12 WEEK

# Busy Girl Meal Plan

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# Introduction

**This plan is designed to keep things simple and consistent, meaning you only have to meal prep two days a week. We recommend a Sunday and Thursday, but it's totally up to you! Spaced evenly to keep your meals fresh and varied, it's the perfect way to stay on track without the overwhelm.**

## What Are Macros?

+ Macronutrients are the main source of your bodies energy
+ Macros are your protein, carbohydrate and fats sources
+ Carbohydrates are your bodies main source of energy
+ Protein helps to build and repair your bodies tissue
+ Fats are key to keeping you feeling full and balancing hormones
+ Individual requirements are different for everyone, which is why the Tammy Fit App gives you calculated numbers
+ Each time you eat a main meal, you should have a source of carbs, protein & fat.

## Muscle Growth Through Nutrition

+ Fuel your body pre-workout, carbohydrates are your bodies preferred energy source
+ Consume protein within the hour post workout to re-fuel those muscles
+ Ensure your meals are balanced with protein, carbohydrates and fats
+ Ensure you have leafy vegetables and fruits in your diets
+ Include high protein snacks in your diet.

**Disclaimer:** This meal plan is intended for general informational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult with a healthcare provider or registered dietitian before making significant changes to your diet, especially if you have any underlying health conditions or specific dietary needs.





# Week One

# Outline

**WEEK 1**

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| **Breakfast** | Tiramisu Overnight Oats | Tiramisu Overnight Oats | Tiramisu Overnight Oats | Tiramisu Overnight Oats | Breakfast Egg Muffin | Breakfast Egg Muffin | Breakfast Egg Muffin |
| **Snack** | Egg Bites | X | Egg Bites | X | Tuna Patties | X | Tuna Patties |
| **Lunch** | Chicken and Quinoa Salad | Chicken and Quinoa Salad | Chicken and Quinoa Salad | Chicken and Quinoa Salad | Beef Cashew Nut Stir Fry | Beef Cashew Nut Stir Fry | Beef Cashew Nut Stir Fry |
| **Snack** | X | Egg Bites | X | Egg Bites | X | Tuna Patties | X |
| **Dinner** | Turkey Burger Bowl | Turkey Burger Bowl | Turkey Burger Bowl | Turkey Burger Bowl | Chicken Parm | Chicken Parm | Chicken Parm |
| **Nutrition Information Totals:** | | | | | | | |
| | **Cals** 1,533 | **Cals** 1,533 | **Cals** 1,533 | **Cals** 1,533 | **Cals** 1,576 | **Cals** 1,576 | **Cals** 1,576 |

# Grocery List

**WEEK 1**

### Fruit & Vegetables

450g mushrooms
100g frozen spinach
200g baby spinach
200g rocket
250g cherry tomatoes
600g cucumber
675g broccoli florets
600g red capsicum
170g red onion
2 brown onions
200g carrots
15 sugar snap peas
100g zucchini
20g celery
Fresh parsley (1 bunch)
8 cloves garlic
600g potatoes

### Bread/Grains

3 English muffins
65g breadcrumbs
120g quinoa (dry)
200g rolled oats
750g cooked brown rice

### Canned/Jarred Goods

370g canned tuna in springwater
3 tbsp tomato paste

### Herbs/Spices/Sauces

2 tsp grated fresh ginger
1.5 tbsp soy sauce
1.5 tsp oyster sauce
1.5 tsp cornstarch
2 tsp Dijon mustard
60mL balsamic vinegar
Chilli powder
Cumin
Paprika
Ground cinnamon
Salt and pepper

### Pantry Staples

2 tbsp olive oil
Olive oil spray
4 tbsp maple syrup
6 tbsp unsweetened cocoa powder
2 tsp vanilla extract
240mL strong brewed coffee
Sesame seeds (optional)
30g unsalted cashew nuts

### Dairy/Alternatives

450g non-fat Greek yogurt
250g low-fat cottage cheese
50g parmesan cheese
180g feta cheese
45g shredded mozzarella cheese

### Protein

975g chicken breast
300g lean beef steak
800g lean ground turkey
100g ham
12 large eggs

### Protein Powder

80g whey vanilla protein powder

# Tiramisu Overnight Oats



10 MIN | SERVES 4

**Ingredients:**

For the overnight oats:

200g rolled oats

500mL unsweetened almond milk

240mL strong brewed coffee, cooled

200g non-fat Greek yogurt

80g whey protein isolate vanilla protein powder

4 tablespoons unsweetened cocoa powder

4 tablespoons maple syrup

2 teaspoons pure vanilla extract

For the Tiramisu topping:

200g non-fat Greek yogurt

2 teaspoons unsweetened cocoa powder

**Directions:**

1. In a mixing bowl, combine the overnight oats ingredients; rolled oats, almond milk, coffee, greek yogurt, protein powder, cocoa powder, maple syrup and vanilla. Stir until everything is well incorporated.
2. Transfer the mixture to four jars or airtight containers with lids.
3. Top each with 50g of Greek yogurt and a sprinkle of cocoa powder.
4. Seal the container and refrigerate the oats for at least 4-6 hours or overnight.

**Nutrition:**

**Cals** 444
**Fat** 9g
**Carbs** 56g
**Protein** 35g
**Sugar** 16g
**Fiber** 7g

# Breakfast Egg Muffin



25 MIN | SERVES 3

**Ingredients:**

3 English muffins, split and toasted

6 large eggs

100g mushrooms, sliced

100g frozen chopped spinach, thawed and excess water squeezed out

100g low-fat cottage cheese

100g ham, diced

1 tablespoon olive oil

Salt and pepper to taste

**Directions:**

1. In a bowl, crack the eggs and add the cottage cheese. Whisk them until well beaten.
2. Add the mushrooms, spinach and ham, mix to combine and season with salt and pepper.
3. Heat a non-stick skillet over medium heat and add olive oil. Once hot, add the sliced mushrooms and sauté until they are tender and lightly browned, about 5-7 minutes.
4. Pour the egg mixture into the skillet with the mushrooms. Stir gently and cook until the eggs are set but still slightly runny on top.
5. Fold the other half of the omelette over the fillings to create a half-moon shape.
6. Continue to cook for a minute or two until the omelette is completely cooked.
7. Cut the omelette into three even servings.
8. On each toasted English muffin half, place a portion of the omelette.

**Nutrition:**

**Cals** 455
**Fat** 21g
**Carbs** 31g
**Protein** 32g
**Sugar** 5g
**Fiber** 2g

# Chicken and Quinoa Salad



30 MIN | SERVES 4

**Ingredients:**

600g boneless, skinless chicken breast

120g quinoa, dry

2 stock cubes

200g rocket

250g cherry tomatoes, halved

300g cucumber, diced

100g red onion, thinly sliced

80g feta cheese

Fresh parsley bunch, chopped

Salt and pepper to taste

For the vinaigrette dressing:

50mL olive oil

60mL balsamic vinegar

2 teaspoons Dijon mustard

2 cloves garlic, minced

**Directions:**

1. Rinse the quinoa thoroughly under cold water to remove any bitterness.
2. In a medium saucepan, combine the rinsed quinoa, 400mL water and stock cubes. Bring it to a boil.
3. Reduce the heat to low, cover, and simmer for about 15 minutes, or until the quinoa is cooked and the liquid is absorbed. Remove from heat, fluff with a fork, and allow to cool.
4. Season the chicken with salt and pepper.
5. Heat a skillet over medium-high heat and cook the chicken for about 6-8 minutes per side or until the chicken is cooked through.
6. Allow the cooked chicken rest for a few minutes, then slice it into thin strips.
7. In a small bowl, whisk together the olive oil, balsamic vinegar, Dijon mustard, minced garlic, salt, & pepper. Set aside.
8. In a large salad bowl, combine the cooked quinoa, rocket, cherry tomatoes, cucumber, and red onion.
9. Add the sliced chicken on top of the salad. Sprinkle crumbled feta cheese over the salad.
10. Drizzle the prepared vinaigrette dressing over the salad.

**Nutrition:**

**Cals** 480
**Fat** 20g
**Carbs** 33g
**Protein** 42g
**Sugar** 8g
**Fiber** 5g

# Beef Cashew Nut Stir Fry



30 MIN | SERVES 3

**Ingredients:**

300g lean beef steak, thinly sliced

225g cups broccoli florets

300g red capsicum, sliced

200g carrot, thinly sliced

15 sugar snap peas, trimmed

30g unsalted cashew nuts

2 cloves garlic, minced

2 teaspoons grated fresh ginger

1.5 tablespoons soy sauce

1.5 teaspoons oyster sauce

1.5 teaspoons cornstarch

Olive oil spray

Sesame seeds for garnish (optional)

375g cooked brown rice (3 microwave cups)

**Directions:**

1. In a small bowl, whisk together the soy sauce, oyster sauce, and cornstarch until well combined. Set aside.
2. Heat a large skillet or wok over high heat and lightly coat it with olive oil spray.
3. Add the thinly sliced beef to the hot skillet and stir-fry for 2-3 minutes or until it's browned. Remove the beef from the skillet and set it aside.
4. Add the minced garlic and grated ginger, and stir-fry for about 30 seconds until fragrant.
5. Add the broccoli florets, capsicum, carrot, and sugar snap peas to the skillet. Stir-fry for 3-4 minutes.
6. Return the cooked beef to the skillet with the vegetables.
7. Pour the sauce mixture over the beef and vegetables. Stir-fry for an additional 1-2 minutes, or until the sauce has thickened and coats the ingredients.
8. Add the cashews to the skillet and stir to combine. Season with salt and pepper to taste.
9. Garnish the Beef Cashew Nut Stir Fry with sesame seeds. Serve the stir fry over cooked brown rice.

**Nutrition:**

**Cals** 491
**Fat** 11g
**Carbs** 61g
**Protein** 36g
**Sugar** 11g
**Fiber** 11g

# Turkey Burger Bowl



30 MIN | SERVES 4

**Ingredients:**

For the Turkey Burger Patties:

800g lean ground turkey

40g breadcrumbs

40g finely chopped red onion

2 cloves garlic, minced

1 teaspoon dried oregano

1 teaspoon paprika

Salt and pepper to taste

Olive oil spray for cooking

For the Salad Bowl:

200g baby spinach

200g cucumber, sliced

50g red onion, thinly sliced

300g red capsicum

100g feta cheese

For the Greek yogurt Sauce:

150g non-fat Greek yogurt

2 tablespoons lemon juice

1 teaspoon olive oil

1 clove garlic, minced

1/2 teaspoon dried dill

Salt and pepper to taste

**Directions:**

1. In a large mixing bowl, combine the turkey, breadcrumbs, chopped red onion, minced garlic, dried oregano, paprika, salt, and pepper. Mix until all ingredients are well incorporated.
2. Divide the mixture into 8 equal portions and shape them into burger patties.
3. Heat a skillet over medium-high heat and lightly grease it with olive oil spray.
4. Cook the turkey burger patties for about 5-7 minutes per side, or until they are cooked through.
5. In a small bowl, whisk together the Greek yogurt, lemon juice, olive oil, garlic, dill, salt, and pepper.
6. In each serving bowl, place a bed of spinach.
7. Arrange cherry tomatoes, cucumber, red onion and capsicum on top of the spinach.
8. Place two cooked turkey burger patties on each salad.
9. Sprinkle crumbled feta cheese and drizzle the Greek yogurt sauce over each Turkey Burger Bowl.

**Nutrtition:**

**Cals** 440
**Fat** 12g
**Carbs** 22g
**Protein** 58g
**Sugar** 8g
**Fiber** 4g

# Chicken Parm



45 MIN | SERVES 3

**Ingredients:**

375g boneless, skinless chicken breasts (125g each)

Salt and pepper to taste

Olive oil spray

3 tbsp tomato paste

100g ham

45g shredded mozzarella cheese

225g broccoli florets

300g potatoes, cut into french fries

1 tablespoon olive oil

Salt and paprika

**Directions:**

1. Preheat your oven to 375°F (190°C). Line a baking tray with parchment paper.
2. Toss the sliced potatoes with salt, and paprika in a bowl.
3. Arrange the potato slices in a single layer on a baking sheet. Spray lightly with olive oil spray.
4. Bake in the preheated oven for about 15-20 minutes or until the potato chips are golden brown and crispy.
5. Season the chicken breasts with salt and pepper on both sides.
6. Spray a skillet with olive oil spray and heat it over medium-high heat. Once hot, add the chicken breasts and sear them for about 2-3 minutes per side until they're lightly browned. Remove the chicken from the skillet and set it aside.
7. Top each chicken breast with 1 tbsp of tomato paste each.
8. Place a slice of ham on top of each chicken breast, followed by a slice of mozzarella cheese.
9. Add the chicken and broccoli to the baking tray with the potatoes and bake until the chicken is cooked through and the cheese is melted and bubbly.

**Nutrition:**

**Cals** 455
**Fat** 13g
**Carbs** 26g
**Protein** 57g
**Sugar** 4g
**Fiber** 5g

# Egg Bites



25 MIN | SERVES 4

**Ingredients:**

4 large eggs

150g low-fat cottage cheese

50g parmesan cheese, grated

100g zucchini, grated and excess moisture squeezed out

150g green capsicum, diced

30g red onion

Salt and pepper to taste

Olive oil spray for greasing the muffin tin

**Directions:**

1. Preheat your oven to 350°F (175°C) and grease a standard muffin tin with olive oil spray.
2. In a mixing bowl, beat the eggs until they are well whisked.
3. Add the cottage cheese, parmesan cheese, grated zucchini, diced capsicum, diced red onion, salt, and pepper to the eggs. Mix until well combined.
4. Pour the mixture evenly across 4 holes in the prepared muffin tin.
5. Bake for approximately 20 minutes or until the egg bites are set and slightly golden on top.
6. Carefully remove the egg bites from the muffin tin and let them cool completely on a wire rack.

**Nutrition:**

**Cals** 169
**Fat** 9g
**Carbs** 7g
**Protein** 15g
**Sugar** 1g
**Fiber** 4g

# Tuna Patties



25 MIN | SERVES 3

**Ingredients:**

370g canned tuna in springwater, drained

2 large eggs

30g 99% fat free mayonnaise

25g breadcrumbs

2 tablespoons chopped fresh parsley

30g diced red onion

20g diced celery

1/4 teaspoon paprika

Salt and pepper to taste

Olive oil spray for pan-frying

**Directions:**

1. In a mixing bowl, combine the drained canned tuna, eggs, mayonnaise, breadcrumbs, parsley, red onion, celery, paprika, salt, and pepper. Mix until all the ingredients are well incorporated.
2. Divide the mixture into six equal portions and shape each portion into a round patty.
3. Heat a non-stick skillet over medium-high heat and lightly grease it with olive oil spray.
4. Place the tuna patties in the skillet and cook for about 3-4 minutes per side or until they are golden brown and heated through.
5. Once the Tuna Patties are cooked, remove them from the skillet and place them on a paper towel-lined plate to absorb any excess oil.

**Nutrition:**

**Cals** 175
**Fat** 4g
**Carbs** 5g
**Protein** 30g
**Sugar** 3g
**Fiber** 0g

# Week Two

# Outline

**WEEK 2**

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| **Breakfast** | Scrambled Eggs & Potato | Scrambled Eggs & Potato | Scrambled Eggs & Potato | Scrambled Eggs & Potato | Carrot + Corn Fritters | Carrot + Corn Fritters | Carrot + Corn Fritters |
| **Snack** | Capsicum Boats | X | Capsicum Boats | X | Capsicum Boats | X | Capsicum Boats |
| **Lunch** | Four Spice Salmon | Four Spice Salmon | Four Spice Salmon | Four Spice Salmon | Chicken Broccoli Bake | Chicken Broccoli Bake | Chicken Broccoli Bake |
| **Snack** | X | Capsicum Boats | X | Capsicum Boats | X | Tuna Patties | X |
| **Dinner** | Chicken, Ginger, and Sweet Corn Soup | Chicken, Ginger, and Sweet Corn Soup | Chicken, Ginger, and Sweet Corn Soup | Chicken, Ginger, and Sweet Corn Soup | Teriyaki Beef Bowl | Teriyaki Beef Bowl | Teriyaki Beef Bowl |
| **Nutrition Information Totals:** | | | | | | | |
| | **Cals** 1556 | **Cals** 1556 | **Cals** 1556 | **Cals** 1556 | **Cals** 1589 | **Cals** 1589 | **Cals** 1589 |

# Grocery List

**WEEK 2**

### Fruit & Vegetables

1,650g potatoes
1 onion
5 capsicums
3.5 Lebanese cucumbers
900g broccoli florets
225g shredded cabbage
150g carrots
150g shelled edamame
15 cherry tomatoes
2.5 avocados
1 small chilli (optional)
1/4 cup green onions
3 tablespoons fresh coriander
4 cloves garlic
3 tablespoons fresh ginger

### Bread/Grains

225g penne pasta
7 Brown Rice microwave cups

### Canned/Jarred Goods

240g butter beans
225g canned corn
450g canned sweet corn

### Herbs/Spices/Sauces

Olive oil
Sesame oil
1 tablespoon peanut oil
5 tablespoons soy sauce
Turmeric
Paprika
Garlic powder
Ground coriander
Ground cloves
Ground cumin
1 teaspoon freshly grated nutmeg
Dried basil
½ teaspoon onion powder
Lime juice
Salt and pepper

### Pantry Staples

1 tablespoon maple syrup
40g nutritional yeast
40g plain flour
1/4 cup cornstarch
1 tablespoon ground flaxseed
4 cups vegetable broth
200g hummus

### Dairy/Alternatives

50g shredded vegan mozzarella cheese

### Protein

120g textured vegetable protein (TVP)
1,800g firm tofu
300g chicken breast (Bake)
600g chicken breast (Soup)
300g extra lean beef mince
600g salmon fillets
300g shaved turkey
4 large eggs

# Scrambled Eggs and Potato



45 MIN | SERVES 4

**Ingredients:**

800g potatoes, peeled, cubed

1 tablespoon olive oil

1 teaspoon paprika

Salt and pepper to taste

12 large eggs

200g low-fat cottage cheese

Salt and pepper to taste

½ tablespoon olive oil

**Directions:**

1. Preheat your oven to 400°F (200°C).
2. In a large mixing bowl, combine the cubed potatoes, olive oil, paprika, salt, and pepper. Toss to coat the potatoes evenly with the seasoning.
3. Spread the seasoned potato cubes on a baking sheet lined with baking paper in a single layer.
4. Roast the potatoes in the preheated oven for about 30-35 minutes or until they are golden and crispy, flipping them halfway through for even cooking.
5. Once the potatoes are cooked, remove them from the oven and set them aside.
6. In a mixing bowl, crack the eggs and beat them until well whisked.
7. Stir in the low-fat cottage cheese and mix until well combined. Season with salt and pepper to taste.
8. Heat a large non-stick skillet over medium-low heat.
9. Pour the egg and cottage cheese mix into the skillet.
10. Cook the eggs, stirring gently and continuously, until they are creamy and just set. This should take about 5-7 minutes.
11. Divide the scrambled eggs evenly among four meal prep containers.
12. Top each serving with a portion of the roasted potato hash.
13. When you're ready to enjoy a meal, simply reheat in the microwave until heated through. You can also heat the potato hash separately to retain its crispiness.

**Nutrition:**

**Cals** 456
**Fat** 20g
**Carbs** 39g
**Protein** 29g
**Sugar** 4g
**Fiber** 5g

# Carrot and Corn Fritters



30 MIN | SERVES 3

**Ingredients:**

150g carrots, grated

350g potatoes, grated

225g canned corn

40g parmesan cheese

40g tablespoons flour

1 egg

Salt & pepper to taste

1 small chilli, diced (optional)

1 tsp olive oil

1 ½ avocado, diced

15 cherry tomatoes, cut in halves

3 tablespoons coriander, diced

Lime juice

**Directions:**

1. In a mixing bowl, combine the carrot, potato, corn, parmesan cheese, flour, egg, and chilli. Season the mixture with salt and pepper to taste.
2. Heat a non-stick frying pan over medium heat and add oil.
3. Scoop the fritter mixture using a heaping tablespoon and gently flatten it to form a patty. Place it in the hot pan. Repeat this process to make additional fritters, leaving some space between them.
4. Cook the fritters on each side for approximately 2-3 minutes or until they are browned and cooked through.
5. While the fritters are cooking, prepare the salsa. In a separate bowl, combine the diced avocado, halved cherry tomatoes, diced coriander, and a drizzle of lime juice. Mix well.
6. Once the fritters are done, remove them from the pan and place them on a paper towel-lined plate to remove excess oil.
7. Serve the Carrot & Corn Fritters with the avocado, tomato, coriander, and lime salsa.

**Nutrition:**

**Cals** 448
**Fat** 20g
**Carbs** 56g
**Protein** 16g
**Sugar** 9g
**Fiber** 12g

# Four Spice Salmon



35 MIN | SERVES 4

**Ingredients:**

600g salmon fillets (150g each)

Salt and black pepper, to taste

1 tablespoon ground coriander

¼ teaspoon ground cloves

1 ½ teaspoons ground cumin

1 teaspoon freshly grated nutmeg

Olive oil spray

300g steamed broccoli florets

500g cooked brown rice (4 microwave cups)

**Directions:**

1. Preheat your oven to 375°F (190°C).
2. Season the salmon fillets on both sides with salt and black pepper.
3. In a small bowl, combine the ground coriander, ground cloves, ground cumin seeds and nutmeg to make the spice mixture.
4. Sprinkle the spice mixture evenly over the salmon fillets, pressing it onto the fish to adhere.
5. In a large ovenproof skillet, heat the peanut oil over medium-high heat.
6. Place the seasoned salmon fillets, skin side up, in the hot skillet.
7. Sear the salmon for about 2-3 minutes or until it's nicely browned.
8. Transfer the skillet to the preheated oven and roast for about 5-7 minutes or until the salmon is cooked to your desired level of done-ness. Salmon should be opaque and easily flake with a fork.
9. Divide the steamed broccoli and cooked rice among four serves.
10. Place the roasted Four Spice Salmon fillets on top of the broccoli and rice on each plate.

**Nutrition:**

**Cals** 463
**Fat** 14g
**Carbs** 45g
**Protein** 37g
**Sugar** 1g
**Fiber** 3g

# Chicken Broccoli Bake



45 MIN | SERVES 3

**Ingredients:**

180g penne pasta

300g skinless chicken breasts, cubed

Salt and black pepper, to taste

150g broccoli florets

30g shredded mozzarella cheese

500g marinara sauce

1 teaspoon dried basil

½ teaspoon garlic powder

½ teaspoon onion powder

1 tsp olive oil

**Directions:**

1. Preheat your oven to 375°F (190°C).
2. Cook the pasta according to the package instructions until it's al dente. Drain and set it aside.
3. Season the cubed chicken breasts with salt and black pepper to taste.
4. In a large skillet, heat olive oil over medium-high heat.
5. Add the seasoned chicken and sauté for about 5-6 minutes, or until it's cooked through and no longer pink. Remove the cooked chicken from the skillet and set it aside.
6. In the same skillet, add the broccoli florets and a little water.
7. Cover the skillet and cook for about 2-3 minutes or until the broccoli is slightly tender. Drain any excess water.
8. In a large mixing bowl, combine the cooked pasta, sautéed chicken, blanched broccoli, shredded mozzarella cheese, marinara sauce, dried basil, garlic powder, and onion powder.
9. Mix everything together until well combined.
10. Transfer the mixture to a baking dish or casserole dish.
11. Bake in the preheated oven for about 20-25 minutes, or until the top is bubbly and Remove from the oven and let it cool for a few minutes before serving.

**Nutrition:**

**Cals** 477
**Fat** 15g
**Carbs** 50g
**Protein** 43g
**Sugar** 17g
**Fiber** 4g

# Chicken, Ginger, and Sweet Corn Soup



30 MIN | SERVES 4

**Ingredients:**

1 tbsp sesame oil

600g boneless, skinless chicken breasts, thinly sliced

4 cups chicken bone broth

225g canned sweet corn

2 tablespoons fresh ginger, minced

2 cloves garlic, minced

1/4 cup green onions, chopped

2 tablespoons soy sauce

Salt and black pepper, to taste

4 large eggs, lightly beaten

500g potatoes, peeled and diced

Fresh cilantro leaves for garnish (optional)

**Directions:**

1. Heat sesame oil in a large soup pot over medium heat. Add minced ginger and garlic, sauté for about 1-2 minutes until fragrant.
2. Add the diced potatoes to the pot and sauté for 3-4 minutes. Add thinly sliced chicken breasts and continue cooking for another 3-4 minutes until the chicken turns white.
3. Pour in the chicken bone broth, add the canned sweet corn, and bring the mixture to a boil.
4. Reduce the heat to a simmer and let it cook for about 15-20 minutes until the chicken is fully cooked, the potatoes are tender, and flavors meld.
5. Stir in soy sauce, and season with salt and black pepper according to taste.
6. While gently stirring the soup, slowly drizzle the beaten eggs into the pot. This will create egg ribbons throughout the soup.
7. Ladle the Chicken, Ginger, Sweet Corn, and Potato Soup into bowls. Garnish with chopped green onions and fresh cilantro leaves if desired.

**Nutrition:**

**Cals** 478
**Fat** 12g
**Carbs** 32g
**Protein** 63g
**Sugar** 6g
**Fiber** 5g

# Teriyaki Beef Bowl



30 MIN | SERVES 3

**Ingredients:**

300g extra lean beef mince

225g broccoli florets

225g shredded cabbage

3 x Brown Rice Microwave Cups

150g shelled edamame

3 tablespoons low-sodium soy sauce

2 cloves garlic, minced

1 teaspoon grated ginger

1 teaspoon sesame oil

1 tablespoon honey

**Directions:**

1. In a small bowl, mix together soy sauce, minced garlic, grated ginger, sesame oil, honey, and black pepper. Set aside.
2. Blanch broccoli florets in boiling water for 2 minutes, then drain and set aside.
3. Heat a little cooking oil in a large skillet or pan over medium-high heat.
4. Add extra lean beef mince and cook, breaking it up with a spoon, until browned and cooked through.
5. Once the beef is cooked, pour in the prepared teriyaki sauce into the skillet with the beef.
6. Cook for another 2-3 minutes, stirring continuously until the sauce coats the beef and thickens slightly.
7. Prepare edamame according to package instructions and set aside.
8. Lightly steam or microwave the shredded cabbage until slightly tender. Set aside.
9. Cook rice according to package instructions.
10. Assemble the Teriyaki Beef Bowls: Divide the cooked rice among three serving bowls.
11. Top each bowl with an equal portion of the cooked beef in teriyaki sauce.
12. Arrange blanched broccoli, shredded cabbage, and edamame around the beef on top of the rice.

**Nutrition:**

**Cals** 489
**Fat** 11g
**Carbs** 61g
**Protein** 36g
**Sugar** 12g
**Fiber** 12g

# Tuna Patties



25 MIN | SERVES 3

**Ingredients:**

370g canned tuna in springwater, drained

2 large eggs

30g 99% fat free mayonnaise

25g breadcrumbs

2 tablespoons chopped fresh parsley

30g diced red onion

20g diced celery

1/4 teaspoon paprika

Salt and pepper to taste

Olive oil spray for pan-frying

**Directions:**

1. In a mixing bowl, combine the drained canned tuna, eggs, mayonnaise, breadcrumbs, parsley, red onion, celery, paprika, salt, and pepper. Mix until all the ingredients are well incorporated.
2. Divide the mixture into six equal portions and shape each portion into a round patty.
3. Heat a non-stick skillet over medium-high heat and lightly grease it with olive oil spray.
4. Place the tuna patties in the skillet and cook for about 3-4 minutes per side or until they are golden brown and heated through.
5. Once the Tuna Patties are cooked, remove them from the skillet and place them on a paper towel-lined plate to absorb any excess oil.

**Nutrition:**

**Cals** 175
**Fat** 4g
**Carbs** 5g
**Protein** 30g
**Sugar** 3g
**Fiber** 0g

# Capsicum Boats



5 MIN | SERVES 4

**Ingredients:**

1 avocado, sliced

2 capsicums, core removed and halved

300g shaved turkey

2 Lebanese cucumbers, sliced

**Directions:**

1. Fill ½ of a capsicum with 75g of shaved turkey, approximately ¼ avocado and ½ Lebanese cucumber. Store remaining serves for later.

**Nutrition:**

**Cals** 159
**Fat** 7g
**Carbs** 10g
**Protein** 13g
**Sugar** 4g
**Fiber** 4g

# Week Three

# Outline

**WEEK 3**

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| **Breakfast** | Potato & Spinach Frittata | Potato & Spinach Frittata | Potato & Spinach Frittata | Potato & Spinach Frittata | Cottage Cheese Pancakes | Cottage Cheese Pancakes | Cottage Cheese Pancakes |
| **Snack** | Edamame | X | Edamame | X | Tuna Patties | X | Tuna Patties |
| **Lunch** | Chicken Cobb Salad | Chicken Cobb Salad | Chicken Cobb Salad | Chicken Cobb Salad | Tofu Pad Thai | Tofu Pad Thai | Tofu Pad Thai |
| **Snack** | X | Edamame | X | Edamame | X | Tuna Patties | X |
| **Dinner** | Turkey Rissoles | Turkey Rissoles | Turkey Rissoles | Turkey Rissoles | Mustard Salmon & Greens | Mustard Salmon & Greens | Mustard Salmon & Greens |
| **Nutrition Information Totals:** | | | | | | | |
| | **Cals** 1632 | **Cals** 1632 | **Cals** 1632 | **Cals** 1632 | **Cals** 1614 | **Cals** 1614 | **Cals** 1614 |

# Grocery List

**WEEK 3**

### Fruit & Vegetables

2 cups fresh spinach
600g potatoes
3 small onions
7 cloves garlic
1 red capsicum
5 carrots
2 cups bean sprouts
3 green onions
1–2 limes
Fresh cilantro
3/4 cup red onion
2 medium tomatoes
4 avocados
1 lemon
900g broccoli florets
100g cherry tomatoes
700g frozen edamame
300g green beans

### Bread/Grains

180g plain flour
200g bread (6 slices)
150g dry rice noodles
225g dry fettuccine

### Canned/Jarred Goods

600g canned cannellini beans
300g canned corn kernels
840g canned chickpeas
100g sliced black olives
240mL vegetable broth

### Herbs/Spices/Sauces

1/4 tsp turmeric
1/4 tsp garlic powder
1/4 tsp onion powder
1 tsp cumin
1/4 tsp nutmeg
4 tbsp balsamic vinegar
3 tbsp soy sauce
2 tbsp rice vinegar
2 tbsp brown sugar
1 tbsp tamarind paste
1 tbsp sriracha
Salt and pepper

### Pantry Staples

3 tbsp olive oil
2 tbsp vegetable oil
2 tbsp ground flaxseed

### Dairy/Alternatives

415mL soy milk
240mL unsweetened almond milk

### Protein

700g firm tofu
100g cashews
600g chicken breast
500g ground turkey
3 salmon fillets (450g total)
12 large eggs

### Protein Powder

60g plant-based vanilla protein powder

# Potato & Spinach Frittata



35 MIN | SERVES 4

**Ingredients:**

8 large eggs

2 cups fresh spinach, roughly chopped

600g potatoes, peeled and diced

1 small onion, finely chopped

1 clove garlic, minced

200g low-fat cottage cheese

100g feta cheese, crumbled

2 tablespoons olive oil

Salt and pepper to taste

**Directions:**

1. Preheat the oven to 350°F (175°C).
2. In a skillet, heat olive oil over medium heat. Add diced potatoes and cook until they are tender and lightly golden, then add chopped onions and minced garlic. Cook until onions are translucent.
3. Add chopped spinach to the skillet and cook until it wilts. Season the mixture with salt and pepper.
4. In a mixing bowl, whisk the eggs together. Add the low-fat cottage cheese and whisk until combined. Pour the whisked eggs and cottage cheese mixture over the potato and spinach mixture in the skillet.
5. Sprinkle crumbled feta cheese evenly over the top of the mixture in the skillet.
6. Place the skillet in the preheated oven and bake for about 20-25 minutes, or until the frittata is set and the top is golden brown.
7. Remove the frittata from the oven and let it cool for a few minutes before slicing.
8. Slice the frittata into four servings.

**Nutrition:**

**Cals** 453
**Fat** 24g
**Carbs** 34g
**Protein** 26g
**Sugar** 3g
**Fiber** 4g

# Cottage Cheese Pancakes



20 MIN | SERVES 3

**Ingredients:**

300g low-fat cottage cheese

3 eggs

1 tsp vanilla extract

2 tbsp sugar

1 tbsp baking powder

90g flour

1 tsp butter for cooking

**Directions:**

1. In a mixing bowl, combine cottage cheese, eggs, vanilla extract, and sugar. Mix until well blended.
2. Add baking powder and flour to the mixture. Stir until a smooth batter forms.
3. Heat a non-stick skillet or frying pan over medium heat and add a small amount of butter to grease the pan.
4. Once the pan is hot, pour small amounts of batter onto the skillet to form pancakes. Cook until bubbles form on the surface of the pancakes, then flip them and cook until golden brown on both sides.
5. Continue cooking the pancakes in batches until all the batter is used, adding more butter to the pan as needed.

**Nutrition:**

**Cals** 323
**Fat** 9g
**Carbs** 39g
**Protein** 21g
**Sugar** 15g
**Fiber** 1g

# Tofu Pad Thai



25 MIN | SERVES 3

**Ingredients:**

150g dry rice noodles

300g firm tofu, cut into small cubes

2 tablespoons vegetable oil

2 cloves garlic, minced

1 small onion, thinly sliced

1 red capsicum, thinly sliced

1 carrot, julienned

2 cups bean sprouts

3 green onions, chopped

30g peanuts, chopped

Lime wedges, for serving

Fresh cilantro, for garnish

For the Sauce:

3 tablespoons soy sauce

2 tablespoons rice vinegar

2 tablespoons brown sugar

1 tablespoon tamarind paste

1 tablespoon sriracha

**Directions:**

1. Cook rice noodles according to package instructions. Drain, rinse under cold water, set aside.
2. In a small bowl, whisk together the ingredients for the sauce: soy sauce, rice vinegar, brown sugar, tamarind paste, sriracha and water. Set aside.
3. In a large non-stick skillet or wok, heat 1 tablespoon of vegetable oil over medium-high heat. Add the tofu and cook until golden brown on all sides. Remove the tofu from the skillet and set it aside.
4. In the same skillet, add another tablespoon of vegetable oil. Sauté garlic and sliced onion until fragrant.
5. Add sliced capsicum and julienned carrot to the skillet. Cook for a few minutes until the vegetables start to soften.
6. Add cooked rice noodles, prepared sauce, and bean sprouts to the skillet. Toss everything until combined and heated through.
7. Return the cooked tofu to the skillet and gently toss to combine with the noodles and vegetables.
8. Remove from heat and divide the Tofu Pad Thai among three serving plates. Serve with peanuts, lime and cilantro.

**Nutrition:**

**Cals** 525
**Fat** 22g
**Carbs** 56g
**Protein** 26g
**Sugar** 21g
**Fiber** 13g

# Chicken Cobb Salad



25 MIN | SERVES 4

**Ingredients:**

600g boneless, skinless chicken breasts

8 cups mixed salad greens

4 hard-boiled eggs, sliced

100g short cut bacon, cooked and chopped

2 medium tomatoes, diced

1 avocado, diced

50g crumbled blue cheese

1/4 cup diced red onion

60g sliced black olives

4 tbsp balsamic vinegar

Salt and pepper to taste

**Directions:**

1. Season the chicken breasts with salt and pepper. Grill or pan-sear the chicken until fully cooked, then let it rest for a few minutes before slicing it into strips.
2. Arrange the mixed salad greens on a large serving platter or in individual salad bowls.
3. Top the greens with sliced hard-boiled eggs, chopped cooked bacon, diced tomatoes, diced avocado, crumbled blue cheese, diced red onion, sliced black olives, and the sliced chicken.
4. Drizzle balsamic vinegar over the Chicken Cobb Salad just before serving or serve it on the side as dressing.

**Nutrition:**

**Cals** 550
**Fat** 35g
**Carbs** 12g
**Protein** 46g
**Sugar** 6g
**Fiber** 5g

# Turkey Rissoles



20 MIN | SERVES 4

**Ingredients:**

500g ground turkey

60g breadcrumbs

80g grated Parmesan cheese

1/4 cup chopped fresh parsley

1 egg

2 cloves garlic, minced

1 teaspoon dried oregano

1/2 teaspoon salt

1/4 teaspoon black pepper

1 tablespoon olive oil (for cooking)

300g broccoli

300g carrots

**Directions:**

1. In a mixing bowl, combine ground turkey, breadcrumbs, grated Parmesan cheese, chopped fresh parsley, egg, minced garlic, dried oregano, salt, and black pepper. Mix until well combined.
2. Divide the mixture into four equal portions and shape each portion into two round rissoles.
3. Heat olive oil in a skillet over medium heat.
4. Cook the turkey rissoles in the skillet for about 5-6 minutes per side, or until they are cooked through and browned on the outside.
5. While the rissoles are cooking, steam the carrots and broccoli until they are tender yet still crisp.
6. Serve the Turkey Rissoles with the steamed carrots and broccoli on the side.

**Nutrition:**

**Cals** 501
**Fat** 24g
**Carbs** 27g
**Protein** 46g
**Sugar** 5g
**Fiber** 4g

# Mustard Salmon & Greens



20 MIN | SERVES 3

**Ingredients:**

3 salmon fillets (approximately 150g each)

3 tablespoons Dijon mustard

1 tablespoon honey

Olive oil spray

1 teaspoon minced garlic

Salt and black pepper to taste

300g green beans, trimmed

300g broccoli florets

375g cooked brown rice (3 microwave cups)

**Directions:**

1. Preheat the oven to 200°C (400°F).
2. In a small bowl, mix together Dijon mustard, honey, minced garlic, salt, and black pepper.
3. Place the salmon fillets on a baking sheet lined with baking paper.
4. Brush the mustard mixture over the salmon fillets, ensuring they are evenly coated.
5. Spray olive oil on the salmon fillets using olive oil spray.
6. Bake the salmon in the preheated oven for 12-15 minutes or until the salmon is cooked through and flakes easily with a fork.
7. While the salmon is baking, steam the green beans and broccoli until they are tender yet still crisp.
8. Heat a bit of olive oil spray in a pan over medium heat.
9. Add the steamed green beans and broccoli to the pan and sauté until they are warmed through.
10. Serve the mustard-coated salmon over a bed of sautéed green beans and broccoli.
11. Serve the salmon & greens over cooked brown rice.

**Nutrition:**

**Cals** 509
**Fat** 16g
**Carbs** 70g
**Protein** 40g
**Sugar** 11g
**Fiber** 8g

# Edamame



5 MIN | SERVES 4

**Ingredients:**

400g frozen edamame

**Directions:**

1. Divide the frozen edamame into four containers, allocating 100g to each.
2. Keep refrigerated until ready to eat, cover the edamame with boiling water.
3. Allow the edamame to sit in the boiling water for 1 minute.
4. Drain the water before consuming.

**Nutrition:**

**Cals** 128
**Fat** 6g
**Carbs** 3g
**Protein** 13g
**Sugar** 1g
**Fiber** 7g

# Tuna Patties



25 MIN | SERVES 3

**Ingredients:**

370g canned tuna in springwater, drained

2 large eggs

30g 99% fat free mayonnaise

25g breadcrumbs

2 tablespoons chopped fresh parsley

30g diced red onion

20g diced celery

1/4 teaspoon paprika

Salt and pepper to taste

Olive oil spray for pan-frying

**Directions:**

1. In a mixing bowl, combine the drained canned tuna, eggs, mayonnaise, breadcrumbs, parsley, red onion, celery, paprika, salt, and pepper. Mix until all the ingredients are well incorporated.
2. Divide the mixture into six equal portions and shape each portion into a round patty.
3. Heat a non-stick skillet over medium-high heat and lightly grease it with olive oil spray.
4. Place the tuna patties in the skillet and cook for about 3-4 minutes per side or until they are golden brown and heated through.
5. Once the Tuna Patties are cooked, remove them from the skillet and place them on a paper towel-lined plate to absorb any excess oil.

**Nutrition:**

**Cals** 175
**Fat** 4g
**Carbs** 5g
**Protein** 30g
**Sugar** 3g
**Fiber** 0g

# Week Four

# Outline

**WEEK 4**

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| **Breakfast** | Raspberry & White Chocolate Overnight Oats | Raspberry & White Chocolate Overnight Oats | Raspberry & White Chocolate Overnight Oats | Raspberry & White Chocolate Overnight Oats | Mediterranean Tofu Scramble | Mediterranean Tofu Scramble | Mediterranean Tofu Scramble |
| **Snack** | Chia Yogurt | X | Chia Yogurt | X | Baked Apple | X | Baked Apple |
| **Lunch** | Grilled Chicken + Caprese | Grilled Chicken + Caprese | Grilled Chicken + Caprese | Grilled Chicken + Caprese | Satay Tofu | Satay Tofu | Satay Tofu |
| **Snack** | X | Chia Yogurt | X | Chia Yogurt | X | Baked Apple | X |
| **Dinner** | Salmon & Green Bean Salad | Salmon & Green Bean Salad | Salmon & Green Bean Salad | Salmon & Green Bean Salad | Soy Miso Beef | Soy Miso Beef | Soy Miso Beef |
| **Nutrition Information Totals:** | | | | | | | |
| | **Cals** 1568 | **Cals** 1568 | **Cals** 1568 | **Cals** 1568 | **Cals** 1597 | **Cals** 1597 | **Cals** 1597 |

# Grocery List

**WEEK 4**

### Fruit & Vegetables

3 apples
160g raspberries
200g blueberries
1 avocado
60g red onion
150g red capsicum
160g spinach
360g tomatoes (diced/sliced)
200g cherry tomatoes
625g green beans
450g broccoli florets
1 bunch fresh basil
6 cloves garlic
1 teaspoon grated ginger

### Bread/Grains

200g rolled oats
375g cooked brown rice

### Herbs/Spices/Sauces

5 tbsp soy sauce
2 tbsp miso paste
2 tbsp balsamic glaze
2 tsp vanilla extract
1 tsp curry powder
1 tbsp sesame oil
0.5 tsp ground cinnamon
Salt and pepper

### Pantry Staples

46g chia seeds
7 tbsp honey
4 tbsp maple syrup
60g white chocolate chips
60g peanut butter
6 tbsp olive oil
Olive oil spray
30ml lime juice
2 tbsp lemon juice

### Dairy/Alternatives

790g non-fat Greek yogurt
480ml skim milk
200g fresh mozzarella
180g feta cheese

### Protein

6 large eggs
600g chicken breasts
600g firm tofu
600g salmon fillets
375g beef sirloin

# Raspberry & White Chocolate Overnight Oats



10 MIN | SERVES 4

**Ingredients:**

200g rolled oats

480ml skim milk

2 tsp chia seeds

160g raspberries

4 tbsp maple syrup

1 tsp vanilla extract

240g non-fat Greek yogurt

60g white chocolate chips, melted

**Directions:**

1. In a large mixing bowl, combine rolled oats, milk, raspberries, maple syrup, vanilla extract, and chia seeds.
2. Stir the ingredients together until well combined.
3. Divide the mixture into four jars or airtight containers.
4. In a separate bowl, mix Greek yogurt with melted white chocolate chips until smooth.
5. Carefully layer the Greek yogurt and white chocolate mixture on top of the oats in each jar or container.
6. Refrigerate the jars or containers overnight.

**Nutrition:**

**Cals** 414
**Fat** 9g
**Carbs** 67g
**Protein** 18g
**Sugar** 29g
**Fiber** 8g

# Mediterranean Omelette



15 MIN | SERVES 3

**Ingredients:**

6 large eggs

60g red onion, finely diced

150g red capsicum, diced

60g spinach

120g tomato, diced

100g feta cheese, crumbled

50g black olives, sliced

2 tablespoons olive oil

Salt and pepper to taste

**Directions:**

1. In a bowl, beat 6 large eggs until well combined.
2. Heat olive oil in a non-stick skillet or frying pan over medium heat.
3. Add the finely diced red onion to the pan and sauté until softened.
4. Add the diced red pepper to the pan and cook until they start to soften.
5. Stir in the spinach and tomato and cook for an additional 2-3 minutes.
6. Pour the beaten eggs over the vegetables in the pan.
7. Allow the eggs to set slightly, and then gently stir to incorporate the vegetables evenly.
8. Sprinkle crumbled feta cheese and sliced black olives over the omelette.
9. Continue cooking until the eggs are fully set.
10. Season with salt and pepper to taste.

**Nutrition:**

**Cals** 445
**Fat** 29g
**Carbs** 24g
**Protein** 22g
**Sugar** 5g
**Fiber** 4g

# Grilled Chicken & Caprese



15 MIN | SERVES 4

**Ingredients:**

600g chicken breasts

240g tomatoes, sliced

200g fresh mozzarella cheese, sliced

1 bunch fresh basil leaves

2 tablespoons balsamic glaze

2 tablespoons olive oil

Salt and pepper to taste

**Directions:**

1. Preheat the grill or your grill pan to medium-high heat.
2. Season the chicken breasts with salt and pepper.
3. Drizzle olive oil over the chicken breasts, ensuring they are evenly coated.
4. Place the chicken breasts on the grill and cook for about 6-8 minutes per side, or until fully cooked through.
5. While the chicken is cooking, prepare the caprese salad.
6. In containers, layer the sliced tomatoes, fresh mozzarella cheese, and basil leaves.
7. Once the chicken is cooked, remove it from the grill and place each breast on top of the caprese mixture.
8. Drizzle balsamic glaze over the chicken and caprese.

**Nutrition:**

**Cals** 516
**Fat** 34g
**Carbs** 7g
**Protein** 47g
**Sugar** 3g
**Fiber** 3g

# Satay Tofu



20 MIN | SERVES 3

**Ingredients:**

600g firm tofu, cubed

60g peanut butter

30ml soy sauce

30ml lime juice

1 tablespoon honey

2 cloves garlic, minced

1 teaspoon grated ginger

1 teaspoon curry powder

Olive oil spray

Salt and pepper to taste

225g green beans

225g broccoli florets

**Directions:**

1. In a small bowl, whisk together peanut butter, soy sauce, lime juice, honey, minced garlic, grated ginger, and curry powder until well combined.
2. Heat a non-stick skillet over medium heat and lightly coat it with olive oil spray. Add the cubed tofu and sauté until golden brown on all sides, about 5-7 minutes.
3. Pour the peanut sauce over the tofu in the skillet, stirring gently to coat the tofu evenly. Cook for an additional 2-3 minutes, allowing the sauce to thicken slightly.
4. Season with salt and pepper to taste.
5. Steam the green beans and broccoli until tender, about 5-7 minutes.

**Nutrition:**

**Cals** 502
**Fat** 24g
**Carbs** 22g
**Protein** 39g
**Sugar** 11g
**Fiber** 16g

# Salmon & Green Bean Salad



30 MIN | SERVES 4

**Ingredients:**

600g salmon fillets

400g green beans, trimmed

200g cherry tomatoes, halved

100g spianch

1 avocado, diced

80g feta cheese, crumbled

2 tablespoons olive oil

2 tablespoons lemon juice

2 cloves garlic, minced

Salt and pepper to taste

**Directions:**

1. Preheat the oven to 200°C (400°F). Line a baking sheet with parchment paper.
2. Place the salmon fillets on the prepared baking sheet. Drizzle with olive oil and lemon juice. Season with minced garlic, salt, and pepper.
3. Bake the salmon in the preheated oven for 12-15 minutes, or until cooked through and flaky.
4. While the salmon is baking, bring a pot of salted water to a boil. Add the trimmed green beans and cook for 3-4 minutes, or until tender yet still crisp. Drain and set aside.
5. In a large mixing bowl, combine the green beans, cherry tomatoes, spinach, avocado, and feta cheese.
6. Drizzle the salad with olive oil and lemon juice. Season with salt and pepper to taste. Toss gently to coat.
7. Divide the salad among four meal prep containers.
8. Once the salmon is done, remove it from the oven and let it cool slightly. Flake the salmon into chunks.
9. Divide the flaked salmon evenly among the meal prep containers, placing it on top of the salad.

**Nutrition:**

**Cals** 492
**Fat** 29g
**Carbs** 15g
**Protein** 45g
**Sugar** 5g
**Fiber** 6g

# Soy Miso Beef



30 MIN | SERVES 3

**Ingredients:**

375 beef sirloin, thinly sliced

3 tablespoons soy sauce

2 tablespoons miso paste

1 tablespoon honey

2 cloves garlic, minced

1 teaspoon grated ginger

1 tablespoon sesame oil

375g cooked brown rice (3 microwave cups)

225g broccoli florets

**Directions:**

1. In a bowl, combine soy sauce, miso paste, honey, minced garlic, grated ginger, and sesame oil. Mix until well combined.
2. Add the thinly sliced beef to the bowl with the marinade. Toss the beef slices until evenly coated. Let the beef marinate for at least 15-20 minutes.
3. Steam the broccoli until tender. Set aside.
4. Heat a non-stick skillet or frying pan over medium-high heat. Add the marinated beef slices to the hot skillet.
5. Cook the beef slices for 2-3 minutes on each side, or until they are cooked to your preference.
6. Serve the Soy Miso Beef over cooked brown rice and steamed broccoli.

**Nutrition:**

**Cals** 493
**Fat** 16g
**Carbs** 52g
**Protein** 36g
**Sugar** 9g
**Fiber** 6g

# Chia Yogurt



10 MIN | SERVES 4

**Ingredients:**

400g non-fat Greek yogurt

40g chia seeds

1 teaspoon pure vanilla extract

200g blueberries

**Directions:**

1. In a mixing bowl, combine the Greek yogurt, chia seeds, and pure vanilla extract. Stir well to mix all the ingredients thoroughly.
2. Once everything is well combined, cover the bowl and refrigerate the mixture for at least 2-3 hours or until it thickens.
3. When ready to serve, divide the Chia yogurt mixture into four serving bowls or glasses.
4. Top each serving with 50g of blueberries.

**Nutrition:**

**Cals** 146
**Fat** 5g
**Carbs** 14g
**Protein** 12g
**Sugar** 4g
**Fiber** 9g

# Baked Apple



40 MIN | SERVES 3

**Ingredients:**

3 apples

150g non-fat Greek yogurt

0.5 teaspoon ground cinnamon

3 tsp honey

**Directions:**

1. Preheat your oven to 375°F (190°C).
2. Slice each apple in half horizontally. Use a small knife to carefully remove the cores and seeds.
3. Place the apple halves, cut side up, on a baking dish.
4. Place the baking dish with the apple halves in the preheated oven. Bake for approximately 30 minutes or until the apples are tender when pierced with a fork but still hold their shape.
5. Allow the baked apple halves to cool slightly.
6. Top each baked apple half with 25g Greek yogurt, a sprinkle of cinnamon & drizzle of honey.

**Nutrition:**

**Cals** 157
**Fat** 1g
**Carbs** 36g
**Protein** 6g
**Sugar** 28g
**Fiber** 5g

# Week Five

# Outline

**WEEK 5**

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| **Breakfast** | Choc Hazelnut Overnight Weetbix | Choc Hazelnut Overnight Weetbix | Choc Hazelnut Overnight Weetbix | Choc Hazelnut Overnight Weetbix | High Protein Smashed Avo | High Protein Smashed Avo | High Protein Smashed Avo |
| **Snack** | Edamame | X | Edamame | X | Strawberry Protein Matcha | X | Strawberry Protein Matcha |
| **Lunch** | Spicy Prawn Pasta | Spicy Prawn Pasta | Spicy Prawn Pasta | Spicy Prawn Pasta | Kale & Cannellini Bean Salad | Kale & Cannellini Bean Salad | Kale & Cannellini Bean Salad |
| **Snack** | X | Edamame | X | Edamame | X | Strawberry Protein Matcha | X |
| **Dinner** | Tuna Nicoise | Tuna Nicoise | Tuna Nicoise | Tuna Nicoise | Salmon Caesar Pasta Salad | Salmon Caesar Pasta Salad | Salmon Caesar Pasta Salad |
| **Nutrition Information Totals:** | | | | | | | |
| | **Cals** 1556 | **Cals** 1556 | **Cals** 1556 | **Cals** 1556 | **Cals** 1,561 | **Cals** 1,561 | **Cals** 1,561 |

# Grocery List

**WEEK 5**

### Fruit & Vegetables

3.5 lemons
3.5 avocados
150g frozen strawberries
1 red onion
400g baby potatoes
200g green beans
120g rocket
200g kale
400g frozen edamame
150g shelled edamame
600g cherry tomatoes
3 cups cos lettuce

### Bread/Grains

8 Weetbix
3 English muffins
550g dry pasta

### Canned/Jarred Goods

400g canned tomatoes
400g canned cannellini beans
760g canned tuna in springwater
2 vegetable stock cubes
100g black olives
2 tablespoons capers

### Herbs/Spices/Sauces

Pinch sea salt
Salt and pepper
5 tablespoons olive oil
2 tablespoons red wine vinegar
2 tablespoons Dijon mustard
3 tablespoons mayonnaise
1 teaspoon chilli flakes

### Pantry Staples

40g hazelnuts
45g sunflower seeds
4 tbsp maple syrup
100g 70% dark chocolate
2 tsp cocoa powder
3 tsp matcha

### Dairy/Alternatives

310g low-fat cottage cheese
120g feta cheese
20g Parmesan cheese
400ml almond milk
300ml skim milk

### Protein

500g prawns
150g smoked salmon
7 large eggs

### Protein Powder

60g whey protein isolate chocolate
90g whey protein isolate vanilla

# Choc Hazelnut Overnight Weetbix



10 MIN | SERVES 4

**Ingredients:**

8 Weetbix

400ml almond milk

60g whey protein isolate chocolate protein powder

160g low-fat cottage cheese

4 tbsp maple syrup

100g 70% dark chocolate

40g hazelnuts, roughly chopped

Pinch of sea salt

2 tsp cocoa powder

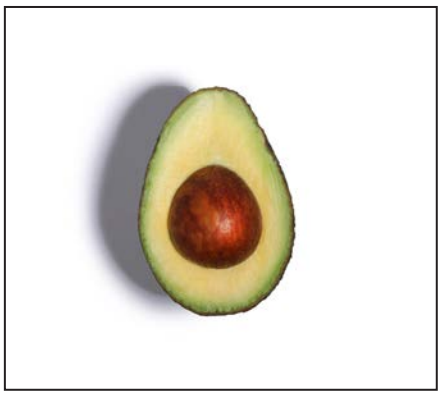
**Directions:**

1. Crush 2 Weet-Bix in each container. Top each with 100mL almond milk, and 1 tbsp maple syrup. Mix, press down, and set aside.
2. Combine protein powder, cottage cheese, and cocoa. Spread over the weetbix base.
3. Mix chopped hazelnuts with melted dark chocolate. Spread over the middle layer, sprinkle sea salt.
4. Refrigerate 1-2 hours or overnight.

**Nutrition:**

**Cals** 471
**Fat** 19g
**Carbs** 50g
**Protein** 25g
**Sugar** 22g
**Fiber** 4g

# High Protein Smashed Avo



15 MIN | SERVES 3

**Ingredients:**

3 English muffins, split and toasted

2 avocados

150g shelled edamame

150g low-fat cottage cheese

60g feta cheese

1/2 lemon, juiced

Salt and pepper to taste

**Directions:**

1. Slice the avocados in half, remove the pits, and scoop the flesh into a food processor.
2. Add the lemon juice, edamame, cottage cheese and feta to the food processor and blend until a smooth but chunky texture is achieved.
3. When ready to serve, portion one third of the avocado mixture onto a toasted english muffin and season with salt and pepper.

**Nutrition:**

**Cals** 435
**Fat** 22g
**Carbs** 45g
**Protein** 21g
**Sugar** 5g
**Fiber** 10g

# Spicy Prawn Pasta



20 MIN | SERVES 4

**Ingredients:**

400g dry pasta

500g prawns, peeled and deveined

400g canned tomatoes

1 teaspoon chilli flakes

2 vegetable stock cubes

Pepper to taste

120g rocket

**Directions:**

1. Cook the pasta according to package instructions until al dente. Drain and set aside.
2. In a large pan over medium heat, add the canned tomatoes and break them apart using a spoon. Crumble in the vegetable stock cubes and stir until dissolved.
3. Add the prawns to the pan and cook for about 3-4 minutes until they turn pink and opaque.
4. Sprinkle in the chilli flakes and pepper to taste. Adjust the seasoning according to your preference.
5. Add the cooked pasta to the pan and toss everything together until the pasta is well coated with the sauce.
6. Turn off the heat and toss through the rocket. Divide the spicy prawn pasta into 4 servings.

**Nutrition:**

**Cals** 496
**Fat** 7g
**Carbs** 83g
**Protein** 24g
**Sugar** 3g
**Fiber** 5g

# Kale & Cannellini Bean Salad



15 MIN | SERVES 3

**Ingredients:**

200g kale, stems removed and chopped

400g canned cannellini beans, drained and rinsed

250g cherry tomatoes, halved

1.5 avocados, diced

1 red onion, thinly sliced

1 tablespoon olive oil

2 tablespoons lemon juice

Salt and pepper to taste

60g feta cheese, crumbled

45g sunflower seeds

**Directions:**

1. In a large mixing bowl, combine the chopped kale, olive oil and lemon juice. Using clean hands, massage the kale leaves for a few minutes until they begin to soften and wilt slightly.
2. Add the drained cannellini beans, cherry tomatoes, diced avocado, and thinly sliced red onion. Season with salt and pepper to taste.
3. Mix well to combine and divide the salad into 3 serving bowls or meal prep containers.
4. Top each portion of salad with crumbled feta cheese and sunflower seeds.
5. Cover the bowls or containers and store them in the refrigerator until ready to eat.

**Nutrition:**

**Cals** 479
**Fat** 29g
**Carbs** 37g
**Protein** 19g
**Sugar** 8g
**Fiber** 20g

# Tuna Nicoise



30 MIN | SERVES 4

**Ingredients:**

760g canned tuna in springwater, drained

400g baby potatoes

200g green beans, trimmed

4 large eggs

200g cherry tomatoes, halved

100g black olives, pitted

2 tablespoons capers

4 tablespoons extra virgin olive oil

2 tablespoons red wine vinegar

1 tablespoon Dijon mustard

Salt and pepper to taste

**Directions:**

1. Place the baby potatoes in a pot of salted water. Bring to a boil and cook for about 15 minutes or until tender. Drain and set aside to cool.
2. In the same pot of boiling water, blanch the green beans for 2-3 minutes until crisp-tender. Drain and rinse under cold water to stop the cooking process. Set aside.
3. In a small bowl, whisk together the extra virgin olive oil, red wine vinegar, Dijon mustard, salt, and pepper to make the dressing.
4. In a large mixing bowl, combine the drained tuna, halved cherry tomatoes, pitted black olives & capers.
5. Slice the cooled baby potatoes and add them to the bowl along with the blanched green beans.
6. Hard-boil the eggs: Place the eggs in a saucepan and cover with cold water. Bring to a boil, then reduce heat to low and simmer for 8-10 minutes. Transfer the eggs to a bowl of ice water to cool, then peel and halve them.
7. Add the halved hard-boiled eggs to the salad bowl.
8. Drizzle the dressing over the salad ingredients and gently toss to coat everything evenly.
9. Divide the Tuna Nicoise salad into 4 serving bowls or meal prep containers.

**Nutrition:**

**Cals** 472
**Fat** 22g
**Carbs** 25g
**Protein** 41g
**Sugar** 4g
**Fiber** 4g

# Caesar Pasta Salad



30 MIN | SERVES 3

**Ingredients:**

3 large eggs

150g dry pasta

150g smoked salmon

3 cups cos lettuce, chopped

20g Parmesan cheese

250g cherry tomatoes, halved

Salt and pepper to taste

3 tablespoons mayonnaise

1.5 lemons, juiced

3 teaspoons Dijon mustard

**Directions:**

1. Cook the pasta according to the package instructions until al dente. Drain and rinse under cold water to stop the cooking process. Set aside to cool.
2. In a large mixing bowl, combine the cooked pasta, smoked salmon, chopped cos lettuce, halved cherry tomatoes, and grated Parmesan cheese.
3. In a large mixing bowl, combine the cooked pasta, flaked salmon, chopped cos lettuce, halved cherry tomatoes, and grated Parmesan cheese.
4. In a small bowl, whisk together the mayonnaise, lemon juice, and Dijon mustard to make the dressing.
5. Drizzle the dressing over the pasta salad ingredients.
6. Season with additional salt and pepper to taste, then gently toss everything together until well combined.
7. Divide the Salmon Caesar Pasta Salad into 3 serving bowls or meal prep containers.

**Nutrition:**

**Cals** 545
**Fat** 13g
**Carbs** 43g
**Protein** 21g
**Sugar** 3g
**Fiber** 2g

# Edamame



5 MIN | SERVES 4

**Ingredients:**

400g frozen edamame

**Directions:**

1. Divide the frozen edamame into four containers, allocating 100g to each.
2. Keep refrigerated until ready to eat, cover the edamame with boiling water.
3. Allow the edamame to sit in the boiling water for 1 minute.
4. Drain the water before consuming.

**Nutrition:**

**Cals** 128
**Fat** 6g
**Carbs** 3g
**Protein** 13g
**Sugar** 1g
**Fiber** 7g

# Strawberry Protein Matcha



5 MIN | SERVES 3

**Ingredients:**

90g whey protein isolate vanilla protein powder

300mL skim milk

150g frozen strawberries

450mL water

3 tsp matcha

**Directions:**

1. When ready to prepare and serve, blend 30g protein powder, 100mL milk, 50g strawberries, 150mL water and 1 tsp matcha. Serve over ice.

**Nutrition:**

**Cals** 175
**Fat** 1g
**Carbs** 16g
**Protein** 30g
**Sugar** 8g
**Fiber** 1g

# Week Six

# Outline

**WEEK 6**

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| **Breakfast** | Carrot Cake Overnight Oats | Carrot Cake Overnight Oats | Carrot Cake Overnight Oats | Carrot Cake Overnight Oats | Breakfast Egg Muffin | Breakfast Egg Muffin | Breakfast Egg Muffin |
| **Snack** | Hard-boiled Eggs | X | Hard-boiled Eggs | X | Hard-boiled Eggs | X | Hard-boiled Eggs |
| **Lunch** | Chicken, Ginger, and Sweet Corn Soup | Chicken, Ginger, and Sweet Corn Soup | Chicken, Ginger, and Sweet Corn Soup | Chicken, Ginger, and Sweet Corn Soup | Teriyaki Beef Bowl | Teriyaki Beef Bowl | Teriyaki Beef Bowl |
| **Snack** | X | Hard-boiled Eggs | X | Hard-boiled Eggs | X | Hard-boiled Eggs | X |
| **Dinner** | Chicken + Mushroom Risotto | Chicken + Mushroom Risotto | Chicken + Mushroom Risotto | Chicken + Mushroom Risotto | Bacon and Spinach Quiche | Bacon and Spinach Quiche | Bacon and Spinach Quiche |
| **Nutrition Information Totals:** | | | | | | | |
| | **Cals** 1556 | **Cals** 1556 | **Cals** 1556 | **Cals** 1556 | **Cals** 1547 | **Cals** 1547 | **Cals** 1547 |

# Grocery List

**WEEK 6**

### Fruit & Vegetables

2 medium carrots
300g mushrooms
100g frozen chopped spinach
100g fresh spinach leaves
225g broccoli florets
225g shredded cabbage
150g shelled edamame
225g canned sweet corn
500g potatoes
1 onion
2 onions
1/4 cup green onions
Fresh cilantro (optional)
Fresh parsley
6 cloves garlic
3 tablespoons fresh ginger

### Bread/Grains

200g rolled oats
250g Arborio rice
3 Brown Rice microwave cups
1 sheet puff pastry

### Canned/Jarred Goods

4 cups chicken bone broth
1 litre chicken or vegetable broth

### Herbs/Spices/Sauces

1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/4 teaspoon ground nutmeg
Salt and black pepper
5 tablespoons soy sauce

### Pantry Staples

80g walnuts
40g raisins
4 tablespoons maple syrup
35g cocoa powder
105g 70% dark chocolate
7 tsp stevia sugar replacement
4 tablespoons olive oil
3 tablespoons sesame oil
1 tablespoon honey

### Dairy/Alternatives

300g non-fat Greek yogurt
100g low-fat cottage cheese
60g grated Parmesan
75g cheddar cheese
400ml unsweetened almond milk

### Protein

1kg chicken breast
300g extra lean beef mince
100g ham
100g short cut bacon
700g silken tofu
23 large eggs

# Carrot Cake Overnight Oats



10 MIN | SERVES 4

**Ingredients:**

200g rolled oats

400ml unsweetened almond milk

2 medium carrots, grated

4 tablespoons maple syrup

1 teaspoon ground cinnamon

1/2 teaspoon ground ginger

1/4 teaspoon ground nutmeg

1/4 teaspoon salt

80g chopped walnuts

40g raisins

200g non-fat Greek yogurt

**Directions:**

1. In a large mixing bowl, combine the rolled oats, grated carrots, chopped walnuts, and raisins.
2. Add the almond milk, maple syrup, ground cinnamon, ground ginger, ground nutmeg, and salt to the bowl.
3. Stir the ingredients together until well combined.
4. Divide the mixture evenly into four jars or airtight containers.
5. Seal the jars or containers and refrigerate them overnight or for at least 4 hours to allow the oats to soak and soften.
6. Before serving, give the overnight oats a good stir. Top each serving with a 50g of Greek yogurt.

**Nutrition:**

**Cals** 470
**Fat** 18g
**Carbs** 67g
**Protein** 16g
**Sugar** 24g
**Fiber** 9g

# Breakfast Egg Muffin



25 MIN | SERVES 3

**Ingredients:**

3 English muffins, split and toasted

6 large eggs

100g mushrooms, sliced

100g frozen chopped spinach, thawed and excess water squeezed out

100g low-fat cottage cheese

100g ham, diced

1 tablespoon olive oil

Salt and pepper to taste

**Directions:**

1. In a bowl, crack the eggs and add the cottage cheese. Whisk them until well beaten.
2. Add the mushrooms, spinach and ham, mix to combine and season with salt and pepper.
3. Heat a non-stick skillet over medium heat and add olive oil. Once hot, add the sliced mushrooms and sauté until they are tender and lightly browned, about 5-7 minutes.
4. Pour the egg mixture into the skillet with the mushrooms. Stir gently and cook until the eggs are set but still slightly runny on top.
5. Fold the other half of the omelette over the fillings to create a half-moon shape.
6. Continue to cook for a minute or two until the omelette is completely cooked.
7. Cut the omelette into three even servings.
8. On each toasted English muffin half, place a portion of the omelette.

**Nutrition:**

**Cals** 455
**Fat** 21g
**Carbs** 31g
**Protein** 32g
**Sugar** 5g
**Fiber** 2g

# Teriyaki Beef Bowl



30 MIN | SERVES 3

**Ingredients:**

300g extra lean beef mince

225g broccoli florets

225g shredded cabbage

3 x Brown Rice Microwave Cups

150g shelled edamame

3 tablespoons low-sodium soy sauce

2 cloves garlic, minced

1 teaspoon grated ginger

1 teaspoon sesame oil

1 tablespoon honey

Black pepper, to taste

**Directions:**

1. In a small bowl, mix together soy sauce, minced garlic, grated ginger, sesame oil, honey, and black pepper. Set aside.
2. Blanch broccoli florets in boiling water for 2 minutes, then drain and set aside.
3. Heat a little cooking oil in a large skillet or pan over medium-high heat.
4. Add extra lean beef mince and cook, breaking it up with a spoon, until browned and cooked through.
5. Once the beef is cooked, pour in the prepared teriyaki sauce into the skillet with the beef.
6. Cook for another 2-3 minutes, stirring continuously until the sauce coats the beef and thickens slightly.
7. Prepare edamame according to package instructions and set aside.
8. Lightly steam or microwave the shredded cabbage until slightly tender. Set aside.
9. Cook rice according to package instructions.
10. Assemble the Teriyaki Beef Bowls: Divide the cooked rice among three serving bowls.
11. Top each bowl with an equal portion of the cooked beef in teriyaki sauce.
12. Arrange blanched broccoli, shredded cabbage, and edamame around the beef on top of the rice.

**Nutrition:**

**Cals** 489
**Fat** 11g
**Carbs** 61g
**Protein** 36g
**Sugar** 12g
**Fiber** 12g

# Chicken, Ginger and Sweet Corn Soup



30 MIN | SERVES 4

**Ingredients:**

1 tbsp sesame oil

600g boneless, skinless chicken breasts, thinly sliced

4 cups chicken bone broth

225g canned sweet corn

2 tablespoons fresh ginger, minced

2 cloves garlic, minced

1/4 cup green onions, chopped

2 tablespoons soy sauce

Salt and black pepper, to taste

4 large eggs, lightly beaten

500g potatoes, peeled and diced

Fresh cilantro leaves for garnish (optional)

**Directions:**

1. Heat sesame oil in a large soup pot over medium heat. Add minced ginger and garlic, sauté for about 1-2 minutes until fragrant.
2. Add the diced potatoes to the pot and sauté for 3-4 minutes. Add thinly sliced chicken breasts and continue cooking for another 3-4 minutes until the chicken turns white.
3. Pour in the chicken bone broth, add the canned sweet corn, and bring the mixture to a boil.
4. Reduce the heat to a simmer and let it cook for about 15-20 minutes until the chicken is fully cooked, the potatoes are tender, and flavors meld.
5. Stir in soy sauce, and season with salt and black pepper according to taste.
6. While gently stirring the soup, slowly drizzle the beaten eggs into the pot. This will create egg ribbons throughout the soup.
7. Ladle the Chicken, Ginger, Sweet Corn, and Potato Soup into bowls. Garnish with chopped green onions and fresh cilantro leaves if desired.

**Nutrition:**

**Cals** 478
**Fat** 12g
**Carbs** 32g
**Protein** 63g
**Sugar** 6g
**Fiber** 5g

# Chicken and Mushroom Risotto



30 MIN | SERVES 4

**Ingredients:**

400g chicken breast, diced

250g Arborio rice

200g mushrooms, sliced

1 onion, finely chopped

2 cloves garlic, minced

1 liter chicken or vegetable broth

60g grated Parmesan cheese

2 tablespoons olive oil

Salt and pepper to taste

Fresh parsley, chopped (for garnish)

**Directions:**

1. Heat the olive oil in a large skillet or saucepan over medium heat. Add the diced chicken breast and cook until browned on all sides. Remove the chicken from the pan and set aside.
2. In the same skillet, add the chopped onion and sliced mushrooms. Cook until softened and golden brown, then add the minced garlic and cook for another minute.
3. Add the Arborio rice to the skillet and stir to coat the rice with the oil and vegetable mixture.
4. Gradually add the broth, one ladleful at a time, stirring frequently. Allow the rice to absorb the liquid before adding more broth. Continue this process until the rice is creamy and tender, about 18-20 minutes.
5. Once the risotto is cooked, stir in the cooked chicken breast and grated Parmesan cheese. Season with salt and pepper to taste.
6. Garnish with chopped fresh parsley before serving.

**Nutrition:**

**Cals** 524
**Fat** 14g
**Carbs** 57g
**Protein** 38g
**Sugar** 2g
**Fiber** 1g

# Bacon and Spinach Quiche



45 MIN | SERVES 3

**Ingredients:**

6 large eggs

100g short cut bacon, diced

100g fresh spinach leaves

1 small onion, finely chopped

75g cheddar cheese, grated

1 tablespoon olive oil

Salt and pepper to taste

1 sheet puff pastry, thawed

**Directions:**

1. Preheat your oven to 180°C (350°F).
2. Grease a loaf pan (26.5cm x 13.5cm) and line it with the thawed puff pastry sheet, ensuring the pastry covers the bottom and sides of the pan.
3. Heat the olive oil in a non-stick frying pan over medium heat. Add the diced bacon and cook until crispy. Remove the bacon from the pan and set aside.
4. In the same pan, add the chopped onion and cook until softened and translucent.
5. Add the fresh spinach leaves to the pan and cook until wilted. Remove the pan from the heat and set aside.
6. In a mixing bowl, crack the eggs and beat them until well combined. Season with salt & pepper to taste.
7. Spread the cooked bacon, onion, and spinach evenly over the bottom of the puff pastry-lined loaf pan.
8. Pour the beaten eggs over the bacon and spinach mixture in the loaf pan.
9. Sprinkle the grated cheddar cheese over the top of the quiche.
10. Bake in the preheated oven for 25-30 minutes, or until the eggs are set and the top is golden brown.
11. Remove the quiche from the oven and let it cool for a few minutes before slicing.

**Nutrition:**

**Cals** 551
**Fat** 33g
**Carbs** 29g
**Protein** 32g
**Sugar** 2g
**Fiber** 1g

# Protein Mousse



10 MIN SERVES 7

**Ingredients:**

700g silken tofu

35g cocoa powder

105g 70% dark chocolate

7 tsp Stevia sugar replacement

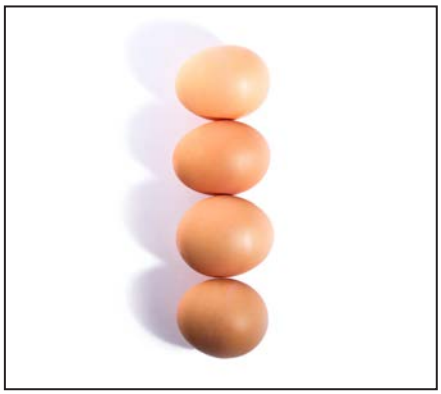
**Directions:**

1. Break the dark chocolate into small pieces and melt it in a heatproof bowl in the microwave, stirring occasionally until smooth. Let it cool slightly.
2. In a blender or food processor, combine the silken tofu, cocoa powder, melted dark chocolate, and Stevia sugar replacement. Blend until smooth and well combined.
3. Divide the mixture into 7 servings.
4. Refrigerate the Protein Mousse for at least 1 hour to allow it to set and chill.

**Nutrition:**

**Cals** 167
**Fat** 11g
**Carbs** 11g
**Protein** 9g
**Sugar** 5g
**Fiber** 3g

# 1 Hard-boiled Egg



10 MIN SERVES 7

**Ingredients:**

7 large eggs

**Directions:**

1. Place the eggs in a saucepan and cover with cool water.
2. Add a lid to the pan and over high heat bring the water to a boil. Lower to medium-high heat and boil the eggs for 6-7 minutes.

**Nutrition:**

**Cals** 71
**Fat** 5g
**Carbs** 0g
**Protein** 6g
**Sugar** 0g
**Fiber** 0g

# Week Seven

# Outline

**WEEK 7**

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| **Breakfast** | Bounty Baked Oats | Bounty Baked Oats | Bounty Baked Oats | Bounty Baked Oats | Carrot and Corn Fritters | Carrot and Corn Fritters | Carrot and Corn Fritters |
| **Snack** | Caramelised Banana and Cottage Cheese | X | Caramelised Banana and Cottage Cheese | X | Apple | X | Apple |
| **Lunch** | Turkey Rissoles | Turkey Rissoles | Turkey Rissoles | Turkey Rissoles | Mustard Salmon and Greens | Mustard Salmon and Greens | Mustard Salmon and Greens |
| **Snack** | X | Caramelised Banana and Cottage Cheese | X | Caramelised Banana and Cottage Cheese | X | Apple | X |
| **Dinner** | Chorizo and Pea Risotto | Chorizo and Pea Risotto | Chorizo and Pea Risotto | Chorizo and Pea Risotto | Cajun Prawn Pasta | Cajun Prawn Pasta | Cajun Prawn Pasta |
| **Nutrition Information Totals:** | | | | | | | |
| | **Cals** 1557 | **Cals** 1557 | **Cals** 1557 | **Cals** 1557 | **Cals** 1549 | **Cals** 1549 | **Cals** 1549 |

# Grocery List

**WEEK 7**

### Fruit & Vegetables

2 bananas
3 apples
1.5 avocados
15 cherry tomatoes
Lime juice
450g carrots
350g potatoes
225g canned corn
300g broccoli
600g broccoli florets
300g green beans
150g frozen peas
200g red capsicum
200g yellow capsicum
2 onions
1 small chilli (optional)
3 tablespoons fresh coriander
1/4 cup fresh parsley
7 cloves garlic

### Bread/Grains

200g rolled oats
300g arborio rice
250g dry pasta
375g cooked brown rice
60g breadcrumbs

### Canned/Jarred Goods

1 litre chicken stock

### Herbs/Spices/Sauces

3 tablespoons Dijon mustard
2 tbsp Cajun seasoning
1 teaspoon dried oregano
1 teaspoon cinnamon
Salt & pepper
Black pepper

### Pantry Staples

50g desiccated coconut
100g 70% dark chocolate
50g maple syrup
3 tablespoons honey
2 tbsp cocoa powder
1 tsp vanilla extract
5 tbsp olive oil
Olive oil spray

### Dairy Alternatives

400g low-fat cottage cheese
130g Parmesan cheese
1 tablespoon unsalted butter
400mL coconut milk

### Protein

500g ground turkey
3 salmon fillets (450g)
300g prawns
100g chorizo
2 eggs

# Bounty Baked Oats



40 MIN | SERVES 4

**Ingredients:**

200g rolled oats

400mL coconut milk

50g desiccated coconut

50g 70% dark chocolate, roughly chopped

50g maple syrup

2 tbsp cocoa powder

1 tsp vanilla extract

Pinch of salt

**Directions:**

1. Preheat the oven to 180°C (350°F) and grease a baking dish with a little coconut oil or cooking spray.
2. In a mixing bowl, combine the rolled oats, desiccated coconut, dark chocolate, cocoa powder, and a pinch of salt.
3. Add wet ingredients into the dry ingredients and stir until everything is evenly coated and combined.
4. Transfer the mixture into the greased baking dish, spreading it out evenly.
5. Bake in the preheated oven for 30 minutes, or until the oats are set and the top is lightly golden.
6. Remove from the oven and allow to cool slightly before serving.

**Nutrition:**

**Cals** 421
**Fat** 20g
**Carbs** 52g
**Protein** 9g
**Sugar** 15g
**Fiber** 10g

# Carrot and Corn Fritters



30 MIN | SERVES 3

**Ingredients:**

150g carrots, grated

350g potatoes, grated

225g canned corn

40g parmesan cheese

40g tablespoons flour

1 egg

Salt & pepper to taste

1 small chilli, diced (optional)

1 tsp olive oil

1 ½ avocado, diced

15 cherry tomatoes, cut in halves

3 tablespoons coriander, diced

Lime juice

**Directions:**

1. In a mixing bowl, combine the carrot, potato, corn, parmesan cheese, flour, egg, and chilli. Season the mixture with salt and pepper to taste.
2. Heat a non-stick frying pan over medium heat and add oil.
3. Scoop the fritter mixture using a heaping tablespoon and gently flatten it to form a patty. Place it in the hot pan. Repeat this process to make additional fritters, leaving some space between them.
4. Cook the fritters on each side for approximately 2-3 minutes or until they are browned and cooked through.
5. While the fritters are cooking, prepare the salsa. In a separate bowl, combine the diced avocado, halved cherry tomatoes, diced coriander, and a drizzle of lime juice. Mix well.
6. Once the fritters are done, remove them from the pan and place them on a paper towel-lined plate to remove excess oil.
7. Serve the Carrot & Corn Fritters with the avocado, tomato, coriander, and lime salsa.

**Nutrition:**

**Cals** 448
**Fat** 20g
**Carbs** 56g
**Protein** 16g
**Sugar** 9g
**Fiber** 12g

# Turkey Rissoles



VE | 20 MIN | SERVES 4

**Ingredients:**

500g ground turkey
60g breadcrumbs
80g grated Parmesan cheese
1/4 cup fresh parsley
1 egg
2 cloves garlic, minced
1 teaspoon dried oregano
1/2 teaspoon salt
1/4 teaspoon black pepper
1 tablespoon olive oil
300g broccoli
300g carrots

**Directions:**

1. In a mixing bowl, combine ground turkey, breadcrumbs, grated Parmesan cheese, chopped fresh parsley, egg, minced garlic, dried oregano, salt, and black pepper. Mix until well combined.
2. Divide the mixture into four equal portions and shape each portion into two round rissoles.
3. Heat olive oil in a skillet over medium heat.
4. Cook the turkey rissoles in the skillet for about 5-6 minutes per side, or until they are cooked through and browned on the outside.
5. While the rissoles are cooking, steam the carrots and broccoli until they are tender yet still crisp.
6. Serve the Turkey Rissoles with the steamed carrots and broccoli on the side.

**Nutrition:**

**Cals** 501
**Fat** 24g
**Carbs** 27g
**Protein** 46g
**Sugar** 5g
**Fiber** 5g

# Mustard Salmon and Greens



20 MIN | SERVES 3

**Ingredients:**

3 salmon fillets (approximately 150g each)
3 tablespoons Dijon mustard
1 tablespoon honey
Olive oil spray
1 teaspoon minced garlic
Salt and black pepper to taste
300g green beans, trimmed
300g broccoli florets
375g cooked brown rice (3 microwave cups)

**Directions:**

1. Preheat the oven to 200°C (400°F).
2. In a small bowl, mix together Dijon mustard, honey, minced garlic, salt, and black pepper.
3. Place the salmon fillets on a baking sheet lined with baking paper.
4. Brush the mustard mixture over the salmon fillets, ensuring they are evenly coated.
5. Spray olive oil on the salmon fillets using olive oil spray.
6. Bake the salmon in the preheated oven for 12-15 minutes or until the salmon is cooked through and flakes easily with a fork.
7. While the salmon is baking, steam the green beans and broccoli until they are tender yet still crisp.
8. Heat a bit of olive oil spray in a pan over medium heat.
9. Add the steamed green beans and broccoli to the pan and sauté until they are warmed through.
10. Serve the mustard-coated salmon over a bed of sautéed green beans and broccoli.
11. Serve the salmon & greens over cooked brown rice.

**Nutrition:**

**Cals** 590
**Fat** 16g
**Carbs** 70g
**Protein** 40g
**Sugar** 11g
**Fiber** 8g

# Chorizo and Pea Risotto



30 MIN | SERVES 4

**Ingredients:**

300g Arborio rice

100g chorizo, sliced

150g frozen peas

1 onion, finely chopped

2 cloves garlic, minced

1 litre chicken stock

50g Parmesan cheese, grated

2 tbsp olive oil

Salt and pepper to taste

**Directions:**

1. Heat the chicken stock in a saucepan over medium heat. Keep it warm but not boiling.
2. In a large skillet or pan, heat the olive oil over medium heat. Add the sliced chorizo and cook until it starts to release its oils and turns slightly crispy.
3. Add the chopped onion and minced garlic to the skillet. Cook until the onion becomes translucent.
4. Add the Arborio rice to the skillet and stir to coat it in the oils. Cook for a couple of minutes until the rice becomes slightly translucent.
5. Start adding the warm stock to the skillet, one ladleful at a time, stirring frequently and allowing the rice to absorb the liquid before adding more. Continue this process for about 18-20 minutes or until the rice is creamy and al dente.
6. When the rice is almost cooked, stir in the frozen peas and continue to cook for a few more minutes until the peas are heated through.
7. Remove the skillet from the heat and stir in the grated Parmesan cheese until it's melted and well incorporated.
8. Season the risotto with salt and pepper to taste.
9. Divide the risotto into four portions.

**Nutrition:**

**Cals** 498
**Fat** 18g
**Carbs** 71g
**Protein** 16g
**Sugar** 3g
**Fiber** 3g

# Cajun Prawn Pasta



30 MIN | SERVES 3

**Ingredients:**

250g dry pasta

300g prawns, peeled and deveined

200g red capsicum, thinly sliced

200g yellow capsicum, thinly sliced

1 onion, finely chopped

2 cloves garlic, minced

200g low-fat cottage cheese

2 tbsp Cajun seasoning

Olive oil spray

Salt and pepper to taste

**Directions:**

1. Cook the pasta according to the package instructions until al dente. Drain and set aside.
2. Heat a large skillet over high heat and lightly coat it with olive oil spray. Add the chopped onion and minced garlic, and sauté until softened and fragrant.
3. Add the sliced capsicum to the skillet and cook for a few minutes until they start to soften.
4. Season the prawns with Cajun seasoning, salt, and pepper. Add them to the skillet and cook until they turn pink and opaque, about 2-3 minutes on each side.
5. Reduce the heat to low and pour in the cottage cheese. Stir gently to combine with the prawns and vegetables. Simmer for a few minutes until the sauce thickens slightly.
6. Add the cooked pasta to the skillet and toss until it is well coated in the creamy Cajun sauce.
7. Divide the Cajun prawn pasta into three portions.

**Nutrition:**

**Cals** 494
**Fat** 4g
**Carbs** 78g
**Protein** 34g
**Sugar** 11g
**Fiber** 3g

# Caramelised Banana and Cottage Cheese



10 MIN SERVES 4

**Ingredients:**

2 bananas

200g low-fat cottage cheese

1 tablespoon honey

1 teaspoon cinnamon

1 tablespoon unsalted butter

**Directions:**

1. Peel the bananas and slice them into rounds.
2. In a non-stick skillet, melt the unsalted butter over medium heat.
3. Add the banana slices to the skillet and cook for 2-3 minutes on each side, or until caramelised.
4. While the bananas are cooking, divide the cottage cheese into 4 servings.
5. Once the bananas are caramelised, remove them from the skillet and set aside.
6. To serve, top each serving of cottage cheese with caramelised banana slices.
7. Drizzle honey over the bananas and sprinkle with cinnamon.

**Nutrition:**

**Cals** 135
**Fat** 4g
**Carbs** 21g
**Protein** 6g
**Sugar** 14g
**Fiber** 2g

# Apple



0 MIN SERVES 3

**Ingredients:**

3 apples

**Nutrition:**

**Cals** 105
**Fat** 0g
**Carbs** 28g
**Protein** 1g
**Sugar** 21g
**Fiber** 3g

# Week Eight

# Outline

**WEEK 8**

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| **Breakfast** | Apple Bircher | Apple Bircher | Apple Bircher | Apple Bircher | Smoked Salmon Frittata | Smoked Salmon Frittata | Smoked Salmon Frittata |
| **Snack** | Egg Bites | X | Egg Bites | X | Poached Pear | X | Poached Pear |
| **Lunch** | Loaded Jacket Potato | Loaded Jacket Potato | Loaded Jacket Potato | Loaded Jacket Potato | Thai Green Chicken | Thai Green Chicken | Thai Green Chicken |
| **Snack** | X | Egg Bites | X | Egg Bites | X | Poached Pear | X |
| **Dinner** | Salmon Wraps | Salmon Wraps | Salmon Wraps | Salmon Wraps | Tuna Bake | Tuna Bake | Tuna Bake |
| **Nutrition Information Totals:** | | | | | | | |
| | **Cals** 1542 | **Cals** 1542 | **Cals** 1542 | **Cals** 1542 | **Cals** 1518 | **Cals** 1518 | **Cals** 1518 |

# Grocery List

**WEEK 8**

### Fruit & Vegetables

2 apples
3 pears
1 lemon
1 avocado
65g cherry tomatoes
100g spinach leaves
100g zucchini
250g potato
4 large baking potatoes
200g sweet potato
300g red capsicum
450g green capsicum
30g red onion
1 small red onion
1 small onion
120g snow peas
100g frozen peas
50g chopped spring onions
Fresh parsley

### Bread/Grains

200g rolled oats
225g penne pasta
4 multigrain wraps

### Canned/Jarred Goods

400ml light coconut milk

### Herbs/Spices/Sauces

50g green curry paste
1 tablespoon fish sauce
1 tablespoon soy sauce
1 teaspoon ground cinnamon
1 cinnamon stick
3 cloves

### Pantry Staples

50g raisins
50g almonds
1 tablespoon honey
100g sugar
1 teaspoon vanilla extract
1 tablespoon olive oil
Olive oil spray
Salt and pepper

### Dairy Alternatives

500g non-fat Greek yogurt
450g low-fat cottage cheese
160g low-fat cheddar cheese
110g feta cheese
50g parmesan cheese
350ml skim milk
200ml light evaporated milk

### Protein

600g chicken breast
600g salmon fillets
285g canned tuna
100g shortcut bacon
150g smoked salmon
10 large eggs

### Protein Powder

60g whey vanilla protein powder

# Apple Bircher



15 MIN | SERVES 4

**Ingredients:**

2 apples, grated

200g rolled oats

300ml skim milk

100g non-fat Greek yogurt

50g raisins

50g almonds, nuts

1 tablespoon honey

1 teaspoon ground cinnamon

60g whey protein isolate vanilla protein powder

**Directions:**

1. In a large mixing bowl, combine the grated apples, rolled oats, milk, Greek yogurt, raisins, chopped almonds, honey, ground cinnamon and protein powder. Stir until well combined.
2. Cover the bowl with cling film or a lid, and refrigerate overnight or for at least 4 hours to allow the oats to soften and the flavours to meld.
3. Before serving, give the bircher muesli a good stir. If it's too thick, you can add a splash of milk to reach your desired consistency.
4. Divide the apple bircher muesli into 4 servings.

**Nutrition:**

**Cals** 466
**Fat** 10g
**Carbs** 73g
**Protein** 28g
**Sugar** 28g
**Fiber** 10g

# Smoked Salmon Frittata



25 MIN | SERVES 3

**Ingredients:**

6 large eggs

150g smoked salmon, chopped

100g spinach leaves

50g cherry tomatoes, halved

60g feta cheese, crumbled

50ml skim milk

150g low-fat cottage cheese

250g potato, diced

Salt and pepper to taste

1 tablespoon olive oil

**Directions:**

1. Preheat your oven to 180°C (350°F).
2. Microwave the diced potatoes for 3-4 minutes until slightly softened.
3. In a mixing bowl, crack the eggs and whisk them together with the skim milk and cottage cheese until well combined. Season with salt and pepper to taste.
4. Heat the olive oil in a non-stick ovenproof skillet over medium heat.
5. Add the chopped smoked salmon to the skillet and cook for 1-2 minutes until lightly browned.
6. Add the spinach leaves and diced potatoes to the skillet and cook for another 2-3 minutes until the spinach is wilted and the potatoes are tender.
7. Spread the spinach, smoked salmon, and potatoes evenly across the skillet, then pour the whisked egg mixture over the top.
8. Arrange the cherry tomato halves on top of the eggs, and sprinkle the crumbled feta cheese over the entire surface.
9. Transfer the skillet to the preheated oven and bake for 15-20 minutes, or until the eggs are set and the frittata is golden brown on top.
10. Once cooked, remove the skillet from the oven and let the frittata cool for a few minutes before slicing.

**Nutrition:**

**Cals** 416
**Fat** 22g
**Carbs** 22g
**Protein** 34g
**Sugar** 5g
**Fiber** 3g

# Loaded Jacket Potato



60 MIN | SERVES 4

**Ingredients:**

4 large baking potatoes

200g cooked chicken breast, shredded

100g low-fat cheddar cheese, grated

100g non-fat Greek yogurt

100g shortcut bacon, cooked and chopped

50g chopped spring onions

Olive oil for brushing

**Directions:**

1. Preheat your oven to 200°C (400°F).
2. Wash the potatoes thoroughly and pat them dry with paper towels.
3. Using a fork, pierce each potato several times all over.
4. Brush the potatoes with olive oil and sprinkle with salt.
5. Place the potatoes directly on the oven rack and bake for 45-60 minutes, or until they are tender and can be easily pierced with a fork.
6. While the potatoes are baking, prepare the toppings. Cook the chicken breast if it isn't already cooked, then shred it. Cook the shortcut bacon until crispy, then chop it into small pieces.
7. Once the potatoes are cooked, remove them from the oven and let them cool slightly.
8. Carefully slice each potato in half lengthwise, then fluff the insides with a fork.
9. Divide the shredded chicken, grated low-fat cheddar cheese, non-fat Greek yogurt, chopped cooked bacon, and chopped spring onions evenly among the potato halves.
10. Season with salt and pepper to taste.
11. Place the loaded potato halves back in the oven for 5-10 minutes, or until the cheese is melted.
12. Once done, remove the loaded jacket potatoes from the oven and serve.

**Nutrition:**

**Cals** 470
**Fat** 8g
**Carbs** 67g
**Protein** 33g
**Sugar** 6g
**Fiber** 7g

# Thai Green Chicken



25 MIN | SERVES 3

**Ingredients:**

400g chicken breast, diced

Olive oil spray

50g green curry paste

400ml light coconut milk

300g red capsicum, sliced

300g green capsicum, sliced

200g sweet potato, cut into cubes

1 small onion, thinly sliced

1 tablespoon fish sauce

1 tablespoon soy sauce

**Directions:**

1. Spray a large pan or wok with olive oil spray and heat over medium heat.
2. Add the diced chicken breast to the pan and cook until browned on all sides, about 5-6 minutes.
3. Once the chicken is cooked, add the green curry paste to the pan and stir well to coat the chicken.
4. Pour in the light coconut milk and stir to combine with the chicken and curry paste.
5. Add the sliced red and green capsicums, as well as the thinly sliced onion and cubed sweet potato, to the pan. Stir to mix everything together.
6. Season the mixture with fish sauce and soy sauce. Stir well to combine.
7. Simmer the mixture for about 15-20 minutes, or until the chicken is cooked through, the sweet potatoes are tender, and the sauce has thickened slightly.
8. Once the sauce has thickened and the chicken and vegetables are cooked, remove the pan from the heat and serve.

**Nutrition:**

**Cals** 468
**Fat** 24g
**Carbs** 34g
**Protein** 28g
**Sugar** 17g
**Fiber** 6g

# Salmon Wraps



20 MIN | SERVES 4

**Ingredients:**

600g salmon fillets (150g each)

4 multigrain wraps

1 avocado, sliced

1 small red onion, thinly sliced

120g snow peas

15 cherry tomatoes, cut in halves

Olive oil spray

Salt and pepper to taste

**Directions:**

1. Preheat the oven to 200°C (400°F). Place the salmon fillets on a baking tray lined with baking paper. Season with salt and pepper. Bake in the preheated oven for about 12-15 minutes, or until the salmon is cooked through and flakes easily with a fork.
2. While the salmon is baking, prepare the other ingredients. Slice the avocado and red onion thinly. Wash and trim the snow peas. Cut the cherry tomatoes into halves.
3. Warm the multigrain wraps in a dry skillet over medium heat for about 1-2 minutes on each side, or until they are soft and pliable.
4. Once the salmon is cooked, remove it from the oven and allow it to cool slightly. Then, flake the salmon into chunks using a fork.
5. To assemble the wraps, place a portion of the flaked salmon onto each wrap. Top with slices of avocado, red onion, and a handful of snow peas.
6. Fold the sides of the wrap over the filling, then roll it up tightly.
7. Slice each wrap in half diagonally, if desired, and serve immediately, or wrap tightly in foil or baking paper for later.

**Nutrition:**

**Cals** 480
**Fat** 17g
**Carbs** 45g
**Protein** 39g
**Sugar** 7g
**Fiber** 8g

# Tuna Bake



35 MIN | SERVES 3

**Ingredients:**

225g penne pasta

285g canned tuna in springwater, drained

100g frozen peas

200ml light evaporated milk

60g low-fat cheddar cheese, grated

Salt and pepper to taste

Fresh parsley, chopped (for garnish)

Olive oil spray

**Directions:**

1. Preheat the oven to 180°C (350°F).
2. Cook the penne pasta in a large pot of salted boiling water according to the package instructions until al dente. Drain and set aside.
3. In a large mixing bowl, combine the cooked pasta, drained tuna, and frozen peas. Mix well to evenly distribute the ingredients.
4. In a small saucepan, heat the light evaporated milk over medium heat until warmed through.
5. Reduce the heat to low and gradually stir in the grated low-fat cheddar cheese until it is melted and the sauce is smooth.
6. Season with salt and pepper to taste.
7. Pour the cheese sauce over the pasta mixture and stir until everything is well coated.
8. Transfer the mixture to a baking dish lightly sprayed with olive oil.
9. Bake in the preheated oven for about 15 minutes, or until the top is golden and bubbly.
10. Once baked, remove from the oven and let it cool for a few minutes before serving.

**Nutrition:**

**Cals** 466
**Fat** 5g
**Carbs** 65g
**Protein** 39g
**Sugar** 13g
**Fiber** 2g

# Egg Bites



25 MIN | SERVES 4

**Ingredients:**

4 large eggs

150g low-fat cottage cheese

50g parmesan cheese, grated

100g zucchini, grated and excess moisture squeezed out

150g green capsicum, diced

30g red onion

Salt and pepper to taste

Olive oil spray for greasing the muffin tin

**Directions:**

1. Preheat your oven to 350°F (175°C) and grease a standard muffin tin with olive oil spray.
2. In a mixing bowl, beat the eggs until they are well whisked.
3. Add the cottage cheese, parmesan cheese, grated zucchini, diced capsicum, diced red onion, salt, and pepper to the eggs. Mix until well combined.
4. Pour the mixture evenly across 4 holes in the prepared muffin tin.
5. Bake for approximately 20 minutes or until the egg bites are set and slightly golden on top.
6. Carefully remove the egg bites from the muffin tin and let them cool completely on a wire rack.

**Nutrition:**

**Cals** 196
**Fat** 9g
**Carbs** 7g
**Protein** 15g
**Sugar** 1g
**Fiber** 4g

# Poached Pear



30 MIN | SERVES 3

**Ingredients:**

3 pears

500ml water

100g sugar

1 cinnamon stick

1 teaspoon vanilla extract

3 cloves

1 lemon, sliced

300g non-fat Greek yogurt

**Directions:**

1. Peel the pears, leaving the stems. Cut a small slice from the bottom of each pear to help them stand upright.
2. In a saucepan, combine the water, sugar, cinnamon stick, vanilla extract, cloves, and lemon slices. Bring to a gentle simmer over medium heat, stirring occasionally until the sugar has dissolved.
3. Carefully add the pears to the simmering liquid, ensuring they are completely submerged. Cover the saucepan with a lid and simmer gently for about 15-20 minutes, or until the pears are tender but still hold their shape.
4. Remove the saucepan from the heat and allow the pears to cool in the poaching liquid.
5. Once cooled, carefully remove the pears from the poaching liquid using a slotted spoon and transfer them to individual serving dishes.
6. Add 100g of non-fat Greek yogurt to each serving, either alongside or atop the poached pears.
7. If desired, strain the poaching liquid and return it to the saucepan. Bring to a boil over medium-high heat and cook until the liquid is reduced by half, creating a syrupy consistency.
8. Drizzle the reduced poaching syrup over the poached pears and yogurt before serving.

**Nutrition:**

**Cals** 466
**Fat** 5g
**Carbs** 65g
**Protein** 39g
**Sugar** 13g
**Fiber** 2g

# Week Nine

# Outline

**WEEK 9**

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| **Breakfast** | French Toast Bake | French Toast Bake | French Toast Bake | French Toast Bake | Turkish Eggs | Turkish Eggs | Turkish Eggs |
| **Snack** | Edamame | X | Edamame | X | Tuna & Cottage Cheese Rice Cakes | X | Tuna & Cottage Cheese Rice Cakes |
| **Lunch** | Tuna Fattoush | Tuna Fattoush | Tuna Fattoush | Tuna Fattoush | Lemon Chicken & Savoury Rice | Lemon Chicken & Savoury Rice | Lemon Chicken & Savoury Rice |
| **Snack** | X | Edamame | X | Edamame | X | Tuna & Cottage Cheese Rice Cakes | X |
| **Dinner** | Lemon Prawn & Pea Risotto | Lemon Prawn & Pea Risotto | Lemon Prawn & Pea Risotto | Lemon Prawn & Pea Risotto | Nasi Goreng Omelette | Nasi Goreng Omelette | Nasi Goreng Omelette |
| **Nutrition Information Totals:** | | | | | | | |
| | **Cals** 1580 | **Cals** 1580 | **Cals** 1580 | **Cals** 1580 | **Cals** 1535 | **Cals** 1535 | **Cals** 1535 |

# Grocery List

**WEEK 9**

### Fruit & Vegetables

2 bananas
2 lemons
7 garlic cloves
3 tomatoes
1 cucumber
1 Lebanese cucumber
1 red onion
1 small onion
1 red capsicum
1 green capsicum
200g broccoli florets
200g frozen peas
400g frozen edamame
1 red chilli (optional)
1 cup chopped parsley
1 cup chopped mint

### Bread/Grains

9 slices sourdough bread
4 whole wheat pita breads (400g total)
225g long-grain white rice
300g Arborio rice
300g cooked rice
6 rice cakes

### Canned/Jarred Goods

2 cups chicken broth
1 litre vegetable or chicken stock

### Herbs/Spices/Sauces

1 teaspoon ground cinnamon
1 teaspoon harissa
Chilli flakes
2 tablespoons soy sauce
1 tablespoon kecap manis
Salt and pepper

### Pantry Staples

1 teaspoon vanilla extract
4 tablespoons olive oil
2 tablespoons vegetable oil
2 tablespoons lemon juice
1 teaspoon dried thyme

### Dairy Alternatives

500g non-fat Greek yogurt (200g + 300g)
40g non-fat cottage cheese
50g grated Parmesan cheese
40g salted butter
200ml skim milk

### Protein

650g chicken breast (450g + 200g)
500g prawns (400g + 100g)
930g canned tuna in springwater
16 large eggs

### Protein Powder

40g whey vanilla protein powder

# French Toast Bake



30 MIN | SERVES 4

**Ingredients:**

4 large eggs

200ml skim milk

1 teaspoon vanilla extract

1 teaspoon ground cinnamon

6 slices sourdough bread, torn into about 1 inch pieces

2 bananas, sliced

200g non-fat Greek yogurt

40g whey protein isolate vanilla protein powder

**Directions:**

1. Preheat your oven to 180°C (350°F) and lightly grease a baking dish.
2. In a mixing bowl, whisk together the eggs, skim milk, vanilla extract, and ground cinnamon until well combined.
3. Add the ripped up sourdough bread to the egg mixture, ensuring all the bread is well coated. Let it soak for about 5 minutes.
4. Layer the soaked bread and sliced banana in the prepared baking dish.
5. Bake in the preheated oven for 25-30 minutes, or until the French toast bake is golden brown and set.
6. Once baked, allow the French toast bake to cool slightly before serving.
7. Serve each portion topped with a dollop of non-fat Greek yogurt with protein powder mixed in.

**Nutrition:**

**Cals** 463
**Fat** 6g
**Carbs** 64g
**Protein** 35g
**Sugar** 15g
**Fiber** 1g

# Turkish Eggs



25 MIN | SERVES 3

**Ingredients:**

6 large eggs

300g non-fat Greek yogurt

1 small garlic clove, minced

40g salted butter

1 teaspoon harissa

Chilli flakes, to taste

Salt, to taste

3 slices sourdough bread

**Directions:**

1. Hard-boil the eggs: Place the eggs in a saucepan and cover with cold water. Bring to a boil, then reduce heat to low and simmer for 8-10 minutes. Transfer the eggs to a bowl of ice water to cool, then peel and halve them.
2. While the eggs are boiling, prepare the yogurt sauce. In a bowl, mix the non-fat Greek yogurt with the minced garlic and season with salt to taste.
3. In a small saucepan, melt the salted butter over low heat. Once melted, stir in the harissa and chilli flakes. Let it simmer for a couple of minutes, then remove from heat.
4. Divide the yogurt across three containers.
5. Place two peeled boiled eggs into each container.
6. Drizzle the chilli butter sauce over the boiled eggs and yogurt.

**Nutrition:**

**Cals** 446
**Fat** 21g
**Carbs** 33g
**Protein** 28g
**Sugar** 3g
**Fiber** 0g

# Tuna Fattoush



15 MIN | SERVES 4

**Ingredients:**

740g canned tuna in springwater, drained

2 large tomatoes, diced

1 cucumber, diced

1 red onion, thinly sliced

1 red capsicum, diced

1 green capsicum, diced

1 cup chopped parsley

1 cup chopped mint

1 tablespoons olive oil

2 tablespoons lemon juice

Salt, to taste

Pepper, to taste

4 whole wheat pita bread, (400g total)

**Directions:**

1. In a large mixing bowl, combine the drained canned tuna, diced tomatoes, diced cucumber, thinly sliced red onion, diced red capsicum, diced green capsicum, chopped parsley, and chopped mint.
2. Drizzle the olive oil and lemon juice over the salad mixture. Season with salt and pepper to taste. Toss everything together until well combined.
3. Toast the whole wheat pita bread until lightly browned and crispy. Cut the toasted pita bread into wedges.
4. Divide the tuna fattoush salad into 4 equal portions and serve in individual bowls or containers with toasted whole wheat pita bread wedges on the side.

**Nutrition:**

**Cals** 518
**Fat** 6g
**Carbs** 62g
**Protein** 52g
**Sugar** 8g
**Fiber** 9g

# Lemon Chicken & Savoury Rice



35 MIN | SERVES 3

**Ingredients:**

450g chicken breast, diced

225g long-grain white rice

2 cups chicken broth

1 lemon, zest and juice

1 tablespoon olive oil

2 cloves garlic, minced

1 teaspoon dried thyme

Salt, to taste

Pepper, to taste

200g broccoli florets

**Directions:**

1. In a large skillet or frying pan, heat the olive oil over medium-high heat. Add the diced chicken breast and cook until browned and cooked through, about 5-7 minutes.
2. While the chicken is cooking, rinse the rice under cold water until the water runs clear. Drain the rice.
3. Once the chicken is cooked, remove it from the pan and set it aside. In the same pan, add the minced garlic and cook for 1-2 minutes until fragrant.
4. Add the rice to the pan and toast it for 2-3 minutes, stirring occasionally, until it starts to turn golden.
5. Pour in the chicken broth, lemon zest, lemon juice, and dried thyme. Season with salt and pepper to taste. Stir to combine.
6. Bring the mixture to a boil, then reduce the heat to low. Cover the pan and simmer for 10-15 minutes.
7. After simmering for 10-15 minutes, add the broccoli florets to the pan. Stir to combine, then cover and continue cooking for an additional 5-7 minutes, or until the rice is cooked, the liquid is absorbed, and the broccoli is tender.
8. Once the rice is cooked and the broccoli is tender, return the cooked chicken to the pan. Stir to combine and heat through.
9. Divide the lemon chicken and savoury rice with broccoli into 3 equal portions.

**Nutrition:**

**Cals** 508
**Fat** 8g
**Carbs** 65g
**Protein** 44g
**Sugar** 3g
**Fiber** 5g

# Lemon Prawn & Pea Risotto



35 MIN | SERVES 4

**Ingredients:**

300g Arborio rice

400g raw prawns, peeled and deveined

1 lemon, zest and juice

200g frozen peas

1 onion, finely chopped

2 cloves garlic, minced

1 litre vegetable or chicken stock

50g grated parmesan cheese

2 tablespoons olive oil

**Directions:**

1. In a large saucepan, heat the olive oil over medium heat. Add the chopped onion and minced garlic. Cook until softened and translucent, about 3-4 minutes.
2. Add the Arborio rice to the pan and stir to coat the rice in the oil, onion, and garlic mixture. Cook for 1-2 minutes until the rice is slightly toasted.
3. Pour in the vegetable or chicken stock, a ladleful at a time, stirring constantly. Allow each addition of stock to be absorbed before adding more. Continue this process until the rice is cooked al dente, about 20-25 minutes.
4. While the risotto is cooking, heat a separate pan over medium-high heat. Add the raw prawns and cook until they turn pink and opaque, about 2-3 minutes per side. Season with salt, pepper, and the juice of half the lemon.
5. Once the risotto is cooked and creamy, stir in the frozen peas, cooked prawns, lemon zest, and grated Parmesan cheese. Cook for another 2-3 minutes until the peas are heated through and the cheese is melted.
6. Taste and adjust seasoning with salt, pepper, and additional lemon juice if desired.
7. Divide the lemon prawn and pea risotto into 4 equal portions.

**Nutrition:**

**Cals** 532
**Fat** 14g
**Carbs** 71g
**Protein** 32g
**Sugar** 3g
**Fiber** 4g

# Nasi Goreng Omelette



25 MIN | SERVES 3

**Ingredients:**

300g cooked rice, cooled

200g cooked chicken breast, diced

100g prawns, peeled & deveined

6 large eggs

1 small onion, finely chopped

2 cloves garlic, minced

1 red chilli, finely chopped (optional)

2 tablespoons vegetable oil

2 tablespoons soy sauce

1 tablespoon kecap manis

1 Lebanese cucumber, sliced

1 tomato, sliced

**Directions:**

1. Heat a large non-stick frying pan over medium-high heat. Add 1 tablespoon of vegetable oil to the pan.
2. In a bowl, crack two eggs and beat lightly with a fork. Season with salt and pepper.
3. Pour the beaten egg into the heated pan, tilting the pan to cover the base evenly. Cook for 3 minutes or until the omelette is set and golden underneath. Slide the cooked omelette onto a serving plate and set aside.
4. Repeat steps 2 & 3 with the remaining eggs to create two more omelettes. Set them aside on separate serving plates.
5. In the same pan, add the remaining tablespoon of vegetable oil. Add the cooked rice to the pan and stir-fry for 2 minutes or until heated through.
6. Add the diced chicken breast, prawns, minced garlic, onion, soy sauce, kecap manis and chopped red chilli (if using) to the pan with the rice. Cook, stirring occasionally, for 2 minutes or until the ingredients are combined and heated through.
7. Divide the rice and protein mixture evenly among the three omelettes, spooning it onto one half of each omelette.
8. Fold each omelette over the filling to cover it.
9. Serve each Nasi Goreng omelette on a separate plate, accompanied by sliced cucumber & tomato.

**Nutrition:**

**Cals** 575
**Fat** 24g
**Carbs** 42g
**Protein** 44g
**Sugar** 9g
**Fiber** 2g

# Edamame



5 MIN | SERVES 4

**Ingredients:**

400g frozen edamame

**Directions:**

1. Divide the frozen edamame into four containers, allocating 100g to each.
2. Keep refrigerated until ready to eat, cover the edamame with boiling water.
3. Allow the edamame to sit in the boiling water for 1 minute.
4. Drain the water before consuming.

**Nutrition:**

**Cals** 128
**Fat** 6g
**Carbs** 3g
**Protein** 13g
**Sugar** 1g
**Fiber** 7g

# Tuna & Cottage Cheese Rice Cakes



5 MIN | SERVES 3

**Ingredients:**

40g non-fat cottage cheese

190g canned tuna in springwater, drained

6 rice cakes

Salt, to taste

Pepper, to taste

**Directions:**

1. In a mixing bowl, combine the drained tuna and non-fat cottage cheese.
2. Season the tuna and cottage cheese mixture with salt and pepper to taste. Mix well to combine.
3. Divide the tuna and cottage cheese mixture evenly into 3 containers.
4. Serve each portion of the tuna and cottage cheese mixture with 2 rice cakes.

**Nutrition:**

**Cals** 147
**Fat** 1g
**Carbs** 10g
**Protein** 20g
**Sugar** 0g
**Fiber** 0g

# Week Ten

# Outline

**WEEK 10**

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| **Breakfast** | Sticky Date Overnight Oats | Sticky Date Overnight Oats | Sticky Date Overnight Oats | Sticky Date Overnight Oats | Breakfast Wrap | Breakfast Wrap | Breakfast Wrap |
| **Snack** | Chia Yogurt | X | Chia Yogurt | X | Tuna Patties | X | Tuna Patties |
| **Lunch** | Bacon & Tomato Frittata | Bacon & Tomato Frittata | Bacon & Tomato Frittata | Bacon & Tomato Frittata | Rocket & Chicken Salad | Rocket & Chicken Salad | Rocket & Chicken Salad |
| **Snack** | X | Chia Yogurt | X | Chia Yogurt | X | Tuna Patties | X |
| **Dinner** | Chicken Cacciatore | Chicken Cacciatore | Chicken Cacciatore | Chicken Cacciatore | Miso Panko Salmon | Miso Panko Salmon | Miso Panko Salmon |
| **Nutrition Information Totals:** | | | | | | | |
| | **Cals** 1644 | **Cals** 1644 | **Cals** 1644 | **Cals** 1644 | **Cals** 1649 | **Cals** 1649 | **Cals** 1649 |

# Grocery List

**WEEK 10**

### Fruit & Vegetables

3 apples
200g blueberries
150g baby spinach
290g cherry tomatoes
1 large tomato
150g broccoli florets
200g rocket leaves
1 onion
2 garlic cloves
200g mushrooms
2cred capsicums
1 yellow capsicum
2 carrots
150g red cabbage
30g red onion
20g celery

### Bread/Grains

200g rolled oats
3 multigrain wraps
50g panko breadcrumbs
25g regular breadcrumbs

### Canned/Jarred Goods

400g canned chopped tomatoes
370g canned tuna
200g black olives

### Herbs/Spices/Sauces

Italian herbs
Balsamic vinegar
2 tablespoons white miso paste
2 tablespoons lime juice
1 tablespoon soy sauce
1 teaspoon dried oregano
1 teaspoon dried thyme
0.5 teaspoon ground cinnamon
Salt and pepper
30g 99% fat free mayonnaise
2 tablespoons chopped fresh parsley
1/4 teaspoon paprika

### Pantry Staples

120g pitted dates
40g chopped walnuts
45g crushed peanuts
40g chia seeds
200ml chicken broth
2 tablespoons maple syrup
2 teaspoons vanilla extract
Olive oil
Olive oil spray
1 teaspoon sesame oil
3 teaspoons honey

### Dairy/Alternatives

550g non-fat Greek yogurt total
200g low-fat cottage cheese
50g cheddar cheese
100g feta cheese
150g Cherry Bocconcini
400ml skim milk

### Protein

600g chicken breast
450g chicken thigh
450g salmon
200g shortcut bacon
150g prosciutto
16 large eggs

### Protein Powder

60g whey vanilla protein powder

# Sticky Date Overnight Oats



10 MIN | SERVES 4

**Ingredients:**

200g rolled oats

400ml skim milk

120g pitted dates, chopped

40g chopped walnuts

60g whey protein isolate vanilla protein powder

2 tablespoons maple syrup

1 teaspoon vanilla extract

Pinch of salt

**Directions:**

1. In a mixing bowl or container, combine the rolled oats, skim milk, chopped dates, chopped walnuts, protein powder maple syrup, vanilla extract, and a pinch of salt. Stir well to ensure all ingredients are evenly distributed.
2. Portion the sticky date overnight oats into 4 individual containers.
3. Refrigerate overnight, or for at least 4 hours, to allow the oats to soak up the liquid and the flavours to meld together.
4. Before serving, stir the mixture to ensure it is well combined.

**Nutrition:**

**Cals** 462
**Fat** 10g
**Carbs** 73g
**Protein** 25g
**Sugar** 32g
**Fiber** 8g

# Breakfast Wrap



15 MIN | SERVES 3

**Ingredients:**

3 multigrain wraps

6 large eggs

150g baby spinach

150g cherry tomatoes, halved

100g feta cheese, crumbled

Salt and pepper to taste

Olive oil spray

**Directions:**

1. In a large mixing bowl, crack the eggs and whisk them together. Season with salt and pepper to taste.
2. Heat a non-stick frying pan over medium heat and lightly spray it with olive oil spray. Pour the whisked eggs into the pan and cook until they are set, stirring occasionally. Remove from heat.
3. Warm the multigrain wraps slightly to make them easier to fold. Place each wrap on a flat surface.
4. Divide the scrambled eggs evenly among the wraps, spreading them out in a line down the centre.
5. Top the scrambled eggs with baby spinach leaves, cherry tomato halves, and crumbled feta cheese, dividing the ingredients evenly among the wraps.
6. Fold the sides of each wrap over the filling to enclose it, then roll it up tightly.
7. Wrap each breakfast wrap individually in foil or baking paper to keep them fresh. Alternatively, store them in airtight containers.
8. Refrigerate the wrapped breakfast wraps until ready to serve. Enjoy it cold or reheat it in the microwave.

**Nutrition:**

**Cals** 465
**Fat** 24g
**Carbs** 35g
**Protein** 25g
**Sugar** 4g
**Fiber** 5g

# Bacon and Tomato Frittata



20 MIN | SERVES 4

**Ingredients:**

200g shortcut bacon

8 large eggs

200g low-fat cottage cheese

1 large tomato, diced

50g cheddar cheese, grated

150g broccoli florets, blanched

Salt and pepper to taste

Olive oil spray

**Directions:**

1. Preheat your oven to 180°C (350°F). Lightly grease a round baking dish with olive oil spray.
2. Heat a non-stick frying pan over medium heat. Add the shortcut bacon slices and cook until crispy. Remove the bacon from the pan and set aside to cool. Once cooled, chop the bacon into small pieces.
3. In a large mixing bowl, crack the eggs and whisk them together until well beaten. Add the low-fat cottage cheese to the eggs and mix until combined. Season with salt and pepper to taste.
4. Pour the whisked egg and cottage cheese mixture into the prepared baking dish. Sprinkle the diced tomato evenly over the mixture.
5. Scatter the blanched broccoli florets over the tomato layer, distributing them evenly.
6. Sprinkle the chopped bacon pieces over the broccoli layer.
7. Sprinkle the grated cheddar cheese over the top of the frittata mixture.
8. Place the baking dish in the preheated oven and bake for 15-20 minutes, or until the eggs are set and the cheese is melted and bubbly.
9. Remove the frittata from the oven and let it cool for a few minutes before slicing it into wedges.
10. Serve the frittata immediately, or allow it to cool completely before portioning it into 4 servings.

**Nutrition:**

**Cals** 482
**Fat** 30g
**Carbs** 9g
**Protein** 45g
**Sugar** 5g
**Fiber** 1g

# Rocket and Chicken Salad



20 MIN | SERVES 3

**Ingredients:**

200g rocket leaves

600g chicken breast

Italian herbs (for seasoning)

150g Cherry Bocconcini, halved

140g cherry tomatoes, halved

100g black olives, pitted

150g prosciutto, sliced

Balsamic vinegar, for drizzling

**Directions:**

1. Season the chicken breast with Italian herbs on both sides.
2. Heat a non-stick skillet over medium heat and add a small amount of olive oil. Pan-fry the chicken breast for about 6-8 minutes on each side or until fully cooked. Remove from heat and let it rest for a few minutes before slicing it into strips.
3. In a large mixing bowl, combine the rocket leaves, sliced cooked chicken breast, halved Cherry Bocconcini, cherry tomatoes, and olives.
4. Tear the prosciutto into smaller pieces and add it to the salad mixture.
5. Drizzle the salad with balsamic vinegar to taste and toss gently to combine all the ingredients.
6. Divide the rocket and chicken salad evenly into 3 containers.
7. Cover the containers securely and store them in the refrigerator until ready to serve.

**Nutrition:**

**Cals** 486
**Fat** 17g
**Carbs** 10g
**Protein** 85g
**Sugar** 4g
**Fiber** 2g

# Chicken Cacciatore



50 MIN | SERVES 4

**Ingredients:**

450g chicken thigh

1 tablespoons olive oil

1 onion, diced

2 garlic cloves, minced

1 red capsicum, sliced

1 yellow capsicum, sliced

200g mushrooms, sliced

400g canned chopped tomatoes

200ml chicken broth

1 teaspoon dried oregano

1 teaspoon dried thyme

100g black olives, pitted

Salt and pepper to taste

500g potatoes, peeled & diced

**Directions:**

1. Season the chicken thighs with salt and pepper.
2. In a large skillet or Dutch oven, heat olive oil over medium-high heat. Add the chicken thighs and cook until browned on both sides, about 5 minutes per side. Remove the chicken from the skillet and set aside.
3. In the same skillet, add diced onions and minced garlic. Sauté until softened and fragrant, about 2 minutes.
4. Add sliced capsicums and mushrooms. Cook until the vegetables are tender, about 5 minutes.
5. Return the chicken thighs to the skillet. Pour in the canned chopped tomatoes and chicken broth. Sprinkle dried oregano and thyme over the mixture. Stir to combine.
6. Add pitted olives to the skillet. Stir to incorporate. Bring the mixture to a simmer, then reduce the heat to low. Cover and let it cook for about 25-30 minutes, or until the chicken is cooked through and tender.
7. While the chicken cacciatore is simmering, place diced potatoes in a pot and cover with water. Add salt to the water.
8. Bring the water to a boil, then reduce heat to medium and simmer until the potatoes are fork-tender, about 15-20 minutes.
9. Drain the potatoes and return them to the pot. Mash the potatoes using a potato masher or fork until smooth.
10. Divide the chicken cacciatore and mashed potatoes evenly into 4 portions.

**Nutrition:**

**Cals** 554
**Fat** 20g
**Carbs** 62g
**Protein** 38g
**Sugar** 10g
**Fiber** 15g

# Miso Panko Salmon



30 MIN | SERVES 3

**Ingredients:**

450g salmon, no skin

2 tablespoons white miso paste

1 tablespoon lime juice

50g panko breadcrumbs

2 carrots, grated

150g red cabbage, thinly sliced

1 red capsicum, thinly sliced

1 tablespoon lime juice

1 tablespoon soy sauce

1 teaspoon sesame oil

1 teaspoon honey

Salt and pepper to taste

45g crushed peanuts

**Directions:**

1. Preheat the oven to 200°C (400°F) and line a baking sheet with baking paper.
2. In a small bowl, mix together white miso paste and lime juice until well combined.
3. Place the salmon fillets on the prepared baking sheet. Spread the miso-lime paste evenly over the top of each salmon fillet. Sprinkle panko breadcrumbs over the miso-lime paste, pressing lightly to adhere.
4. Bake the salmon in the preheated oven for about 12-15 minutes, or until cooked through and the breadcrumbs are golden brown.
5. While the salmon is baking, prepare the Asian slaw. In a large mixing bowl, combine grated carrot, sliced red cabbage, and sliced red capsicum.
6. In a small bowl, whisk together lime juice, soy sauce, sesame oil, honey, salt, and pepper to make the dressing. Pour the dressing over the vegetables in the mixing bowl and toss until well combined and evenly coated.
7. Once the salmon is cooked, remove it from the oven and let it cool slightly.
8. Divide the Asian slaw evenly into 3 portions. Place a cooked miso panko salmon fillet on top of each portion of slaw.
9. Sprinkle crushed peanuts over the salmon.

**Nutrition:**

**Cals** 522
**Fat** 27g
**Carbs** 30g
**Protein** 42g
**Sugar** 12g
**Fiber** 6g

# Tuna Patties



25 MIN | SERVES 3

**Ingredients:**

370g canned tuna in springwater, drained

2 large eggs

30g 99% fat free mayonnaise

25g breadcrumbs

2 tablespoons chopped fresh parsley

30g diced red onion

20g diced celery

1/4 teaspoon paprika

Salt and pepper to taste

Olive oil spray for pan-frying

**Directions (for 1 serve):**

1. In a mixing bowl, combine the drained canned tuna, eggs, mayonnaise, breadcrumbs, parsley, red onion, celery, paprika, salt, and pepper. Mix until all the ingredients are well incorporated.
2. Divide the mixture into six equal portions and shape each portion into a round patty.
3. Heat a non-stick skillet over medium-high heat and lightly grease it with olive oil spray.
4. Place the tuna patties in the skillet and cook for about 3-4 minutes per side or until they are golden brown and heated through.
5. Once the Tuna Patties are cooked, remove them from the skillet and place them on a paper towel-lined plate to absorb any excess oil.

**Nutrition:**

**Cals** 175
**Fat** 4g
**Carbs** 5g
**Protein** 30g
**Sugar** 3g
**Fiber** 0g

# Baked Apple



40 MIN | SERVES 3

**Ingredients:**

3 apples

150g non-fat Greek yogurt

0.5 teaspoon ground cinnamon

3 tsp honey

**Directions:**

1. Preheat your oven to 375°F (190°C).
2. Slice each apple in half horizontally. Use a small knife to carefully remove the cores and seeds.
3. Place the apple halves, cut side up, on a baking dish.
4. Place the baking dish with the apple halves in the preheated oven. Bake for approximately 30 minutes or until the apples are tender when pierced with a fork but still hold their shape.
5. Allow the baked apple halves to cool slightly.
6. Top each baked apple half with 25g Greek yogurt, a sprinkle of cinnamon & drizzle of honey.

**Nutrition:**

**Cals** 157
**Fat** 1g
**Carbs** 36g
**Protein** 6g
**Sugar** 28g
**Fiber** 5g

# Chia Yogurt



10 MIN | SERVES 4

**Ingredients:**

400g non-fat Greek yogurt

40g chia seeds

1 teaspoon pure vanilla extract

200g blueberries

**Directions:**

1. In a mixing bowl, combine the Greek yogurt, chia seeds, and pure vanilla extract. Stir well to mix all the ingredients thoroughly.
2. Once everything is well combined, cover the bowl and refrigerate the mixture for at least 2-3 hours or until it thickens.
3. When ready to serve, divide the Chia yogurt mixture into four serving bowls or glasses.
4. Top each serving with 50g of blueberries.

**Nutrition:**

**Cals** 146
**Fat** 5g
**Carbs** 14g
**Protein** 12g
**Sugar** 4g
**Fiber** 9g

# Week Eleven

# Outline

**WEEK 11**

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| **Breakfast** | Orange + Poppyseed Baked Oats | Orange + Poppyseed Baked Oats | Orange + Poppyseed Baked Oats | Orange + Poppyseed Baked Oats | Watermelon + Strawberry Breakfast Smoothie | Watermelon + Strawberry Breakfast Smoothie | Watermelon + Strawberry Breakfast Smoothie |
| **Snack** | 1 Hard-boiled Egg | X | 1 Hard-boiled Egg | X | 1 Hard-boiled Egg | X | 1 Hard-boiled Egg |
| **Lunch** | Poached Chicken & Curry Sauce | Poached Chicken & Curry Sauce | Poached Chicken & Curry Sauce | Poached Chicken & Curry Sauce | Prawn Caesar | Prawn Caesar | Prawn Caesar |
| **Snack** | X | 1 Hard-boiled Egg | X | 1 Hard-boiled Egg | X | 1 Hard-boiled Egg | X |
| **Dinner** | Lamb Kofta Bowl | Lamb Kofta Bowl | Lamb Kofta Bowl | Lamb Kofta Bowl | Portuguese Chicken & Mash | Portuguese Chicken & Mash | Portuguese Chicken & Mash |
| **Nutrition Information Totals:** | | | | | | | |
| | **Cals** 1639 | **Cals** 1639 | **Cals** 1639 | **Cals** 1639 | **Cals** 1574 | **Cals** 1574 | **Cals** 1574 |

# Grocery List

**WEEK 11**

### Fruit & Vegetables

2 oranges
3 lemons
150g watermelon
525g green beans
2 tomatoes
1 cos lettuce
2 tbsp fresh coriander

### Bread/Grains

260g rolled oats (200g + 60g)
6 slices sourdough bread
1/2 cup breadcrumbs
1,000g cooked brown rice (500g + 500g)

### Canned/Jarred Goods

400ml lite coconut cream

### Herbs/Spices/Sauces

10g curry powder
1 stock cube
1 tbsp soy sauce
1/2 tsp white pepper
Chilli flakes (optional)
3 tbsp light mayonnaise
3 tsp Dijon mustard
1.5 tsp ground cumin
3 tsp paprika
1/2 tsp ground cinnamon
1 tsp oregano
1 bay leaf
Salt and pepper

### Pantry Staples

2 teaspoons vanilla extract
1 teaspoon baking powder
1 teaspoon poppy seeds
2 tsp brown sugar

### Dairy/Alternatives

600g non-fat Greek yogurt
250g light cream cheese
150g cottage cheese
30g Parmesan cheese
750mL skim milk

### Protein

1kg chicken breast
500g lamb mince
375g frozen prawns
9 eggs
Anchovy fillets

### Protein Powder

170g whey vanilla protein powder

# Orange & Poppyseed Baked Oats



35 MIN | SERVES 4

**Ingredients:**

200g rolled oats

80g vanilla whey protein isolate powder

1 teaspoon vanilla extract

1 teaspoon baking powder

2 eggs

2 oranges

1 teaspoon poppy seeds

250g light cream cheese

100g non-fat Greek yogurt

**Directions:**

1. Preheat the oven to 180°C (350°F). Lightly spray a 20cmx20cm ovenproof dish with oil.
2. Zest the oranges and set aside. Peel the oranges and remove any seeds.
3. In a blender, combine the peeled oranges, eggs, rolled oats, protein powder, baking powder, vanilla extract, and a pinch of salt. Blend until smooth.
4. Pour the mixture into the prepared ovenproof dish. Mix in poppy seeds.
5. Bake in the preheated oven for 30 minutes, or until the top is golden brown and the oats are cooked through.
6. Remove from the oven and set aside to cool slightly.
7. In a bowl, mix the light cream cheese and non-fat Greek yogurt until smooth.
8. Spread the cream cheese mixture over the baked oats.
9. Sprinkle the reserved orange zest over the cream cheese topping.
10. Cut the baked oats into 4 portions. Serve immediately, or store in individual containers.

**Nutrition:**

**Cals** 469
**Fat** 15g
**Carbs** 45g
**Protein** 37g
**Sugar** 10g
**Fiber** 7g

# Watermelon & Strawberry Breakfast Smoothie



5 MIN | SERVES 3

**Ingredients:**

90g whey protein isolate vanilla protein powder

300g frozen strawberries

150g watermelon

750mL skim milk

300g non fat Greek yogurt

60g rolled oats

**Directions:**

1. In a blender, combine 30g vanilla whey protein isolate, 100g frozen strawberries, 50g watermelon, 250mL skim milk, 100g Greek yogurt and 20g rolled oats.
2. Blend the ingredients until smooth and well combined.
3. Pour the smoothie into a glass and enjoy immediately.
4. Repeat the process for each serving, if preparing multiple smoothies.

**Nutrition:**

**Cals** 441
**Fat** 3g
**Carbs** 63g
**Protein** 48g
**Sugar** 41g
**Fiber** 4g

# Poached Chicken & Curry Sauce



40 MIN | SERVES 4

**Ingredients:**

400g raw chicken breasts

1/2 lemon

1 bay leaf

500g cooked brown rice (4 microwave cups)

300g green beans

400ml lite coconut cream

10g curry powder

1 stock cube

1 tbsp soy sauce

1/2 tsp white pepper

Chilli flakes (optional)

**Directions:**

1. Take the chicken breasts out of the fridge and let them sit at room temperature for 30 minutes.
2. Fill a saucepan with water, ensuring that the chicken breasts will be fully submerged with at least 2 inches (5cm) of water above them in a single layer.
3. Add the lemon half and bay leaf to the water. Bring the water to a boil over high heat.
4. Once boiling, carefully add the chicken breasts to the water. Place the lid on the saucepan, return it to the boil, then remove it from the heat and set it aside for 20 minutes.
5. After 20 minutes, remove the chicken breasts from the water and set them aside to cool slightly.
6. In a separate saucepan, combine the coconut cream, curry powder, soy sauce, stock cube, and white pepper. Heat the sauce over medium heat, stirring occasionally, until warmed through and the stock cube has dissolved.
7. While the sauce is heating, steam the green beans until tender.
8. Divide the cooked brown rice among 4 microwave-safe containers.
9. Slice the poached chicken breasts and arrange them on top of the rice in each container.
10. Divide the steamed green beans among the containers, placing them alongside the chicken and rice.
11. Drizzle each portion with the curry sauce. Sprinkle with chilli flakes, if desired.

**Nutrition:**

**Cals** 555
**Fat** 23g
**Carbs** 54g
**Protein** 29g
**Sugar** 5g
**Fiber** 9g

# Prawn Caesar



25 MIN | SERVES 3

**Ingredients:**

375g frozen prawns

6 slices sourdough bread

1 cos lettuce

30g Parmesan cheese

Anchovy fillets

<u>Dressing:</u>

3 tbsp light mayonnaise

Juice of 1.5 lemons

3 tsp Dijon mustard

Salt and pepper to taste

**Directions:**

1. Cook the frozen prawns according to package instructions. Set aside to cool.
2. Wash and chop the cos lettuce into bite-sized pieces. Grate Parmesan cheese and set aside.
3. Toast the sourdough bread slices until golden brown. Allow them to cool, then dice into bite-sized croutons.
4. In a small bowl, combine mayonnaise, lemon juice, Dijon mustard, salt, and pepper to make the dressing. Adjust seasoning to taste.
5. In a large salad bowl, toss together the chopped cos lettuce, cooked prawns, and diced sourdough croutons.
6. Drizzle the prepared dressing over the salad and toss to coat evenly.
7. Garnish the salad with anchovy fillets and grated Parmesan cheese.

**Nutrition:**

**Cals** 531
**Fat** 11g
**Carbs** 59g
**Protein** 42g
**Sugar** 1g
**Fiber** 2g

# Lamb Kofta Bowl



30 MIN | SERVES 4

**Ingredients:**

500g lamb mince

1/2 cup breadcrumbs

2 tbsp fresh coriander, chopped

1 tsp ground cumin

1 tsp paprika

1/2 tsp ground cinnamon

Salt and pepper to taste

500g cooked brown rice (4 microwave cups)

2 tomatoes, diced

For the yoghurt dressing:

200g non-fat Greek yogurt

1/2 tsp ground cumin

Salt and pepper to taste

**Directions:**

1. In a mixing bowl, combine the lamb mince, breadcrumbs, chopped coriander, ground cumin, paprika, cinnamon, salt, and pepper. Mix until well combined.
2. Divide the lamb mixture into 12 equal portions and shape each portion into a kofta shape.
3. Heat a non-stick frying pan over medium heat. Add the lamb koftas and cook for 8-10 minutes, turning occasionally, until browned and cooked through.
4. While the koftas are cooking, prepare the yogurt dressing. In a small bowl, mix together the Greek yogurt, ground cumin, salt, and pepper until well combined. Set aside.
5. Divide the cooked brown rice evenly among four containers.
6. Once the lamb koftas are cooked, place three koftas on top of each portion of brown rice in the containers.
7. Top each serving with diced tomatoes.
8. Divide the yogurt dressing into four portions and drizzle over each serving.
9. Seal the containers and store them in the refrigerator until ready to eat.

**Nutrition:**

**Cals** 543
**Fat** 17g
**Carbs** 55g
**Protein** 42g
**Sugar** 5g
**Fiber** 6g

# Portuguese Chicken & Mash



45 MIN | SERVES 3

**Ingredients:**

600g chicken breasts

1 lemon

2 tsp paprika

1 tsp oregano

2 tsp brown sugar

700g white potatoes

150g cottage cheese

Salt and pepper to taste

225g green beans

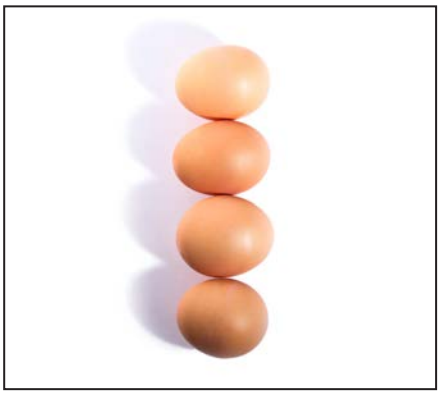
**Directions:**

1. Preheat the oven to 200°C (400°F).
2. In a small bowl, combine the juice of half a lemon, paprika, oregano, brown sugar, and black pepper. Mix well to create a marinade.
3. Place the chicken breasts in a baking dish. Pour the marinade over the chicken, ensuring it's evenly coated. Set aside to marinate for 10-15 minutes.
4. While the chicken is marinating, peel and chop the white potatoes into chunks. Place them in a pot of boiling water and cook until tender, about 15-20 minutes.
5. Drain the cooked potatoes and mash them with the cottage cheese. Season with salt and pepper to taste. Keep warm.
6. Transfer the marinated chicken breasts to the preheated oven and bake for 20-25 minutes, or until cooked through and golden brown.
7. While the chicken is baking, steam the green beans until tender, about 5-7 minutes.
8. Once the chicken is cooked, remove it from the oven and allow it to rest for a few minutes.
9. Divide the mashed potatoes, green beans, and baked chicken among three portions.
10. Slice the remaining half of the lemon and add a slice to each container for extra flavour.

**Nutrition:**

**Cals** 530
**Fat** 5g
**Carbs** 62g
**Protein** 75g
**Sugar** 10g
**Fiber** 9g

# 1 Hard-boiled Egg



10 MIN | SERVES 7

**Ingredients:**

7 large eggs

**Directions:**

1. Place the eggs in a saucepan and cover with cool water.
2. Add a lid to the pan and over high heat bring the water to a boil. Lower to medium-high heat and boil the eggs for 6-7 minutes.

**Nutrition:**

**Cals** 143
**Fat** 10g
**Carbs** 1g
**Protein** 13g
**Sugar** 0g
**Fiber** 0g

# Week Twelve

# Outline

**WEEK 12**

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| **Breakfast** | Lemon Overnight Oats | Lemon Overnight Oats | Lemon Overnight Oats | Lemon Overnight Oats | Blueberry Crumble | Blueberry Crumble | Blueberry Crumble |
| **Snack** | Salmon Patties | X | Salmon Patties | X | Salmon Patties | X | Salmon Patties |
| **Lunch** | Lemongrass Chicken & Salad | Lemongrass Chicken & Salad | Lemongrass Chicken & Salad | Lemongrass Chicken & Salad | Cottage Pie | Cottage Pie | Cottage Pie |
| **Snack** | X | Salmon Patties | X | Salmon Patties | X | Salmon Patties | X |
| **Dinner** | Teriyaki Salmon Bowls | Teriyaki Salmon Bowls | Teriyaki Salmon Bowls | Teriyaki Salmon Bowls | Sweet & Sour Pork Stir-Fry | Sweet & Sour Pork Stir-Fry | Sweet & Sour Pork Stir-Fry |
| **Nutrition Information Totals:** | | | | | | | |
| | **Cals** 1590 | **Cals** 1590 | **Cals** 1590 | **Cals** 1590 | **Cals** 1591 | **Cals** 1591 | **Cals** 1591 |

# Grocery List

**WEEK 12**

### Fruit & Vegetables

1 lemon
250g blueberries
1 lime
7 carrots
1 cucumber
1 iceberg lettuce
2 celery stalks
1 brown onion
1 red onion
400g potatoes
2 tablespoons chopped fresh parsley
1 tablespoon fresh ginger
1 green capsicum
1 long red chilli
200g green beans, trimmed
200g broccoli florets

### Bread/Grains

350g rolled oats
50g plain flour
200g rice noodles
60g breadcrumbs
875g cooked brown rice (7 microwave cups)

### Canned/Jarred Goods

225g can pineapple pieces in natural juice
880g canned salmon

### Herbs/Spices/Sauces

80g lemongrass paste
2 tbsp fish sauce
Soy sauce
1/2 tsp chilli flakes
1/2 tsp dried thyme
Salt and pepper
70g 99% fat free mayonnaise
2 tablespoons oyster sauce
2 tablespoons tomato sauce
1/2 teaspoon paprika
1 teaspoon ground ginger

### Pantry Staples

30g desiccated coconut
2 tbsp chia seeds
40g peanuts
250ml beef stock
Olive oil spray
1 tablespoon cornflour
1 tablespoons honey
120ml maple syrup
1 tsp vanilla extract
3 tbsp brown sugar
2 tbsp cornstarch
1 tbsp flour
2 tablespoons white wine vinegar

### Dairy/Alternatives

350g non-fat Greek yogurt
560ml skim milk
75g shredded mozzarella cheese
1 tbsp butter

### Protein

400g chicken breast
500g lean beef mince
4 large eggs
300g pork mince
400g salmon fillet

# Lemon Overnight Oats



10 MIN | SERVES 4

**Ingredients:**

200g rolled oats

30g desiccated coconut

2 tbsp chia seeds

Juice of 1 lemon

Zest of 1 lemon

60ml maple syrup

1 tsp vanilla extract

200g non-fat Greek yogurt

500ml skim milk

**Directions:**

1. In a large mixing bowl, combine the rolled oats, desiccated coconut, and chia seeds.
2. Add the lemon juice, lemon zest, maple syrup, and vanilla extract to the bowl.
3. Mix in the non-fat Greek yogurt and skim milk until well combined.
4. Divide the mixture evenly into 4 individual airtight containers or jars.
5. Seal the containers and refrigerate them overnight, or for at least 6 hours, to allow the oats to soften and the flavours to meld.
6. Once chilled, give the overnight oats a good stir before serving.

**Nutrition:**

**Cals** 406
**Fat** 11g
**Carbs** 59g
**Protein** 18g
**Sugar** 23g
**Fiber** 8g

# Blueberry Crumble



40 MIN | SERVES 3

**Ingredients:**

150g rolled oats

50g plain flour

250g blueberries

1 tbsp lemon juice

1 tbsp cornstarch

60ml maple syrup

150g non-fat Greek yogurt

**Directions:**

1. Preheat the oven to 180°C (350°F). Grease a small baking dish or three individual ramekins.
2. In a mixing bowl, combine the rolled oats, plain flour, and maple syrup.
3. In a separate bowl, toss the blueberries with lemon juice and cornstarch until evenly coated.
4. Place the blueberries in the bottom of the prepared baking dish or ramekins.
5. Sprinkle the oat mixture evenly over the top of the blueberries.
6. Bake in the preheated oven for 25-30 minutes, or until the topping is golden brown and the blueberries are bubbling.
7. Remove from the oven and let it cool slightly before serving.
8. Serve with a dollop of non-fat Greek yogurt on top.

**Nutrition:**

**Cals** 408
**Fat** 4g
**Carbs** 82g
**Protein** 14g
**Sugar** 27g
**Fiber** 8g

# Lemongrass Chicken & Salad



40 MIN | SERVES 4

**Ingredients:**

400g chicken breast

80g lemongrass paste

Juice of 1 lime

2 tbsp fish sauce

1 tbsp soy sauce

1 tbsp brown sugar

3 carrots, julienned

1 cucumber, thinly sliced

1 small head of iceberg lettuce, shredded

200g rice noodles

40g peanuts, chopped

**Directions:**

1. In a bowl, combine the lemongrass paste, lime juice, fish sauce, soy sauce, and brown sugar to make the marinade.
2. Cut the chicken breast into thin strips and toss them in the marinade. Let it marinate for at least 15 minutes.
3. While the chicken is marinating, prepare the vegetables. Julienne the carrot, slice the cucumber thinly, and shred the iceberg lettuce. Set aside.
4. Cook the rice noodles according to the package instructions. Drain and set aside.
5. Heat a non-stick skillet over medium heat. Add the marinated chicken strips and cook until they are golden brown and cooked through, about 5-7 minutes. Once cooked, remove the chicken from the skillet and set aside.
6. In a large bowl, combine the cooked rice noodles, shredded lettuce, julienned carrot and sliced cucumber. Divide into 4 equal portions.
7. Add the cooked lemongrass chicken and chopped peanuts.

**Nutrition:**

**Cals** 512
**Fat** 15g
**Carbs** 53g
**Protein** 38g
**Sugar** 11g
**Fiber** 2g

# Cottage Pie



40 MIN | SERVES 3

**Ingredients:**

500g lean beef mince

1 celery stalk, finely chopped

2 carrots, diced

1 onion, diced

250ml beef stock

1/2 tsp chilli flakes

1 tbsp flour

1/2 tsp dried thyme

400g potatoes, peeled and diced

1 tbsp butter

1/4 cup skim milk

75g shredded mozzarella cheese

Salt and pepper to taste

**Directions:**

1. Preheat the oven to 200°C (400°F).
2. In a large saucepan, heat some oil over medium heat. Add the diced onion, celery, and carrot. Cook until softened, about 5 minutes.
3. Add the lean beef mince to the saucepan. Cook until browned, breaking up any lumps with a spoon.
4. Sprinkle the flour over the beef and vegetable mixture. Stir well to combine.
5. Pour in the beef stock and add the chilli flakes and dried thyme. Season with salt and pepper to taste. Bring to a simmer and cook for 10-15 minutes until the mixture thickens slightly.
6. While the beef mixture is simmering, boil the diced potatoes in a separate saucepan until tender, about 10-15 minutes.
7. Once the potatoes are cooked, drain them and return them to the saucepan. Add the butter and skim milk to the potatoes. Mash them with a potato masher or fork until smooth. Season with salt and pepper to taste.
8. Transfer the beef mixture to an ovenproof dish. Spread the mashed potatoes evenly over the top of the beef mixture. Top with mozzarella cheese.
9. Place the dish in the preheated oven and bake for 15-20 minutes, or until the mashed potatoes are golden brown and the filling is bubbling. Remove from the oven and let it cool slightly before serving.

**Nutrition:**

**Cals** 519
**Fat** 18g
**Carbs** 46g
**Protein** 49g
**Sugar** 7g
**Fiber** 12g

# Teriyaki Salmon Bowls



35 MIN | SERVES 4

**Ingredients:**

400g salmon fillet, skinless, cut into cubes

200g green beans, trimmed

200g broccoli florets

500g cooked brown rice (4 microwave cups)

1/4 cup water

1/4 cup soy sauce

2 tablespoons brown sugar

1 tablespoons honey

1 teaspoon ground ginger

1 tablespoon cornstarch

**Directions:**

1. In a mixing bowl, combine water, soy sauce, brown sugar, honey, ground ginger, and cornstarch to make the teriyaki marinade.
2. Add the salmon cubes to the marinade, ensuring they are well coated. Set aside to marinate for 10-15 minutes.
3. While the salmon is marinating, steam the green beans and broccoli until tender but still crisp. Set aside.
4. Heat a non-stick skillet or frying pan over medium-high heat. Add the marinated salmon cubes to the skillet, reserving the marinade.
5. Cook the salmon for 3-4 minutes on each side, or until browned and cooked through. Remove the cooked salmon from the skillet and set aside.
6. In the same skillet, pour in the reserved teriyaki marinade. Bring the marinade to a simmer and cook for 2-3 minutes, or until it thickens slightly to form the sauce.
7. Return the cooked salmon to the skillet and toss to coat in the teriyaki sauce.
8. Divide the cooked rice evenly among 4 bowls or containers. Top each bowl with equal portions of the teriyaki salmon.
9. Arrange the steamed green beans and broccoli around the salmon.

**Nutrition:**

**Cals** 531
**Fat** 18g
**Carbs** 59g
**Protein** 33g
**Sugar** 15g
**Fiber** 7g

# Sweet & Sour Pork Stir-Fry



30 MIN | SERVES 3

**Ingredients:**

225g can pineapple pieces in natural juice

1 long red chilli, thinly sliced

300g pork mince

1 tablespoon fresh ginger, grated

2 carrots, thinly sliced

1 green capsicum, thinly sliced

1 tablespoon cornflour

2 tablespoons white wine vinegar

2 tablespoons oyster sauce

2 tablespoons tomato sauce

1 tablespoon soy sauce

375g cooked brown rice (3 microwave cups)

**Directions:**

1. Drain the pineapple pieces, reserving the juice. Set aside.
2. In a small bowl, mix the reserved pineapple juice with cornflour until smooth. Set aside.
3. In another bowl, combine white wine vinegar, oyster sauce, tomato sauce, and soy sauce. Set aside.
4. Heat a large non-stick frying pan or wok over medium-high heat. Add the pork mince and cook, breaking it up with a spoon, for 5-6 minutes or until browned.
5. Add the grated ginger and sliced carrot and capsicum to the pan and stir-fry for 3-4 minutes until tender.
6. Pour the pineapple juice-cornflour mixture into the pan and stir well. Add the sauce mixture and stir to combine.
7. Add the drained pineapple pieces and sliced chilli to the pan. Stir to coat everything in the sauce.
8. Cook for another 2-3 minutes, or until the sauce has thickened and everything is heated through.
9. Divide the cooked rice evenly among 3 bowls or containers. Top each bowl with equal portions of the sweet and sour pork stir-fry.

**Nutrition:**

**Cals** 523
**Fat** 14g
**Carbs** 70g
**Protein** 25g
**Sugar** 19g
**Fiber** 8g

# Salmon Patties



25 MIN | SERVES 7

**Ingredients:**

880g canned salmon in springwater, drained

4 large eggs

70g 99% fat free mayonnaise

60g breadcrumbs

2 tablespoons chopped fresh parsley

70g diced red onion

50g diced celery

1/2 teaspoon paprika

Salt and pepper to taste

Olive oil spray for pan-frying

**Directions (for 1 serve):**

1. In a mixing bowl, combine the drained canned salmon, eggs, mayonnaise, breadcrumbs, parsley, red onion, celery, paprika, salt, and pepper. Mix until all the ingredients are well incorporated.
2. Divide the mixture into six equal portions and shape each portion into a round patty.
3. Heat a non-stick skillet over medium-high heat and lightly grease it with olive oil spray.
4. Place the salmon patties in the skillet and cook for about 3-4 minutes per side or until they are golden brown and heated through.
5. Once the Salmon Patties are cooked, remove them from the skillet and place them on a paper towel-lined plate to absorb any excess oil.

**Nutrition:**

**Cals** 126
**Fat** 5g
**Carbs** 17g
**Protein** 5g
**Sugar** 3g
**Fiber** 5g

# Yay,
# you did it!