch cushions or misplaced in a messy bedroom.

This cookbook was created for those real-life moments.

Inside these pages you'll find recipes that are designed to be practical, achievable and family-friendly. Every recipe uses ingredients commonly available from Australian supermarkets, includes approximate carbohydrate values to support carbohydrate counting, and focuses on pairing carbohydrates with protein and fibre to help keep teenagers fuelled for school, sport and everyday life.

Most importantly, this isn't a book about perfect meals or perfect blood glucose levels.

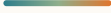
It's about making everyday life a little easier.

Whether you're a parent preparing breakfast before work, a teenager learning to cook independently, a grandparent helping after school, or a carer supporting someone you love, I hope these recipes become trusted favourites in your home.

Let's make life just a little bit simpler—one meal at a time.

— **Felicity**

How to Use This Book



Each recipe has been designed to make life easier.

You'll find:

Approximate carbohydrate values based on common Australian supermarket products to support carbohydrate counting for Type 1 Diabetes management.

ADHD-friendly tips to reduce decision fatigue, simplify preparation and support independence.

Real preparation times because "5 minutes" should actually mean five minutes.

Australian supermarket ingredients

Meal-prep ideas to help busy families get ahead.

An interactive version of this whole cookbook - tick off ingredients, build a shopping list and plan your week at sweetandspicyminds.com/recipe-book.

Real Life tips based on lived experience, not just recipes.

What Makes This Cookbook Different?

There are many wonderful diabetes cookbooks.

There are many wonderful family cookbooks.

This one was written specifically for families raising teenagers with both Type 1 Diabetes and ADHD.

That means you'll find recipes that consider:

- ✦ Executive dysfunction.
- ✦ Sensory preferences.
- ✦ Busy school mornings.
- ✦ Sport and growing appetites.
- ✦ Budget-friendly ingredients.
- ✦ Easy carbohydrate counting.
- ✦ Teenagers learning to cook independently.

Every recipe asks the same question:

"Will this actually work on a busy Tuesday morning?"

If the answer is no...

It doesn't make it into this book.



CHAPTER 1

Breakfast – Fuel for the Day

- ◆ Protein Pancakes
- ◆ Protein Banana Pancakes
- ◆ Berry Yoghurt Breakfast Bowl
- ◆ Bacon & Egg Breakfast Wrap
- ◆ Apple Cinnamon Overnight Oats
- ◆ Ham, Cheese & Veggie Muffins
- ◆ Peanut Butter & Banana Breakfast Toast
- ◆ Chocolate Protein Smoothie

— T1D NOTES

- ◆ Carbohydrate values are approximate and can vary between brands.
- ◆ Weigh ingredients where possible for the most accurate carbohydrate counting.
- ◆ Protein and fat may delay glucose rises for some people, so timing of insulin may differ depending on individual response.

◆ Protein Pancakes

Fluffy, filling and blood sugar friendly

Serves: 2 (4 medium pancakes each)

Preparation: 10 minutes

Cooking: 10 minutes

— WHY THIS RECIPE WORKS

These pancakes combine protein, fibre and slow-release carbohydrates to help reduce rapid glucose spikes while still being satisfying. Everyone responds differently, so always use your own insulin-to-carbohydrate ratio and monitor your blood glucose.

— INGREDIENTS

- ◆ 1 cup (90 g) rolled oats
- ◆ 1 medium banana (100 g)
- ◆ 2 large eggs
- ◆ 150 g plain high-protein Greek yoghurt
- ◆ 1 scoop (30 g) vanilla protein powder
- ◆ 1 teaspoon baking powder
- ◆ 1 teaspoon vanilla extract
- ◆ ½ teaspoon cinnamon (optional)
- ◆ Pinch of salt
- ◆ Olive oil spray for cooking

— METHOD

- ◆ Blend the rolled oats until they resemble a fine flour.
- ◆ Add the banana, eggs, yoghurt, protein powder, baking powder, vanilla, cinnamon and salt.
- ◆ Blend until the batter is smooth.
- ◆ Allow the batter to rest for 5 minutes to thicken.
- ◆ Heat a non-stick frying pan over medium heat and lightly coat with olive oil spray.
- ◆ Pour approximately ¼ cup of batter per pancake.
- ◆ Cook for 2-3 minutes until bubbles appear, then flip and cook for another 2 minutes until golden.
- ◆ Serve immediately or cool and refrigerate for up to 3 days. These pancakes also freeze well.

— APPROXIMATE NUTRITION (ENTIRE RECIPE)

INGREDIENT	CARBOHYDRATES	PROTEIN	FAT
Rolled oats (90 g)	54 g	12 g	7 g
Banana (100 g)	23 g	1 g	0 g
Eggs (2)	1 g	13 g	10 g
High-protein Greek yoghurt (150 g)	6 g	15 g	1 g
Protein powder (30 g)	3 g	24 g	1 g
Baking powder, vanilla & spices	<1 g	0 g	0 g

★ Total Recipe

- ◆ **Carbohydrates:** Approximately **87 g**
- ◆ **Protein:** Approximately **65 g**
- ◆ **Fat:** Approximately **19 g**

★ Per Serving (Half the recipe)

- ◆ **Carbohydrates:** Approximately **44 g**
- ◆ **Protein:** Approximately **33 g**
- ◆ **Fat:** Approximately **10 g**

★ Per Pancake (8 pancakes total)

- ◆ **Carbohydrates:** Approximately **11 g**
- ◆ **Protein:** Approximately **8 g**
- ◆ **Fat:** Approximately **2.5 g**

— OPTIONAL TOPPINGS

TOPPING	SERVING	APPROX. CARBOHYDRATES
Fresh strawberries	50 g	4 g
Blueberries	50 g	7 g
Raspberries	50 g	5 g
Peanut butter	1 tablespoon	3 g
Almond butter	1 tablespoon	3 g
Greek yoghurt	50 g	2 g
Chia seeds	1 tablespoon	1 g available carbs

— EXAMPLE BREAKFAST

- ◆ 2 protein pancakes
- ◆ 50 g Greek yoghurt
- ◆ 50 g strawberries

Approximate carbohydrates: 28 g

— ADHD-FRIENDLY TIPS

- ✦ Blend a double batch and freeze between sheets of baking paper.
- ✦ Reheat in the toaster for a quick weekday breakfast.
- ✦ Portion into grab-and-go freezer bags.
- ✦ Add a sprinkle of cinnamon for extra flavour without adding carbohydrates.

✦ Protein Banana Pancakes

— WHY THIS WORKS

- ✦ High protein for longer-lasting energy
- ✦ Simple ingredients
- ✦ Freezer-friendly
- ✦ Easy for teenagers to make independently

— INGREDIENTS (SERVES 2)

- ✦ 1 medium banana
- ✦ 2 eggs
- ✦ 40g rolled oats
- ✦ ½ tsp cinnamon
- ✦ 1 tsp vanilla extract

— METHOD

- ✦ Place all ingredients into a blender.
- ✦ Blend until smooth.
- ✦ Heat a non-stick frying pan over medium heat.
- ✦ Pour small amounts of batter into the pan.
- ✦ Cook for 2–3 minutes until bubbles appear.
- ✦ Flip and cook for another 1–2 minutes.
- ✦ Serve with Greek yoghurt and berries if desired.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Banana	23g
Oats	24g
Eggs	0g
★ Total Recipe	47g

★ Per Serve (2 serves): Approximately 24g carbohydrate

◆ Berry Yoghurt Breakfast Bowl

— WHY THIS WORKS

- ◆ No cooking required
- ◆ High protein
- ◆ Easy ADHD-friendly breakfast
- ◆ Great for busy school mornings

— INGREDIENTS (SERVES 1)

- ◆ 170g Greek yoghurt
- ◆ 80g mixed berries
- ◆ 20g high-protein granola
- ◆ 1 tsp chia seeds

— METHOD

- ◆ Spoon yoghurt into a bowl.
- ◆ Top with berries.
- ◆ Sprinkle over granola and chia seeds.
- ◆ Serve immediately.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Greek yoghurt	7g
Berries	8g
Granola	12g
Chia seeds	1g

★ **Total Per Serve: Approximately 28g carbohydrate**

✦ Bacon & Egg Breakfast Wrap

— WHY THIS WORKS

- ✦ High protein
- ✦ Portable
- ✦ Keeps hunger away during school mornings

— INGREDIENTS (SERVES 1)

- ✦ 1 high-protein wrap
- ✦ 2 eggs
- ✦ 2 rashers shortcut bacon
- ✦ Handful baby spinach
- ✦ 1 tbsp grated cheese

— METHOD

- ✦ Cook bacon until crispy.
- ✦ Scramble eggs in a non-stick pan.
- ✦ Warm wrap for 20 seconds in the microwave.
- ✦ Add spinach, bacon, eggs and cheese.
- ✦ Roll tightly and serve.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Wrap	22g
Eggs	0g
Bacon	0g
Cheese	1g
Spinach	1g

★ Total Per Serve: Approximately 24g carbohydrate

◆ Apple Cinnamon Overnight Oats

— WHY THIS WORKS

- ◆ Prepared the night before
- ◆ Great for ADHD mornings
- ◆ Provides sustained energy

— INGREDIENTS (SERVES 1)

- ◆ 40g rolled oats
- ◆ 150ml milk
- ◆ ½ apple, grated
- ◆ 1 tsp chia seeds
- ◆ ½ tsp cinnamon

— METHOD

- ◆ Combine oats, milk, apple, chia seeds and cinnamon in a jar.
- ◆ Stir well.
- ◆ Refrigerate overnight.
- ◆ Stir before serving.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Oats	24g
Milk	7g
Apple	10g
Chia seeds	1g

★ **Total Per Serve: Approximately 42g carbohydrate**

◆ Ham, Cheese & Veggie Muffins

— WHY THIS WORKS

- ◆ Meal-prep friendly
- ◆ Low carbohydrate
- ◆ Excellent for mornings with high blood glucose levels

— INGREDIENTS (MAKES 12)

- ◆ 6 eggs
- ◆ 100g diced ham
- ◆ ½ cup grated cheese
- ◆ ½ cup grated zucchini
- ◆ ½ capsicum, diced

— METHOD

- ◆ Preheat oven to 180°C.
- ◆ Grease a 12-hole muffin tray.
- ◆ Whisk eggs in a bowl.
- ◆ Stir through ham, cheese and vegetables.
- ◆ Divide mixture evenly between muffin holes.
- ◆ Bake for 20–25 minutes.
- ◆ Cool before storing.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Ham	1g
Cheese	2g
Zucchini	2g
Capsicum	4g
Eggs	0g

★ **Total Recipe: 9g carbohydrate**

★ **Per Muffin: Less than 1g carbohydrate**

◆ Peanut Butter & Banana Breakfast Toast

— WHY THIS WORKS

- ◆ Teen favourite
- ◆ Balanced carbs and protein
- ◆ Quick school-day breakfast

— INGREDIENTS (SERVES 1)

- ◆ 2 slices wholegrain bread
- ◆ 1 tbsp peanut butter
- ◆ ½ banana, sliced

— METHOD

- ◆ Toast bread.
- ◆ Spread with peanut butter.
- ◆ Top with sliced banana.
- ◆ Serve immediately.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Bread	28g
Peanut butter	3g
Banana	12g

★ Total Per Serve: Approximately 43g carbohydrate

◆ Chocolate Protein Smoothie

— WHY THIS WORKS

- ◆ Ideal for teens who don't feel like eating early
- ◆ Portable
- ◆ High protein

— INGREDIENTS (SERVES 1)

- ◆ 250ml milk
- ◆ 1 scoop chocolate protein powder
- ◆ ½ banana
- ◆ 1 tbsp peanut butter
- ◆ Ice cubes

— METHOD

- ◆ Place all ingredients into a blender.
- ◆ Blend until smooth.
- ◆ Pour into a travel cup and serve.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Milk	12g
Banana	12g
Peanut butter	3g
Protein powder	3g

★ Total Per Serve: Approximately 30g carbohydrate

Breakfast Chapter Quick Reference

RECIPE	CARBS PER SERVE
Protein Banana Pancakes	24g
Berry Yoghurt Bowl	28g
Bacon & Egg Wrap	24g
Overnight Oats	42g
Ham & Cheese Muffin	<1g
Peanut Butter Banana Toast	43g
Chocolate Protein Smoothie	30g



CHAPTER 2

Grab and Go Breakfast Ideas

- ◆ Apple Pie Breakfast Cookies
- ◆ Ham & Cheese Breakfast Scroll
- ◆ Blueberry Protein Muffins
- ◆ Freezer Breakfast Burritos
- ◆ Peanut Butter Banana Smoothie Packs
- ◆ Strawberry Yoghurt Chia Pots
- ◆ Bonus Chapter: “Forgot Breakfast!” Emergency Options

◆ Apple Pie Breakfast Cookies

— WHY THIS WORKS

- ◆ Can be made on Sunday for the whole week
- ◆ Easy to eat on the way to school
- ◆ Contains fibre, protein and slow-release carbohydrates

— INGREDIENTS (MAKES 12 COOKIES)

- ◆ 2 ripe bananas, mashed
- ◆ 2 cups rolled oats
- ◆ 1 apple, grated
- ◆ 2 eggs
- ◆ 1 tsp cinnamon

- ◆ 1 tsp vanilla extract
- ◆ ¼ cup chopped walnuts (optional)

— METHOD

- ◆ Preheat oven to 180°C.
- ◆ Line a baking tray with baking paper.
- ◆ Mix all ingredients in a large bowl.
- ◆ Roll into 12 cookie-sized portions.
- ◆ Flatten slightly.
- ◆ Bake for 15–18 minutes.
- ◆ Cool completely before storing.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Bananas	46g
Oats	96g
Apple	20g
Eggs	0g
Walnuts	2g

★ **Total Recipe: 164g**

★ **Per Cookie (12): Approximately 14g carbohydrate**

◆ **Ham & Cheese Breakfast Scrolls**

— WHY THIS WORKS

- ◆ Lunchbox friendly
- ◆ Freezer friendly
- ◆ Teen-approved savoury option

— INGREDIENTS (MAKES 8 SCROLLS)

- ◆ 2 sheets reduced-fat puff pastry
- ◆ 100g shaved diced ham
- ◆ 1 cup grated cheese

- ◆ 2 tbsp tomato paste

— METHOD

- ◆ Preheat oven to 200°C.
- ◆ Spread tomato paste over pastry.
- ◆ Sprinkle ham and cheese evenly.
- ◆ Roll tightly into logs.
- ◆ Slice into 8 rounds.
- ◆ Place on lined trays.
- ◆ Bake for 18–20 minutes.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Puff pastry	120g
Tomato paste	8g
Ham	1g
Cheese	2g

★ Total Recipe: 131g

★ Per Scroll: Approximately 16g carbohydrate

◆ Blueberry Protein Muffins

— WHY THIS WORKS

- ◆ Higher protein than traditional muffins
- ◆ Great for blood sugar stability
- ◆ Easy to freeze

— INGREDIENTS (MAKES 12)

- ◆ 1 cup self-raising flour
- ◆ ½ cup vanilla protein powder
- ◆ 2 eggs
- ◆ ¾ cup Greek yoghurt
- ◆ 1 cup blueberries
- ◆ ¼ cup milk

METHOD

- ◆ Preheat oven to 180°C.
- ◆ Combine flour and protein powder.
- ◆ Add eggs, yoghurt and milk.
- ◆ Fold through blueberries.
- ◆ Divide into muffin tray.
- ◆ Bake for 18–20 minutes.

APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Flour	92g
Protein powder	12g
Greek yoghurt	7g
Blueberries	14g
Milk	3g

★ Total Recipe: 128g

★ Per Muffin: Approximately 11g carbohydrate

◆ Freezer Breakfast Burritos

WHY THIS WORKS

- ◆ Complete breakfast
- ◆ High protein
- ◆ Can be reheated in 2 minutes

INGREDIENTS (MAKES 6)

- ◆ 6 medium wraps
- ◆ 8 eggs
- ◆ 150g lean beef mince
- ◆ ½ cup grated cheese
- ◆ 1 capsicum, diced

METHOD

- ✦ Cook mince and capsicum until browned.
- ✦ Scramble eggs separately.
- ✦ Combine mince mixture with eggs.
- ✦ Divide between wraps.
- ✦ Add cheese.
- ✦ Roll tightly.
- ✦ Wrap individually and freeze.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Wraps	132g
Capsicum	6g
Cheese	2g
Eggs	0g
Mince	0g

★ Total Recipe: 140g

★ Per Burrito: Approximately 23g carbohydrate

✦ Peanut Butter Banana Smoothie Packs

— WHY THIS WORKS

- ✦ Perfect for mornings when eating feels difficult
- ✦ ADHD-friendly preparation
- ✦ Ready in under 2 minutes

— INGREDIENTS (MAKES 4 PACKS)

★ Per pack:

- ✦ ½ banana
- ✦ 1 tbsp peanut butter
- ✦ 1 tbsp rolled oats

— TO SERVE

Add:

- ◆ 250ml milk
- ◆ 1 scoop protein powder

— METHOD

- ◆ Place banana, peanut butter and oats into freezer bags.
- ◆ Freeze.
- ◆ Blend one frozen pack with milk and protein powder when needed.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Banana	12g
Oats	6g
Peanut butter	3g
Milk	12g
Protein powder	3g

★ **Total Per Smoothie: Approximately 36g carbohydrate**

◆ Strawberry Yoghurt Chia Pots

— WHY THIS WORKS

- ◆ Make several at once
- ◆ High protein
- ◆ Grab from the fridge and go

— INGREDIENTS (SERVES 1)

- ◆ 170g Greek yoghurt
- ◆ 100g strawberries, chopped
- ◆ 1 tbsp chia seeds
- ◆ 1 tbsp rolled oats

— METHOD

- ◆ Combine and mix ingredients in a jar.

- ★ Refrigerate overnight.
- ★ Eat cold or allow to come to room temperature.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Greek yoghurt	7g
Strawberries	8g
Chia seeds	1g
Oats	6g

★ Total Per Serve: Approximately 22g carbohydrate

Breakfast Chapter Bonus: "Forgot Breakfast!"

Emergency Options

Keep these on hand for chaotic mornings:

OPTION	APPROXIMATE CARBS
Protein yoghurt pouch	10–15g
Cheese & crackers pack	15–20g
Banana	23g
Muesli bar	15–25g
Flavoured milk (300ml)	20–30g
Peanut butter sandwich	30–35g
Up & Go Protein	23–28g

— ADHD-FRIENDLY BREAKFAST SUCCESS TIPS

- ◆ Keep breakfast options visible and easy to reach.
- ◆ Batch cook on weekends.
- ◆ Use clear containers and labels.
- ◆ Pair breakfast with a consistent routine (blood glucose check, medication, breakfast, school bag).
- ◆ Keep emergency breakfast foods in school bags and sports bags.

CHAPTER 4

From One Parent to Another

If breakfast didn't happen today, tomorrow is another opportunity.

If your teenager ate only half their meal, that's okay.

If you guessed wrong on how hungry they'd be, you're in good company.

Every family has mornings that don't go to plan.

Keep showing up.

Keep offering food without pressure.

Keep celebrating the little wins.

Those little wins become the big ones before you realise it.



CHAPTER 5

Lunchbox Snacks & After-School Snacks

For many teenagers with Type 1 Diabetes and ADHD, snacks can make or break the school day or afternoon. The best snacks provide a balance of carbohydrates, protein and healthy fats to support blood glucose management, concentration and energy levels.

- ◆ Chocolate Peanut Butter Protein Bliss Balls
- ◆ Raspberry Yoghurt Bark
- ◆ Cheese & Veggie Cracker Stackers
- ◆ Banana Oat Muffins
- ◆ Pizza Crackers
- ◆ Chocolate Crunch Slice
- ◆ Apple & Peanut Butter Dippers
- ◆ Popcorn Trail Mix

◆ Chocolate Peanut Butter Protein Bliss Balls

— WHY THIS WORKS

- ◆ No baking required
- ◆ Great for lunchboxes
- ◆ Higher protein than traditional bliss balls

— INGREDIENTS (MAKES 16)

- ◆ 1 cup rolled oats
- ◆ ½ cup peanut butter

- ◆ ¼ cup honey
- ◆ 2 tbsp cocoa powder
- ◆ 2 tbsp vanilla protein powder
- ◆ 1 tbsp chia seeds

METHOD

- ◆ Place all ingredients into a bowl.
- ◆ Mix until combined.
- ◆ Roll into 16 equal balls.
- ◆ Refrigerate for 30 minutes before serving.

APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Oats	48g
Peanut butter	10g
Honey	34g
Cocoa	3g
Protein powder	4g
Chia seeds	1g

★ Total Recipe: 100g

★ Per Bliss Ball: Approximately 6g carbohydrate

◆ Raspberry Yoghurt Bark

WHY THIS WORKS

- ◆ Refreshing during summer
- ◆ Easy to portion
- ◆ High protein

INGREDIENTS (MAKES 12 PIECES)

- ◆ 500g Greek yoghurt
- ◆ 1 cup raspberries
- ◆ 2 tbsp sugar-free maple syrup

- ◆ 2 tbsp chopped almonds

METHOD

- ◆ Line a tray with baking paper.
- ◆ Spread yoghurt evenly.
- ◆ Top with raspberries and almonds.
- ◆ Freeze for 3–4 hours.
- ◆ Break into 12 pieces.

APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Greek yoghurt	20g
Raspberries	14g
Almonds	2g

★ Total Recipe: 36g

★ Per Piece: Approximately 3g carbohydrate

◆ Cheese & Veggie Cracker Stackers

WHY THIS WORKS

- ◆ No preparation required
- ◆ Lunchbox-friendly
- ◆ Good source of protein

INGREDIENTS (SERVES 1)

- ◆ 6 wholegrain crackers
- ◆ 30g cheese
- ◆ Cucumber slices
- ◆ Cherry tomatoes

METHOD

- ◆ Pack ingredients separately.
- ◆ Assemble when ready to eat.

APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Crackers	18g
Cheese	1g
Vegetables	3g

★ Total Per Serve: Approximately 22g carbohydrate

◆ Banana Oat Muffins

— WHY THIS WORKS

- ◆ Freezer-friendly
- ◆ Great for breakfast or snacks
- ◆ Naturally sweetened

— INGREDIENTS (MAKES 12)

- ◆ 2 bananas
- ◆ 2 eggs
- ◆ 1½ cups rolled oats
- ◆ ½ tsp cinnamon
- ◆ 1 tsp vanilla extract

— METHOD

- ◆ Preheat oven to 180°C.
- ◆ Blend all ingredients until smooth.
- ◆ Divide into a muffin tray.
- ◆ Bake for 18–20 minutes.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Bananas	46g
Oats	72g
Eggs	0g

★ Total Recipe: 118g

★ Per Muffin: Approximately 10g carbohydrate

✦ Pizza Crackers

— WHY THIS WORKS

- ✦ Fun after-school snack
- ✦ Quick to prepare
- ✦ Teen favourite

— INGREDIENTS (SERVES 1)

- ✦ 8 wholegrain crackers
- ✦ 2 tbsp pizza sauce
- ✦ ¼ cup grated cheese

— METHOD

- ✦ Spread crackers with pizza sauce.
- ✦ Sprinkle with cheese.
- ✦ Grill or air fry for 3–4 minutes.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Crackers	24g
Pizza sauce	4g
Cheese	1g

★ Total Per Serve: Approximately 29g carbohydrate

✦ Chocolate Crunch Slice

— WHY THIS WORKS

- ✦ Lunchbox treat

- ✦ Easy batch bake
- ✦ Portion controlled

— INGREDIENTS (MAKES 20 SQUARES)

- ✦ 3 cups Rice Bubbles
- ✦ ½ cup peanut butter
- ✦ ¼ cup honey
- ✦ 2 tbsp cocoa powder

— METHOD

- ✦ Heat peanut butter and honey until combined.
- ✦ Stir through cocoa.
- ✦ Fold through Rice Bubbles.
- ✦ Press into lined slice tin.
- ✦ Refrigerate until firm.
- ✦ Cut into 20 squares.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Rice Bubbles	78g
Honey	34g
Peanut butter	10g
Cocoa	3g

★ Total Recipe: 125g

★ Per Square: Approximately 6g carbohydrate

✦ Apple & Peanut Butter Dippers

— WHY THIS WORKS

- ✦ Simple whole-food snack
- ✦ Portable
- ✦ Excellent combination of carbs and protein

— INGREDIENTS (SERVES 1)

- ◆ 1 small apple
- ◆ 1 tbsp peanut butter

— METHOD

- ◆ Slice apple into wedges.
- ◆ Serve with peanut butter for dipping.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Apple	20g
Peanut butter	3g

★ Total Per Serve: Approximately 23g carbohydrate

◆ Popcorn Trail Mix

— WHY THIS WORKS

- ◆ ADHD-friendly crunchy snack
- ◆ Great for sports days
- ◆ Easy to prepare in bulk

— INGREDIENTS (MAKES 6 SERVES)

- ◆ 6 cups air-popped popcorn
- ◆ ½ cup roasted almonds
- ◆ ¼ cup dried cranberries

— METHOD

- ◆ Combine all ingredients.
- ◆ Divide into six snack containers.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Popcorn	30g
Almonds	6g
Cranberries	24g

★ **Total Recipe: 60g**

★ **Per Serve: Approximately 10g carbohydrate**

✦ Lunchbox Snack Carb Quick Reference

SNACK	APPROXIMATE CARBS
Protein Bliss Ball	6g each
Raspberry Yoghurt Bark	3g each
Cheese & Crackers	22g
Banana Oat Muffin	10g each
Pizza Crackers	29g
Chocolate Crunch Slice	6g each
Apple & Peanut Butter	23g
Popcorn Trail Mix	10g

After-School Snack Formula

A simple guide for teens:

Choose 1 Carb + 1 Protein

Examples:

- ◆ Apple + cheese stick
- ◆ Banana + peanut butter
- ◆ Crackers + tuna
- ◆ Yoghurt + berries
- ◆ Bliss ball + milk
- ◆ Popcorn + boiled eggs
- ◆ Rice cakes + cottage cheese

This helps support blood glucose levels, keeps hunger under control, and provides steady energy for homework, sports and afternoon activities.



CHAPTER 6

Lunchbox Friendly Lunches

This chapter focuses on lunches that are practical for Australian school lunchboxes, provide steady energy for ADHD brains, and include approximate carbohydrate counts to support Type 1 diabetes management.

Note: Carbohydrate values are estimates and may vary depending on brands and serving sizes.

- ✦ Chicken Caesar Wrap
- ✦ Ham, Cheese & Salad Sandwich
- ✦ Homemade Lunchables
- ✦ Pizza Scrolls
- ✦ Chicken Pasta Salad
- ✦ Mini Quiche Muffins
- ✦ Thermos Mac & Cheese

✦ Chicken Caesar Wrap

— WHY THIS WORKS

- ✦ High protein
- ✦ Easy to prepare the night before
- ✦ Travels well in lunchboxes

— INGREDIENTS (SERVES 1)

- ✦ 1 wholemeal wrap
- ✦ 100g cooked chicken breast, sliced

- ◆ 1 tbsp light Caesar dressing
- ◆ ¼ cup grated Parmesan cheese
- ◆ 1 cup cos lettuce, shredded

— METHOD

- ◆ Lay wrap flat on a board.
- ◆ Spread dressing over the centre.
- ◆ Add lettuce, chicken and Parmesan.
- ◆ Fold sides inward and roll tightly.
- ◆ Cut in half and wrap for lunch.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Wholemeal wrap	22g
Dressing	2g
Chicken	0g
Parmesan	1g
Lettuce	1g

★ Total Per Serve: Approximately 26g carbohydrate

◆ Ham, Cheese & Salad Sandwich

— WHY THIS WORKS

- ◆ Familiar and reliable
- ◆ Quick to prepare
- ◆ Balanced carbohydrates and protein

— INGREDIENTS (SERVES 1)

- ◆ 2 slices wholegrain bread
- ◆ 2 slices ham
- ◆ 1 slice cheese
- ◆ Lettuce

- ✦ Tomato slices

METHOD

- ✦ Layer ingredients between bread slices.
- ✦ Cut into halves or quarters.
- ✦ Pack with an ice brick.

APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Wholegrain bread	28g
Ham	1g
Cheese	1g
Salad vegetables	2g

★ Total Per Serve: Approximately 32g carbohydrate

✦ Homemade Lunchables

WHY THIS WORKS

- ✦ Fun and interactive
- ✦ Encourages independence
- ✦ Easily customised

INGREDIENTS (SERVES 1)

- ✦ 6 wholegrain crackers
- ✦ 50g sliced ham
- ✦ 30g cheese slices
- ✦ Cucumber sticks
- ✦ Cherry tomatoes

METHOD

- ✦ Portion ingredients into lunchbox compartments.
- ✦ Allow teenagers to assemble crackers themselves.

APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Crackers	18g
Ham	1g
Cheese	1g
Vegetables	3g

★ **Total Per Serve: Approximately 23g carbohydrate**

✦ Pizza Scrolls

— WHY THIS WORKS

- ✦ Excellent for freezing
- ✦ Great lunchbox favourite
- ✦ Easy batch cooking recipe

— INGREDIENTS (MAKES 12 SCROLLS)

- ✦ 2 sheets puff pastry
- ✦ 3 tbsp tomato paste
- ✦ 100g diced ham
- ✦ 1 cup grated cheese

— METHOD

- ✦ Preheat oven to 200°C.
- ✦ Spread pastry with tomato paste.
- ✦ Add ham and cheese.
- ✦ Roll into logs.
- ✦ Slice into 12 rounds.
- ✦ Bake for 18–20 minutes.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Puff pastry	120g
Tomato paste	12g
Ham	1g
Cheese	2g

★ Total Recipe: 135g

★ Per Scroll: Approximately 11g carbohydrate

✦ Chicken Pasta Salad

— WHY THIS WORKS

- ✦ Great for older teens
- ✦ Balanced meal
- ✦ Keeps well in an insulated lunch bag

— INGREDIENTS (SERVES 4)

- ✦ 250g cooked pasta
- ✦ 200g cooked chicken
- ✦ 1 cup cucumber, diced
- ✦ 1 cup cherry tomatoes
- ✦ 2 tbsp Italian dressing

— METHOD

- ✦ Cook pasta according to packet directions.
- ✦ Cool completely.
- ✦ Combine all ingredients.
- ✦ Portion into containers.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Pasta	75g
Vegetables	8g
Dressing	4g
Chicken	0g

★ **Total Recipe: 87g**

★ **Per Serve: Approximately 22g carbohydrate**

◆ Mini Quiche Muffins

— WHY THIS WORKS

- ◆ High protein
- ◆ Lower carbohydrate option
- ◆ Excellent for blood glucose management

— INGREDIENTS (MAKES 12)

- ◆ 6 eggs
- ◆ 100g ham
- ◆ ½ cup grated cheese
- ◆ ½ cup grated zucchini

— METHOD

- ◆ Preheat oven to 180°C.
- ◆ Whisk eggs.
- ◆ Add remaining ingredients.
- ◆ Divide into a muffin tray.
- ◆ Bake for 20–25 minutes.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Ham	1g
Cheese	2g
Zucchini	2g

★ Total Recipe: 5g

★ Per Muffin: Less than 1g carbohydrate

♦ Thermos Mac & Cheese

— WHY THIS WORKS

- ♦ Ideal during winter
- ♦ Comfort food
- ♦ Easy to eat at school

— INGREDIENTS (SERVES 4)

- ♦ 250g pasta
- ♦ 1 cup reduced-fat milk
- ♦ 1 cup grated cheese
- ♦ 1 tbsp cornflour

— METHOD

- ♦ Cook pasta.
- ♦ Make the cheese sauce: mix cornflour with a small splash of milk to make a smooth paste.
- ♦ Add the rest of the milk and heat until gently bubbling.
- ♦ Turn off the heat before stirring in the cheese until it melts.
- ♦ Combine with pasta.
- ♦ Store in thermos.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Pasta	75g
Milk	12g
Cornflour	7g
Cheese	2g

★ Total Recipe: 96g

★ Per Serve: Approximately 24g carbohydrate

Lunchbox Carbohydrate Quick Reference

LUNCH OPTION	APPROXIMATE CARBS
Chicken Caesar Wrap	26g
Ham & Salad Sandwich	32g
Homemade Lunchables	23g
Pizza Scroll	11g each
Chicken Pasta Salad	22g
Mini Quiche Muffin	<1g each
Thermos Mac & Cheese	24g

Lunchbox Packing Tips for ADHD & T1D

- ✦ Use compartment-style lunchboxes to reduce overwhelm.
- ✦ Include one protein food at every lunch.
- ✦ Pack foods that can be eaten quickly during busy school days.
- ✦ Label containers with carb counts if helpful.

- ✦ Keep hypo treatments in a separate, easy-to-access section.
- ✦ Freeze yoghurt pouches or water bottles to help keep food cool.



CHAPTER 7

Grab & Go Lunch Ideas

These lunches are designed for busy teenagers who want something quick, filling, portable and easy to eat between classes or at sports training.

◆ Chicken Ranch Wrap

— WHY THIS WORKS

- ◆ Easy to prepare the night before
- ◆ High protein
- ◆ Popular teen flavour combination

— INGREDIENTS (SERVES 1)

- ◆ 1 wholemeal wrap
- ◆ 100g cooked chicken breast, sliced
- ◆ 1 tbsp light ranch dressing
- ◆ ¼ cup grated cheese
- ◆ Lettuce leaves

— METHOD

- ◆ Lay wrap flat.
- ◆ Spread ranch dressing across the centre.
- ◆ Add lettuce, chicken and cheese.
- ◆ Roll tightly.

- ◆ Wrap in baking paper or foil.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Wholemeal wrap	22g
Ranch dressing	2g
Cheese	1g
Lettuce	1g

★ **Total Per Serve: Approximately 26g carbohydrate**

◆ Aussie Pizza Pocket

— WHY THIS WORKS

- ◆ Can be eaten cold
- ◆ Great freezer option
- ◆ Teen favourite

— INGREDIENTS (MAKES 6)

- ◆ 3 wholemeal pita pockets
- ◆ 100g shaved ham
- ◆ 1 cup grated cheese
- ◆ 3 tbsp pizza sauce

— METHOD

- ◆ Cut pita pockets in half.
- ◆ Fill each half with ham, cheese and pizza sauce.
- ◆ Toast lightly if desired.
- ◆ Cool before packing.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Pita bread	72g
Pizza sauce	6g
Ham	1g
Cheese	2g

★ Total Recipe: 81g

★ Per Pocket: Approximately 14g carbohydrate

◆ Cheeseburger Wrap

— WHY THIS WORKS

- ◆ Fast food flavour without takeaway
- ◆ High protein
- ◆ Portable

— INGREDIENTS (SERVES 1)

- ◆ 1 wholemeal wrap
- ◆ 80g cooked lean beef mince
- ◆ 1 slice cheese
- ◆ Lettuce
- ◆ 1 tbsp tomato sauce

— METHOD

- ◆ Place ingredients onto wrap.
- ◆ Roll tightly.
- ◆ Cut in half.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Wrap	22g
Tomato sauce	5g
Cheese	1g
Lettuce	1g

★ **Total Per Serve: Approximately 29g carbohydrate**

◆ **DIY Protein Snack Box**

— **WHY THIS WORKS**

- ◆ No cooking required
- ◆ Great for ADHD-friendly grazing
- ◆ Easy to customise

— **INGREDIENTS (SERVES 1)**

- ◆ 6 wholegrain crackers
- ◆ 50g sliced ham
- ◆ 30g cheese cubes
- ◆ 1 small apple
- ◆ Cucumber sticks

— **METHOD**

- ◆ Place each item into separate lunchbox compartments.
- ◆ Pack with an ice brick.

— **APPROXIMATE CARBOHYDRATES**

INGREDIENT	CARBS
Crackers	18g
Apple	20g
Cheese	1g
Ham	1g
Vegetables	2g

★ **Total Per Serve: Approximately 42g carbohydrate**

✦ Chicken & Cheese Quesadilla Triangles

— WHY THIS WORKS

- ✦ Easy finger food
- ✦ Delicious hot or cold
- ✦ Freezer-friendly

— INGREDIENTS (MAKES 4 SERVES)

- ✦ 4 wholemeal wraps
- ✦ 200g cooked chicken
- ✦ 1 cup grated cheese

— METHOD

- ✦ Place chicken and cheese on half of each wrap.
- ✦ Fold over.
- ✦ Cook in a sandwich press until golden.
- ✦ Cut each into triangles.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Wraps	88g
Cheese	2g

★ Total Recipe: 90g

★ Per Serve: Approximately 23g carbohydrate

◆ Mini Sausage Roll Scrolls

— WHY THIS WORKS

- ◆ Aussie lunchbox classic
- ◆ Freezer-friendly
- ◆ Great for sports days

— INGREDIENTS (MAKES 12)

- ◆ 2 sheets puff pastry
- ◆ 300g lean sausage mince
- ◆ 1 egg

— METHOD

- ◆ Preheat oven to 200°C.
- ◆ Roll sausage mince along pastry edge.
- ◆ Roll and seal.
- ◆ Slice into 12 pieces.
- ◆ Brush with egg.
- ◆ Bake for 20–25 minutes.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Puff pastry	120g
Egg	0g
Sausage mince	0g

★ Total Recipe: 120g

★ Per Scroll: Approximately 10g carbohydrate

✦ Sweet Chilli Chicken Rice Cup

— WHY THIS WORKS

- ✦ Ideal for older teens
- ✦ Easy meal-prep lunch
- ✦ Good for training days

— INGREDIENTS (SERVES 4)

- ✦ 2 cups cooked microwave rice
- ✦ 250g cooked chicken
- ✦ 1 tbsp sweet chilli sauce
- ✦ 1 cup diced cucumber

— METHOD

- ✦ Combine ingredients.
- ✦ Divide into four containers.
- ✦ Refrigerate until needed.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Rice	90g
Sweet chilli sauce	12g
Cucumber	2g

★ Total Recipe: 104g

★ Per Serve: Approximately 26g carbohydrate

Teen Top 10 Grab & Go Lunches

LUNCH	APPROXIMATE CARBS
Chicken Ranch Wrap	26g
Aussie Pizza Pocket	14g
Cheeseburger Wrap	29g
DIY Protein Snack Box	42g
Chicken Quesadilla	23g
Mini Sausage Roll Scroll	10g
Sweet Chilli Rice Cup	26g
Ham & Cheese Sandwich	32g
Pizza Scrolls	11g each

"Build Your Own Lunch" Formula

For teenagers who dislike eating the same lunch every day:

Choose One

- ✦ Wrap
- ✦ Sandwich
- ✦ Pasta pot
- ✦ Rice cup
- ✦ Crackers

Add One Protein

- ✦ Chicken
- ✦ Ham
- ✦ Tuna
- ✦ Cheese
- ✦ Eggs
- ✦ Beef

Add One Fruit or Vegetable

- ✦ Apple
- ✦ Grapes

- ◆ Berries
- ◆ Carrot sticks
- ◆ Cucumber
- ◆ Cherry tomatoes

Add One Snack

- ◆ Bliss ball
- ◆ Muffin
- ◆ Popcorn mix
- ◆ Yoghurt bark
- ◆ Protein yoghurt

This approach gives teens more choice and independence while still supporting consistent carbohydrate counting and balanced nutrition.

CHAPTER 8

Easy Lunch Recipes

- ◆ Ham, Cheese & Salad Sandwich
- ◆ Chicken & Mayo Wrap
- ◆ Tuna Pasta Salad
- ◆ Mini Pizza Muffins
- ◆ Egg & Lettuce Sandwich
- ◆ Chicken Fried Rice Cups
- ◆ Cheese & Vegemite Scrolls
- ◆ Chicken & Avocado Wrap
- ◆ Loaded Egg Salad
- ◆ Mexican Chicken Rice Bowl
- ◆ Cottage Cheese Power Bowl

— LUNCHBOX PREP TIPS

- ◆ Cook chicken in bulk on Sunday.
- ◆ Keep boiled eggs ready in the fridge.
- ◆ Portion cooked rice into freezer containers.
- ◆ Wash and chop vegetables ahead of time.
- ◆ Stock convenient protein options like tuna, cottage cheese and Greek yoghurt.
- ◆ Label meal-prep containers with the approximate carbohydrate count for quick insulin calculations.

◆ Ham, Cheese & Salad Sandwich

— SERVES 1

— INGREDIENTS

- ◆ 2 slices wholemeal bread
- ◆ 2 slices shaved ham

- ◆ 1 slice reduced-fat cheese
- ◆ Lettuce leaves
- ◆ Tomato slices

METHOD

- ◆ Lay bread slices on a board.
- ◆ Add ham, cheese, lettuce and tomato.
- ◆ Sandwich together and cut in half.

APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Wholemeal bread	30g
Ham	1g
Cheese	1g
Salad vegetables	2g

★ Total: Approximately 34g carbohydrate

◆ Chicken & Mayo Wrap

SERVES 1

INGREDIENTS

- ◆ 1 wholemeal wrap
- ◆ 100g cooked chicken breast
- ◆ 1 tbsp light mayonnaise
- ◆ Lettuce
- ◆ Cucumber sticks

METHOD

- ◆ Place all ingredients in the centre of the wrap.
- ◆ Roll tightly.
- ◆ Slice in half if preferred.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Wholemeal wrap	22g
Mayonnaise	1g
Salad vegetables	2g

★ Total: Approximately 25g carbohydrate

—

♦ Tuna Pasta Salad

— SERVES 4

— INGREDIENTS

- ♦ 250g cooked pasta
- ♦ 185g can tuna, drained
- ♦ 1 cup cherry tomatoes
- ♦ ½ cucumber, diced
- ♦ 2 tbsp Italian dressing

— METHOD

- ♦ Combine pasta, tuna and vegetables.
- ♦ Stir through dressing.
- ♦ Divide into four containers.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Pasta	75g
Vegetables	8g
Dressing	4g

★ Total Recipe: 87g

★ Per Serve: Approximately 22g carbohydrate

♦ Mini Pizza Muffins

— MAKES 12

— INGREDIENTS

- ♦ 1 cup self-raising flour
- ♦ 2 eggs
- ♦ ½ cup milk
- ♦ ½ cup grated cheese
- ♦ 50g diced ham
- ♦ 2 tbsp pizza sauce

— METHOD

- ♦ Preheat oven to 180°C.
- ♦ Mix flour, eggs and milk.
- ♦ Fold through cheese, ham and pizza sauce.
- ♦ Spoon into a greased muffin tray.
- ♦ Bake for 15–18 minutes.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Flour	95g
Milk	6g
Pizza sauce	4g
Remaining ingredients	2g

★ Total Recipe: 107g

★ Per Muffin: Approximately 9g carbohydrate

♦ Egg & Lettuce Sandwich

— SERVES 1

— INGREDIENTS

- ◆ 2 slices wholemeal bread
- ◆ 2 hard-boiled eggs
- ◆ 1 tbsp light mayonnaise
- ◆ Lettuce leaves

— METHOD

- ◆ Mash eggs with mayonnaise.
- ◆ Spread onto bread.
- ◆ Add lettuce and top with second slice.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Bread	30g
Mayonnaise	1g
Lettuce	1g
Eggs	0g

★ Total: Approximately 32g carbohydrate

◆ Chicken Fried Rice Cups

— SERVES 4

— INGREDIENTS

- ◆ 2 cups cooked microwave rice
- ◆ 200g cooked chicken
- ◆ 1 cup cooked frozen mixed vegetables
- ◆ 1 tbsp soy sauce

— METHOD

- ◆ Heat rice according to packet directions.
- ◆ Stir through chicken, vegetables and soy sauce.
- ◆ Divide into four containers.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Rice	90g
Mixed vegetables	12g
Soy sauce	1g

★ Total Recipe: 103g

★ Per Serve: Approximately 26g carbohydrate

♦ Cheese & Vegemite Scrolls

— MAKES 12

— INGREDIENTS

- ♦ 2 sheets reduced-fat puff pastry
- ♦ 2 tbsp Vegemite
- ♦ 1 cup grated cheese

— METHOD

- ♦ Preheat oven to 200°C.
- ♦ Spread Vegemite over pastry.
- ♦ Sprinkle with cheese.
- ♦ Roll tightly and slice into 12 rounds.
- ♦ Bake for 15–20 minutes.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Puff pastry	120g
Vegemite	5g
Cheese	2g

★ Total Recipe: 127g

★ Per Scroll: Approximately 11g carbohydrate

✦ Chicken & Avocado Wrap

— SERVES 1

— INGREDIENTS

- ✦ 1 wholemeal wrap (approximately 60 g)
- ✦ 100 g cooked chicken breast
- ✦ ¼ avocado (50 g)
- ✦ 30 g baby spinach
- ✦ 30 g grated carrot
- ✦ 20 g light cheese
- ✦ 1 tablespoon light mayonnaise

— METHOD

- ✦ Lay the wrap flat.
- ✦ Spread with mayonnaise.
- ✦ Add spinach, carrot, chicken, avocado and cheese.
- ✦ Roll tightly and slice in half.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBOHYDRATES
Wholemeal wrap	31 g
Chicken	0 g
Avocado	2 g
Carrot	3 g
Spinach	<1 g
Cheese	<1 g
Mayonnaise	<1 g

★ Total Per Serve: Approximately 36g carbohydrate

★ Protein: Approximately 38g

◆ Loaded Egg Salad

— SERVES 1

— INGREDIENTS

- ◆ 3 boiled eggs
- ◆ Mixed salad leaves
- ◆ Cherry tomatoes
- ◆ Cucumber
- ◆ Capsicum
- ◆ 30 g feta
- ◆ 1 slice wholegrain bread

— METHOD

Arrange salad ingredients in a bowl and top with sliced eggs and feta. Serve with toasted wholegrain bread.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBOHYDRATES
Wholegrain bread	18 g
Salad vegetables	7 g
Eggs	1 g
Feta	1 g

★ Total Per Serve: Approximately 27g carbohydrate

★ Protein: Approximately 27g

◆ Mexican Chicken Rice Bowl

— SERVES 2

— INGREDIENTS

- ◆ 200 g cooked chicken
- ◆ 150 g cooked brown rice

- ◆ 150 g corn kernels
- ◆ 100 g cherry tomatoes
- ◆ Lettuce
- ◆ ½ avocado
- ◆ Salsa
- ◆ Grated cheese

— METHOD

Divide rice between bowls. Top with chicken, vegetables, avocado, salsa and cheese.

— APPROXIMATE CARBOHYDRATES

★ Total Per Serve: Approximately 37g carbohydrate

★ Protein: Approximately 34g

◆ Cottage Cheese Power Bowl

— SERVES 1

— INGREDIENTS

- ◆ 200 g cottage cheese
- ◆ 100 g cherry tomatoes
- ◆ 100 g cucumber
- ◆ ½ avocado
- ◆ 4 wholegrain crackers

— METHOD

Layer everything into a bowl and enjoy.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBOHYDRATES
Cottage cheese	8 g
Crackers	22 g
Vegetables	6 g
Avocado	2 g

★ Total Per Serve: Approximately 38g carbohydrate

★ Protein: Approximately 30g

Teen Lunchbox Carb Guide

LUNCH	APPROXIMATE CARBS
Ham & Salad Sandwich	34g
Chicken Wrap	25g
Tuna Pasta Salad	22g
Pizza Muffin	9g each
Egg Sandwich	32g
Chicken Fried Rice Cup	26g
Vegemite Scroll	11g each
Chicken & Avocado Wrap	36g
Loaded Egg Salad	27g
Mexican Chicken Rice Bowl	37g
Cottage Cheese Power Bowl	38g

Reminder

Carbohydrate values are approximate and may vary between brands and serving sizes. Always check nutrition labels, weigh ingredients where possible, and use your individual insulin-to-carbohydrate ratio. Meals containing more protein and fat can affect blood glucose timing differently, so monitor your own response and adjust as advised by your diabetes care team.



CHAPTER 9

Cakes, Muffins & Slices

- ◆ Chocolate Chip Muffins
- ◆ Apple Cinnamon Muffins
- ◆ Banana Oat Muffins
- ◆ Vanilla Lunchbox Cake
- ◆ Chocolate Lunchbox Cake
- ◆ Weet-Bix Chocolate Slice
- ◆ Raspberry Coconut Slice
- ◆ No-Bake Peanut Butter Slice

◆ Chocolate Chip Muffins

— MAKES 12 MUFFINS

— INGREDIENTS

- ◆ 2 cups self-raising flour
- ◆ ½ cup caster sugar
- ◆ 1 cup reduced-fat milk
- ◆ 2 eggs
- ◆ ⅓ cup canola oil
- ◆ ½ cup dark chocolate chips

— METHOD

- ◆ Preheat oven to 180°C and line a 12-hole muffin tray.
- ◆ Combine flour and sugar in a bowl.
- ◆ In a separate jug, whisk milk, eggs and oil.
- ◆ Add wet ingredients to dry ingredients and mix until just combined.
- ◆ Fold through chocolate chips.
- ◆ Divide mixture evenly between muffin cases.
- ◆ Bake for 18–20 minutes or until golden.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Flour	190g
Sugar	100g
Milk	12g
Chocolate chips	40g

★ Total Recipe: 342g

★ Per Muffin: Approximately 29g carbohydrate

◆ Apple Cinnamon Muffins

— MAKES 12 MUFFINS

— INGREDIENTS

- ◆ 2 cups self-raising flour
- ◆ ½ cup brown sugar
- ◆ 1 cup grated apple
- ◆ 1 cup milk
- ◆ 2 eggs
- ◆ ½ cup oil
- ◆ 1 tsp cinnamon

— METHOD

- ◆ Preheat oven to 180°C.
- ◆ Combine flour, sugar and cinnamon.
- ◆ Whisk together milk, eggs and oil.

- ◆ Fold wet ingredients into dry ingredients.
- ◆ Stir through grated apple.
- ◆ Spoon into muffin tray.
- ◆ Bake for 18–20 minutes.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Flour	190g
Brown sugar	70g
Apple	20g
Milk	12g

★ Total Recipe: 292g

★ Per Muffin: Approximately 24g carbohydrate

◆ Banana Oat Muffins

— MAKES 12 MUFFINS

— INGREDIENTS

- ◆ 1½ cups self-raising flour
- ◆ 1 cup rolled oats
- ◆ 2 ripe bananas, mashed
- ◆ 2 eggs
- ◆ 1 cup milk
- ◆ ¼ cup honey

— METHOD

- ◆ Preheat oven to 180°C.
- ◆ Mix flour and oats.
- ◆ Whisk eggs, milk, honey and banana together.
- ◆ Fold into dry ingredients.
- ◆ Divide into muffin tray.
- ◆ Bake for 20 minutes.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Flour	143g
Oats	54g
Bananas	50g
Honey	34g
Milk	12g

★ Total Recipe: 293g

★ Per Muffin: Approximately 24g carbohydrate

♦ Vanilla Lunchbox Cake

— SERVES 16

— INGREDIENTS

- ♦ 2 cups self-raising flour
- ♦ ¾ cup caster sugar
- ♦ 2 eggs
- ♦ 1 cup milk
- ♦ 100g melted butter
- ♦ 1 tsp vanilla extract

— METHOD

- ♦ Preheat oven to 180°C.
- ♦ Grease a 20cm square cake tin.
- ♦ Combine flour and sugar.
- ♦ Add eggs, milk, butter and vanilla.
- ♦ Mix until smooth.
- ♦ Bake for 30–35 minutes.
- ♦ Cool before slicing.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Flour	190g
Sugar	150g
Milk	12g

★ Total Recipe: 352g

★ Per Slice: Approximately 22g carbohydrate

◆ Chocolate Lunchbox Cake

— SERVES 16

— INGREDIENTS

- ◆ 2 cups self-raising flour
- ◆ ½ cup cocoa powder
- ◆ 1 cup caster sugar
- ◆ 2 eggs
- ◆ 1 cup milk
- ◆ 125g melted butter

— METHOD

- ◆ Preheat oven to 180°C.
- ◆ Combine dry ingredients.
- ◆ Add eggs, milk and butter.
- ◆ Mix until smooth.
- ◆ Bake in a square cake tin for 35 minutes.
- ◆ Cool before slicing into 16 pieces.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Flour	190g
Sugar	200g
Cocoa	24g
Milk	12g

★ Total Recipe: 426g

★ Per Slice: Approximately 27g carbohydrate

◆ Weet-Bix Chocolate Slice

— MAKES 20 PIECES

— INGREDIENTS

- ◆ 8 Weet-Bix, crushed
- ◆ 1 cup self-raising flour
- ◆ ½ cup desiccated coconut
- ◆ ½ cup brown sugar
- ◆ 125g melted butter
- ◆ 1 tbsp cocoa powder

— METHOD

- ◆ Preheat oven to 180°C.
- ◆ Combine dry ingredients.
- ◆ Stir in melted butter.
- ◆ Press into a lined slice tin.
- ◆ Bake for 20 minutes.
- ◆ Cool before cutting into 20 pieces.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Weet-Bix	90g
Flour	95g
Coconut	12g
Brown sugar	70g

★ Total Recipe: 267g

★ Per Piece: Approximately 13g carbohydrate

♦ Raspberry Coconut Slice

— MAKES 20 PIECES

— INGREDIENTS

- ♦ 1½ cups self-raising flour
- ♦ ½ cup desiccated coconut
- ♦ ½ cup caster sugar
- ♦ 125g butter, melted
- ♦ 1 cup frozen raspberries

— METHOD

- ♦ Preheat oven to 180°C.
- ♦ Mix flour, coconut and sugar.
- ♦ Stir in melted butter.
- ♦ Fold through raspberries.
- ♦ Press into lined tin.
- ♦ Bake for 25 minutes.
- ♦ Cool before cutting into 20 pieces.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Flour	143g
Sugar	100g
Coconut	12g
Raspberries	12g

★ Total Recipe: 267g

★ Per Piece: Approximately 13g carbohydrate

◆ No-Bake Peanut Butter Slice

— MAKES 16 PIECES

— INGREDIENTS

- ◆ 2 cups rolled oats
- ◆ ½ cup peanut butter
- ◆ ¼ cup honey
- ◆ ½ cup dark chocolate chips

— METHOD

- ◆ Line a slice tin.
- ◆ Warm peanut butter and honey together.
- ◆ Stir through oats.
- ◆ Press into tin.
- ◆ Sprinkle with chocolate chips.
- ◆ Refrigerate for 2 hours before slicing into 16 pieces.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Oats	108g
Honey	34g
Chocolate chips	40g
Peanut butter	10g

- ★ **Total Recipe: 192g**
- ★ **Per Piece: Approximately 12g carbohydrate**

Cakes, Muffins & Slices Quick Reference

RECIPE	APPROXIMATE CARBS
Chocolate Chip Muffin	29g each
Apple Cinnamon Muffin	24g each
Banana Oat Muffin	24g each
Vanilla Cake	22g per slice
Chocolate Cake	27g per slice
Weet-Bix Slice	13g per piece
Raspberry Coconut Slice	13g per piece
No-Bake Peanut Butter Slice	12g per piece

Icing recommendations

Adding icing makes these recipes much more practical for families planning birthdays, school events and special treats.

- ◆ Vanilla Drizzle
- ◆ Cinnamon Glaze
- ◆ Cream Cheese Frosting
- ◆ Vanilla Buttercream
- ◆ Chocolate Buttercream
- ◆ Chocolate Icing
- ◆ Lemon Icing
- ◆ Chocolate Topping

◆ Chocolate Chip Muffins with Vanilla Drizzle

— VANILLA DRIZZLE INGREDIENTS

- ◆ 1 cup icing sugar
- ◆ 1–2 tbsp milk
- ◆ ½ tsp vanilla extract

— VANILLA DRIZZLE METHOD

- ◆ Place icing sugar in a bowl.
- ◆ Add vanilla and milk gradually until smooth and pourable.
- ◆ Drizzle over cooled muffins.

— APPROXIMATE CARBOHYDRATES (ICING)

INGREDIENT	CARBS
Icing sugar	120g
Milk	2g

★ Total Icing: 122g

★ Icing per muffin: Additional 10g carbohydrates

Updated Muffin Total

✦ Muffin: 29g

✦ Icing: 10g

★ Total: Approximately 39g carbohydrate per muffin

✦ Apple Cinnamon Muffins with Cinnamon Glaze

— CINNAMON GLAZE INGREDIENTS

- ✦ 1 cup icing sugar
- ✦ 1 tbsp milk
- ✦ ½ tsp cinnamon

— METHOD

- ✦ Mix icing sugar, cinnamon and milk until smooth.
- ✦ Drizzle over cooled muffins.

— APPROXIMATE CARBOHYDRATES (ICING)

INGREDIENT	CARBS
Icing sugar	120g
Milk	2g

★ Total Icing: 122g

★ Icing per muffin: Additional 10g carbohydrates

Updated Muffin Total

✦ Muffin: 24g

✦ Icing: 10g

★ Total: Approximately 34g carbohydrate per muffin

✦ Banana Oat Muffins with Cream Cheese Frosting

— FROSTING INGREDIENTS

- ✦ 125g softened reduced-fat cream cheese
- ✦ 1 cup icing sugar
- ✦ 1 tsp vanilla extract

— METHOD

- ✦ Beat cream cheese until smooth.
- ✦ Gradually add icing sugar.
- ✦ Stir in vanilla.
- ✦ Spread lightly onto cooled muffins.

— APPROXIMATE CARBOHYDRATES (FROSTING)

INGREDIENT	CARBS
Icing sugar	120g
Cream cheese	5g

★ Total Frosting: 125g

★ Icing per muffin: Additional 10g carbohydrates

Updated Muffin Total

- ✦ Muffin: 24g
- ✦ Icing: 10g

★ Total: Approximately 34g carbohydrate per muffin

✦ Vanilla Lunchbox Cake with Vanilla Buttercream

— BUTTERCREAM INGREDIENTS

- ✦ 125g softened butter

- ◆ 2 cups icing sugar
- ◆ 1 tbsp milk
- ◆ 1 tsp vanilla extract

METHOD

- ◆ Beat butter until pale and fluffy.
- ◆ Gradually add icing sugar.
- ◆ Add milk and vanilla.
- ◆ Beat until smooth.
- ◆ Spread over cooled cake.

APPROXIMATE CARBOHYDRATES (BUTTERCREAM)

INGREDIENT	CARBS
Icing sugar	240g
Milk	2g

★ Total Icing: 242g

★ Icing per slice (16 slices): 15g carbohydrates

Updated Cake Total

- ◆ Cake: 22g
- ◆ Buttercream: 15g

★ Total: Approximately 37g carbohydrate per slice

◆ Chocolate Lunchbox Cake with Chocolate Buttercream

BUTTERCREAM INGREDIENTS

- ◆ 125g softened butter
- ◆ 2 cups icing sugar
- ◆ 2 tbsp cocoa powder
- ◆ 1 tbsp milk

METHOD

- ◆ Beat butter until fluffy.
- ◆ Add icing sugar and cocoa gradually.
- ◆ Add milk and beat until smooth.

- ◆ Spread over cooled cake.

— APPROXIMATE CARBOHYDRATES (BUTTERCREAM)

INGREDIENT	CARBS
Icing sugar	240g
Cocoa powder	8g
Milk	2g

★ Total Icing: 250g

★ Icing per slice (16 slices): 16g carbohydrates

Updated Cake Total

- ◆ Cake: 27g
- ◆ Buttercream: 16g

★ Total: Approximately 43g carbohydrate per slice

◆ Weet-Bix Chocolate Slice with Chocolate Icing

— ICING INGREDIENTS

- ◆ 1½ cups icing sugar
- ◆ 1 tbsp cocoa powder
- ◆ 20g butter, melted
- ◆ 2 tbsp boiling water

— METHOD

- ◆ Combine icing sugar and cocoa.
- ◆ Stir in butter and water.
- ◆ Spread over cooled slice.
- ◆ Allow to set before cutting.

— APPROXIMATE CARBOHYDRATES (ICING)

INGREDIENT	CARBS
Icing sugar	180g
Cocoa powder	4g

★ Total Icing: 184g

★ Icing per piece (20): 9g carbohydrates

Updated Slice Total

- ✦ Slice: 13g
- ✦ Icing: 9g

★ Total: Approximately 22g carbohydrate per piece

✦ Raspberry Coconut Slice with Lemon Icing

— ICING INGREDIENTS

- ✦ 1½ cups icing sugar
- ✦ 2 tbsp lemon juice

— METHOD

- ✦ Mix icing sugar and lemon juice.
- ✦ Spread over cooled slice.
- ✦ Allow to set before cutting.

— APPROXIMATE CARBOHYDRATES (ICING)

INGREDIENT	CARBS
Icing sugar	180g
Lemon juice	2g

★ Total Icing: 182g

★ Icing per piece (20): 9g carbohydrates

Updated Slice Total

- ✦ Slice: 13g
- ✦ Icing: 9g

★ Total: Approximately 22g carbohydrate per piece

◆ No-Bake Peanut Butter Slice with Chocolate Topping

— TOPPING INGREDIENTS

- ◆ 100g dark chocolate
- ◆ 1 tsp coconut oil

— METHOD

- ◆ Melt chocolate and coconut oil together.
- ◆ Pour over chilled slice.
- ◆ Refrigerate until set.

— APPROXIMATE CARBOHYDRATES (TOPPING)

INGREDIENT	CARBS
Dark chocolate	45g

★ Total Topping: 45g

★ Icing per piece (16): 3g carbohydrates

Updated Slice Total

- ◆ Slice: 12g
- ◆ Topping: 3g

★ Total: Approximately 15g carbohydrate per piece

✦ Cakes, Muffins & Slices with Icing – Quick Carb Guide

RECIPE	APPROXIMATE CARBS
Chocolate Chip Muffin with Drizzle	39g each
Apple Cinnamon Muffin with Glaze	34g each
Banana Oat Muffin with Frosting	34g each
Vanilla Cake with Buttercream	37g per slice
Chocolate Cake with Buttercream	43g per slice
Weet-Bix Chocolate Slice	22g per piece
Raspberry Coconut Slice	22g per piece
No-Bake Peanut Butter Slice	15g per piece

“Must-Have” Recipes

◆ Bakery-Style Chocolate Chip Muffins

— INGREDIENTS (MAKES 12)

- ◆ 2 cups self-raising flour
- ◆ ½ cup caster sugar
- ◆ 1 cup Greek yoghurt
- ◆ 2 eggs
- ◆ ⅓ cup milk
- ◆ ½ cup dark chocolate chips
- ◆ 1 tsp vanilla extract

— METHOD

- ◆ Preheat oven to 180°C.
- ◆ Line a 12-hole muffin tray.
- ◆ Mix flour and sugar.
- ◆ Add yoghurt, eggs, milk and vanilla.
- ◆ Fold through chocolate chips.
- ◆ Divide between muffin cases.
- ◆ Bake for 18–20 minutes.
- ◆ Cool before serving.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Flour	184g
Sugar	100g
Yoghurt	7g
Milk	6g
Chocolate chips	30g

★ Total Recipe: 327g

★ Per Muffin: Approximately 27g carbohydrate

◆ Banana Bread

— INGREDIENTS (12 SLICES)

- ◆ 3 ripe bananas
- ◆ 2 eggs
- ◆ 2 cups self-raising flour
- ◆ ⅓ cup brown sugar
- ◆ ¼ cup milk
- ◆ 1 tsp cinnamon

— METHOD

- ◆ Preheat oven to 170°C.
- ◆ Mash bananas.
- ◆ Mix all ingredients together.
- ◆ Pour into a lined loaf tin.
- ◆ Bake for 45–50 minutes.
- ◆ Cool and cut into 12 slices.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Bananas	69g
Flour	184g
Brown sugar	70g
Milk	6g

★ Total Recipe: 329g

★ Per Slice: Approximately 27g carbohydrate

◆ Raspberry White Chocolate Slice

— INGREDIENTS (20 PIECES)

- ◆ 2 cups self-raising flour
- ◆ 125g butter
- ◆ ½ cup caster sugar
- ◆ 1 cup frozen raspberries
- ◆ ½ cup white chocolate chips

— METHOD

- ◆ Preheat oven to 180°C.
- ◆ Rub butter into flour.
- ◆ Stir in sugar.
- ◆ Press half mixture into slice tin.
- ◆ Add raspberries and chocolate.
- ◆ Sprinkle remaining mixture on top.
- ◆ Bake for 30 minutes.
- ◆ Cool and cut into 20 pieces.

— APPROXIMATE CARBOHYDRATES

★ Total Recipe: Approximately 310g

★ Per Slice: Approximately 16g carbohydrate

◆ Double Chocolate Brownies

— INGREDIENTS (16 PIECES)

- ◆ 125g butter
- ◆ ¾ cup caster sugar
- ◆ 2 eggs
- ◆ ¾ cup plain flour
- ◆ ⅓ cup cocoa powder
- ◆ ½ cup dark chocolate chips

— METHOD

- ◆ Preheat oven to 180°C.
- ◆ Melt butter.
- ◆ Mix with sugar and eggs.
- ◆ Fold through flour, cocoa and chocolate.
- ◆ Bake for 22–25 minutes.
- ◆ Cool and cut into 16 pieces.

— APPROXIMATE CARBOHYDRATES

★ Total Recipe: Approximately 240g

★ Per Brownie: Approximately 15g carbohydrate

◆ Lemon Yoghurt Loaf

— INGREDIENTS (12 SLICES)

- ◆ 2 cups self-raising flour
- ◆ 1 cup Greek yoghurt
- ◆ 2 eggs
- ◆ ½ cup caster sugar
- ◆ Zest of 1 lemon

— METHOD

- ◆ Preheat oven to 170°C.
- ◆ Mix all ingredients.
- ◆ Pour into loaf tin.
- ◆ Bake for 40–45 minutes.

- ✦ Cool and cut into 16 pieces.

— APPROXIMATE CARBOHYDRATES

★ **Total Recipe: Approximately 292g**

★ **Per Slice: Approximately 24g carbohydrate**

Simple Lemon Icing

— INGREDIENTS

- ✦ 1 cup icing sugar
- ✦ 1 tbsp lemon juice

— METHOD

- ✦ Mix until smooth.
- ✦ Drizzle over cooled loaf.

Additional Carbohydrates

★ **Total Icing: Approximately 120g carbohydrate**

★ **Icing Per Slice: Additional 10g carbohydrates**

★ **Iced Slice Total: Approximately 34g carbohydrate**

✦ Jam Drop Biscuits

— INGREDIENTS (24 BISCUITS)

- ✦ 125g softened butter
- ✦ ½ cup caster sugar
- ✦ 1 egg
- ✦ 1½ cups self-raising flour
- ✦ ¼ cup raspberry jam

— METHOD

- ✦ Preheat oven to 180°C.
- ✦ Cream butter and sugar.
- ✦ Beat in egg.
- ✦ Stir in flour.

- ◆ Roll into balls.
- ◆ Press thumb into centre.
- ◆ Fill with jam.
- ◆ Bake for 12–15 minutes.
- ◆ Cool before serving.

— APPROXIMATE CARBOHYDRATES

★ **Total Recipe: Approximately 250g**

★ **Per Biscuit: Approximately 10g carbohydrate**

◆ Chocolate Lunchbox Slice

— INGREDIENTS (20 PIECES)

- ◆ 2 cups rolled oats
- ◆ ½ cup honey
- ◆ ½ cup peanut butter
- ◆ ¼ cup cocoa powder
- ◆ 1 cup Rice Bubbles

— METHOD

- ◆ Heat honey and peanut butter.
- ◆ Stir through cocoa.
- ◆ Fold in oats and Rice Bubbles.
- ◆ Press into slice tin.
- ◆ Refrigerate until firm.

— APPROXIMATE CARBOHYDRATES

★ **Total Recipe: Approximately 220g**

★ **Per Slice: Approximately 11g carbohydrate**

◆ Vanilla Cupcakes

— INGREDIENTS (12 CUPCAKES)

- ◆ 1½ cups self-raising flour
- ◆ ½ cup caster sugar

- ◆ 2 eggs
- ◆ ¾ cup milk
- ◆ 80g butter, melted
- ◆ 1 tsp vanilla extract

— METHOD

- ◆ Preheat oven to 180°C.
- ◆ Mix all ingredients.
- ◆ Fill cupcake cases.
- ◆ Bake for 18–20 minutes.
- ◆ Cool before serving.

— APPROXIMATE CARBOHYDRATES

★ **Total Recipe: Approximately 250g**

★ **Per Cupcake: Approximately 21g carbohydrate**

Vanilla Buttercream Icing

— INGREDIENTS

- ◆ 125g butter
- ◆ 2 cups icing sugar
- ◆ 1 tsp vanilla
- ◆ 1 tbsp milk

— METHOD

- ◆ Beat butter until pale.
- ◆ Add icing sugar gradually.
- ◆ Beat in vanilla and milk.

Additional Carbohydrates

★ **Total Icing: Approximately 240g carbohydrate**

★ **Icing per Cupcake: Additional 20g carbohydrates**

★ **Iced Cupcake Total: Approximately 41g carbohydrate**

✦ Must-Have Baking Carb Quick Reference

RECIPE	APPROXIMATE CARBS
Chocolate Chip Muffin	27g
Banana Bread Slice	27g
Raspberry Slice	16g
Brownie	15g
Lemon Loaf (iced)	34g
Jam Drop Biscuit	10g
Chocolate Slice	11g
Vanilla Cupcake (iced)	41g



CHAPTER 12

Family Dinners

These dinners are designed for busy Australian families managing Type 1 diabetes and ADHD. They are simple, filling, budget-friendly, and suitable for weeknight cooking. Carbohydrate counts are approximate and should be adjusted based on the brands and portion sizes used.

- ◆ One-Pan Honey Soy Chicken & Rice
- ◆ Easy Cheeseburger Pasta
- ◆ Creamy Chicken & Bacon Pasta Bake
- ◆ Slow Cooker Taco Bowls
- ◆ Homemade Chicken Fried Rice
- ◆ BBQ Chicken Loaded Potatoes
- ◆ Beef & Veggie Sausage Tray Bake
- ◆ Creamy Beef Stroganoff

◆ One-Pan Honey Soy Chicken & Rice

— WHY THIS WORKS

- ◆ Minimal washing up
- ◆ Family favourite
- ◆ Great leftovers for lunch

— INGREDIENTS (SERVES 4)

- ◆ 500g chicken thigh fillets, diced
- ◆ 1 cup uncooked jasmine rice

- ◆ 2 cups reduced-salt chicken stock
- ◆ 2 carrots, diced
- ◆ 1 cup frozen peas
- ◆ 2 tbsp honey
- ◆ 2 tbsp reduced-salt soy sauce

— METHOD

- ◆ Heat a large frying pan or casserole dish.
- ◆ Brown chicken for 5 minutes.
- ◆ Add rice, stock, carrots, honey and soy sauce.
- ◆ Bring to a simmer.
- ◆ Cover and cook for 18 minutes.
- ◆ Stir through peas.
- ◆ Cook for a further 5 minutes.
- ◆ Serve immediately.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Rice	150g
Carrots	12g
Peas	12g
Honey	34g
Soy sauce	2g

- ★ Total Recipe: 210g
- ★ Per Serve: Approximately 53g carbohydrate

◆ Easy Cheeseburger Pasta

— WHY THIS WORKS

- ◆ Tastes like a cheeseburger
- ◆ Teen approved
- ◆ One-pot meal

— INGREDIENTS (SERVES 6)

- ◆ 500g lean beef mince
- ◆ 300g pasta spirals
- ◆ 1 onion, diced
- ◆ 2 cups passata
- ◆ 1 cup grated cheese
- ◆ 2 cups beef stock

— METHOD

- ◆ Brown mince and onion.
- ◆ Add passata, stock and pasta.
- ◆ Bring to a boil.
- ◆ Reduce heat and simmer for 15 minutes.
- ◆ Stir through cheese.
- ◆ Serve with salad.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Pasta	225g
Onion	8g
Passata	18g
Cheese	2g

★ Total Recipe: 253g

★ Per Serve: Approximately 42g carbohydrate

◆ Creamy Chicken & Bacon Pasta Bake

— WHY THIS WORKS

- ◆ Comfort food
- ◆ Freezer-friendly
- ◆ Excellent leftovers

— INGREDIENTS (SERVES 6)

- ◆ 300g pasta

- ✦ 500g chicken breast
- ✦ 4 rashers shortcut bacon
- ✦ 1 cup light cooking cream
- ✦ 1 cup grated cheese
- ✦ 1 cup frozen peas

— METHOD

- ✦ Preheat oven to 180°C.
- ✦ Cook pasta until just tender.
- ✦ Cook chicken and bacon.
- ✦ Combine all ingredients.
- ✦ Place into baking dish.
- ✦ Top with cheese.
- ✦ Bake for 20 minutes.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Pasta	225g
Cream	8g
Peas	12g
Cheese	2g

★ Total Recipe: 247g

★ Per Serve: Approximately 41g carbohydrate



✦ Slow Cooker Taco Bowls

— WHY THIS WORKS

- ✦ Set and forget
- ✦ Great for busy families
- ✦ Customisable toppings

— INGREDIENTS (SERVES 6)

- ✦ 500g lean beef mince
- ✦ 400g canned kidney beans, drained

- ◆ 400g canned tomatoes
- ◆ 1 packet taco seasoning
- ◆ 2 cups cooked rice

— METHOD

- ◆ Brown mince.
- ◆ Add all ingredients to slow cooker.
- ◆ Cook on low for 6–8 hours.
- ◆ Serve over rice with salad.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Kidney beans	48g
Tomatoes	16g
Taco seasoning	10g
Rice	90g

★ Total Recipe: 164g

★ Per Serve: Approximately 27g carbohydrate

◆ Homemade Chicken Fried Rice

— WHY THIS WORKS

- ◆ Better than takeaway
- ◆ Packed with vegetables
- ◆ Great for leftover rice

— INGREDIENTS (SERVES 4)

- ◆ 3 cups cooked rice
- ◆ 400g chicken breast, diced
- ◆ 2 eggs
- ◆ 1 cup frozen mixed vegetables
- ◆ 2 tbsp soy sauce

— METHOD

- ✦ Cook chicken in a large wok.
- ✦ Add vegetables and cook for 3 minutes.
- ✦ Stir in rice.
- ✦ Push mixture aside and scramble eggs.
- ✦ Stir through soy sauce.
- ✦ Serve hot.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Rice	135g
Mixed vegetables	12g
Soy sauce	2g

★ Total Recipe: 149g

★ Per Serve: Approximately 37g carbohydrate

✦ BBQ Chicken Loaded Potatoes

— WHY THIS WORKS

- ✦ Teen favourite
- ✦ Budget-friendly
- ✦ High protein

— INGREDIENTS (SERVES 4)

- ✦ 4 large potatoes
- ✦ 400g cooked shredded chicken
- ✦ ½ cup BBQ sauce
- ✦ 1 cup grated cheese

— METHOD

- ✦ Bake potatoes at 200°C for 50–60 minutes.
- ✦ Mix chicken with BBQ sauce.
- ✦ Split potatoes open.
- ✦ Fill with chicken mixture.
- ✦ Top with cheese.
- ✦ Grill until melted.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Potatoes	140g
BBQ sauce	30g
Cheese	2g

★ Total Recipe: 172g

★ Per Serve: Approximately 43g carbohydrate

—

♦ Beef & Veggie Sausage Tray Bake

— WHY THIS WORKS

- ♦ Minimal preparation
- ♦ Easy clean-up
- ♦ Great family meal

— INGREDIENTS (SERVES 4)

- ♦ 8 lean beef sausages
- ♦ 600g sweet potato, diced
- ♦ 2 carrots, chopped
- ♦ 1 red onion, sliced
- ♦ 1 tbsp olive oil

— METHOD

- ♦ Preheat oven to 200°C.
- ♦ Place vegetables on tray.
- ♦ Toss with oil.
- ♦ Add sausages.
- ♦ Bake for 35–40 minutes.
- ♦ Turn halfway through cooking.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Sweet potato	120g
Carrots	12g
Onion	8g

★ Total Recipe: 140g

★ Per Serve: Approximately 35g carbohydrate

◆ Creamy Beef Stroganoff

— WHY THIS WORKS

- ◆ Comfort food
- ◆ Family favourite
- ◆ Excellent with rice or pasta

— INGREDIENTS (SERVES 6)

- ◆ 500g beef strips
- ◆ 1 onion, sliced
- ◆ 200g mushrooms
- ◆ 1 cup light sour cream
- ◆ 2 tbsp tomato paste
- ◆ 2 cups cooked rice

— METHOD

- ◆ Brown beef in a large pan.
- ◆ Add onion and mushrooms.
- ◆ Stir through tomato paste.
- ◆ Simmer for 5 minutes.
- ◆ Add sour cream and stir till combined.
- ◆ Serve over rice.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Onion	8g
Mushrooms	4g
Tomato paste	8g
Sour cream	6g
Rice	90g

★ Total Recipe: 116g

★ Per Serve: Approximately 19g carbohydrate

◆ Family Dinner Carb Quick Reference

DINNER	APPROXIMATE CARBS PER SERVE
Honey Soy Chicken & Rice	53g
Cheeseburger Pasta	42g
Chicken & Bacon Pasta Bake	41g
Slow Cooker Taco Bowls	27g
Chicken Fried Rice	37g
BBQ Chicken Loaded Potatoes	43g
Sausage Tray Bake	35g
Beef Stroganoff	19g

— ADHD-FRIENDLY DINNER TIPS

- ✦ Double recipes and freeze portions for busy nights.
- ✦ Use slow cookers, air fryers and tray bakes to reduce decision fatigue.
- ✦ Keep a visible weekly meal plan on the fridge.
- ✦ Prepare vegetables the night before where possible.
- ✦ Have a "backup dinner" available (frozen fried rice, soup, wraps, or leftovers) for overwhelming days.



CHAPTER 13

Slow Cooker & Dump Freezer Bag ideas

For families managing Type 1 diabetes and ADHD, some days are simply busy. These recipes are designed to reduce decision fatigue, make meal planning easier, and provide nourishing family dinners with minimal effort.

Freezer Dump Bag Tip: Place all ingredients (except dairy and pasta where noted) into a freezer-safe bag. Label with cooking instructions and freeze for up to 3 months.

- ◆ Slow Cooker Honey Garlic Chicken
- ◆ Mexican Shredded Beef
- ◆ Creamy Tuscan Chicken
- ◆ Slow Cooker Apricot Chicken
- ◆ Freezer Beef & Vegetable Casserole
- ◆ Slow Cooker Butter Chicken
- ◆ BBQ Pulled Pork
- ◆ Freezer Dump Bag Teriyaki Chicken

◆ Slow Cooker Honey Garlic Chicken

— WHY THIS WORKS

- ◆ Family favourite
- ◆ Minimal preparation
- ◆ Great with rice or vegetables

— INGREDIENTS (SERVES 6)

- ◆ 1kg chicken thigh fillets

- ◆ ½ cup honey
- ◆ ⅓ cup reduced-salt soy sauce
- ◆ 4 cloves garlic, crushed
- ◆ 1 tbsp cornflour
- ◆ 2 tbsp water

— METHOD

- ◆ Place chicken, honey, soy sauce and garlic into slow cooker.
- ◆ Cook on Low for 6–7 hours.
- ◆ Remove chicken and shred.
- ◆ Mix cornflour with water.
- ◆ Stir into sauce and cook for 15 minutes until thickened.
- ◆ Return chicken to sauce.
- ◆ Serve with rice and vegetables.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Honey	68g
Soy sauce	4g
Cornflour	7g

★ Total Recipe: 79g

★ Per Serve: Approximately 13g carbohydrate

Serve with:

- ◆ ½ cup cooked rice = +22g carbs

◆ Mexican Shredded Beef

— WHY THIS WORKS

- ◆ Tacos, burritos, rice bowls or loaded potatoes
- ◆ Freezer-friendly
- ◆ Excellent leftovers

— INGREDIENTS (SERVES 8)

- ◆ 1kg beef chuck steak
- ◆ 400g canned tomatoes

- ◆ 1 packet taco seasoning
- ◆ 1 onion, sliced

METHOD

- ◆ Place all ingredients into slow cooker.
- ◆ Cook on Low for 8 hours.
- ◆ Shred beef using two forks.
- ◆ Stir back through sauce.
- ◆ Serve in wraps, tacos or rice bowls.

APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Tomatoes	16g
Taco seasoning	10g
Onion	8g

★ **Total Recipe: 34g**

★ **Per Serve: Approximately 4g carbohydrate**

Serve with:

- ◆ 1 tortilla = +20g carbs
- ◆ ½ cup rice = +22g carbs

◆ Creamy Tuscan Chicken

WHY THIS WORKS

- ◆ Feels fancy but is simple
- ◆ High protein
- ◆ Great for family dinners

INGREDIENTS (SERVES 6)

- ◆ 1kg chicken breast
- ◆ 250ml light cooking cream
- ◆ 1 cup baby spinach
- ◆ ½ cup grated Parmesan
- ◆ 2 cloves garlic

METHOD

- Place chicken and garlic into slow cooker.
- Cook on Low for 5–6 hours.
- Stir through cream, spinach and Parmesan.
- Cook for another 15 minutes.
- Serve with pasta or vegetables.

APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Cream	10g
Spinach	2g
Parmesan	2g

★ Total Recipe: 14g

★ Per Serve: Approximately 2g carbohydrate

Serve with:

- 1 cup cooked pasta = +37g carbs

Slow Cooker Apricot Chicken

WHY THIS WORKS

- Australian family classic
- Sweet and savoury
- Kid-approved

INGREDIENTS (SERVES 6)

- 1kg chicken drumsticks or thighs
- 1 packet French onion soup mix
- 1 cup apricot nectar
- ½ cup apricot jam

METHOD

- Place all ingredients into slow cooker.
- Cook on Low for 6–7 hours.
- Serve with mashed potato and vegetables.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Apricot nectar	32g
Apricot jam	68g
Soup mix	10g

★ **Total Recipe: 110g**

★ **Per Serve: Approximately 18g carbohydrate**

Serve with:

- ◆ 1 cup mashed potato = +35g carbs
- ◆ or 1 cup mashed low carb potatoes = +5g carbs

◆ **Freezer Beef & Vegetable Casserole**

— WHY THIS WORKS

- ◆ Hidden vegetables
- ◆ Comfort food
- ◆ Budget-friendly

— INGREDIENTS (SERVES 6)

- ◆ 800g diced beef
- ◆ 2 carrots, diced
- ◆ 2 celery stalks, diced
- ◆ 400g canned tomatoes
- ◆ 2 tbsp tomato paste
- ◆ 2 cups beef stock

— METHOD

- ◆ Place all ingredients into slow cooker.
- ◆ Cook on Low for 8 hours.
- ◆ Stir before serving.
- ◆ Serve with mashed potato.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Carrots	12g
Celery	4g
Tomatoes	16g
Tomato paste	8g

★ **Total Recipe: 40g**

★ **Per Serve: Approximately 7g carbohydrate**

Serve with:

- ◆ 1 cup mashed low carb potatoes = +5g carbs
- ◆ or 1 cup mashed potatoes = +35g carbs

◆ Slow Cooker Butter Chicken

— WHY THIS WORKS

- ◆ Better than takeaway
- ◆ Mild flavour
- ◆ Excellent freezer meal

— INGREDIENTS (SERVES 6)

- ◆ 1kg chicken breast
- ◆ 1 jar butter chicken sauce (500g)
- ◆ 200ml light cream

— METHOD

- ◆ Place chicken and sauce into slow cooker.
- ◆ Cook on Low for 5–6 hours.
- ◆ Stir through cream.
- ◆ Serve with rice.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Butter chicken sauce	50g
Cream	8g

★ Total Recipe: 58g

★ Per Serve: Approximately 10g carbohydrate

Serve with:

- ♦ 1 cup cooked rice = +45g carbs

♦ BBQ Pulled Pork

— WHY THIS WORKS

- ♦ Great for burgers, wraps or loaded potatoes
- ♦ Perfect for meal prep
- ♦ Teen-approved

— INGREDIENTS (SERVES 8)

- ♦ 1.2kg pork shoulder
- ♦ 1 cup BBQ sauce
- ♦ 1 onion, sliced

— METHOD

- ♦ Place pork, BBQ sauce and onion into slow cooker.
- ♦ Cook on Low for 8 hours.
- ♦ Shred pork.
- ♦ Mix through cooking juices.
- ♦ Serve in rolls or wraps.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
BBQ sauce	60g
Onion	8g

★ Total Recipe: 68g

★ Per Serve: Approximately 9g carbohydrate

Serve with:

- ✦ Bread roll = +30g carbs
- ✦ Wrap = +22g carbs

✦ Freezer Dump Bag Teriyaki Chicken

— WHY THIS WORKS

- ✦ Assemble in 5 minutes
- ✦ Freeze ahead
- ✦ Great for busy weeks

— INGREDIENTS (SERVES 6)

- ✦ 1kg chicken thighs
- ✦ ½ cup teriyaki sauce
- ✦ 2 tbsp honey
- ✦ 1 capsicum, sliced

— METHOD

- ✦ Place ingredients into freezer bag.
- ✦ Freeze.
- ✦ Thaw overnight before cooking.
- ✦ Cook in slow cooker on Low for 6 hours.
- ✦ Serve with rice.

— APPROXIMATE CARBOHYDRATES

INGREDIENT	CARBS
Teriyaki sauce	24g
Honey	34g
Capsicum	6g

★ Total Recipe: 64g

★ Per Serve: Approximately 11g carbohydrate

Serve with:

- ✦ 1 cup cooked rice = +45g carbs

✦ Slow Cooker & Freezer Meal Carb Quick Reference

RECIPE	CARBS PER SERVE
Honey Garlic Chicken	13g
Mexican Shredded Beef	4g
Creamy Tuscan Chicken	2g
Apricot Chicken	18g
Beef & Veggie Casserole	7g
Butter Chicken	10g
BBQ Pulled Pork	9g
Teriyaki Chicken	11g

✦ Freezer Meal Prep System for ADHD Families

Choose 1 Prep Day Each Month

Prepare:

- ✦ 2 x Honey Garlic Chicken bags
- ✦ 2 x Butter Chicken bags
- ✦ 2 x Mexican Beef bags
- ✦ 2 x Teriyaki Chicken bags

This creates **8 ready-to-cook family dinners** that can be pulled from the freezer when life gets busy.

Label Every Freezer Bag

Include:

- ✦ Meal name

- ✦ Cooking instructions
- ✦ Date frozen
- ✦ Approximate carbs per serve
- ✦ Suggested side dishes

Five Weeknight Dinners

Five dinners for the nights when everyone is tired, hungry and the fridge is staring back at you. Each one is on the table in under an hour, with the carbs per serve already worked out.

- ◆ Creamy Tuscan Chicken Pasta
- ◆ Family Chicken Fajitas
- ◆ Loaded Taco Baked Potatoes
- ◆ Beef & Broccoli Stir-Fry
- ◆ Hidden Veggie Beef Lasagne

◆ Creamy Tuscan Chicken Pasta

— PREP 10 MINUTES · COOK 20 MINUTES · SERVES 4

— INGREDIENTS (SERVES 4)

- ◆ 500 g chicken breast, diced
- ◆ 300 g high-protein pasta
- ◆ 1 tbsp olive oil
- ◆ 2 cloves garlic, crushed
- ◆ 200 g cherry tomatoes, halved
- ◆ 2 cups baby spinach
- ◆ 200 mL light cooking cream
- ◆ ¼ cup grated Parmesan cheese
- ◆ Salt and pepper to taste

— METHOD

- ◆ Cook the pasta according to the packet directions. Drain and reserve ¼ cup of the cooking water.
- ◆ Heat the olive oil in a large frying pan and cook the chicken for 6–8 minutes until golden and cooked through.
- ◆ Add the garlic and cook for 1 minute.

- ✦ Stir in the cherry tomatoes and cook for 2–3 minutes until they begin to soften.
- ✦ Add the light cream and Parmesan, stirring until smooth.
- ✦ Fold through the spinach until just wilted.
- ✦ Add the cooked pasta, using a little reserved pasta water if needed to loosen the sauce.
- ✦ Season to taste and serve.

— APPROXIMATE NUTRITION (PER SERVE)

NUTRIENT	AMOUNT
Carbohydrates	41 g
Protein	38 g
Fat	11 g
Fibre	6 g
Energy	≈ 430 kcal

★ Per Serve: Approximately 41g carbohydrate

— T1D & ADHD KITCHEN TIP 🧐

Use pre-cut chicken and baby spinach to reduce preparation time.

✦ Family Chicken Fajitas

— PREP 10 MINUTES · COOK 15 MINUTES · SERVES 4

— INGREDIENTS (SERVES 4)

- ✦ 500 g chicken breast, sliced
- ✦ 8 small wholemeal tortillas
- ✦ 2 capsicums, sliced
- ✦ 1 brown onion, sliced
- ✦ 1 tbsp olive oil
- ✦ 2 tsp smoked paprika
- ✦ 1 tsp ground cumin
- ✦ 1 tsp garlic powder
- ✦ 1 cup grated reduced-fat cheese

- ◆ 1 cup shredded lettuce
- ◆ 1 tomato, diced
- ◆ Salsa and plain Greek yoghurt to serve

— METHOD

- ◆ Heat the olive oil in a large frying pan.
- ◆ Cook the chicken for 5–6 minutes.
- ◆ Add the onion, capsicum, paprika, cumin, and garlic powder.
- ◆ Cook for another 6–8 minutes until the vegetables are tender.
- ◆ Warm the tortillas.
- ◆ Fill each tortilla with the chicken mixture, cheese, lettuce, tomato, salsa, and yoghurt.

— APPROXIMATE NUTRITION (PER SERVE – 2 FAJITAS)

NUTRIENT	AMOUNT
Carbohydrates	44 g
Protein	36 g
Fat	10 g
Fibre	7 g
Energy	≈ 450 kcal

★ Per Serve: Approximately 44g carbohydrate

— T1D & ADHD KITCHEN TIP 🧠

Set up a “fajita bar” so everyone can build their own dinner.

◆ Loaded Taco Baked Potatoes

— PREP 10 MINUTES · COOK 45 MINUTES · SERVES 4

— INGREDIENTS (SERVES 4)

- ◆ 4 medium potatoes
- ◆ 500 g lean beef mince
- ◆ 1 packet reduced-salt taco seasoning

- ◆ ½ cup water
- ◆ 1 cup corn kernels
- ◆ 1 cup grated reduced-fat cheese
- ◆ 1 cup plain Greek yoghurt
- ◆ 2 tomatoes, diced
- ◆ 1 avocado, diced
- ◆ 2 spring onions, sliced

— METHOD

- ◆ Bake the potatoes at 200°C for 40–45 minutes until soft.
- ◆ Meanwhile, cook the beef mince in a frying pan until browned.
- ◆ Stir in the taco seasoning and water, then simmer for 5 minutes.
- ◆ Slice open each potato and fluff the inside with a fork.
- ◆ Top with taco beef, corn, cheese, yoghurt, tomato, avocado, and spring onions.

— APPROXIMATE NUTRITION (PER SERVE)

NUTRIENT	AMOUNT
Carbohydrates	47 g
Protein	34 g
Fat	12 g
Fibre	8 g
Energy	≈ 490 kcal

★ Per Serve: Approximately 47g carbohydrate

— T1D & ADHD KITCHEN TIP 🧑🍳

Microwave the potatoes for 8–10 minutes before baking to cut cooking time.

◆ Beef & Broccoli Stir-Fry

— PREP 10 MINUTES · COOK 15 MINUTES · SERVES 4

— INGREDIENTS (SERVES 4)

- ◆ 500 g lean beef strips
- ◆ 1 head broccoli, cut into florets
- ◆ 1 carrot, sliced
- ◆ 1 red capsicum, sliced
- ◆ 2 cloves garlic, crushed
- ◆ 1 tbsp grated ginger
- ◆ 2 tbsp reduced-salt soy sauce
- ◆ 1 tbsp oyster sauce
- ◆ 1 tsp sesame oil
- ◆ 2 cups cooked brown rice

— METHOD

- ◆ Heat a large wok over high heat.
- ◆ Cook the beef for 3–4 minutes until all browned.
- ◆ Add the garlic and ginger.
- ◆ Stir in the vegetables and cook until crisp-tender.
- ◆ Add the soy sauce, oyster sauce, and sesame oil.
- ◆ Toss well and serve over brown rice.

— APPROXIMATE NUTRITION (PER SERVE)

NUTRIENT	AMOUNT
Carbohydrates	39 g
Protein	35 g
Fat	9 g
Fibre	5 g
Energy	≈ 420 kcal

★ Per Serve: Approximately 39g carbohydrate

— T1D & ADHD KITCHEN TIP 🧑🍳

Buy frozen stir-fry vegetables to eliminate chopping.

◆ Hidden Veggie Beef Lasagne

— PREP 20 MINUTES · COOK 45 MINUTES · SERVES 8

— INGREDIENTS (SERVES 8)

MEAT SAUCE

- ◆ 750 g lean beef mince
- ◆ 1 onion, finely diced
- ◆ 2 cloves garlic, crushed
- ◆ 2 carrots, grated
- ◆ 2 zucchini, grated
- ◆ 700 g tomato passata
- ◆ 2 tbsp tomato paste
- ◆ 1 tsp Italian herbs

CHEESE LAYER

- ◆ 250 g light ricotta
- ◆ 1 cup grated reduced-fat mozzarella
- ◆ ½ cup grated Parmesan

LAYERS

- ◆ 10 lasagne sheets

— METHOD

- ◆ Preheat the oven to 180°C.
- ◆ Cook the onion, garlic, and beef until browned.
- ◆ Add the grated carrot and zucchini and cook for 5 minutes.
- ◆ Stir in the passata, tomato paste, and herbs, then simmer for 15 minutes.
- ◆ In a baking dish, layer meat sauce, lasagne sheets, and the cheese mixture, repeating until all ingredients are used.
- ◆ Finish with mozzarella and Parmesan.
- ◆ Bake for 40–45 minutes until golden and bubbling.
- ◆ Rest for 10 minutes before slicing.

— APPROXIMATE NUTRITION (PER SERVE)

NUTRIENT	AMOUNT
Carbohydrates	36 g
Protein	37 g
Fat	11 g
Fibre	5 g
Energy	≈ 435 kcal

★ Per Serve: Approximately 36g carbohydrate

— T1D & ADHD KITCHEN TIP 🧑🍳

Slice and freeze individual portions for quick, ready-to-heat dinners.

Homemade Pizza

A two-ingredient dough, a build-your-own topping night, and the carbs for every pizza already counted. The nutrition for each topping idea is per individual pizza and includes the base.

- ◆ 2-Ingredient Pizza Dough
- ◆ Topping Ideas (9 pizzas)

◆ 2-Ingredient Pizza Dough

— MAKES 2 MEDIUM PIZZAS OR 4 INDIVIDUAL PIZZAS

— INGREDIENTS

- ◆ 2 cups self-raising flour
- ◆ 2 cups plain Greek yoghurt (high protein)

— METHOD

- ◆ Preheat oven to 220°C (200°C fan-forced).
- ◆ Combine flour and yoghurt in a bowl.
- ◆ Mix until a shaggy dough forms.
- ◆ Knead for 3–5 minutes until smooth.
- ◆ Divide into 2 or 4 portions.
- ◆ Roll to desired thickness.
- ◆ Pre-bake for 6–8 minutes.
- ◆ Add toppings.
- ◆ Bake another 10–15 minutes until golden.

— APPROXIMATE NUTRITION (BASE DOUGH)

Per individual pizza (¼ recipe, before toppings)

NUTRIENT	AMOUNT
Carbohydrates	49 g
Protein	17 g
Fat	3 g

★ **Per individual pizza (base only): Approximately 49g carbohydrate**

Values are approximate and depend on the brand of yoghurt used.

— TOPPING IDEAS

Each idea below is for one individual pizza on a pre-baked base. Approximate nutrition is per individual pizza, including the base.

◆ 1. Aussie BBQ Chicken

— TOPPINGS

- ◆ 40 g BBQ sauce
- ◆ 120 g cooked chicken breast
- ◆ 60 g mozzarella
- ◆ Red onion
- ◆ Capsicum

★ **Per individual pizza (base + toppings): Approximately 61g carbohydrate**

★ **Protein: Approximately 36g**

★ **Fat: Approximately 11g**

◆ 2. Supreme

— TOPPINGS

- ◆ Pizza sauce
- ◆ Ham
- ◆ Mushrooms
- ◆ Capsicum
- ◆ Onion
- ◆ Olives
- ◆ Mozzarella

★ Per individual pizza (base + toppings): Approximately 56g carbohydrate

★ Protein: Approximately 31g

★ Fat: Approximately 12g

◆ 3. Hawaiian

— TOPPINGS

- ◆ Pizza sauce
- ◆ Leg ham
- ◆ Pineapple pieces
- ◆ Mozzarella

★ Per individual pizza (base + toppings): Approximately 62g carbohydrate

★ Protein: Approximately 30g

★ Fat: Approximately 10g

◆ 4. Pepperoni

— TOPPINGS

- ◆ Pizza sauce
- ◆ Pepperoni
- ◆ Mozzarella

★ Per individual pizza (base + toppings): Approximately 55g carbohydrate

★ Protein: Approximately 29g

★ Fat: Approximately 18g

◆ 5. Margherita

— TOPPINGS

- ◆ Pizza sauce
- ◆ Fresh mozzarella
- ◆ Cherry tomatoes
- ◆ Basil

★ Per individual pizza (base + toppings): Approximately 55g carbohydrate

★ Protein: Approximately 27g

★ Fat: Approximately 10g

◆ 6. Meat Lovers

— TOPPINGS

- ◆ Ham
- ◆ Pepperoni
- ◆ Lean beef mince
- ◆ Mozzarella
- ◆ BBQ sauce

★ Per individual pizza (base + toppings): Approximately 60g carbohydrate

★ Protein: Approximately 42g

★ Fat: Approximately 18g

◆ 7. Chicken Pesto

— TOPPINGS

- ◆ Chicken breast
- ◆ Baby spinach
- ◆ Cherry tomatoes
- ◆ Small drizzle of pesto
- ◆ Mozzarella

★ Per individual pizza (base + toppings): Approximately 53g carbohydrate

★ Protein: Approximately 38g

★ Fat: Approximately 13g

◆ 8. Veggie Deluxe

— TOPPINGS

- ◆ Mushrooms
- ◆ Zucchini

- ◆ Capsicum
- ◆ Onion
- ◆ Cherry tomatoes
- ◆ Mozzarella

★ Per individual pizza (base + toppings): Approximately 57g carbohydrate

★ Protein: Approximately 27g

★ Fat: Approximately 9g

◆ 9. Breakfast Pizza

— TOPPINGS

- ◆ Ham
- ◆ Baby spinach
- ◆ Egg
- ◆ Mozzarella

★ Per individual pizza (base + toppings): Approximately 51g carbohydrate

★ Protein: Approximately 36g

★ Fat: Approximately 13g

— T1D & ADHD KITCHEN TIP 🧑🍳

- ◆ Pre-bake several pizza bases on the weekend and freeze them between sheets of baking paper.
- ◆ Keep topping containers ready in the fridge for a “build your own pizza” night.
- ◆ Pair pizza with a side salad or vegetable sticks to add fibre and help slow carbohydrate absorption.
- ◆ Sprinkle dried oregano or Italian herbs over the finished pizza for extra flavour without adding carbs.

Sweet Treats Without the Sugar Overload

These recipes are designed to be carb-conscious rather than carb-free, making them suitable for people with Type 1 Diabetes when carbohydrate counting and insulin dosing are managed appropriately. They also aim to include protein and fibre to create more satisfying desserts that fit well into a balanced eating pattern.

- ◆ Strawberry Cheesecake Protein Cups
- ◆ Chocolate Protein Mug Cake
- ◆ Frozen Banana Bites
- ◆ Cinnamon Baked Apples
- ◆ Peanut Butter Chocolate Bliss Balls
- ◆ Berry Yoghurt Bark
- ◆ Almond Chocolate Cookies
- ◆ Chocolate Nice Cream
- ◆ Vanilla Protein Cheesecake Cups
- ◆ Chocolate-Dipped Strawberries

◆ Strawberry Cheesecake Protein Cups

— SERVES 1

— INGREDIENTS

- ◆ 170 g plain high-protein Greek yoghurt
- ◆ 30 g light cream cheese
- ◆ ½ cup strawberries, diced
- ◆ 1 crushed high-fibre wheat biscuit
- ◆ Vanilla extract
- ◆ Sweetener of choice (optional)

— METHOD

- ✦ Mix the yoghurt, cream cheese, vanilla, and sweetener until smooth.
- ✦ Layer with strawberries and crushed wheat biscuit.
- ✦ Chill for 20 minutes.

— APPROXIMATE NUTRITION

★ Per Serve: Approximately 18g carbohydrate

★ Protein: Approximately 22g

★ Fat: Approximately 5g

✦ Chocolate Protein Mug Cake

— SERVES 1

— INGREDIENTS

- ✦ 1 egg
- ✦ 20 g chocolate protein powder
- ✦ 1 tbsp cocoa
- ✦ 2 tbsp almond meal
- ✦ 1 tbsp Greek yoghurt
- ✦ 1 tsp baking powder
- ✦ Sweetener to taste

— METHOD

- ✦ Mix all ingredients in a microwave-safe mug.
- ✦ Microwave for 60–90 seconds and enjoy warm.

— APPROXIMATE NUTRITION

★ Per Serve: Approximately 9g carbohydrate

★ Protein: Approximately 25g

★ Fat: Approximately 12g

✦ Frozen Banana Bites

— SERVES 1

— INGREDIENTS

- ◆ ½ banana
- ◆ 1 tbsp natural peanut butter
- ◆ 15 g dark chocolate

— METHOD

- ◆ Slice the banana.
- ◆ Sandwich with peanut butter.
- ◆ Dip in melted dark chocolate.
- ◆ Freeze for 1 hour.

— APPROXIMATE NUTRITION

★ Per Serve: Approximately 19g carbohydrate

★ Protein: Approximately 5g

★ Fat: Approximately 9g

◆ Cinnamon Baked Apples

— SERVES 1

— INGREDIENTS

- ◆ 1 apple
- ◆ Cinnamon
- ◆ 1 tbsp chopped walnuts
- ◆ Greek yoghurt to serve

— METHOD

- ◆ Bake the apple at 180°C for 20–25 minutes until tender.
- ◆ Sprinkle with walnuts and serve with yoghurt.

— APPROXIMATE NUTRITION

★ Per Serve: Approximately 26g carbohydrate

★ Protein: Approximately 9g

★ Fat: Approximately 6g

◆ Peanut Butter Chocolate Bliss Balls

— MAKES 12

— INGREDIENTS

- ◆ 1 cup rolled oats
- ◆ ½ cup natural peanut butter
- ◆ 2 tbsp cocoa
- ◆ ¼ cup protein powder
- ◆ 2 tbsp chia seeds
- ◆ 2 tbsp milk

— METHOD

- ◆ Blend all ingredients together.
- ◆ Roll into balls and refrigerate.

— APPROXIMATE NUTRITION

★ Per Bliss Ball: Approximately 10g carbohydrate

★ Protein: Approximately 5g

★ Fat: Approximately 6g

◆ Berry Yoghurt Bark

— INGREDIENTS

- ◆ 2 cups Greek yoghurt
- ◆ Mixed berries
- ◆ Chopped pistachios
- ◆ Vanilla

— METHOD

- ◆ Mix yoghurt and vanilla together.
- ◆ Spread onto a lined tray, top with berries and pistachios.
- ◆ Freeze before breaking into pieces.

— APPROXIMATE NUTRITION

★ Per Serve: Approximately 13g carbohydrate

★ Protein: Approximately 14g

★ Fat: Approximately 5g

♦ Almond Chocolate Cookies

— MAKES 12

— INGREDIENTS

- ♦ 2 cups almond meal
- ♦ 1 egg
- ♦ Cocoa powder
- ♦ Vanilla
- ♦ Sweetener
- ♦ Dark chocolate chips (optional)

— METHOD

- ♦ Mix all ingredients together.
- ♦ Shape into cookies.
- ♦ Bake at 170°C for 12–15 minutes.

— APPROXIMATE NUTRITION

★ Per Cookie: Approximately 6g carbohydrate

★ Protein: Approximately 5g

★ Fat: Approximately 8g

♦ Chocolate Nice Cream

— SERVES 1

— INGREDIENTS

- ♦ 1 frozen banana
- ♦ ½ cup Greek yoghurt
- ♦ 1 tbsp cocoa

- ✦ Vanilla extract

— METHOD

- ✦ Blend all ingredients until smooth and creamy.
- ✦ Eat right away as a soft-serve consistency, or place in a freezer-safe container for a few hours if you prefer it scoopable.

— APPROXIMATE NUTRITION

★ Per Serve: Approximately 22g carbohydrate

★ Protein: Approximately 12g

★ Fat: Approximately 2g

✦ Vanilla Protein Cheesecake Cups

— SERVES 1

— INGREDIENTS

- ✦ Greek yoghurt
- ✦ Light cream cheese
- ✦ Vanilla protein powder
- ✦ Vanilla extract

— METHOD

- ✦ Whisk all ingredients together until smooth.
- ✦ Chill before serving.

— APPROXIMATE NUTRITION

★ Per Serve: Approximately 10g carbohydrate

★ Protein: Approximately 24g

★ Fat: Approximately 5g

✦ Chocolate-Dipped Strawberries

— SERVES 1

— INGREDIENTS

- ✦ 8 strawberries
- ✦ 20 g dark chocolate

— METHOD

- ✦ Melt dark chocolate in the microwave in 20-second increments, checking and stirring in between so the chocolate doesn't burn.
- ✦ Dip the strawberries in the melted dark chocolate.
- ✦ Refrigerate until set.

— APPROXIMATE NUTRITION

★ Per Serve: Approximately 12g carbohydrate

★ Protein: Approximately 2g

★ Fat: Approximately 5g

— T1D & ADHD SMART DESSERT TIPS 🧠

- ✦ Pair fruit with yoghurt, nuts, or nut butter to add protein and healthy fats.
- ✦ Individual portions make carb counting simpler.
- ✦ Freeze desserts like yoghurt bark, banana bites, or cheesecake cups for easy grab-and-go options.
- ✦ Choose dark chocolate (70% cocoa or higher) in small amounts for rich flavour with less added sugar than many milk chocolate products.

From small things, big things grow.

Keep showing up. Keep offering food without pressure.

Keep celebrating the little wins.

Want this cookbook to plan your week for you?

Tick ingredients, build your shopping list and drag meals into a
planner at

sweetandspicyminds.com/recipe-book

Felicity x

