



# **RECIPES & SAMPLE MENUS**

NAOMI FERSTERA  
EXERCISE PHYSIOLOGIST  
EXERCISE SCIENTIST  
NUTRITIONIST



# MENU WEEK 1 & 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL 1	Mediterranean omelette	Bacon and eggs	Peanut butter chocolate smoothie	Bacon and eggs	Berry smoothie	Bacon and eggs	Pancakes
MEAL 2	Two minute salad	Chicken cacciatore	Salmon and veggies	Two minute salad	Beef stroganoff	Chicken and broccoli salad	Chicken and broccoli salad
MEAL 3	Chicken cacciatore	Salmon and veggies	San choy bow	Beef stroganoff	Rissoles and mash	Take away	Sunday lamb roast

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL 1	Mediterranean omelette	Blueberry oats	Banana smoothie	Lean savoury mince	Blueberry oats	Bacon, eggs, tomatoes and mushrooms	Pancakes
MEAL 2	Chicken and avocado salad	Chicken carbonara	Lean savoury mince	Baked fish with veggies	Taco bowls	Chicken patties with mash and veggies	Chicken and broccoli salad
MEAL 3	Chicken carbonara	Steak and mash	Baked fish with veggies	Taco bowls	Chicken patties with mash and veggies	Take away	Sunday pork roast

# NUTRITION

## FOR STRONG MINDS AND BODIES

1. As a busy mum of four, I have tried to include my most time efficient and easy to make recipes. A lot of what I cook is fairly humble but the benefit of this is that my recipes are cheap, quick and thankfully tasty (well according to the 5 people I polled anyway haha). Good wholesome food really doesn't have to be complicated; you just need a good mix of protein, high fibre carbs and healthy fats that will fill up little (and not so little) tummys.
2. From a more scientific position, protein is the most important nutrient for improving your body composition (i.e. reducing fat and increasing muscle). So make sure you calculate your protein requirements then weigh and measure your protein for a few weeks to make sure you're getting enough each day. The latest research suggests that 1.6-2.2g/kg/day is optimal for muscle synthesis (growth) and you want to try and spread this out over four meals on training days. Watch my video on how to calculate your daily protein intake and how to spread it across your meals to optimise your training.
3. Try and utilise the concept of breakfast like a king, lunch like a prince and dinner like a pauper. This helps ensure that you eat enough protein at breakfast and that you eat most of your energy earlier in the day. Both of these strategies have been shown to be useful for losing weight and improving health. To implement this strategy, try and cook two meals on the night you cook, and do some prep on the weekends. It's also a good idea to make enough food at dinner so that you have left overs for lunch.
4. If it's not possible to eat like this, don't sweat it as it's simply another health strategy. Just do your best to not be eating most of your food and protein, in your final meal. And remember - food works for you. Not the other way around.
5. The best diet is one that is loaded with micronutrients (vitamins and minerals). Choose different proteins, veggies and fruits to ensure your get all the micronutrients you need.
6. Each of these recipes uses full fat products. If you want to lower your calorie intake substitute full fat dairy for low fat and choose leaner cuts of meat or seafood. The nutrition panel has also been generated from Fat Secret and find that this overestimates calories compared with My Fitness Pal.
7. Also keep in mind that a healthy diet includes days where you eat like a crazy person, or give your kids baked beans on toast for dinner or where you eat an entire packet of lollies to yourself. This is honestly very normal behaviour and part and parcel of an otherwise healthy diet. When we look at healthy patterns, we look at longer periods than a single day - a healthy diet is considered over many days and weeks. So where most people go wrong, is that they beat themselves up after this, thinking they need to be eating a "perfect" diet (whatever that actually is). They feel like they have "fallen off the wagon" and so they give up.
8. And finally, you don't need to eat if you're not hungry. You may find you only want to eat a couple of meals per day or conversely, you may find you need four meals and snacks. Both are fine so long as you're not exceeding your calorie intake and you're consuming enough protein and mostly nutritious foods.



# Bacon & Eggs

2 SERVES

PREP: 5 MINUTES

COOK: 10 MINUTES

## INGREDIENTS

150g bacon

4 large eggs

15g butter for cooking

1/2tsp rock salt

1/4tsp black pepper

## INSTRUCTIONS

Cook the bacon and eggs to your preference.

## NOTES:

You can add (or take away) anything you like to this quick little cook up

## Nutrition Facts

Bacon and Eggs

Amount Per Serving

Calories 608      Calories from Fat 423

% Daily Value\*

**Total Fat** 47g      72%

Saturated Fat 17g      85%

Polyunsaturated Fat 5g

Monounsaturated Fat 19g

**Cholesterol** 523mg      174%

**Sodium** 2358mg      98%

**Potassium** 563mg      16%

**Total Carbohydrates** 2g      1%

Dietary Fiber 0.1g      0%

Sugars 1g

**Protein** 40g      80%

Vitamin A      15%

Vitamin C      0.1%

Calcium      7%

Iron      16%

\* Percent Daily Values are based on a 2000 calorie diet.



# Mexican Beef Mince

8 SERVES

PREP: 10 MINUTES

COOK: 15 MINUTES

## INGREDIENTS

1kg regular beef mince  
150g brown onion (diced)  
2 cloves garlic  
3tsp ground cumin  
1tsp paprika  
2tsp ground coriander  
1tsp chilli flakes to taste  
1tsp garlic powder  
1tsp onion powder  
2tbsp tomato paste  
1tsp butter for cooking  
1/2tsp pepper to taste  
1tsp rock salt to taste

## INSTRUCTIONS

Heat butter in pan and fry onions and garlic until transparent and fragrant.

Add mince and cook through.

Add spices to mince in pan and fry for 5 minutes, stirring frequently.

Add the tomato puree and cook on low-medium heat for 10 minutes. Add a little more water if the mixture becomes too dry.

## NOTES:

Serve with guacamole, sour cream & cheese (nachos or tacos)

You can also add chopped vegetables such as capsicum, celery, carrots and fresh chillies or you can add a can of beans for additional protein and fibre.

## Nutrition Facts

Mexican Beef Mince

Amount Per Serving

Calories 370      Calories from Fat 216

% Daily Value\*

Total Fat 24g      37%

Saturated Fat 9g      45%

Polyunsaturated Fat 1g

Monounsaturated Fat 11g

Cholesterol 111mg      37%

Sodium 748mg      31%

Potassium 527mg      15%

Total Carbohydrates 5g      2%

Dietary Fiber 1g      4%

Sugars 2g

Protein 32g      64%

Vitamin A      8%

Vitamin C      8%

Calcium      5%

Iron      25%

\* Percent Daily Values are based on a 2000 calorie diet.



# Quick & Easy Burrito Bowls

6 SERVES

PREP: 10 MINUTES

COOK: 30 MINUTES

## INGREDIENTS

1kg chicken thigh  
2 tsp curcumin  
2 tsp ground coriander  
1 tsp smoked paprika  
1 tsp garlic powder  
1 tsp onion powder  
1 cubes beef stock or broth or liquid stock  
1 large avocado (mashed)  
6 tbsp sour cream  
1/2 head ice-burg lettuce (shredded)  
2 medium tomatoes (diced)  
1 small lime (optional)  
butter for cooking  
water if not using liquid stock or broth

## Nutrition Facts

Quick and Easy Burrito Bowls

Amount Per Serving

Calories 491      Calories from Fat 297

% Daily Value\*

<b>Total Fat</b> 33g	<b>51%</b>
Saturated Fat 10g	<b>50%</b>
Polyunsaturated Fat 6g	
Monounsaturated Fat 13g	
<b>Cholesterol</b> 163mg	<b>54%</b>
<b>Sodium</b> 810mg	<b>34%</b>
<b>Potassium</b> 567mg	<b>16%</b>
<b>Total Carbohydrates</b> 5g	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 1g	
<b>Protein</b> 43g	<b>86%</b>
Vitamin A	16%
Vitamin C	12%
Calcium	4%
Iron	13%

\* Percent Daily Values are based on a 2000 calorie diet.

## INSTRUCTIONS

Turn on the BBQ or turn a frypan to medium heat.

Flatten the chicken thighs and cook on the BBQ or in the frypan.

Once the chicken is cooked, use a fork to shred it.

Turn on a frypan to a low heat and melt the butter.

Add the shredded chicken, spices and stock cubes to the pan.

A little at a time, add some water to the pan until all the chicken is completely covered in the spice mixture.

Once the chicken is completely covered, season with salt and pepper and remove from the heat.

Serve with mashed avocado, lettuce, tomato, black beans (optional) and sour cream or any accompaniment you like!

Drizzle some lime juice over the top.

## NOTES:

You can also have the following accompaniments with your burrito bowl:

lettuce, tomato, corn, salsa....whatever you like!!

# Chicken, & Pine Nut Salad

4 SERVES

PREP: 10 MINUTES

COOK: 15 MINUTES

## Nutrition Facts

Chicken, pumpkin, spinach, feta and pine nut salad

Amount Per Serving

Calories 300      Calories from Fat 180

% Daily Value\*

**Total Fat** 20g      **31%**

Saturated Fat 6g      **30%**

Polyunsaturated Fat 6g

Monounsaturated Fat 6g

**Cholesterol** 67mg      **22%**

**Sodium** 516mg      **22%**

**Potassium** 732mg      **21%**

**Total Carbohydrates** 9g      **3%**

Dietary Fiber 2g      **8%**

Sugars 3g

**Protein** 22g      **44%**

Vitamin A      201%

Vitamin C      34%

Calcium      20%

Iron      19%

\* Percent Daily Values are based on a 2000 calorie diet.

## INGREDIENTS

200g chicken breast or thigh

1 clove garlic (minced/crushed)

2 tsp paprika

250g baby spinach (enough for 4 serves)

250g pumpkin (cubed)

100g feta cheese (I prefer Danish but any feta is fine as long as it is full fat)

100g pine nuts

30g butter for cooking

1tsp extra virgin olive oil (to serve)

## INSTRUCTIONS

Slice the pumpkin into small cubes then steam or bake until soft but still keeping its shape

Slice the chicken into small strips then season with garlic, paprika, salt and pepper

Cook the chicken until it has only just cooked through (so it's not too dry)

While the chicken and pumpkin is cooking, wash and dry the spinach and place in a salad bowl (you may choose to wilt it slightly in the steamer)

Put the chicken, pumpkin, feta and pine nuts into the bowl with the spinach. Toss lightly and season with olive oil, salt and pepper.



# Steak with Veg

4 SERVES

PREP: 10 MINUTES

COOK: 15 MINUTES

## INGREDIENTS

800g steak

3 cloves garlic crushed

600g seasonal  
vegetables

1 tsp Salt to taste

1 tsp black pepper

50 grams butter cooking  
and for adding to veggies

## INSTRUCTIONS

Season the steak with garlic, salt and pepper.

Cook to taste.

Choose your seasonal veggies and lightly  
steam. Serve with a dollop of butter and  
season with salt and pepper.

## NOTES:

Creamy mushroom sauce is the perfect  
accompaniment to this dish

## Nutrition Facts

Steak and seasonal veg

Amount Per Serving

Calories 719

Calories from Fat 387

% Daily Value\*

Total Fat 43g 66%

Saturated Fat 19g 95%

Polyunsaturated Fat 2g

Monounsaturated Fat 17g

Cholesterol 191mg 64%

Sodium 1607mg 67%

Potassium 875mg 25%

Total Carbohydrates 20g 7%

Dietary Fiber 7g 28%

Sugars 5g

Protein 59g 118%

Vitamin A 134%

Vitamin C 9%

Calcium 8%

Iron 29%

\* Percent Daily Values are based on a 2000 calorie diet.



# Mushroom Sauce

4 SERVES

PREP: 10 MINUTES

COOK: 20 MINUTES

## INGREDIENTS

300g mushrooms sliced into strips  
3 cloves garlic (crushed or sliced)  
1 small onion (diced)  
50g butter  
300ml cream  
1 tsp rock salt to taste  
1/2 tsp black pepper

## INSTRUCTIONS

Turn a fry pan onto a medium heat.

Put the butter into the fry pan and sauté the onions and garlic in the butter.

Add the mushrooms and allow the mushroom and onion to completely soften.

Add the cream and keep on a medium heat for approximately 5 minutes. This will start the reducing process.

Reduce to a low heat and cover and simmer for 15-20 minutes (or until the desired mushroom taste has been achieved - the sauce should be grey before you consider taking it off the heat). You may need to take the lid off and reduce the sauce for another 5 minutes if it is too runny.

Add salt and pepper to taste.

Nutrition Facts	
Mushroom Sauce	
Amount Per Serving	
Calories 376	Calories from Fat 342
% Daily Value*	
Total Fat 38g	58%
Saturated Fat 24g	120%
Polyunsaturated Fat 2g	
Monounsaturated Fat 11g	
Cholesterol 130mg	43%
Sodium 616mg	26%
Potassium 329mg	9%
Total Carbohydrates 7g	2%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 4g	8%
Vitamin A	29%
Vitamin C	7%
Calcium	5%
Iron	3%
* Percent Daily Values are based on a 2000 calorie diet.	



# Chicken Carbonara

6 SERVES

PREP: 20 MINUTES

COOK: 30 MINUTES

## INGREDIENTS

750g chicken breast sliced into even strips

100g bacon pieces

300g mushrooms (sliced)

400ml cream

50g butter

1 small onion (diced)

4 cloves garlic (crushed or sliced)

1/2 cup white wine (optional)

1/2 tsp rock salt to taste

1/4 tsp black pepper

## INSTRUCTIONS

Turn on the frypan and melt the butter. Add 2 cloves of garlic and sauté for 2 minutes. Slice the chicken into thinner pieces then fry in the frypan until cooked though. Set aside.

In the same pan, melt the rest of the butter and then sauté the onion, garlic and mushroom in the butter. Pour in a the wine and allow the alcohol to burn off (optional)

Add the bacon pieces, mushrooms and the cream Bring to the boil then reduce to a simmer for 15-20 minutes

Place the chicken on a individual plates and cover with the carbonara mix

## Nutrition Facts

Chicken Carbonara

Amount Per Serving

Calories 661      Calories from Fat 432

% Daily Value\*

**Total Fat** 48g      **74%**

Saturated Fat 25g      **125%**

Polyunsaturated Fat 4g

Monounsaturated Fat 16g

**Cholesterol** 232mg      **77%**

**Sodium** 1101mg      **46%**

**Potassium** 651mg      **19%**

**Total Carbohydrates** 6g      **2%**

Dietary Fiber 1g      **4%**

Sugars 2g

**Protein** 46g      **92%**

Vitamin A      27%

Vitamin C      5%

Calcium      6%

Iron      11%

\* Percent Daily Values are based on a 2000 calorie diet.

## NOTES:

Serve with seasonal vegetables or creamy cauliflower mash.

For extra veggies in the diet you can add peas, corn and beans etc.

You can also put a raw egg yolk as a garnish when you serve (make sure you don't serve the egg white)

You can also add the cooked chicken back to the carbonara mix rather than serve it on the plate first.

table for two



# Bacon & Cheese Quiche

4 SERVES

PREP: 15 MINUTES

COOK: 30 MINUTES

## INGREDIENTS

8 large eggs

50ml cream

100g bacon (finely sliced and fried)

30g Gouda cheese grated (any hard cheese is fine)

125g cherry tomatoes halved (optional)

1/2tsp rock salt to taste

1/2tsp black pepper

## INSTRUCTIONS

Preheat your oven to 180 °C.

Mix the eggs with the cream and seasoning until well combined.

Stir in the grated cheese.

Pour into a baking dish, before spreading over the bacon and tomatoes, evenly.

Bake for approximately 30 minutes – or until set and golden brown.

Serve warm with a salad.

## Nutrition Facts

Bacon And Cheese Crustless Quiche

Amount Per Serving

Calories 360

Calories from Fat 243

% Daily Value\*

Total Fat 27g 42%

Saturated Fat 11g 55%

Polyunsaturated Fat 3g

Monounsaturated Fat 10g

Cholesterol 477mg 159%

Sodium 1076mg 45%

Potassium 371mg 11%

Total Carbohydrates 3g 1%

Dietary Fiber 0.5g 2%

Sugars 2g

Protein 24g 48%

Vitamin A 20%

Vitamin C 7%

Calcium 13%

Iron 13%

\* Percent Daily Values are based on a 2000 calorie diet.



# Chicken & Avocado Salad

2 SERVES

PREP: 5 MINUTES

COOK: 10 MINUTES

## INGREDIENTS

150g chicken breast (sliced into strips)

15g butter for cooking

1 clove garlic (crushed)

1tsp paprika

1/2 large avocado

2 cups spinach

50g feta cheese prefer Danish or Persian

15g pine nuts

## INSTRUCTIONS

Season the chicken with salt, pepper, garlic and paprika  
Cook the chicken on a medium heat being mindful not to burn the garlic

While the chicken is cooking, slice the avocado and feta  
You may want to wilt the spinach first, if not, simply wash, dry then place in a bowl

Add the avocado, feta and pine nuts

Take the chicken off the heat and slice

Add the chicken to salad and serve

## NOTE:

Serve with a drizzle of olive oil

## Nutrition Facts

Chicken and Avocado Salad

Amount Per Serving

Calories 436

Calories from Fat 261

% Daily Value\*

Total Fat 29g 45%

Saturated Fat 11g 55%

Polyunsaturated Fat 5g

Monounsaturated Fat 10g

Cholesterol 101mg 34%

Sodium 765mg 32%

Potassium 1777mg 51%

Total Carbohydrates 15g 5%

Dietary Fiber 8g 32%

Sugars 3g

Protein 35g 70%

Vitamin A 464%

Vitamin C 119%

Calcium 37%

Iron 46%

\* Percent Daily Values are based on a 2000 calorie diet.



# 2 Minute Salad

4 SERVES  
PREP: 5 MINUTES  
COOK: 2 MINUTES

## INGREDIENTS

500g beef strips  
500g packet coleslaw (no  
mayonnaise on the  
coleslaw)  
1tbsp soy sauce  
1tsp garlic powder (more or  
less to taste)  
1tsp honey (more or less to  
taste)  
1tsp sesame seeds  
1tbsp butter for cooking

## Nutrition Facts

Two Minute Salad

Amount Per Serving

Calories 277      Calories from Fat 108

	% Daily Value*
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 4g	<b>20%</b>
Polyunsaturated Fat 2g	
Monounsaturated Fat 2g	
<b>Cholesterol</b> 77mg	<b>26%</b>
<b>Sodium</b> 1238mg	<b>52%</b>
<b>Potassium</b> 249mg	<b>7%</b>
<b>Total Carbohydrates</b> 22g	<b>7%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 3g	
<b>Protein</b> 23g	<b>46%</b>
<b>Vitamin A</b>	<b>11%</b>
<b>Vitamin C</b>	<b>68%</b>
<b>Calcium</b>	<b>5%</b>
<b>Iron</b>	<b>14%</b>

\* Percent Daily Values are based on a 2000 calorie diet.

## INSTRUCTIONS

Put the beef strips in a large bowl and add honey, soy, garlic and sesame seeds to the bowl. Mix well then cover with cling-wrap and put in the fridge for a few hours.

Put a frypan on the stove and turn to medium-high heat. Add the butter to the pan.

Open the packet of coleslaw (shredded cabbage and carrot). Place in a large bowl and set aside.

Once the frypan is hot, add the beef strips and cook until just brown (approximately two minutes). Take off the heat and add to the bowl of coleslaw. Tip the remaining sauce over the salad. Toss and garnish with extra sesame seeds.

## NOTES:

If the salad is a little dry consider using a little oil (sesame or olive oil) or a some mayonnaise. If using mayonnaise, mix the mayonnaise through the salad before adding the beef strips.



# Naked Burgers

4 SERVES

PREP: 10 MINUTES

COOK: 20 MINUTES

## INGREDIENTS

500g mince  
1tsp garlic powder  
1tsp mixed herbs  
1tsp paprika  
1pinch salt and pepper  
4 large leaves ice-burg lettuce  
1tbsp butter for cooking  
hamburger toppings i.e.  
cheese, bacon, egg, beetroot,  
pineapple, pickle, tomato, onion

## INSTRUCTIONS

Mix the hamburger ingredients in a bowl  
by hand  
Roll into 4 balls and then shape into  
burgers  
Either BBQ them on a medium heat or fry  
them in butter in a pan.  
Add each burger to a lettuce leaf and then  
add your favourite toppings and wrap with  
the lettuce leaf. If necessary, secure with  
a toothpick or skewer.

## Nutrition Facts

Naked Burger

Amount Per Serving

Calories 376      Calories from Fat 234

% Daily Value\*

**Total Fat** 26g      **40%**

Saturated Fat 11g      **55%**

Polyunsaturated Fat 1g

Monounsaturated Fat 11g

**Cholesterol** 118mg      **39%**

**Sodium** 502mg      **21%**

**Potassium** 390mg      **11%**

**Total Carbohydrates** 1g      **0%**

Dietary Fiber 0.4g      **2%**

Sugars 0.4g

**Protein** 32g      **64%**

Vitamin A      8%

Vitamin C      1%

Calcium      4%

Iron      17%

\* Percent Daily Values are based on a 2000 calorie diet.



# Bocconcini Salad

6 SERVES

PREP: 5 MINUTES

## Nutrition Facts

Bocconcini Salad

Amount Per Serving

Calories 239      Calories from Fat 171

% Daily Value\*

<b>Total Fat</b> 19g	<b>29%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0.4g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 4g	
<b>Cholesterol</b> 33mg	<b>11%</b>
<b>Sodium</b> 31mg	<b>1%</b>
<b>Potassium</b> 480mg	<b>14%</b>
<b>Total Carbohydrates</b> 8g	<b>3%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 2g	
<b>Protein</b> 11g	<b>22%</b>
Vitamin A	77%
Vitamin C	29%
Calcium	18%
Iron	9%

\* Percent Daily Values are based on a 2000 calorie diet.

## INGREDIENTS

250g tomatoes  
1 large avocado  
100g cucumber  
250g baby bocconcini  
200g spinach leaves  
50g toasted seeds (e.g. sunflower, pumpkin, pine nuts)

## INSTRUCTIONS

Add all ingredients except leaves and seeds to a bowl, toss.

Plate up over leaves, drizzle with olive oil and sprinkle with seeds and or nuts.

## NOTES:

You can add chicken or lamb to this salad to increase the protein.



# Pancakes

6 SERVES

PREP: 15 MINUTES

COOK: 10 MINUTES

## Nutrition Facts

Pancakes

Amount Per Serving

Calories 323      Calories from Fat 81

% Daily Value\*

**Total Fat** 9g      **14%**

Saturated Fat 5g      **25%**

Polyunsaturated Fat 0.5g

Monounsaturated Fat 2g

**Cholesterol** 67mg      **22%**

**Sodium** 605mg      **25%**

**Potassium** 161mg      **5%**

**Total Carbohydrates** 53g      **18%**

Dietary Fiber 2g      **8%**

Sugars 10g

**Protein** 9g      **18%**

Vitamin A      6%

Calcium      13%

Iron      14%

\* Percent Daily Values are based on a 2000 calorie diet.

## INGREDIENTS

3/4 cup milk

2 tablespoons white vinegar

1 cup flour

2 tbsp white sugar

1 tsp Baking powder

1/2 tsp baking soda

1/2 tsp Salt

1 medium egg

2 tbsp butter

cooking spray

## INSTRUCTIONS

Combine milk with vinegar in a medium bowl and set aside for 5 minutes to "sour".

Combine flour, sugar, baking powder, baking soda, and salt in a large mixing bowl. Whisk egg and butter into "soured" milk. Pour the flour mixture into the wet ingredients and whisk until lumps are gone.

Heat a large skillet over medium heat, and coat with cooking spray.

Pour 1/4 cupfuls of batter onto the skillet, and cook until bubbles appear on the surface.

Flip with a spatula, and cook until browned on the other side.



# Lasagne

10 SERVES

PREP: 20 MINUTES

COOK: 40 MINUTES

## INGREDIENTS

1kg mince  
4 cloves garlic  
(crushed)  
1 small onion  
(diced)  
150g tomato paste  
30ml cream  
150g  
cheese grated  
100g mushrooms  
(sliced)  
300g pumpkin  
(thinly sliced)

## BECHAMEL

### SAUCE

2 tbsp plain  
flour2 tbsp butter1  
tsp rock  
salt1 tsp black  
pepper1  
1/3 cup milk

## INSTRUCTIONS

Preheat the oven to 180C

Slice the pumpkin into thin slices. You will need enough to do 2 layers of lasagne (25x35cm tray)

Cover the pumpkin in a generous amount of butter

Lightly cover the slices with 1 clove of crushed garlic, salt and pepper

Put the pumpkin into the oven and cook until soft (but not so that the slices are mushy)

Turn a fry pan onto medium heat and melt a large nob of butter

Dice the onion and then sauté in the pan

Add 3 cloves of crushed garlic and mix together

Add the mince and cook completely through (i.e. until completely brown)

Thinly slice the mushrooms and add to the frypan

Add the tomato paste and mix thoroughly through

Add the cream (more or less to taste)

Season the mixture with salt and pepper

Grease the bottom of a baking tray with butter (I use a 25x35cm glass baking tray)

Take the pumpkin out of the oven and line the bottom of the tray with enough pumpkin to completely cover it

Spoon half the mince mixture over the pumpkin

Put the second layer of pumpkin over the mince

Cover with the remaining mince mixture

Cover the mince mixture with the béchamel sauce

Generously cover the lasagne with grated cheese (you can use a cheese mixture for extra deliciousness - mozzarella, parmesan and cheddar)

Put into the oven and cook until the cheese is golden brown

### For the Bechamel Sauce:

Put a pot on low-medium heat. Melt the butter then add the flour. Cook the mixture for 2 minutes being mindful of burning the flour. Add the milk a little at a time, mixing completely in before adding more. Season with salt and pepper.

## NOTES:

Serve with seasonal veggies or a salad.

Nutrition Facts	
Lasagne	
Amount Per Serving	
Calories 326	Calories from Fat 180
% Daily Value*	
Total Fat 20g	31%
Saturated Fat 6g	30%
Polyunsaturated Fat 0.4g	
Monounsaturated Fat 3g	
Cholesterol 29mg	10%
Sodium 356mg	15%
Potassium 382mg	11%
Total Carbohydrates 11g	4%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 28g	56%
Vitamin A	55%
Vitamin C	13%
Calcium	18%
Iron	6%
* Percent Daily Values are based on a 2000 calorie diet.	



# Greek Salad

2 SERVES

PREP: 10 MINUTES

## INGREDIENTS

250g mixed lettuce  
250g cherry tomatoes  
200g feta cheese prefer  
Danish or Persian but  
any feta is fine as long  
as it is full fat  
1 cup olives  
1/4 small onion (slice  
thinly)  
200g cucumber (cubed)  
1tbsp olive oil (cold  
pressed and extra virgin  
if possible - only a  
drizzle is needed as a  
dressing)  
1/2tsp rock salt  
1/4tsp black pepper

## Nutrition Facts

Greek Salad

Amount Per Serving

Calories 182      Calories from Fat 144

% Daily Value\*

**Total Fat** 16g      **25%**

Saturated Fat 4g      **20%**

Polyunsaturated Fat 1g

Monounsaturated Fat 10g

**Cholesterol** 11mg      **4%**

**Sodium** 1372mg      **57%**

**Potassium** 401mg      **11%**

**Total Carbohydrates** 9g      **3%**

Dietary Fiber 4g      **16%**

Sugars 4g

**Protein** 4g      **8%**

Vitamin A      80%

Vitamin C      33%

Calcium      13%

Iron      8%

\* Percent Daily Values are based on a 2000 calorie diet.

## INSTRUCTIONS

Rinse your lettuce mix and dry thoroughly.  
Place the lettuce mix into a large serving bowl  
Thinly slice the onion and add to the bowl  
Add the olives, cucumber and cherry tomatoes  
Crumble the feta over the top  
Drizzle the olive oil over the salad and lightly season with salt and pepper

## NOTES:

You can add anything you like to this salad i.e. avocado, chicken, seeds, herbs etc.



# Lamb Roast

6 SERVES

PREP: 20 MINUTES

COOK: 90 MINUTES

## Nutrition Facts

Sunday Lamb Roast

Amount Per Serving

Calories 598      Calories from Fat 360

% Daily Value\*

**Total Fat** 40g      **62%**

Saturated Fat 15g      **75%**

Polyunsaturated Fat 3g

Monounsaturated Fat 18g

**Cholesterol** 160mg      **53%**

**Sodium** 1141mg      **48%**

**Potassium** 1030mg      **29%**

**Total Carbohydrates** 15g      **5%**

Dietary Fiber 3g      **12%**

Sugars 4g

**Protein** 43g      **86%**

Vitamin A      50%

Vitamin C      48%

Calcium      6%

Iron      24%

\* Percent Daily Values are based on a 2000 calorie diet.

## INGREDIENTS

1kg lamb roast (you can use any roast you like)

200g potato (cubed)

200g cauliflower (sliced)

200g pumpkin sliced (with the skin left on)

200g mushrooms (sliced)

200g onion (cut into quarters)

2tbsp extra virgin olive oil

1tsp rock salt

1tsp black pepper

1tbsp fresh rosemary or other herbs of your choosing

## INSTRUCTIONS

Follow the cooking instructions for the roast.

When the roast has about 45 minutes left of cooking time, add as many of the roast veggies to the roast pan. With the remaining veggies, put them in a

second pan and cover liberally with olive oil.

Season with salt, pepper and fresh herbs.

Cook veggies until they are soft.

Serve hot with the roast.



# Pork Roast

6 SERVES

PREP: 20 MINUTES

COOK: 90 MINUTES

## Nutrition Facts

Sunday Pork Roast

Amount Per Serving

Calories 447      Calories from Fat 279

% Daily Value\*

Total Fat 31g      48%

Saturated Fat 10g      50%

Polyunsaturated Fat 3g

Monounsaturated Fat 15g

Cholesterol 113mg      38%

Sodium 651mg      27%

Potassium 799mg      23%

Total Carbohydrates 11g      4%

Dietary Fiber 2g      8%

Sugars 3g

Protein 31g      62%

Vitamin A      38%

Vitamin C      37%

Calcium      5%

Iron      14%

\* Percent Daily Values are based on a 2000 calorie diet.

## INGREDIENTS

1kg pork roast (you can use any roast you like)

200g potato (cubed)

200g cauliflower (sliced)

200g pumpkin sliced (with the skin left on)

200g mushrooms (sliced)

200g onion (cut into quarters)

2tbsp extra virgin olive oil

1tsp rock salt

1tsp black pepper

1tbsp fresh rosemary or other herbs of your choosing

## INSTRUCTIONS

Follow the cooking instructions for the roast.

When the roast has about 45 minutes left of cooking time, add as many of the roast veggies to the roast pan. With the remaining veggies, put them in a second pan and cover liberally with olive oil.

Season with salt, pepper and fresh herbs.

Cook veggies until they are soft.

Serve hot with the roast.



# Baked Fish

2 SERVES

PREP: 5 MINUTES

COOK: 15 MINUTES

Nutrition Facts	
Baked Fish	
Amount Per Serving	
Calories 302	Calories from Fat 117
% Daily Value*	
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 5g	<b>25%</b>
Polyunsaturated Fat 2g	
Monounsaturated Fat 4g	
<b>Cholesterol</b> 102mg	<b>34%</b>
<b>Sodium</b> 1395mg	<b>58%</b>
<b>Potassium</b> 969mg	<b>28%</b>
<b>Total Carbohydrates</b> 2g	<b>1%</b>
Dietary Fiber 0.2g	<b>1%</b>
Sugars 0.2g	
<b>Protein</b> 42g	<b>84%</b>
Vitamin A	10%
Vitamin C	16%
Calcium	2%
Iron	4%
* Percent Daily Values are based on a 2000 calorie diet.	

## INGREDIENTS

400g cod (approx. two pieces - you can use any white fish of choice)

4 cloves garlic

2tbsp butter

2tsp mixed herbs (e.g. basil, oregano, dill)

1tsp rock salt

1/2tsp black pepper

## INSTRUCTIONS

Preheat the oven to 180C

Put each piece of fish on a piece of aluminium foil that is big enough to wrap around the fish

Cover each piece with a butter, garlic, herbs, salt and pepper

Take the sides of the aluminium foil and make a 'teepee' around the fish (this will prevent the fish from drying out)

Cook the fish until it just loses its translucency

## NOTES:

Serve with seasonal veggies or a salad



# Shepherd's Pie

6 SERVES

PREP: 20 MINUTES

COOK: 40 MINUTES

## INSTRUCTIONS

Preheat oven to 180 C and put a pot of water on the stove to boil. While you're waiting for the water to boil, peel the potatoes then roughly cut up into cubes.

Once the water is boiling, steam the potatoes until soft.

While the potatoes are steaming, dice the onion and fry in a frypan with a large knob of butter.

Once the onions have started to become opaque, add the garlic. Cook for a minute or two until fragrant. Add the mince and cook completely through.

Add the tomato paste and mix through and then add the cream and mixed veggies. Let the mince mixture sit on a low heat for ~ 5 minutes or until the veggies have started to soften.

Once the potato is soft, place it in a blender and add butter, salt, pepper and cream and blitz to a smooth consistency. Add more butter and cream until desired consistency is reached.

Place the mince mixture into a baking tray (I use a glass 25x35cm tray)

Spoon the mashed potato over the top of the mince mixture.

Cover the pie with grated cheese (you could use a cheese mixture if you like of cheddar, parmesan and mozzarella)

Cook in the oven for 15-20 minutes or until the cheese is golden brown. Serve warm.

## NOTES:

You can also serve the shepherd's pie in individual pot pies

For a traditional shepherd's pie, use 5-6 large potatoes.

## INGREDIENTS

500g mince

1 medium brown onion (diced)

6 cloves garlic (crushed)

1 can diced tomatoes

1 cup seasonal vegetables (diced, can be frozen or fresh - frozen veggies will make the mince mixture more watery though)

1tbsp tomato paste (heaped)

30ml cream

200g cheese (grated)

1tbsp mixed herbs e.g. oregano and basil

1tsp rock salt

1tsp black pepper

butter for cooking

## Mash

500 grams potato

30 grams butter

50 ml cream

1 tsp rock salt

1 tsp black pepper

Nutrition Facts	
Shepherd's Pie - Traditional	
Amount Per Serving	
Calories 540	Calories from Fat 306
% Daily Value*	
Total Fat 34g	52%
Saturated Fat 16g	80%
Polyunsaturated Fat 1g	
Monounsaturated Fat 14g	
Cholesterol 143mg	48%
Sodium 1254mg	52%
Potassium 842mg	24%
Total Carbohydrates 19g	6%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 38g	76%
Vitamin A	36%
Vitamin C	30%
Calcium	16%
Iron	23%
* Percent Daily Values are based on a 2000 calorie diet.	



# Curried Sausages

10 SERVES

PREP: 20 MINUTES

COOK: 40 MINUTES

## INSTRUCTIONS

Cook the sausages first (I do mine in the frypan).

Once they are cooked, remove from the frying pan and slice into even pieces.

Pour the oil from the sausages into a pot and fry off the onions on a medium heat.

Add the curry powder and cook until fragrant.

Chop up the cauliflower and broccoli into small pieces and add to the pot.

Add the coconut cream and milk and let the veggies cook until completely soft (this takes about 20 minutes).

Add the remaining vegetables (carrot, potato and sweet potato) and sausages and simmer until cooked through.

Simmer on a low heat for 10 minutes or until the sauce reduces to a thick consistency.

Season with salt and pepper and serve hot! Add a little sour cream for extra deliciousness.

## NOTES:

You can add as little or as much curry powder to your taste. You can switch the veggies to lower carb if you prefer. I also add sour cream to my bowl at the end for an even creamier curry and this works just as well with chicken thigh instead of sausages.

## INGREDIENTS

1 kg sausages (approx. 12)

3tsp curry powder (I used Keens)

1tbsp coconut oil

1 large brown onion (finely diced)

200g cauliflower

200g broccoli

400g coconut cream

400g coconut milk

2 cubes vegetable stock

100g carrot (sliced)

200g potato (cubed)

200g sweet potato (cubed)

1tsp rock salt

1/2tsp black pepper

Nutrition Facts	
Curried Sausages	
Amount Per Serving	
Calories 562	Calories from Fat 414
% Daily Value*	
<b>Total Fat</b> 46g	<b>71%</b>
Saturated Fat 23g	<b>115%</b>
Trans Fat 0.2g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 13g	
<b>Cholesterol</b> 84mg	<b>28%</b>
<b>Sodium</b> 1265mg	<b>53%</b>
<b>Potassium</b> 648mg	<b>19%</b>
<b>Total Carbohydrates</b> 16g	<b>5%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 4g	
<b>Protein</b> 23g	<b>46%</b>
Vitamin A	94%
Vitamin C	57%
Calcium	5%
Iron	15%
* Percent Daily Values are based on a 2000 calorie diet.	



# Chicken Patties

4 SERVES

PREP: 15 MINUTES

COOK: 30 MINUTES

## INGREDIENTS

500g chicken mince  
1 medium brown onion (grated)  
1/2 large red capsicum (finely chopped)  
1 small carrot (grated)  
1 tablespoon fresh coriander (chopped)  
1cm ginger (finely chopped)  
1 clove garlic (finely chopped)  
1tsp rock salt  
1tsp black pepper

## INSTRUCTIONS

Mix all ingredients together in a bowl and then mould into patties with your hands.

Place patties in a frying pan in melted butter and press down tops to flatten.

Cook on a medium heat for around 10 minutes each side, or until the chicken is cooked in the middle of the patty.

## NOTES:

Serve with cheese, bacon and sour cream or tzatziki.

Nutrition Facts	
Chicken Patties	
Amount Per Serving	
Calories 270	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 3g	15%
Polyunsaturated Fat 2g	
Monounsaturated Fat 4g	
Cholesterol 104mg	35%
Sodium 1084mg	45%
Potassium 466mg	13%
Total Carbohydrates 6g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 38g	76%
Vitamin A	65%
Vitamin C	86%
Calcium	3%
Iron	10%
* Percent Daily Values are based on a 2000 calorie diet.	



# Mixed Pea, Mint & Feta Salad

2 SERVES  
PREP: 15 MINUTES  
COOK: 10 MINUTES

## INGREDIENTS

200g peas (fresh or frozen)  
200g sugar snap peas (topped)  
200g snow peas (topped)  
1/2 cup fresh mint (roughly chopped)  
200g feta cheese (I prefer Danish but any feta is fine so long as it is full fat)  
Dressing  
1 clove garlic crushed/minced  
2 tbsp lemon juice, fresh  
1 tsp raw honey you can use normal honey too or you can omit this ingredient entirely  
100ml olive oil extra virgin and cold pressed if possible  
1 tsp rock salt to taste  
1/2 tsp black pepper

## Nutrition Facts

Mixed pea, mint and feta salad

Amount Per Serving

Calories 295      Calories from Fat 216

% Daily Value\*

Total Fat 24g      37%

Saturated Fat 7g      35%

Polyunsaturated Fat 2g

Monounsaturated Fat 14g

Cholesterol 30mg      10%

Sodium 763mg      32%

Potassium 251mg      7%

Total Carbohydrates 13g      4%

Dietary Fiber 3g      12%

Sugars 7g

Protein 8g      16%

Vitamin A      23%

Vitamin C      98%

Calcium      20%

Iron      13%

\* Percent Daily Values are based on a 2000 calorie diet.

## INSTRUCTIONS

For the dressing, combine the crushed garlic, lemon juice and honey. Slowly whisk in the extra virgin olive oil.

Season with salt and pepper

In a large pan of boiling salted water, cook fresh peas for 5-6 minutes (3 minutes if frozen), adding the sugar snap and snow peas for the final 2 minutes (less if you like them crunchy). Drain and refresh under cold water. Cool completely.

Place the vegetables in a large bowl with the pea shoots, feta, mint and dressing and toss gently to combine.



# Naked Burger

4 SERVES

PREP: 10 MINUTES

COOK: 20 MINUTES

## Nutrition Facts

Naked Burger

Amount Per Serving

Calories 376      Calories from Fat 234

% Daily Value\*

Total Fat 26g      40%

Saturated Fat 11g      55%

Polyunsaturated Fat 1g

Monounsaturated Fat 11g

Cholesterol 118mg      39%

Sodium 502mg      21%

Potassium 390mg      11%

Total Carbohydrates 1g      0%

Dietary Fiber 0.4g      2%

Sugars 0.4g

Protein 32g      64%

Vitamin A      8%

Vitamin C      1%

Calcium      4%

Iron      17%

\* Percent Daily Values are based on a 2000 calorie diet.

## INGREDIENTS

500g mince

1tsp garlic powder

1tsp mixed herbs

1tsp paprika

1pinch salt and pepper

4 large leaves ice-burg lettuce

1tbsp butter for cooking

hamburger toppings i.e. cheese, bacon,

egg, beetroot, pineapple, pickle,

tomato, onion

## INSTRUCTIONS

Mix the hamburger ingredients in a bowl by hand

Roll into 4 balls and then shape into burgers

Either BBQ them on a medium heat or fry them in butter in a pan.

Add each burger to a lettuce leaf and then add your favourite toppings and wrap with the lettuce leaf. If necessary, secure with a toothpick or skewer.



# Chicken & Broccoli Salad

2 SERVES  
PREP: 10 MINUTES  
COOK: 10 MINUTES

## INGREDIENTS

300g chicken thighs  
50g asparagus (4 stalks)  
50g broccoli  
50g leeks (~1-2 leeks)  
50g Chinese cabbage  
1tbsp butter  
2cloves garlic  
1tsp rock salt  
1/2tsp cracked pepper

## INSTRUCTIONS

Slice the garlic and melt the butter in a fry pan. Saute the garlic until fragrant.  
While the garlic is sautéing, slice the chicken into strips.  
Place the chicken in the fry pan and cook in the garlic and butter.  
While the chicken is cooking, chop all the veggies into small-ish rough pieces.  
Once the chicken is cooked, remove from the frypan and set aside.  
Put the veggies into the frypan and cook until just soft.  
Put the veggies into two bowls and place the chicken on top. Season with salt and pepper.

## Nutrition Facts

Chicken and Broccoli Salad

Amount Per Serving	
<b>Calories</b> 458	Calories from Fat 261
% Daily Value*	
<b>Total Fat</b> 29g	<b>45%</b>
Saturated Fat 10g	<b>50%</b>
Polyunsaturated Fat 5g	
Monounsaturated Fat 11g	
<b>Cholesterol</b> 154mg	<b>51%</b>
<b>Sodium</b> 1804mg	<b>75%</b>
<b>Potassium</b> 588mg	<b>17%</b>
<b>Total Carbohydrates</b> 8g	<b>3%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 2g	
<b>Protein</b> 40g	<b>80%</b>
<b>Vitamin A</b>	<b>45%</b>
<b>Vitamin C</b>	<b>66%</b>
<b>Calcium</b>	<b>8%</b>
<b>Iron</b>	<b>19%</b>

\* Percent Daily Values are based on a 2000 calorie diet.



# Chicken with Creamy Parmesan & Sun-Dried Tomatoes

10 SERVES

PREP: 10 MINUTES

COOK: 30 MINUTES

## INGREDIENTS

200g chicken breast (sliced)  
2 cloves garlic (chopped)  
1/4 tps red pepper flakes  
1/4 cup dry white wine (optional)  
3/4 cup chicken broth or stock  
1/2 cup heavy whipping cream  
1/4 cup oil packed sun-dried tomatoes (chopped)  
1/4cup Parmesan cheese grated salt and pepper to taste  
fresh basil  
butter for cooking

## INSTRUCTIONS

Heat the butter in a pan over medium-high heat, add the chicken and cook until lightly golden brown on both sides and cooked through, about 5 minutes per side, before setting aside.

Add the garlic and red pepper flakes and saute until fragrant, about a minute.

Add the wine and deglaze the pan.

Add the broth, cream, sun-dried tomatoes and Parmesan, bring to a boil, reduce the heat and simmer until the sauce thickens a bit, about 3-5 minutes.

Mix in the chicken along with any juices, season with salt and pepper to taste, remove from heat and mix in the basil.

## NOTES:

You can serve this with some seasonal veggies or mash

## Nutrition Facts

Chicken And Creamy Parmesan And Sun-Dried Tomato Sauce

Amount Per Serving

Calories 676      Calories from Fat 405

% Daily Value\*

**Total Fat** 45g      **69%**

Saturated Fat 23g      **115%**

Polyunsaturated Fat 4g

Monounsaturated Fat 16g

**Cholesterol** 199mg      **66%**

**Sodium** 1108mg      **46%**

**Potassium** 959mg      **27%**

**Total Carbohydrates** 16g      **5%**

Dietary Fiber 2g      **8%**

Sugars 2g

**Protein** 47g      **94%**

Vitamin A      **37%**

Vitamin C      **58%**

Calcium      **42%**

Iron      **15%**

\* Percent Daily Values are based on a 2000 calorie diet.



# Chicken Cacciatore

2 SERVES

PREP: 10 MINUTES

COOK: 30 MINUTES

## INGREDIENTS

1.5kg chicken thighs  
800g canned diced tomato  
140g tomato paste  
220g pitted Kalamata olives  
200g diced tomatoes  
3 cloves garlic  
1 large brown onion  
3 cubes stock (optional)  
1 bunch fresh basil  
butter for cooking

## INSTRUCTIONS

Sautee garlic in butter in a fry pan.  
In a separate pot, add 50g butter and the diced onion.  
Sauté until the onion is translucent.  
In the fry pan, brown the chicken pieces in the butter and garlic and when done, transfer to the pot.  
Once all the chicken is browned, tip the garlic and butter used for cooking to the pot.  
Add the diced tomatoes, tomato puree, celery and stock cubes to the pot. Allow to simmer for 20 minutes.  
With about 10 minutes left of cooking, add the olives to the pot. Serve by itself or with some past and garnish with fresh basil and season with salt and pepper

## NOTES:

Serve with buttery potato and broccoli mash or cauliflower mash.

## Nutrition Facts

Chicken Cacciatore

Amount Per Serving

Calories 437      Calories from Fat 234

% Daily Value\*

Total Fat 26g      40%

Saturated Fat 7g      35%

Polyunsaturated Fat 5g

Monounsaturated Fat 11g

Cholesterol 139mg      46%

Sodium 1292mg      54%

Potassium 672mg      19%

Total Carbohydrates 9g      3%

Dietary Fiber 3g      12%

Sugars 4g

Protein 39g      78%

Vitamin A      19%

Vitamin C      25%

Calcium      7%

Iron      18%

\* Percent Daily Values are based on a 2000 calorie diet.



# Rissoles

4 SERVES

PREP: 15 MINUTES

COOK: 20 MINUTES

## INGREDIENTS

500g mince

2 large eggs (free range)

2 cloves garlic (crushed)

1 tbsp dried onion or onion powder

1tsp mixed herbs e.g. oregano or basil

1tsp chilli (optional)

1tsp rock salt to taste

1tsp black pepper

butter, lard or coconut oil (for cooking)

## INSTRUCTIONS

In a bowl, mix together the onion, mince, egg, garlic, herbs, chilli, salt and pepper.

Roll small handfuls of the mixture into patties and set aside. While you're making the patties, turn your frying pan onto a medium heat and put in a tbsp oil.

When the oil is hot, place the patties into the frypan and flatten a little.

Cook both sides until golden.

Serve with creamy mash or veggies

## NOTES:

You may also choose to add other veggies such as carrot and zucchini to the rissoles. The creamy mushroom sauce goes well with the rissoles.

## Nutrition Facts

Rissoles

Amount Per Serving

Calories 395      Calories from Fat 234

% Daily Value\*

Total Fat 26g      40%

Saturated Fat 10g      50%

Polyunsaturated Fat 1g

Monounsaturated Fat 12g

Cholesterol 216mg      72%

Sodium 1118mg      47%

Potassium 441mg      13%

Total Carbohydrates 4g      1%

Dietary Fiber 1g      4%

Sugars 1g

Protein 35g      70%

Vitamin A      3%

Vitamin C      4%

Calcium      6%

Iron      20%

\* Percent Daily Values are based on a 2000 calorie diet.



# Sesame Crusted Salmon

4 SERVES  
PREP: 5 MINUTES  
COOK: 6 MINUTES

## INGREDIENTS

600g salmon fillets  
1/4cup sesame seeds  
1tbsp butter for cooking  
1tsp rock salt to taste  
1tsp black pepper

## INSTRUCTIONS

Season the salmon with salt and pepper  
Spread the sesame seeds on a large plate.  
Coat one side of each piece of salmon by pressing the salmon into the sesame seeds.  
Heat the butter in a frypan over medium-high heat.  
Cook salmon, sesame side down for 2-3 minutes or until golden  
Turn salmon over and cook for another 2-3 minutes or until the salmon is cooked to your liking.

## Nutrition Facts

Sesame Crusted Salmon

Amount Per Serving

Calories 244      Calories from Fat 99

% Daily Value\*

**Total Fat** 11g      **17%**

Saturated Fat 3g      **15%**

Polyunsaturated Fat 3g

Monounsaturated Fat 3g

**Cholesterol** 87mg      **29%**

**Sodium** 905mg      **38%**

**Potassium** 67mg      **2%**

**Total Carbohydrates** 4g      **1%**

Dietary Fiber 3g      **12%**

Sugars 0.1g

**Protein** 33g      **66%**

Vitamin A      5%

Vitamin C      0.3%

Calcium      5%

Iron      12%

\* Percent Daily Values are based on a 2000 calorie diet.



# Chocolate Peanut Butter Shake

1 SERVE

PREP: 5 MINUTES

Nutrition Facts	
Chocolate Peanut Butter Smoothie	
Amount Per Serving	
Calories 312	Calories from Fat 117
% Daily Value*	
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 5g	<b>25%</b>
Polyunsaturated Fat 0.3g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 21mg	<b>7%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Potassium</b> 440mg	<b>13%</b>
<b>Total Carbohydrates</b> 15g	<b>5%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 10g	
<b>Protein</b> 34g	<b>68%</b>
Vitamin A	4%
Vitamin C	1%
Calcium	32%
Iron	8%
* Percent Daily Values are based on a 2000 calorie diet.	

## INGREDIENTS

- 1 tbsp natural peanut butter
- 1/2 tbsp unsweetened cocoa powder
- 160 ml whole milk or your milk of choice
- 1 scoop natural whey protein isolate

## INSTRUCTIONS

- Put all the ingredients into the blender and blend until fine consistency
- If the smoothie is too thick, add some more water or milk until you reach the desired consistency



# Beef Stroganoff

6 SERVES  
PREP: 10 MINUTES  
COOK: 25 MINUTES

## INGREDIENTS

1 kg rump steak sliced  
1 medium onion chopped  
3 cloves garlic crushed  
1/2 cup red wine  
150 grams white button mushrooms sliced  
2 tbsp tomato paste heaped  
1/2 cup sour cream  
1 tsp rock salt  
1/2 tsp cracked pepper  
1 tbsp chives optional

## INSTRUCTIONS

Sauté the onions and garlic in a large skillet on a medium heat.

Add the red wine and allow the alcohol to cook off.

While the onions are sautéing, thinly slice the sirloin steak then add to the skillet.

Once the steak is cooked through, add the mushrooms, tomato paste and sour cream. Season with salt and pepper.

Reduce the heat on the pan and simmer until mushrooms are soft.

Serve over mashed potato or pasta and garnish with chopped chives.

## Nutrition Facts

Beef Stroganoff

Amount Per Serving

Calories 391      Calories from Fat 135

% Daily Value\*

Total Fat 15g      23%

Saturated Fat 7g      35%

Polyunsaturated Fat 1g

Monounsaturated Fat 6g

Cholesterol 122mg      41%

Sodium 1036mg      43%

Potassium 796mg      23%

Total Carbohydrates 6g      2%

Dietary Fiber 1g      4%

Sugars 2g

Protein 52g      104%

Vitamin A      7%

Vitamin C      9%

Calcium      8%

Iron      23%

\* Percent Daily Values are based on a 2000 calorie diet.



# San Choy Bow

6 SERVES

PREP: 10 MINUTES

COOK: 25 MINUTES

## Nutrition Facts

San Choy Bow

Amount Per Serving

Calories 444      Calories from Fat 234

% Daily Value\*

Total Fat 26g      40%

Saturated Fat 8g      40%

Polyunsaturated Fat 3g

Monounsaturated Fat 9g

Cholesterol 90mg      30%

Sodium 1421mg      59%

Potassium 673mg      19%

Total Carbohydrates 20g      7%

Dietary Fiber 2g      8%

Sugars 7g

Protein 31g      62%

Vitamin A      67%

Vitamin C      12%

Calcium      5%

Iron      10%

\* Percent Daily Values are based on a 2000 calorie diet.

## INGREDIENTS

### Sauce

1 1/2 tbsp light soy sauce

1 tsp dark soy sauce

2 tbsp oyster sauce

1 tsp sesame oil

2 tbsp Chinese cooking wine (can substitute with chicken broth)

### Filling

300 g pork mince

1 tbsp peanut oil

1 clove garlic minced

1/2 tsp ginger minced

50 g Onion diced

1 small carrot finely diced

100 g water chesnuts

5 baby corn

5 Mushrooms

### Serving

8 lettuce leaves

1 tbsp crushed peanuts for serving

50 g shallots thinly sliced for serving

## INSTRUCTIONS

Add all the sauce ingredients and mix well.

Heat oil in a wok or large skillet over high heat. Add garlic and ginger, give it a quick stir then add onion.

Cook for 1 minute then add pork. Cook pork until it turns white.

Add all the vegetables. Cook for 2 minutes until the carrot is softened and pork is cooked through. Add Sauce and cook for 1 1/2 minutes or until it thickens and glossy, coating the Filling.

Transfer Filling into serving bowl. Lay out lettuce leaves, peanuts and scallions on the side.

To serve, spoon some Filling into a lettuce leaf. Top with peanuts and scallions, bundle it up and enjoy!

<https://www.recipetineats.com/san-choy-bow-chinese-lettuce-wraps/>



# Blueberry Overnight Oats

1 SERVE

PREP: 6 MINUTES

PASSIVE TIME: 12 HOURS

## INGREDIENTS

1/2 cup oats

1/2 cup milk

1 tsp honey

1 tbsp chia seeds

1 tsp vanilla essence

1 scoop whey protein powder

100 g blueberries fresh or frozen

## INSTRUCTIONS

In a jar (i.e. mason jar) or bowl, mix the oats with all the other ingredients (except the blueberries).

Once all the ingredients are mixed together, put the blueberries on top.

Cover the bowl or put the lid on the jar and store in the fridge for up to 5 days.

To serve, drizzle with some extra honey or maple syrup.

## Nutrition Facts

Blueberry Overnight Oats

Amount Per Serving

Calories 503      Calories from Fat 108

% Daily Value\*

Total Fat 12g      18%

Saturated Fat 3g      15%

Polyunsaturated Fat 1g

Monounsaturated Fat 2g

Cholesterol 12mg      4%

Sodium 51mg      2%

Potassium 402mg      11%

Total Carbohydrates 57g      19%

Dietary Fiber 10g      40%

Sugars 22g

Protein 43g      86%

Vitamin A      4%

Vitamin C      17%

Calcium      81%

Iron      12%

\* Percent Daily Values are based on a 2000 calorie diet.