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# FESTIVE FEAST

Perfect for sharing with loved ones, The Fast 800 festive feast is delicious and healthy! Based on the Mediterranean diet that underpins The Fast 800, our complete Christmas menu has a lower-carb twist, without sacrificing the indulgent flavours of the season.







# A NOTE FROM OUR RECIPE DEVELOPER

The festive season is one of my favourite times of year. It's a time for sharing moments, spreading kindness and giving generously.

While it's often a time of over-indulgence, it certainly doesn't have to be! You can still enjoy delicious food, within the Mediterranean-diet principles, without sacrificing flavour.

In this eBook, you'll find recipes suitable for any festive spread! I've developed recipes to suit a low-carb, lower sugar feast, that will leave you nourished and satiated, without feeling like you've missed out on anything at the Christmas table.

I hope you enjoy eating these recipes as much as I enjoyed developing them.



Merry Christmas,  
from Gabi



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# CHRISTMAS

## M E N U

for 8 people  
(with leftovers)



### STARTER

*Apple Blinis*

*Pear Blinis*

*Salmon & Cucumber Blinis*



### LUNCH

*Roast Turkey*

*Pigs in Blankets*

*Braised Red Cabbage*

*Orange Roasted Carrots & Parsnips*

*Roasted Brussels Sprouts*

*Low Carb Stuffing*

*No Drippings Gravy*

*Cranberry Sauce*

### DESSERT

*Christmas Pudding*



### DRINKS

*Red Wine Spritzer*

*Cranberry Fizz*



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# THE FAST 800 CHRISTMAS FEAST



The Fast 800  
Christmas Feast

VS

Traditional  
Christmas Feast

<b>1685</b> CALORIES	<b>97.3g</b> PROTEIN	<b>91.3g</b> FAT
<b>76.7g</b> CARBS	<b>54g</b> SUGAR	<b>30g</b> FIBRE

<b>3047</b> CALORIES	<b>132.4g</b> PROTEIN	<b>147.3g</b> FAT
<b>243.5g</b> CARBS	<b>110.3g</b> SUGAR	<b>40.1g</b> FIBRE

\*Nutritional Information is per serving



# CHRISTMAS SHOPPING LIST

## FRESH PRODUCE

- ☐ 4 green apples
- ☐ 2 green pears
- ☐ 2½ lemons
- ☐ 5 oranges
- ☐ 2 red apples
- ☐ 800g Brussels sprouts
- ☐ 2 carrots
- ☐ 1 head of cauliflower
- ☐ 4 celery stalks
- ☐ 200g courgette (zucchini)
- ☐ 1 cucumber
- ☐ 2 bulbs of garlic
- ☐ 5 onions
- ☐ 4 parsnips
- ☐ 2 red cabbages
- ☐ 2 bunches fresh parsley
- ☐ small bunch fresh rosemary
- ☐ small bunch fresh sage
- ☐ 2 bunches fresh thyme
- ☐ 1 red chilli

## OTHER

- ☐ 800ml cranberry juice (unsweetened)
- ☐ 960ml red wine
- ☐ 1.76L sparkling mineral water
- ☐ 8 toothpicks

## FRIDGE & DAIRY

- ☐ 120g blue cheese (soft)
- ☐ 120g cream cheese
- ☐ 120g goats cheese (soft)
- ☐ 90g thickened cream
- ☐ 320g unsalted butter

## MEAT & SEAFOOD

- ☐ 160g back bacon (4 rashers)
- ☐ 320g free-range pork sausages (8 cocktail size)
- ☐ 100g smoked salmon
- ☐ 4.5kg turkey (not brined)

## DRIED HERBS & SPICES

- ☐ black pepper
- ☐ 2 tsp dried thyme
- ☐ 4 tsp fennel seeds
- ☐ 1 tsp ground cinnamon
- ☐ 3 tsp ground nutmeg
- ☐ 2 tsp ground paprika
- ☐ 1 tsp mixed spice
- ☐ ½ tsp onion powder
- ☐ sea salt

## NUTS & SEEDS

- ☐ 30g almonds
- ☐ 30g Brazil nuts
- ☐ 80g pecans
- ☐ 80g pistachios (shelled)
- ☐ 30g walnuts

## PANTRY

- ☐ 240ml balsamic vinegar
- ☐ 2 tsp beef stock powder
- ☐ 20g capers
- ☐ 2 tsp chicken stock powder
- ☐ 50g citrus mixed peel
- ☐ 2 tbsps cornflour
- ☐ 110g cranberries (dried unsweetened)
- ☐ 50g currants
- ☐ 3 dates
- ☐ 2 large free-range eggs
- ☐ 270ml extra virgin olive oil
- ☐ 190g prunes
- ☐ 8 tsp whole grain mustard
- ☐ 130g wholemeal flour

## FREEZER

- ☐ 500g frozen cranberries (plus extra for garnish)





# APPLE BLINIS

Number of serves: 12

Prep time: 10 mins

Cook time: nil

## Ingredients

2 red apples, sliced into rounds  
120g soft goats cheese  
1 red chilli, sliced

## Method

1. Spread goats cheese on apple slices.
2. Top with chilli slices.



## Nutritional Information (per serving)

<b>45</b>	<b>2.2g</b>	<b>2.3g</b>	<b>3.7g</b>	<b>3.4g</b>	<b>0.8g</b>
CALORIES	PROTEIN	FAT	CARBS	SUGAR	FIBRE

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# PEAR BLINIS

Number of serves: 12

Prep time: 10 mins

Cook time: 5 mins

## Ingredients

2 green pears, sliced into rounds  
120g soft blue cheese  
30g walnuts, crushed

## Method

1. Toast the walnuts in a dry frypan over medium heat - it won't take long, so watch carefully and shake regularly.
2. Smear blue cheese over the pear slices and top with walnuts.

## Nutritional Information (per serving)

<b>73</b>	<b>2.5g</b>	<b>5g</b>	<b>4g</b>	<b>3g</b>	<b>1.3g</b>
CALORIES	PROTEIN	FAT	CARBS	SUGAR	FIBRE

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# CUCUMBER & SALMON BLINIS

Number of serves: 12  
Prep time: 10 mins  
Cook time: nil

## Ingredients

1 cucumber, sliced  
120g cream cheese  
100g smoked salmon  
20g capers

## Method

1. Smear cream cheese onto the cucumber slices.
2. Top with smoked salmon slices and capers.

## Nutritional Information (per serving)

45	2.8g	3.6g	0.4g	0.4g	0.2g
CALORIES	PROTEIN	FAT	CARBS	SUGAR	FIBRE

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# ROAST TURKEY

## PREPARATION

Number of serves: 10

Prep time: 48 hours

Cook time: 1h 30 mins



### Ingredients

4.5kg turkey, thawed (plain, not pre-brined)  
2 tbsp salt  
2 tsp dried thyme (or other herb of choice)  
1 tsp paprika  
½ tsp black pepper

*...ingredients continue on the next page*

### Method

#### 48 Hours Before Roasting

1. Two days before you plan on serving your turkey, you'll need to dry-brine it.
2. Make sure it's defrosted, pat the turkey dry, inside and out, with paper towel.
3. Mix your rub together - combine the salt, thyme, paprika and pepper. Generously rub the mix onto the turkey - in all the nooks and crannies, and under the skin if you can. Sprinkle a little inside of the bird too.
4. Wrap the turkey tightly in cling film and place into the fridge in a baking tray, breast side down.

#### 24 Hours Before Roasting

1. Twenty-four hours later, flip the bird breast side up and leave in the fridge.

### Notes

- The weight of a whole turkey is not equal to the amount of flesh that can be consumed. Assume approximately 60% of the total weight as edible flesh (so a 4.5kg turkey will produce approximately 2.7kg raw flesh). This nutritional analysis assumes approximately 150g of cooked turkey flesh per portion.

### Nutritional Information (per serving)

382	58.9g	16.1g	0g	0g	0g
CALORIES	PROTEIN	FAT	CARBS	SUGAR	FIBRE

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# ROAST TURKEY

## COOKING

Number of serves: 10

Prep time: 48 hours

Cook time: 1h 30 mins

### Ingredients

100g unsalted butter, melted  
2 heads of garlic  
1 onion  
small bunch fresh sage  
small bunch fresh thyme  
3-4 sprigs fresh rosemary  
375ml water  
salt & pepper

### Method

#### Roasting Time

1. When ready to roast, unwrap the turkey. The skin should be moist but not wet. If wet, pat dry with a paper towel. Leave out for 30 minutes before roasting.
2. Preheat the oven to fan forced 200°C/220°C/480°F/Gas mark 9.
3. Cut your onion and one garlic head in half horizontally and place into the roasting pan. Place a roasting rack on top.
4. Stuff the bird loosely with your fresh herbs and the second garlic head (cut horizontally), along with 30g of butter. Tie the drumsticks together with kitchen twine.
5. Twist the wings under the bird and place spine up on the rack. Melt the remaining butter and brush a little over the accessible areas of the turkey.
6. Pour water into the bottom of the roasting pan (this ensures the drippings don't burn). The water level should be low, and not reach the turkey.
7. Roast for 30 minutes.
8. Remove from the oven and use a clean tea towel to turn the turkey over, breast-side up. Brush with a little butter.
9. Turn the oven down to fan forced 150°C/170°C/300°F/Gas mark 2. Return turkey to the oven for 40 minutes.
10. Check the turkey, and brush generously with remaining butter.
11. Roast turkey for a further 20 minutes, until a thermometer inserted between the breast and leg reads 75°C/165°F, or until the juices run clear when a knife is inserted into the thigh. Cover loosely with foil if browning too much during this time.
12. Remove the turkey from the oven and place onto a plate - cover loosely with foil and rest for 30 minutes before transferring to a platter for carving at the table.

### Nutritional Information (per serving)

<b>382</b>	<b>58.9g</b>	<b>16.1g</b>	<b>0g</b>	<b>0g</b>	<b>0g</b>
CALORIES	PROTEIN	FAT	CARBS	SUGAR	FIBRE

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# PIGS IN BLANKETS

Number of serves: 8

Prep time: 5 mins

Cook time: 30 mins

## Ingredients

320g free range pork sausages  
(8 cocktail sausages)  
160g back bacon (4 rashers)  
8 toothpicks



## Method

1. Preheat the oven to fan forced 180°C/200°C/400°F/Gas mark 6.
2. Cut each rasher of bacon lengthways into two strips.
3. Wrap each rasher of bacon around each sausage and use a toothpick to hold it in place.
4. Place on a lined baking tray and bake for approximately 25-30 minutes until browned and sausages are cooked through.



## Nutritional Information (per serving)

<b>162</b>	<b>13.7g</b>	<b>10.7g</b>	<b>2.5g</b>	<b>0.4g</b>	<b>0.6g</b>
CALORIES	PROTEIN	FAT	CARBS	SUGAR	FIBRE

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## BRAISED CABBAGE

Number of serves: 8

Prep time: 15 mins

Cook time: 1h 40 mins

### Ingredients

4 tsp fennel seeds  
4 tbsp extra virgin olive oil  
2 onions, sliced  
2 red cabbages, thinly sliced  
4 green apples, thinly sliced into batons  
240ml balsamic vinegar  
fresh parsley, for garnishing

### Method

1. Crush the fennel seeds with the side of a knife on a board, or in a mortar and pestle, and add to a pan with the olive oil and onion - cook for 5-10 minutes until lightly golden.
2. Add the cabbage and apple, season with a little sea salt, black pepper and vinegar and stir through.
3. Stick the lid on, reduce the heat to low and cook gently for 1-1.5 hours, or until sticky, stirring occasionally.
4. Decant into a serving dish and sprinkle over the parsley.

**Note:** This is a very generous portion of Braised Cabbage, you may wish to halve this recipe if it's not a favourite in your family.

### Nutritional Information (per serving)

170	5.1g	7.6g	15.8g	15.4g	9.3g
CALORIES	PROTEIN	FAT	CARBS	SUGAR	FIBRE

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# ORANGE ROASTED CARROTS & PARSNIPS

Number of serves: 8

Prep time: 10 mins

Cook time: 35 mins

## Ingredients

4 parsnips, halved lengthways  
(approx. 640g)  
2 carrots, quartered  
lengthways  
2 oranges, juice and zest  
a few sprigs fresh thyme  
2 tbsp olive oil  
salt & pepper

## Method

1. Preheat the oven to fan forced 180°C/200°C/400°F/Gas mark 6.
2. Mix orange juice, zest and oil together in a small bowl.
3. Drizzle orange juice mix over the parsnips and carrot and toss in the roasting tray to coat. Season and add the thyme sprigs.
4. Roast for 30-35 minutes in a single layer (you may need two trays for air circulation), rotate the tray halfway through to ensure even cooking. When parsnips and carrots are golden, remove from oven and serve hot.

**Tip:** There's no need to peel your root veggies, just give them a good wash. A lot of the nutrients are close to the skin, so we don't want to throw it away!

## Nutritional Information (per serving)

91	1.9g	3.5g	10.7g	6.6g	4.8g
CALORIES	PROTEIN	FAT	CARBS	SUGAR	FIBRE

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# ROASTED BRUSSELS SPROUTS

Number of serves: 8

Prep time: 5 mins

Cook time: 25 mins

## Ingredients

80g shelled pistachios,  
chopped  
800g brussels sprouts, halved  
90ml extra virgin olive oil  
(for sprouts)  
90ml extra virgin olive oil  
(for dressing)  
juice of 2 lemons  
8 tsp whole grain mustard  
60g dried and unsweetened  
cranberries

## Method

1. Preheat the oven to fan forced 180°C/200°C/400°F/Gas mark 6.
2. Place pistachios on a roasting tray and bake in the oven for 3-4 minutes until golden.
3. Remove nuts from oven and set aside.
4. In a bowl, mix sprouts with the olive oil, salt and pepper - toss to coat well. Split over two lined baking trays so as not to overcrowd them.
5. Roast for 20 minutes, until the sprouts are starting to open out and are brown and crispy on the edges.
6. While the sprouts are roasting, make your dressing: mix lemon juice, mustard and remaining olive oil together with salt and pepper. Taste and add more lemon or mustard if desired.
7. Allow to cool or serve hot with pistachios, cranberries and dressing drizzled over the top.

## Nutritional Information (per serving)

205	5.8g	15.5g	8.7g	9.2g	5.8g
CALORIES	PROTEIN	FAT	CARBS	SUGAR	FIBRE

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# LOW CARB STUFFING

Number of serves: 8

Prep time: 10 mins

Cook time: 15 mins

## Ingredients

1 cauliflower, cut into small florets  
2 onions, diced  
4 celery sticks, diced  
80g unsalted butter, softened  
2 tsp ground nutmeg  
80g pecans, chopped  
fresh parsley, chopped

## Method

1. Preheat the oven to fan forced 180°C/200°C/400°F/Gas mark 6.  
Line a baking tray with baking paper.
2. In a bowl, combine cauliflower, onion, celery, garlic with the butter, herbs, spices and season. Mix well, then stuff into your turkey, or cook separately as per below.
3. Spread mix in a thin layer onto the baking tray (you may need two trays), and roast for 10 minutes until onion is soft and cauliflower is starting to brown.
4. Add the pecans and parsley and continue to roast for a further 5 minutes - until the onions are caramelised and the pecans are browning.
5. Serve with your turkey and trimmings!

## Nutritional Information (per serving)

<b>157</b>	<b>3.2g</b>	<b>14g</b>	<b>3.3g</b>	<b>3.1g</b>	<b>3.8g</b>
CALORIES	PROTEIN	FAT	CARBS	SUGAR	FIBRE

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# NO DRIPPINGS GRAVY

Number of serves: 10

Prep time: 5 mins

Cook time: 15 mins

## Ingredients

60g unsalted butter  
2 tsp chicken stock powder  
2 tsp beef stock powder  
2 tbsp cornflour  
½ tsp onion powder  
¼ tsp finely ground black pepper  
565ml water, boiled  
salt, if needed

## Method

1. Melt butter in a saucepan over medium heat.
2. Add stock powders, cornflour, onion powder and pepper. Mix into butter with a wooden spoon or whisk - allowing to brown a little - to create a roux.
3. While stirring, slowly pour in the water a little at a time. Once incorporated into the roux (it should thicken quickly), continue adding remaining water slowly and mix.
4. Bring to a gentle simmer and continue stirring for 3-5 minutes until it thickens to a gravy consistency of your liking.
5. Taste, and adjust seasoning if needed.

**Note:** This will make approx 500ml of gravy.

## Nutritional Information (per serving)

<b>54</b>	<b>0.2g</b>	<b>5g</b>	<b>2g</b>	<b>0.1g</b>	<b>0g</b>
CALORIES	PROTEIN	FAT	CARBS	SUGAR	FIBRE

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# CRANBERRY SAUCE

Number of serves: 8

Prep time: 5 mins

Cook time: 15 mins

## Ingredients

500g frozen cranberries (or fresh)  
juice of 1 orange  
3 dates, pitted and finely chopped  
80ml water  
pinch of salt

## Method

1. Combine all ingredients in a pot. Bring to the boil and then allow to simmer for 10-15 minutes.
2. Squish the berries a bit for a more jammy consistency.
3. Serve alongside your turkey.

## Nutritional Information (per serving)

<b>30</b>	<b>0.4g</b>	<b>0.1g</b>	<b>4.6g</b>	<b>4.5g</b>	<b>3.3g</b>
CALORIES	PROTEIN	FAT	CARBS	SUGAR	FIBRE

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# CHRISTMAS PUDDING

Number of serves: 9

Prep time: 20 mins

Cook time: 2 hours



## Ingredients

50g dried cranberries  
(unsweetened)  
50g currants  
190g prunes, diced  
50g mixed peel  
½ lemon, zest and juice  
130g wholemeal flour  
30g almonds, roughly  
chopped  
30g Brazil nuts, roughly  
chopped  
1 tsp cinnamon  
1 tsp nutmeg  
1 tsp mixed spice  
200g courgette/zucchini,  
grated  
80g butter, melted  
2 eggs, whisked  
9 tbsp of thickened cream  
(approx 90g)

## Method

1. Mix everything together except the butter and eggs.
2. Once the flour and spices coat all the fruit and courgette/zucchini, add the eggs - mix well. Then add the butter - mix well.
3. Pour the mixture into a well oiled or buttered bowl that is safe to steam (this could be a metal bowl or ceramic pudding dish with a lip) and will fit in a large pot.
4. Cover the pudding directly with two pieces of baking paper, cut into circles to cover the top, so it's nice and neat. Then cover the dish with foil - making sure it's quite tight around the edges. You may need to use some kitchen string around the outside.
5. Place the pudding dish in a large pot of boiling water - the water should be about halfway up the pudding dish.
6. Steam for 2 hours, or until a skewer comes out clean. During cooking, keep topping up with boiling water so it stays at the halfway point. Adjust the heat as needed to ensure the water is continuously simmering.
7. Remove bowl from the pot and allow to cool before sliding a knife/spatula down the side and turning out to serve. Alternatively, cover the pudding dish in cling film and store in the fridge for a few days before serving.
8. To reheat: place in the microwave on high for 2-3 minutes, or put back into the pudding bowl and steam again for 20-30 minutes.
9. Serve with a dollop of thickened cream.



**Tip:** Make a few days ahead of time and store in the fridge. As there's no added sugar, this pudding won't last for months like a standard Christmas Pudding.

## Nutritional Information (per serving, including cream)

<b>289</b>	<b>5.4g</b>	<b>16.2g</b>	<b>29.1g</b>	<b>17.4g</b>	<b>4.5g</b>
CALORIES	PROTEIN	FAT	CARBS	SUGAR	FIBRE

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# RED WINE SPRITZER

Number of serves: 8

Prep time: 2 mins

Cook time: nil

## Ingredients

960ml red wine, chilled (see Notes)  
ice  
960ml sparkling mineral water, chilled  
2 oranges, sliced (see Notes)

## Method

1. Pour chilled red wine into eight pretty glasses filled with ice.
2. Top with sparkling water and garnish with an orange slice.

## Notes

- Use a lighter red wine that works well chilled - something like a Pinot Noir.
- Mix up your garnishes - highlight tasting notes from your wine choice using frozen berries, or sliced apple in place of orange.

## Nutritional Information (per serving)

<b>93</b>	<b>0.2g</b>	<b>0g</b>	<b>0g</b>	<b>0g</b>	<b>0g</b>
CALORIES	PROTEIN	FAT	CARBS	SUGAR	FIBRE

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# CRANBERRY FIZZ

Number of serves: 8

Prep time: 2 mins

Cook time: nil

## Ingredients

ice  
800ml unsweetened 100%  
cranberry juice  
800ml sparkling mineral  
water  
cranberries, fresh or frozen, to  
garnish  
fresh rosemary sprigs, to  
garnish

## Method

1. In eight glasses filled with ice, pour in cranberry juice, topped with sparkling water.
2. Garnish with whole cranberries and a rosemary sprig.

## Nutritional Information (per serving)

<b>35</b>	<b>0.1g</b>	<b>0g</b>	<b>7.6g</b>	<b>0.7g</b>	<b>0.8g</b>
CALORIES	PROTEIN	FAT	CARBS	SUGAR	FIBRE

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# MERRY CHRISTMAS FROM THE FAST 800

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