



chameleon

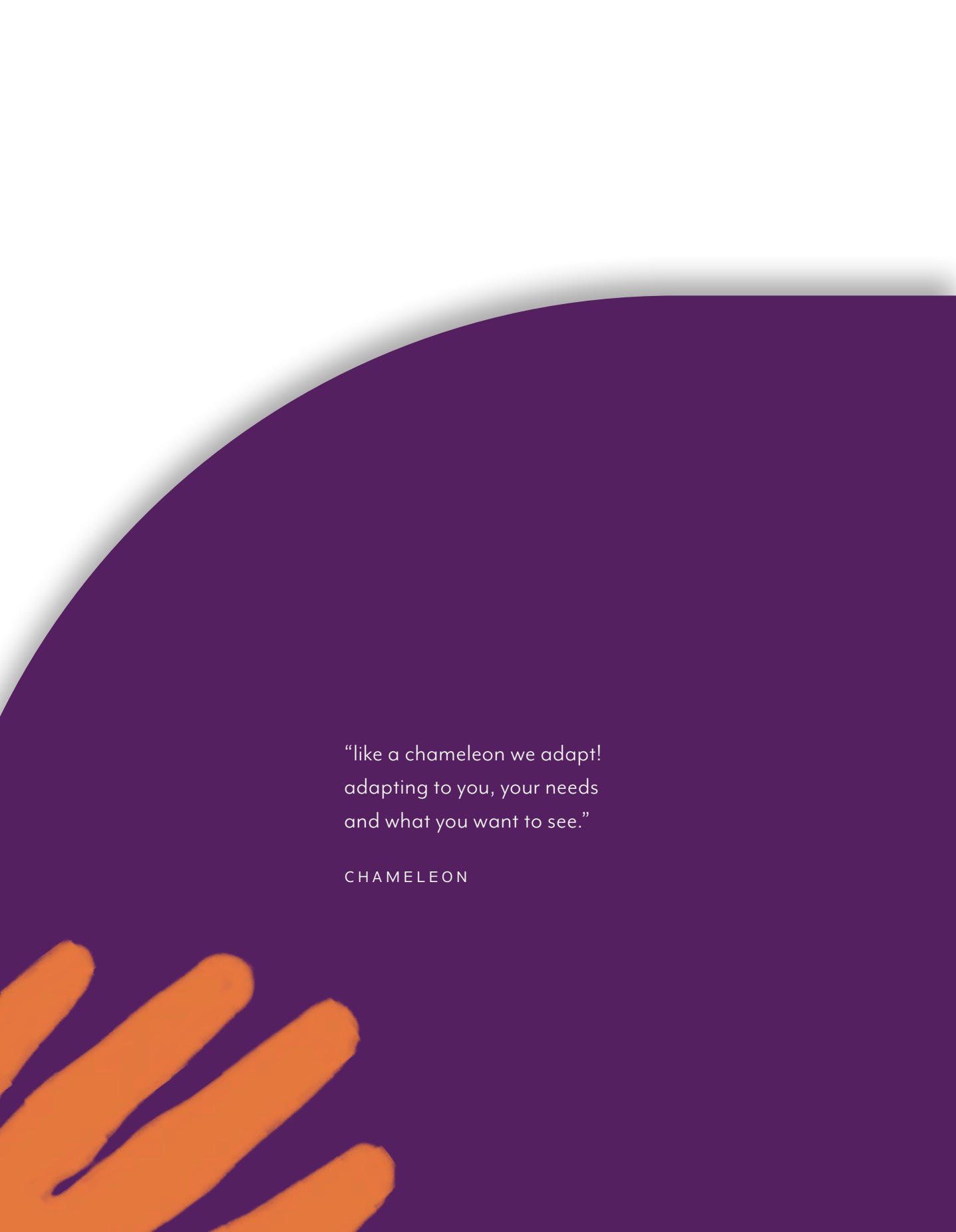
RECIPE BOOK



ADAPTED FOR THE  
ALDERIDGES

HEALTHY EATING IN DISGUISE





“like a chameleon we adapt!  
adapting to you, your needs  
and what you want to see.”

CHAMELEON



# chameleon

RECIPE BOOK

HEALTHY EATING IN DISGUISE

REVEALING HEALTHY EATING IN  
DISGUISE, ADAPTING TO INDIVIDUAL  
PORTION CONTROL NEEDS.

DESIGNED BY AMY BRADDOCK



“the measure of intelligence  
is the ability to change.”

ALBERT EINSTEIN





welcome







## our story

healthy eating creates the impression of eating a bowl of salad, cutting out carbohydrates, avoiding sweets, but none of this is sustainable long term. many people struggle with this, usually lasting a month maybe more and then gradually fade back to their normal diet.

we want to camouflage this stigma surrounding healthy eating because healthy eating isn't about eating salad everyday, it's about portion control. everything can be healthy when

adapted to the correct portions, even healthy foods can become unhealthy when you eat too much of one thing.

like a chameleon, we adapt. adapting individual portion control needs, taking into account your age and gender because everyone's portion size varies. we see portion control as healthy eating in disguise; you get to eat all of your usual food choices, just in the correct portions.

# using our book

## ORGANISE TO YOUR DELIGHT...

with our adaptable binding you can; hide, change and adapt our recipe book to your liking!



## MY FAVOURITES...

move any of the recipe pages to the favourites section, this way everything you like is in one place.



## RECIPE SERVINGS...

recipe ingredients have been adapted to the correct amounts for your family's portion needs.

## MY RECIPES...

included are some blank recipe pages where you can create and note down your own recipes.



## FOOD TYPES...

it can be hard to find the correct food types, so we've put together a list of possible ingredients you can use.



## YOUR PORTION PLATES...

at the back you will find your fold out personalised portion plates adapted for each person in your family.



## COLOUR CHANGE...

some of our pages change with your touch... we are chameleon after all, we adapt, change and surprise you when we can!



## COOKING TIPS...

revealed with your touch... touch any of our hotspots to reveal cooking tips throughout the book.



## MEASUREMENT SCOOPS...

with your book you will find a set of chameleon scoops, colour coded to make weighing out ingredients easier.



## INGREDIENTS...

we adapt to what you like, so our recipe ingredients can be measured out in three different ways;

**by weight**, using a scale/spoons to you get the exact amounts.

**using our chameleon scoops**, the quicker and simpler way.

**or visually**, the quickest and chameleon way. it's not an exact way of measuring ingredients, but it works.



“to eat is a necessity, but to eat  
intelligently is an art.”

FRANÇOIS DE LA ROCHEFOUCAULD

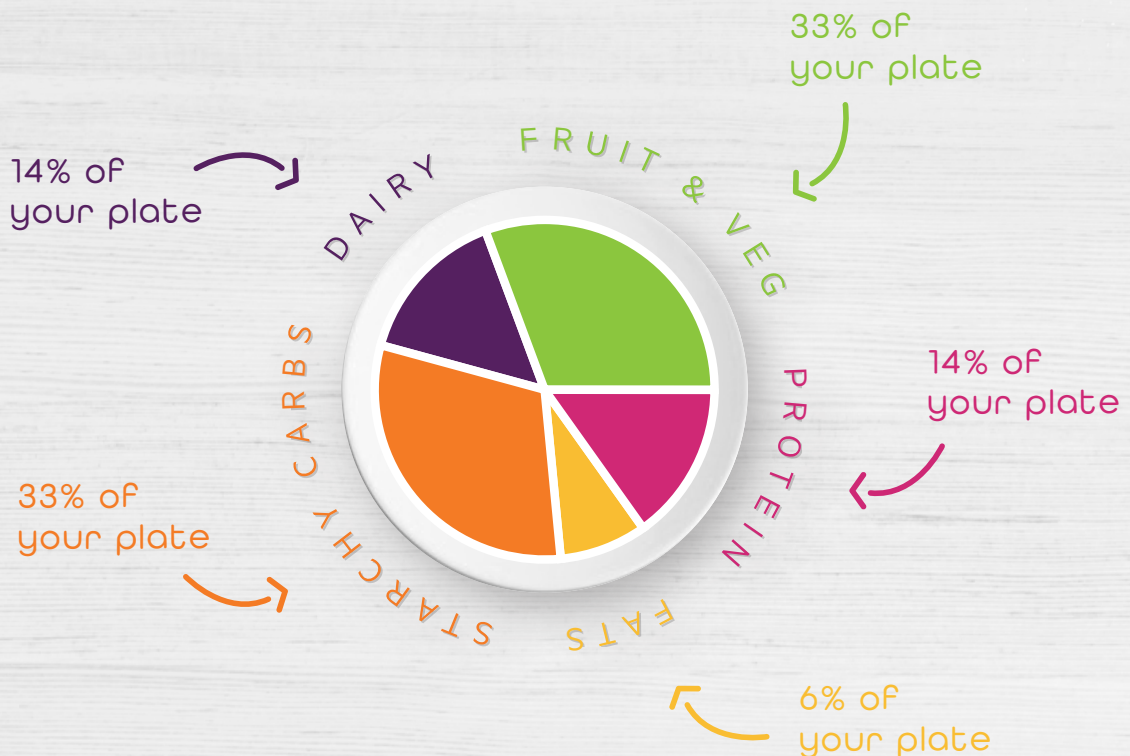
# our portion plate

## HOW IT WORKS...

a portion plate works by dividing up your plate into 5 food sections; fruit and veg, protein, fats, starchy carbs and dairy. each is divided into its optimum portion amount just for you.

## WHY IT WORKS...

a portion plate doesn't remove any food categories, you get to eat all your usual food just in the correct portions. it's a visual tool so you can use it with your usual meals, takeaways, or with our specifically designed recipes portioned for your family. as we like to say, it's healthy eating in disguise.



# fruit & veg including...



CARROTS



BROCCOLI



LETTUCE



CORN



GREEN BEANS



RADISH



AUBERGINE



LEEKS



ONIONS



PEPPERS



PEAS



APPLES



BANANA



ORANGE



TOMATOES



BEETS



MUSHROOMS



BERRIES



MANGO



MELON



KIWI

33% OF YOUR  
PLATE SHOULD BE  
FRUIT & VEG!





14% OF YOUR  
PLATE SHOULD BE  
PROTEIN!

protein including...



CHICKEN



BEEF



PORK



TURKEY



SALMON



FISH



MINCE



GAMMON



HAM



BURGERS



TUNA



LENTILS



BEANS



CHICKPEAS



KIDNEY BEANS



TOFU



EGGS



SAUSAGE

# Fats including...



COOKING OILS



NUTS



AVOCADO



OLIVES



HIGH FAT CHEESE



CAKES



SWEETS



CHOCOLATE



ICE CREAM



PASTRIES



NUT BUTTERS



BISCUITS



SEEDS



COCONUT



BUTTER



MARGARINE



MAYO

6% OF YOUR PLATE  
SHOULD BE FATS!







33% OF YOUR  
PLATE SHOULD BE  
STARCHY CARBS!

## starchy carbs including



ALL KINDS OF PASTA



BREADS OF ALL KINDS



PORRIDGE OATS



SWEET POTATOES



BAGELS



POTATOES



RICE



CHIPS/FRIES



CRISPS



CRACKERS



PANCAKES



WAFFLES



PASTRY



CEREALS



QUINOA



NOODLES

dairy including...



MILK



YOGHURT



MOZZARELLA



EDAM



HALLOUMI



SWISS



ALMOND MILK



SOY MILK



COCONUT MILK



CREAM



SOUR CREAM



CREAM CHEESE

REMEMBER THAT DAIRY ALTERNATIVES  
DON'T ALWAYS HAVE THE SAME  
NUTRITIONAL VALUES AS DAIRY  
PRODUCTS THEMSELVES!

14% OF YOUR  
PLATE SHOULD  
BE DAIRY!







breakfast doesn't have to be a bowl of cereal... be adventurous, build and adapt your own breakfast with our adaptable portion plates.\*

DISCOVER THE MOST IMPORTANT MEAL OF THE DAY...

breakfast



“a tiny change today, brings a  
dramatically different tomorrow.”

PRECISE PORTIONS

DISCOVER THE MOST IMPORTANT MEAL OF THE DAY...







revealing our take on the full english breakfast, packed with protein but perfectly portioned.

IT'S HEALTHY EATING IN DISGUISE.



# perfectly portioned chameleon breakfast

## INGREDIENTS

- 1 green scoop / 150g** cherry tomatoes
- 1 purple scoop / 80g** mango, cubed
- 1 yellow scoop / 30g** almonds
- 2 ½ tbsp / 35g** butter, for the bread
- 7 small** slices of ciabatta loaf
- 10 slices / 90g** cheddar cheese, sliced
- 3** eggs, at room temperature
- 5** slices of un-smoked back bacon



## HOW TO MAKE IT

**1.** preheat oven grill to high and bring a sauce pan of water to the boil.

**2.** carefully add the eggs to the pan of water and simmer for 8 minutes.

**3.** remove the eggs from the heat, drain and place in cold water. let cool.

**4.** grill the bacon for 3 minutes on each side, whilst peeling the eggs and slicing in half.

**5.** butter the ciabatta. prepare your plates with the tomatoes, mango, cheese and almonds.

**6.** finish cooking the bacon and add to the plates along with the sliced eggs.

1.



2.



3.



4.



5.



touch to reveal  
a cooking tip



COOK THE  
EGGS UP-TO  
3 DAYS IN  
ADVANCE...

exposed or eggs-posed! this is for you to adapt to how you like, eggs with toast or on toast...

IT'S HEALTHY EATING IN DISGUISE.



# eggs-posed with toast, spinach & tomatoes

## INGREDIENTS

- 1 green scoop / 150g** cherry tomatoes
- 5 handfuls / 100g** fresh spinach
- 1 purple scoop / 150g** mushrooms
- 1 yellow scoop / 30g** almonds
- 1 tbsp** olive oil, for cooking
- 2 ½ tbsp / 35g** butter, for the bread
- pinch** of salt and pepper
- 1 tsp** italian seasoning
- 3** slices of white or brown bread
- 1 / 150g** fresh mozzarella ball, pulled apart
- 5** eggs, at room temperature



## HOW TO MAKE IT

**1.** beat the eggs with the salt, pepper and italian seasoning, set aside.

**2.** in a sauté pan, sauté the tomatoes and mushrooms until tender.

**3.** in a another pan, heat the olive oil and add the beaten eggs, stirring until cooked through.

**4.** add the spinach in with the tomatoes and mushrooms until wilted.

**5.** pop the bread into the toaster. wait for the pop and butter.

**6.** plate everything up in your correct portions and enjoy warm.

1.



2.



3.



4.



5.



touch to reveal  
a cooking tip



DON'T ADD  
MILK TO  
SCRAMBLED  
EGGS!

start your day right with this filling bowl of oats. it's healthy and packed with nutrients.

IT'S HEALTHY EATING IN DISGUISE.



# porridge with a raspberry compote

## INGREDIENTS

- 1 ½ green scoops / 200g** raspberries
- 2** oranges, ½ slices and ½ juiced
- 2 green scoops / 250g** porridge oats
- 1 green scoop / 230ml** whole milk
- 1** large banana, peeled and sliced
- 1 yellow scoop / 4 tbsp** almond butter
- 1 pink scoop / 3 tbsp** goji berries
- 1 pink scoop / 3 tbsp** chia seeds



## HOW TO MAKE IT

**1.** tip half the raspberries and all of the orange juice in a pan.

**2.** simmer until the raspberries soften, which should take about 5 minutes. set aside.

**3.** in another sauce pan, add the oats, milk and 450ml water.

**4.** stir over a low heat until creamy.

**5.** remove from the heat and pour into your bowls at your correct portions.

**6.** top with the raspberry compote, remaining raspberries, orange slices, banana, almond butter, goji berries and chia seeds.

1.



2.



3.



4.



5.



touch to reveal  
a cooking tip



LESS  
PROTEIN,  
MORE  
DAIRY...



lunches that match your mid-day hunger! our perfectly portioned lunches will help you beat that mid-day crash and cloak your cravings.





LUNCHES THAT STAND-OUT FROM THE CROWD!

lunch

lunches that match your mid-day hunger! our perfectly portioned lunches will help you beat that mid-day crash and cloak your cravings.



“create healthy habits,  
not restrictions.”

CLEAN FOOD CRUSH



LUNCHES THAT STAND-OUT FROM THE CROWD!





this is one meal you can really show-off! it is perfectly portioned with delicious ingredients.

IT'S HEALTHY EATING IN DISGUISE.



# the show-off tuna special

## INGREDIENTS

- 1 green scoop / 150g** cherry tomatoes
- 1 purple scoop / 80g** mango, cubed
- ½ / 75g** small cucumber, sliced
- 2 tbsp** balsamic vinegar
- 1 purple scoop / 90g** of black olives
- 2 ½ tbsp** light mayonnaise
- 1 ½ green scoops / 120g** pasta
- 1 purple scoop / 90g** feta, cubed
- 3** eggs, at room temperature
- 1 ¾ / 250g** tins of tuna, drained



## HOW TO MAKE IT

**1.** bring a sauce pan of water to the boil and cook the eggs for 8 minutes.

**2.** remove from the sauce pan and place in cold water. let cool. peel and slice in half.

**3.** cook the pasta (shape of your choice) per the packet instructions.

**4.** drain the pasta using a colander and rinse with cold water, draining thoroughly.

**5.** mash together the tuna and mayonnaise in a bowl with a fork. set aside.

**6.** portion out the salad ingredients, pasta, tuna and eggs, drizzle with the balsamic.

1.



2.



3.



4.



5.



touch to reveal  
a cooking tip



EGGS COOK  
BETTER  
FROM  
ROOM TEMP!

pasta on parade, covered in a rich sun-dried tomato pesto sauce with golden halloumi and chicken.

IT'S HEALTHY EATING IN DISGUISE.



# sun-dried tomato pasta parade

## INGREDIENTS

- $\frac{3}{4}$  / **120g** bell pepper, sliced
- 8** romaine lettuce leaves
- $\frac{1}{2}$  / **75g** small cucumber, sliced
- 1 purple scoop** / **75g** sliced beetroot
- 1 purple scoop** / **90g** of black olives
- 2 ½ tbsp** sun-dried tomato pesto
- $\frac{1}{2}$  **tbsp** olive oil, for cooking
- pinch** of salt and pepper
- 1 tsp** oregano
- 1 ½ green scoops** / **120g** un-cooked pasta
- 1 pack** / **225g** halloumi, sliced
- 2 ½** / **250g** chicken breasts, butterflied



## HOW TO MAKE IT

**1.** begin by cooking the pasta (shape of your choice) per the packet instructions.

**2.** season the chicken with salt, pepper and oregano, and drizzle with olive oil.

**3.** heat a grill pan and cook the chicken 5 minutes on each side until cooked through.

**4.** in the same grill pan, add the halloumi slices and grill until golden on each side.

**5.** drain the pasta, transfer to a bowl and thoroughly stir in the pesto sauce.

**6.** portion out the salad ingredients, followed by the pasta, chicken and halloumi.

1.



2.



3.



4.



5.



touch to reveal  
a cooking tip



SERVE FOOD  
IN POTS TO  
KEEP THEM  
SEPARATE



discover our showy sea-bass,  
high in omega 3, seasoned with a  
perfect blend of garlic and dill.

IT'S HEALTHY EATING IN DISGUISE.



# showy sea-bass with rice

## INGREDIENTS

- 8 / 90g baby corns
- 2 ½ handfuls / 150g mange tout
- 1 orange scoop / 60g of black olives
- 1 pink scoop / 30g of sliced almonds
- 2 ½ tbsp / 45g butter
- ½ / 2 tbsp lemon, juiced
- pinch of salt and pepper
- ¼ tsp garlic granules
- ½ tsp dill or parsley
- 1 orange scoop / 75g un-cooked rice
- 1 purple scoop / 90g feta, cubed
- 3 / 270g sea-bass fillets



## HOW TO MAKE IT

**1.** preheat oven grill to 180°C. begin cooking the rice (of your choice) per packet instructions.

**2.** season the sea-bass with salt, pepper, garlic and dill. place under the grill for 15 minutes.

**3.** drain the rice, transfer to a bowl and mix in the lemon juice and butter. set aside.

**4.** place mange tout and corn in a bowl and microwave for 2 minutes until heated through.

**5.** portion out the olives, almonds and feta per your correct portion plates.

**6.** followed by the buttered-lemon rice and the sea-bass fillets.

1.



2.



3.



4.



5.




touch to reveal  
a cooking tip



WEIGH OUT  
THE RICE  
WHEN IT'S  
UN-COOKED!



A top-down view of a kitchen counter. On the left, there are two bowls of rice: the top one contains uncooked white rice, and the bottom one contains cooked white rice. In the center, a wooden spoon and a black spoon are placed diagonally. On the right, a plate with a teal border contains a piece of cooked fish, sliced almonds, and blueberries. Scattered almonds are visible on the light-colored countertop.

dinner is the time to change and try new things!  
discover what foods you like and dislike, to adapt,  
blend and reveal new recipes any time you like.

REVEALING HEALTHY DINNERS IN DISGUISE...

dinner



“eat what you like, just in  
the correct portions.”

CHAMELEON

REVEALING HEALTHY DINNERS IN DISGUISE...







i think we'd all love a super quick  
and easy-to-make salad that's  
perfect for warm summer nights!

IT'S HEALTHY EATING IN DISGUISE.



# japanese pork & edamame bowls

## INGREDIENTS

- 2 pink scoops / 6 tbsp** edamame
- 1 ½** mangos, peeled and chopped
- 6 / 12g** radishes, sliced
- 1** avocado, peeled and sliced
- 1 pink scoop / 3 tbsp** soy sauce
- 3 sprigs** of fresh coriander
- pinch** of salt and pepper
- 1 orange scoop / 75g** un-cooked rice
- 1 / 250g** pork tenderloin



## HOW TO MAKE IT

**1.** begin by cooking the rice (of your choice) per packet instructions.

**2.** brush the pork with a little oil on each side and season with salt and pepper.

**3.** griddle or grill under a hot grill for 2-3 minutes on each side or until cooked through.

**4.** arrange the edamame, mango, radish and avocado onto your plate, add the soy sauce and season with the fresh coriander.

**5.** drain the rice and slice the pork.

**6.** serve with the salad and pork in your correct portions and drizzle with the soy sauce.

1.



2.



3.



4.



5.



touch to reveal  
a cooking tip



SWITCH  
UP THE  
DAIRY WITH  
PROTEIN...

revealing our standout salmon and garlic bread, high in omega 3 and deliciously simple to make.

IT'S HEALTHY EATING IN DISGUISE.



# standout salmon & garlic bread

## INGREDIENTS

- $\frac{3}{4}$  / 120g bell pepper, sliced
- 1 purple scoop / 25g sun-dried tomatoes
- $\frac{1}{2}$  / 75g small cucumber, sliced
- 1 purple scoop / 75g sliced beetroot
- 8 romaine lettuce leaves
- 1 pink scoop / 30g of sliced almonds
- pinch of salt and pepper
- 1 tsp rosemary
- 1 tsp thyme
- 5 slices / 100g of garlic bread
- 1 pack / 225g halloumi, sliced
- 2  $\frac{1}{2}$  / 225g salmon fillets



## HOW TO MAKE IT

**1.** begin by preheating the oven per garlic bread packet instructions.

**2.** heat oven grill to high. season the salmon with salt, pepper, rosemary and thyme.

**3.** oven grill salmon for 15 minutes and cook the garlic bread per packet instructions.

**4.** heat some oil in a frying pan and fry the halloumi until golden.

**5.** prepare your plates per your portion plate visual with the salad and almonds.

**6.** portion out the salmon, halloumi and garlic bread, adding each to your prepared plates.

1.



2.



3.



4.



5.



touch to reveal  
a cooking tip



BREAK UP  
THE SALMON  
TO PORTION  
IT OUT!

a tasty chicken dish packed with mediterranean flavours, served with a healthy portion of garlic bread!

IT'S HEALTHY EATING IN DISGUISE.



# garlic bread & chicken difference

## INGREDIENTS

**1 green scoop / 150g** cherry tomatoes

**¾ / 120g** bell pepper, sliced

**2 ½ handfuls / 150g** mange tout

**1 purple scoop / 90g** of black olives

**1 pink scoop / 30g** of sliced almonds

**pinch** of salt and pepper

**1 tsp** basil

**1 tsp** paprika

**1 tbsp** olive oil, for cooking

**5 slices / 100g** of garlic bread

**1 pack / 225g** halloumi, sliced

**2 ½ / 250g** chicken breasts, butterflied



## HOW TO MAKE IT

**1.** begin by preheating the oven per garlic bread packet instructions.

**2.** season each side of the chicken with salt, pepper, basil and paprika. set aside.

**3.** cook garlic bread per packet instructions and heat half the olive oil in a grill pan.

**4.** cook the chicken for 5 minutes on each side or until cooked through. slice and set aside.

**5.** heat the remaining oil in a pan, fry the halloumi until golden and heat the mange tout.

**6.** arrange the salad, almonds, olives, chicken, halloumi and mange tout on your plates.

1.



2.



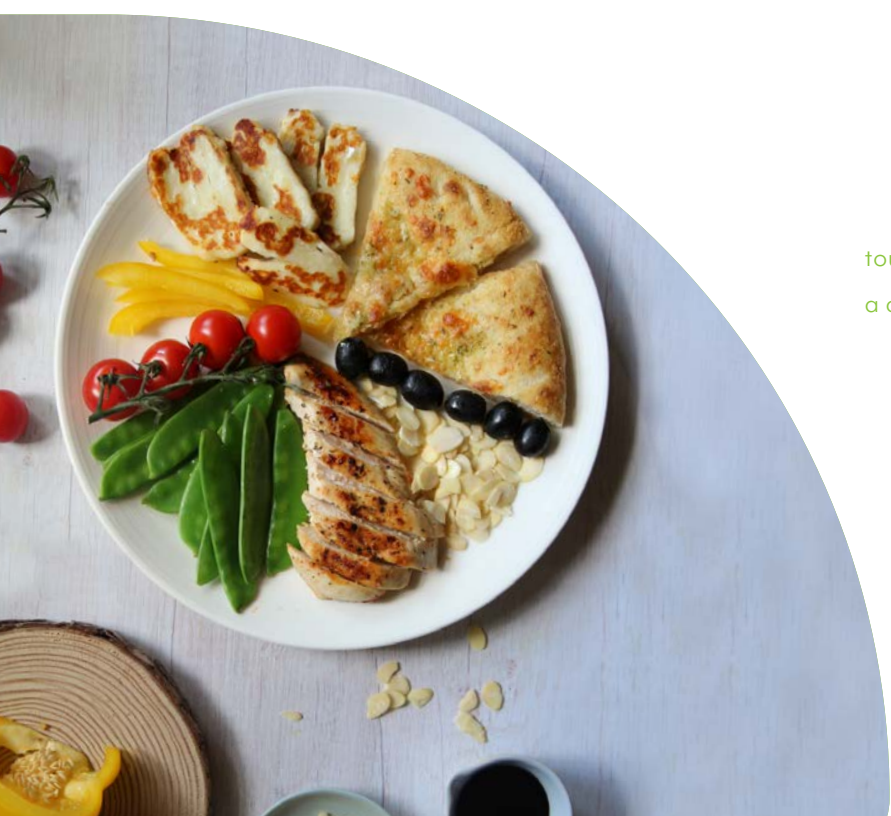
3.



4.



5.



touch to reveal  
a cooking tip



COOKING  
TOGETHER?  
DIVIDE THE  
TASKS...





unveil your talent! show-off your cooking skills  
and create your own recipes using our adaptable  
portion plates...



DISCOVER YOUR POTENTIAL...

my recipes



“you don't have to look like you're eating healthy, to eat healthy.”

CHAMELEON

DISCOVER YOUR POTENTIAL...





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IT'S HEALTHY EATING IN DISGUISE.

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MINUTES

○○○  
LEVEL

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## INGREDIENTS

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IT'S HEALTHY EATING IN DISGUISE.

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## INGREDIENTS

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IT'S HEALTHY EATING IN DISGUISE.

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## INGREDIENTS

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a place where all your likes are in one place, a book that adapts to you... hide, change and adapt to your hearts desire!

ADAPT TO YOUR HEARTS DESIRE...

# Favourites



“adapt what is useful, reject what is useless,  
and add what is specifically your own.”

BRUCE LEE

ADAPT TO YOUR HEARTS DESIRE...







uncover  
your  
portion  
plates

HEALTHY  
EATING IN  
DISGUISE



## HEALTHY EATING IN DISGUISE...

healthy eating creates the impression of eating a bowl of salad, cutting out carbohydrates, avoiding sweets, but none of this is sustainable long term.

we want to camouflage this stigma surrounding healthy eating because healthy eating isn't about eating salad everyday, it's about portion control.

we adapt to individual portion control needs to create a portion plate just for you, with recipes personalised to you and your portion plate needs. you get to eat all of your usual food choices, just in the correct portions.

DISCOVER WHAT-ELSE CHAMELEON  
CAN ADAPT FOR YOU! FIND OUT  
MORE WITH OUR APP...



(00)123456789101112133