

This book is dedicated to my very , very special friend
Sabre, with all my love.

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Introduction

Reclaiming Your Meals, One Delicious Bite at a Time

Living with Bile Acid Malabsorption (BAM) can feel like walking a tightrope: one wrong bite, and your day unravels — it's exhausting. The constant vigilance over every ingredient, the way it steals the simple joy of shared meals or a spontaneous treat — it's a weight that goes beyond the physical. But here's the gentle truth: you don't have to navigate this alone, and it doesn't mean giving up on flavor or satisfaction. This cookbook is your compassionate companion, crafted with care to help you savor meals that nourish without worry.

A Note of Caution: While this plan follows trusted medical guidance — keeping daily fat intake very low (typically 10–20 g, spread across small, frequent meals) to ease symptoms — it is not a substitute for professional advice. Always consult your doctor or a registered dietitian before making dietary changes, especially if you are on medications like cholestyramine or managing other health conditions. What works beautifully for one person may need tweaking for another, so listen to your body and your healthcare team.

At its heart, BAM involves bile acids that aren't fully reabsorbed, which can make even small amounts of fat a challenge. Drawing from recommendations by organisations such as Guts UK and the NHS, this plan keeps things simple and safe: each recipe is capped at 2–6 g fat per serving, giving a comfortable daily total of around 12 g across four smaller meals. It's designed for everyday ease — using widely available ingredients such as fresh white fish, tinned lentils, carton egg whites, fat-free yogurt, and extra-lean proteins you can find in almost any supermarket worldwide. No exotic imports or complicated techniques; just boil, poach, steam, or grill on non-stick for worry-free prep.

What makes this 14-day journey special? Variety without overwhelm. Breakfasts energise with light egg-white omelettes or spiced oats. Lunches and dinners rotate through gentle proteins — think poached haddock one evening, ginger-soy prawns the next, or a comforting Quorn bolognese — while keeping poultry to just a couple of appearances. Snacks are soothing anchors: fat-free yogurt parfaits or fruit gelatins that feel like little treats. You'll find British classics with a twist, Mediterranean notes, and subtle Asian or Cajun spices — all zero-oil and supermarket-ready.

This isn't about restriction; it's about rediscovery. Imagine enjoying Day 2's ginger-soy prawns without second-guessing, or Day 11's Quorn mince feeling hearty and homey. Each recipe includes easy swaps, prep tips, and a clear fat tally so you can track with confidence. We've kept the science light — rooted in expert advice, but always with room for your doctor's input.

You're already strong for seeking solutions like this. As you turn these pages, may each meal become a small victory: a reminder that good food can be gentle, flavorful, and yours again. Let's get started — your first tightrope walk just got a safety net.

Before diving in: please discuss this plan with your doctor. It's a supportive starting point, not a prescription.

Day One



Egg White Omelette with Tomatoes and Herbs

Serves 1



A delicate, fluffy omelette layered with bright tomatoes and garden herbs. Steam-setting in a non-stick pan keeps it tender without any oil, while a tangy tomato-herb relish adds freshness and gentle acidity to wake up your morning palate.

Ingredients

Method

Tomato herb relish – Bright, juicy topping and filling

200g ripe tomatoes,
heirloom if available,
deseeded and finely diced
20g red onion, very finely
chopped
1 tbsp finely chopped
fresh parsley
1 tbsp finely sliced fresh
chives
4 basil leaves, torn
1 tsp finely chopped fresh
mint
1 tsp balsamic vinegar
(Continued Overleaf)

Combine tomatoes, red onion, parsley, chives, basil, and mint in a small bowl.

Stir in balsamic vinegar, hot sauce (if using), salt, and pepper until lightly glossy.

Set aside to marinate while you cook the omelette.

Day 1 Breakfast

Few drops hot sauce
(optional)
Pinch of fine salt
Freshly ground black
pepper, to taste

Egg mixture – Light, seasoned base

5 egg whites (about 165g)	Whisk egg whites with skimmed milk, Dijon mustard, garlic powder, smoked paprika, cumin, salt, and pepper until lightly frothy.
1 tbsp skimmed milk	
½ tsp fat-free Dijon mustard	Let the mixture stand 1 minute to settle large bubbles.
¼ tsp garlic powder	
Pinch of smoked paprika	
Pinch of ground cumin	
Pinch of fine salt	
Freshly ground black pepper, to taste	

Cook and finish – Gentle, oil-free set and fold

2 tbsp water (for the pan)	Preheat a good non-stick 20-22 cm skillet over medium-low heat for 2 minutes.
1 tsp lemon juice	
Finely grated lemon zest, to taste	Add the water to the hot pan; pour in the egg mixture and immediately swirl to coat evenly.
1 tsp nutritional yeast	Cover with a lid and let the omelette steam-set for 2-3 minutes until the top is just moist.
	Spoon about half of the tomato herb relish over one half of the omelette, keeping the juices in the bowl.
	Cover again for 30-60 seconds until the eggs are just set but still tender.
	Drizzle lemon juice over the filling, then fold the omelette in half with a silicone spatula.
	Slide onto a warm plate, scatter lemon zest on top, sprinkle nutritional yeast, and spoon the remaining relish alongside to serve.

Why it Works

Moisture management

Deseeding the tomatoes reduces excess water, preventing a soggy omelette and keeping the texture tender.

Steam-setting

A splash of water and a lid gently set egg whites at a lower temperature, avoiding toughness while eliminating the need for oil.

Flavor layering

Cumin and smoked paprika add warmth, Dijon brightens with tang, and fresh mint cools. Balsamic and lemon sharpen the edges, while nutritional yeast brings clean umami depth.

Texture contrast

A fresh relish inside and on the side gives a juicy counterpoint to the delicate, fluffy eggs, keeping every bite lively.

Notes

Make-ahead

Mix the herb relish up to 1 day ahead; keep chilled and drain any excess liquid before using.

Substitutions

Use spring onion (green tops) instead of red onion for a softer bite. Cherry tomatoes work well; halve and deseed.

Sensitivity tweaks

If onions are troublesome, omit and add extra chives and parsley for gentle allium notes. Skip hot sauce if heat is a trigger.

Serving

Pair with a mug of hot tea or a glass of chilled water with lemon for a clean, bright finish.

Fat 2.6g · Protein 21g · Carbs 14g · 164 kcal

Poached Cod with Lemon and Dill

Serves 1



A light, zesty lunch: flaky cod gently poached in a bright lemon-dill broth, spooned over fluffy quinoa with tender asparagus and finished with a tangy mustard-dill drizzle. Clean, vibrant and deeply satisfying.

Ingredients

Method

Court Bouillon & Cod – Fragrant poaching base to keep the fish juicy

250ml fat-free
reduced-salt vegetable
stock
150ml water
2 lemon zest strips (from
1 lemon)
10ml lemon juice
4 dill stems (reserve
fronds for the sauce)
4 parsley stems (leaves
reserved)
1 bay leaf
6 peppercorns
(Continued Overleaf)

Combine stock, water, lemon zest strips, lemon juice, dill stems, parsley stems, bay leaf, peppercorns and garlic in a shallow pan.

Bring to a bare simmer over medium heat; do not boil.

Slide in the cod, ensuring it is submerged in the gently shivering liquid.

Poach 5-7 minutes until the fish flakes easily and is just opaque.

Lift cod to a warm plate and tent loosely; strain 120ml of the poaching liquid for the sauce.

Day 1 Lunch

1 garlic clove, lightly
crushed
120g skinless cod fillet,
pin-boned

Quinoa & Asparagus - Gentle grains and greens for balance

25g dry quinoa, rinsed
150ml water
1/8 tsp fine salt
80g asparagus spears,
trimmed

Bring 150ml water to a boil with the salt; add the rinsed quinoa.

Reduce heat, cover and simmer 12 minutes until the water is absorbed; cover off heat 5 minutes, then fluff.

Steam the asparagus over simmering water 3-4 minutes until crisp-tender.

Lemon-Dill Mustard Sauce - Bright, silky drizzle to finish

120ml strained poaching
liquid (from Court
Bouillon & Cod)
100ml unsweetened light
soy milk (very low fat,
unsweetened)
2 tbsp plus 1/2 tsp Dijon
mustard
1 tsp capers, drained and
rinsed (optional)
1 tbsp chopped fresh dill
(from reserved fronds)
1 tsp finely chopped fresh
chives
1/2 tsp lemon juice, to taste
Pinch fine salt and white
pepper

In a small pan, combine the 120ml strained poaching liquid with the soy milk and Dijon.

Simmer gently 2-3 minutes, whisking, until the sauce coats the back of a spoon; do not boil hard.

Stir in capers (if using), chopped dill, chives and the extra lemon juice; season with a pinch of salt and white pepper.

Plate the quinoa and asparagus, top with the cod, and spoon the warm sauce over.

Why it Works

Poaching at a bare simmer keeps cod moist and prevents albumin from leaching, preserving a delicate texture. A court bouillon with lemon zest, dill and parsley stems, bay and peppercorns infuses clean flavor without any fat. Folding reduced poaching liquid into light soy milk and a touch more Dijon builds body and tang; fresh dill, chives and a final squeeze of lemon deliver lift and freshness. Quinoa offers gentle complex carbs while asparagus adds sweetness and snap.

Notes

Make-ahead

- Cook the quinoa up to 3 days ahead; reheat with a splash of hot stock.
- Sauce can be prepared up to 1 day ahead and rewarmed gently; add fresh dill, chives and lemon just before serving.

Swaps

- Green beans or tenderstem broccoli can replace asparagus.
- Bulgur or couscous can replace quinoa (similar cooked volume).
- If soy milk isn't available, use skimmed milk or a fortified low-fat oat drink.

Serving tips

- Add extra lemon zest or a squeeze of juice at the table for more brightness.
- Season lightly; mustard and capers bring salinity.

Fat 4.2g · Protein 29g · Carbs 23g · 280 kcal

Grilled Chicken Breast with Balsamic-Red Wine Glaze

Serves 1



A juicy, herb-bright chicken breast lacquered with a tangy balsamic-red wine glaze, grilled on a dry non-stick surface for char without oil. Smoked paprika and oregano add warmth, while fresh basil folds into the glossy glaze at the end. Asparagus and warm cherry tomatoes bring color and snap for a complete, light plate.

Ingredients

Method

Marinade & glaze - Build a bright balsamic base for both marinating and glazing

1 tbsp balsamic vinegar
1 tbsp red wine vinegar
2 tbsp fat-free chicken stock
1 tsp Dijon mustard
1 tsp honey
2 garlic cloves, finely grated
½ tsp dried oregano (or 1 tsp fresh finely chopped)
¼ tsp smoked paprika
(Continued Overleaf)

Whisk the balsamic vinegar, red wine vinegar, stock, Dijon, honey, garlic, oregano, smoked paprika, pepper, and salt until smooth.

Pour 2 tbsp of the mixture into a small cup and set aside for the glaze.

Place the remaining marinade in a shallow dish.

Day 1 Dinner

¼ tsp freshly ground
black pepper
⅛ tsp fine salt
1 tsp cornstarch mixed
with 1 tsp cold water
(slurry)
1 tbsp finely chopped
fresh basil

Chicken – Grill juicy, lean chicken without oil

1 boneless chicken breast
fillet (about 160g), all
visible fat trimmed

Place the chicken in the shallow dish, turn to coat, and marinate 15-30 minutes at room temperature (or up to 4 hours refrigerated).

Heat a non-stick grill pan or preheated broiler to high; do not add oil.

Shake excess marinade from the chicken and place on the hot surface.

Grill 4-6 minutes per side until the internal temperature reaches 74°C/165°F.

Transfer to a warm plate and tent loosely with foil to rest 3 minutes.

Vegetables & finish – Add bright, low-carb sides and final glaze

6 asparagus spears,
woody ends snapped off
4 tomatoes, halved
1 tsp lemon juice
Pinch of freshly ground
black pepper
1 tbsp chopped fresh
parsley (optional)

While the chicken cooks, add asparagus and tomatoes to the dry hot pan; cook 3-4 minutes, turning once, until lightly charred and just tender.

Toss the vegetables with lemon juice and a pinch of pepper; keep warm.

Pour the reserved marinade into a small saucepan, bring to a simmer, then whisk in the cornstarch slurry and cook 30-60 seconds until glossy and slightly thick; remove from heat and stir in the basil.

Brush most of the glaze over the rested chicken, slice, and drizzle any remaining over the top; scatter with parsley and serve with the vegetables.

Why it Works

Balanced acidity

Splitting balsamic with red wine vinegar sharpens brightness while preventing the glaze from becoming heavy or overly sweet.

Layered aromatics

Smoked paprika, oregano, and doubled garlic build warmth and savor that normally rely on fat, with basil added off-heat to keep its perfume vivid.

Moisture and char without oil

A brief marinade and a very hot non-stick surface promote browning and keep the chicken juicy.

Fast-thickened glaze

A small cornstarch slurry sets the reserve into a clingy coat that carries concentrated flavor across the lean protein and vegetables.

Notes

Garlic tolerance

If sensitive, use 1 small clove or smash the cloves, steep 10 minutes in the marinade, then remove.

Substitutions

Swap oregano for thyme; use maple syrup instead of honey if preferred; basil can be replaced with chives for a softer finish.

Make-ahead

Marinate up to 4 hours; glaze can be made 1 day ahead and reheated gently.

Cooking options

Broil on a rack or bake at 220°C/425°F for 14-16 minutes, finishing under the broiler for 1-2 minutes to char.

Serving ideas

Add a small side of plain steamed rice or polenta on higher-carb days if desired.

Binder timing

If using bile acid binders, take them as advised, spaced away from meals to avoid interference with absorption.

Fat 4.2g · Protein 34g · Carbs 16g · 250 kcal

Fat-Free Yogurt with Warm Cinnamon Berry Compote

Serves 1



A cool, creamy bowl of 0% Greek yogurt scented with lemon, orange, and a hint of almond, finished with a warm cinnamon berry compote and a light oat crunch. Bright, aromatic, and satisfying without a trace of added fat.

Ingredients

Method

Berry compote - Make a quick warm sauce to glaze the fruit

80g mixed berries
(blueberries and sliced
strawberries work well;
raspberries optional)
1 tsp freshly squeezed
lemon juice
1 tsp pure maple syrup
 $\frac{1}{8}$ tsp vanilla extract
Pinch ground cinnamon
3 basil leaves, finely sliced

Combine the 80g berries, lemon juice, maple syrup,
vanilla, and cinnamon in a microwave-safe bowl.

Microwave on high for 40-60 seconds until the berries
release juices and just soften.

Muddle in the sliced basil, then mash lightly with a fork
to create a spoonable syrup; set aside to cool for 2-3
minutes.

Yogurt base - Lightly perfume and sweeten the yogurt

120g fat-free plain Greek yogurt	In a small bowl, stir the yogurt with lemon zest, orange zest, almond extract (if using), and a tiny pinch of salt until smooth.
$\frac{1}{4}$ tsp very fine lemon zest	
$\frac{1}{8}$ tsp very fine orange zest	Taste and stir in the optional maple syrup if you prefer a sweeter base.
Pinch fine salt	
1 drop pure almond extract (no oil; optional)	
$\frac{1}{2}$ tsp pure maple syrup (optional, to taste)	

Oat sprinkle & assemble - Add gentle texture and finish the bowl

1 tbsp quick oats (8g)	Dry-toast the oats in a non-stick pan over medium heat for 1-2 minutes, stirring, until fragrant; cool briefly.
40g fresh mixed berries	Spoon the yogurt into a serving bowl.
	Top with the warm berry compote, scatter the fresh berries, and sprinkle over the toasted oats.
	Serve immediately.

Why it Works

Layered aromatics

Cinnamon deepens the berry compote while basil adds a fresh top note; orange and lemon zests brighten the yogurt without extra sugar.

Precision sweetness

A small amount of maple syrup plus vanilla delivers round sweetness, keeping sugars modest.

Protein and texture

Nonfat Greek yogurt gives satisfying protein; a quick dry-toast on the oats adds clean crunch without oil.

Gentle methods

Microwave compote and dry-toasting keep prep fast and light, ideal for small, frequent meals.

Notes

Fruit swaps

For a tart-sweet twist, replace up to half the compote berries with frozen pitted cherries; microwave 60-80 seconds from frozen.

Frozen berries

Use directly from the freezer, extending microwave time slightly until juicy.

Lactose needs

Choose lactose-free fat-free Greek yogurt if needed.

Sweetness swaps

Replace maple syrup with the same amount of caster sugar or a calorie-free sweetener.

Binder timing

If taking cholestyramine or colesevelam, enjoy this 1 hour before or 4 hours after your dose.

Fat 1.2g · Protein 13g · Carbs 25g · 165 kcal