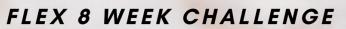
Winter Warrior

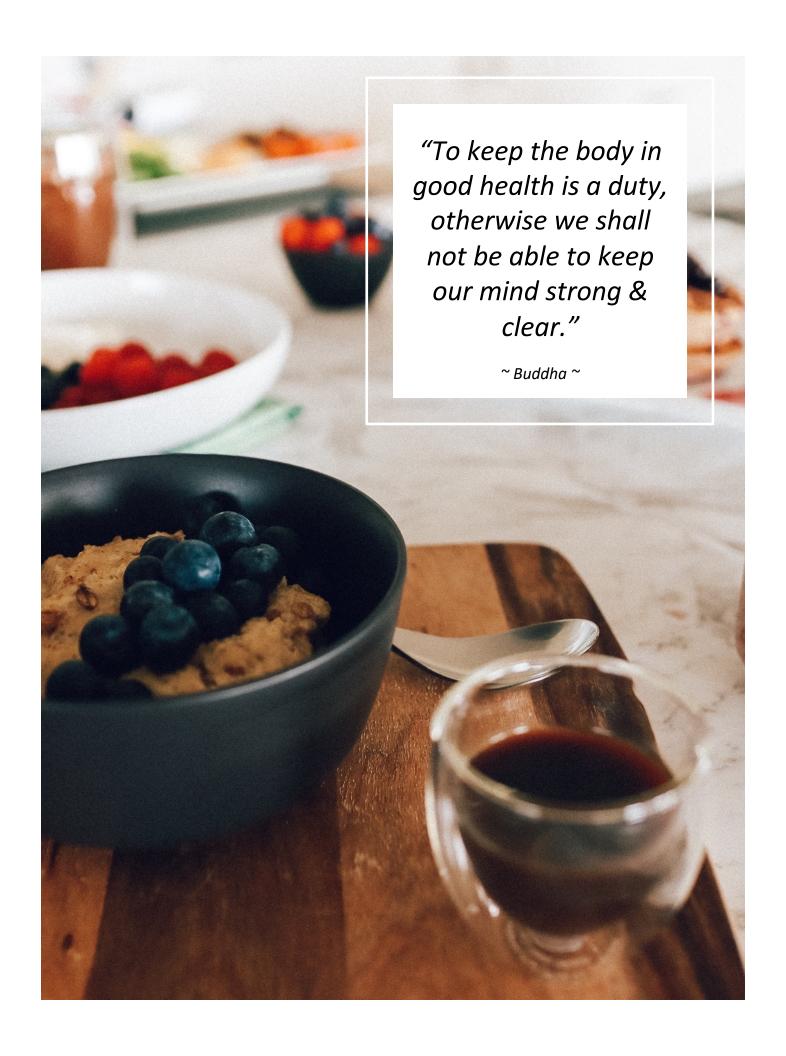






Flex Foodie Guide

Specially crafted recipes that will help you through your 8 Week Challenge



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WORDS OF WIDSOM

Welcome to the Flex Fitness Australia 8 Week Challenge Foodie Guide!

If you are reading this its likely you have decided its time for a change! Time to get back on track, start eating for your health or even just to keep you accountable. Whatever the reason we are here to help you reach your goals and continue the journey long after the 8 weeks come to an end.

We have created this recipe book to help keep you on track and motivated over the next 8 weeks. We are all about healthy, colourful, fresh food that will nourish your body whilst fueling you to get the most out of your training.

Remember that nothing worth doing is ever easy, This is a Challenge! Not every meal will be what you would ideally like to be eating but you can rest assured that every meal correctly followed will be bringing you closer to your goals.

Now let the hard work and determination begin!

Curtis & Lizzie

(Founders of Flex Fitness Australia)

PANTRY ESSENTIALS

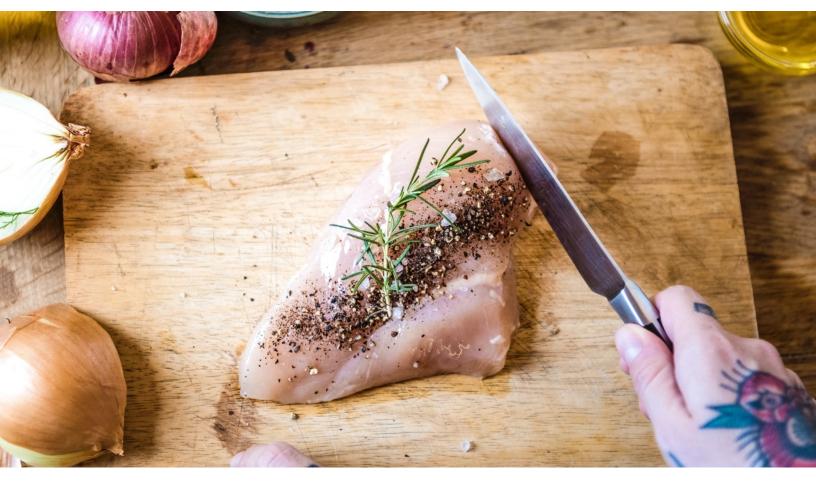
It's always good to be prepared week-to-week during the challenge. Here are some must-haves that you should stock up on in your pantry. Be sure to refer to your allowed foods as well to get the most variety this challenge.



- ✓ Stock up on your spices & dried herbs.
- ✓ Be sure to try the Mingles Seasoning range stocked here at Flex. These seasonings have no baddies in them & taste amazing!
- ✓ Barleans Greens is a delicious superfood perfect to add into your yoghurt, shakes or anything you want to have that nice chocolate taste you're missing out on.
- ✓ Make sure you are ONLY using Macadamia or Avocado oil with your cooking!
- ✓ Have some tinned foods on standby incase you run out tuna in brine, whole
 or diced tomatoes, sauerkraut, corn, beetroot.
- ✓ Stock up on foods you will be having a lot of (corn thins, coconut water, rice, oats etc.)

PORTIONING YOUR FOOD

It's important to keep in mind that some of these recipes are for more than one serve. Please remember how much protein you should be having in each meal – this is incredibly important to your challenge journey!



It's always important to keep track of the weight of the raw protein going into any dish so you know how many serves you will have at the end. Here are some tips to make sure you're portioning your food as accurately as possible:

- Always keep track of the weight of the raw protein going into any dish so you know how many serves you will have at the end
- Cut protein into similar sized pieces so they weigh roughly the same. That way If you have a dish with 4 serves and each serve has 5 pieces of protein, they should be close to equal.
- □ If using mince, weigh the total dish after cooking and divide by the number of serves to give a weight of each portion.
- ⇒ If cooking something like a roast don't forget that cooked protein is about 80% if the raw weight so reduce your serving accordingly. For example: 150g raw chicken would be 120g of cooked chicken.

TIPS & TRICKS

Some of our favourite tips, tricks & words of wisdom from past challengers + experts!



- 1. Find what works best for YOU & stick to it
- . Know your goal & remind yourself daily of it. Having something tangible to focus on helps get through the hard days!

Keep reminding yourself it's only 8 weeks!

- Plan, plan & plan! Food, gym classes, PT sessions, walks... plan & schedule everything you can! Knowing what your week looks like in advance will help you keep on track.
- 6. Write out your weekly meal plan & make sure you have shopped for all the ingredients you need.
- 互 Preparation is key. Plan your meals, prep food in advance (if that works for you) or make sure you have all the ingredients on hand, portion out snacks, pack a gym bag in the morning to have in the car or lay it out the night before. There are no excuses!

TIPS & TRICKS

- **7** Keep some variety in your meals if you are eating chicken & veggies everyday you will find it hard to stick to the meal plan.
- Make enough dinner to have Set yourself alarms to remind you to eat throughout the day leftovers for lunch.
- **10** Roast a big tray of veggies that you can have for lunches or dinners with added protein.
- **12.** Experiment with herbs & spices even just a sprinkle of mixed herbs in a dish will lift the flavours.
- **11.** Cook a double batch of stews, curries & soups & put half in the freezer for a meal next week.
- 13. Check out ready made spice mixes or salt rubs. As long as they don't have sugar included in the ingredients, they are good to use.
- 14 Laminate a copy of your meal plan & keep it in the kitchen to remind you of the details & help keep you on track!
- 15. Try & remove all from temptation house. If its not there, you can't eat it.
- $16_{ extbf{-}}$ Try not to think about what foods & drinks you are missing out on. Rather, focus on the healthier lifestyle & new habits you are creating.



TIPS & TRICKS



- 17. If you have a bad day don't let it ruin the week. Remind yourself that tomorrow is a new day & commit to getting back on track.
- 18. Ask your family & friends to support you through your journey by letting them know how important this journey is for you. Be it an encouraging text, some reassurance along the way or some extra help at home or with the kids, having those close to you cheering from the sidelines goes a long way.
- 19. Use the Facebook group it can be a fantastic motivator when needed as well as a great place to share ideas & get some inspiration.
- 20 Use your mentor. They are a great resource & can help you with whatever burning questions you may have.

BREAKFAST

"One should not attend even the end of the world without a good breakfast." ~ Robert A. Heinlein ~



How you wake up each day and your morning routine (or lack thereof) dramatically affects your levels of success in every single area of your day and life! By starting the day with a healthy breakfast you are providing your body with energy you need to stay on track and focused for the day to come. Getting your breakfast right will put you in the right mindset and help keep you on track with food all day.

Lets all make sure we are aren't missing breakfast!

Be sure to refer to our Additional Food Ideas section at the back of this E-Book to get few extra simple & easy breakfast ideas.



BREAKFAST LETTUCE CUPS



Eggs as per meal plan Avocado as per meal plan Dash of coconut aminos or soy sauce 4 baby cos lettuce leaves 6-8 baby tomatoes, halved

OPTIONAL

Lime juice & coriander to serve

- 1. Heat a small non-stick frypan to medium.
- 2. Crack the eggs into a small bowl and add the coconut aminos or soy. Use a fork to gently whisk together and scramble the eggs. Pour the egg mixture into the frypan and cook for around 3 minutes or until cooked through. You can either cook the egg, moving it around the pan with a spoon until cooked OR let it sit and cook into an egg pancake.
- 3. While the eggs are cooking, place the lettuce cups onto a plate. Divide the avocado and tomatoes between the lettuce cups.
- 4. Once the egg is cooked, divide it between the lettuce cups. Squeeze over some lime and sprinkle some coriander.

BREAKFAST SAVOURY MINCE



INGREDIENTS

500g Heart Smart Extra Lean **Beef Mince** Country Split wholemeal bread as per meal plan 40ml Worcestershire sauce 800g tinned crushed tomatoes 300g frozen mixed peas and corn

*Adjust weight of ingredients accordingly depending on how many serves you will be making



- 1. Cook mince in a fry pan until browned.
- 2. Add Worcestershire sauce and crushed tomatoes into fry pan and stir.
- 3. Add frozen mixed peas and corn and stir until warm.
- 4. Season with chosen herbs and spices.
- 5. Put your bread into toaster and toast.

CORN FRITTERS



INGREDIENTS

Per person

2 eggs

125g tin corn kernels, drained

1 teaspoon soy sauce or coconut aminos

Pinch of salt & pepper Lemon juice

Avocado & baby spinach to serve

- 1. Crack the eggs into a small bowl and whisk with a fork.
- 2. Add in the drained corn and a dash of soy sauce or coconut aminos along with a pinch of salt
- 3. Heat a small medium frying pan until quite hot. Add the egg corn mixture and cook for around 2 minutes. Flip the fritter and continue cooking on the other side for another minute or two until cooked through.
- 4. Serve on a bed of baby spinach with a side of fresh avocado and squeeze of lemon juice.



DECONSTRUCTED SMOOTHIE

MIX UP SMOOTHIE DAY WITH THIS DECONSTRUCTED SMOOTHIE



Blueberries as per meal plan Banana as per meal plan Chobani Fit or YoPro as per meal plan WPI as per meal plan 250 ml Coconut Water

- 1. Combine the coconut water and WPI to make a coconut protein shake. Chocolate is a good flavour to use here.
- 2. Slice the banana and top with fresh or frozen blueberries and the yoghurt. Omit the banana if your meal plan doesn't allow for a banana in the smoothie.



EGG CUPS

INGREDIENTS

6 eggs Salt & pepper Vegetable filling of your choice

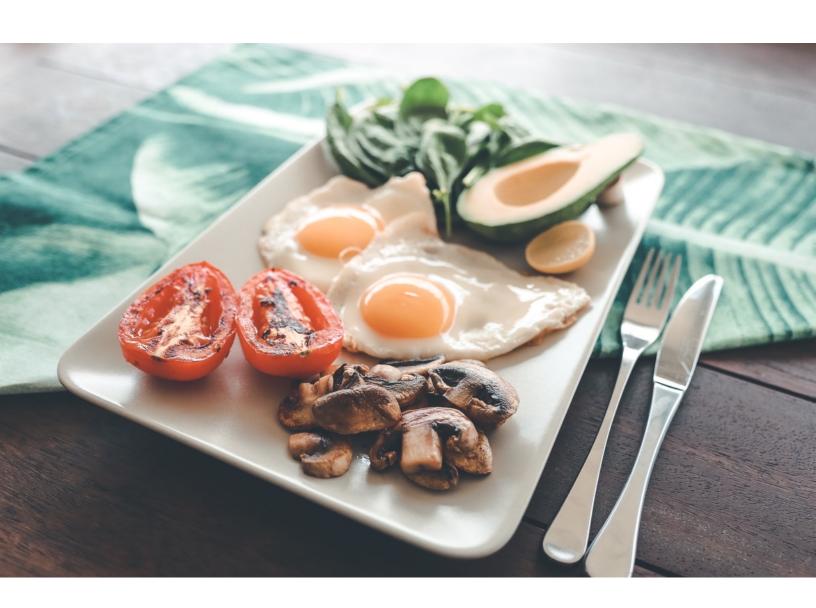
Vegetable Filling Ideas

- o Sautéed mushrooms, leek & zucchini
- Sliced mushrooms, cooked with garlic, thyme & a little lemon
- o Fresh tomato & baby spinach
- o Diced capsicum, tomato, onion, corn & coriander. Chilli optional
- o Sautéed spinach with garlic & lemon
- o Broccoli & lemon

INSTRUCTIONS

- 1. Line a large 6 muffin tray with non-stick cases (or lightly spray with a non-stick olive spray). Silicone cases are best or use a silicone muffin tray if you have one.
- 2. Add your eggs to a bowl along with some salt and pepper and whisk together.
- 3. Prepare your vegetable mixture/s of choice.
- 4. Divide the vegetable mixture equally into the muffin tin. Pour over the egg mixture filling each about ¾ of the way up.
- 5. Bake in a preheated 180 degree oven for around 20 minutes or until cooked through.
- 6. Each egg cup will be equivalent of 1 egg as per the meal plan
- 7. Egg cups will keep in the fridge for 4-5 days and can be reheated in the microwave (about 20 seconds).
- 8. They are delicious served with diced avocado and tomato on the side or eaten as is.

NOTE: If you have fetta in your meal plan you can add it into the egg cup mixture for added flavor.



FLEX BIG BREKKY



Eggs as per meal plan Avocado as per meal plan

A good handful of baby spinach or rocket 1 roma tomato, halved

4 mushrooms, roughly chopped

Lemon juice, salt & pepper

lengthways

- 1. Heat a non-stick frying pan to medium. Place the tomatoes and mushrooms into the pan and cook for around 5 minutes, stirring the mushrooms and turning the tomatoes about halfway though. If the vegetables are sticking, add a splash of water to the pan.
- 2. Place the spinach on a plate along with the avocado. Add the cooked tomatoes and mushrooms to the plate.
- 3. Return the frypan to the heat and crack the eggs into the pan. Cook to your liking – about 3 minutes will just set the whites and keep the yolks runny. Serve on top of the spinach alongside the cooked vegetables and avocado.
- 4. Season with a squeeze of lemon juice, and salt and pepper to taste. A sprinkle of chilli powder will add a nice zing as well.



FLEX SMOOTHIE/SMOOTHIE BOWL (AS PER MEAL PLAN)



Blueberries as per meal plan Banana as per meal plan Chobani Fit or YoPro as per meal plan WPI as per meal plan 250 ml Coconut Water

INSTRUCTIONS

1. Combine all ingredients in a blender and process until smooth. Pour into a large glass and drink immediately.

*To have as a smoothie bowl fill blender with ice to create thicker consistency.



PROTEIN OAT PANCAKES



Oats as per meal plan Blueberries as per meal plan WPI as per meal plan

80 ml water Pinch baking soda (optional)

- 1. Combine the oats, water and WPI and mix well. Allow to soak for a few minutes.
- 2. Place the blueberries into the microwave and heat for 60-90 seconds.
- 3. Blitz in a food processor / blender or with a stab blender until almost smooth. You still want to have a little bit of texture. Stir through the baking powder (this just gives a little bit of lightness to the pancakes)
- 4. Heat a non-stick frying pan to medium and pour in the mixture. You can make one large pancake or several smaller pancakes. Cook for around 2 minutes per side, or until golden.
- 5. Remove from the pan and place on a plate. Continue cooking until all the mixture has been used up. Pour over the warm blueberries to serve.



LUNCH & DINNER

"You don't have to cook fancy or complicated masterpieces – just good food from fresh ingredients." ~ Julia Child ~

Failing to prepare is preparing to fail.

Always ensure you have your lunch & dinner ready and available when you need it. Leaving these to chance often means we end up taking the easy option and getting some kind of fast food.

Be sure to refer to our Additional Food Ideas section at the back of this E-Book to get few extra simple & easy lunch + dinner ideas.

LUNCH IDEAS

These must align with your meal plans

- ⇒ Be prepared. Pack your lunch, whatever it is, the night before. Dish up an extra serve of dinner ready to go or make an extra tub of salad. It won't feel like work if you are doing it with the dinner prep.
- ⇒ Leftovers are the best. Make extra serve of your dinner and use the protein and vegetables /salad to make up a lunch to have the next day. Serve it up at the same time as you serve dinner then it's already done.
- Roast a big tray of vegetables on the weekend to take for lunches during the week with a protein of your choice. Use tomato, eggplant, capsicum, zucchini, onion and garlic for a ratatouille-based mix, or go for a root vegetable mix with pumpkin, carrots, parsnip, cauliflower, brussels sprouts, onion and garlic. Season well with salt, pepper and some spices of your choice and roast until soft and golden.
- ➡ Make a garden salad with mixed lettuce, capsicum, cucumber, tomatoes, snow peas, carrot, onion (or) shallots). Add in seeds or avocado as per the meal plan and top with a protein of your choice. Tinned tuna or some skin free BBQ chicken works well. Dress with lemon juice, a nice vinegar or a little soy sauce. You can even make up a large container of garden salad which will keep all week with no dressing.



LUNCH IDEAS

These must align with your meal plans

- □ If at home, make a quick vegetable soup. Chop up some a cup or two of mixed vegetables and place in a saucepan with a clove of garlic and some water/chicken stock. Simmer until the veg is soft then whiz in a blender/stab mixer until smooth. Season with salt, pepper and lemon juice and top with protein. Add potato or rice as per the meal plan. I like combos such as broccoli and mushroom, spinach and zucchini but will generally just use whatever veg I have in the fridge!
- ⇒ Or make a large pot of vegetable soup over the weekend to take for lunches.
- ⇒ If it's rice day, take a rice cup along with a tin of tuna and mix together with some fresh tomato, coriander, cucumber, shallots and soy sauce/coconut aminos.
- Buy a bag of ready mixed salad and a BBQ chicken which will do lunch for a few days in a row. Dress with vinegar or lemon juice. Remove the chicken skin before eating.



LUNCH ON THE RUN

If you get stuck without lunch & need to grab something on the go, here are some of our go-to options. Make sure they align with your meal plan.

- ⇒ Order a grilled chicken salad without dressing at a café or restaurant
- Find a salad bar/ sandwich shop at a food court and get a salad made with the protein of your choice and either no dressing or just vinegar. Add avocado or potato if it's in your meal plan.
- ⇒ Grilled fish and salad from a fish and chip shop. No dressing or sauces.
- A subway salad bowl with NO cheese, NO dressing and having the plain chicken, turkey or roast beef. Add avocado only if it's part of your meal plan.
- A poke bowl on greens (or minimal rice) and topped with tuna or grilled chicken and basic salad ingredients. Make sure the dressing (if any) is a citrus and soy based dressing and not an oil or creamy based one.



ASIAN CHICKEN WOMBOK SALAD



INGREDIENTS

Shredded Wombok cabbage Thinly sliced red onion Snow peas, thinly sliced Red capsicum, thinly sliced Carrot, peeled and sliced into ribbons with the peeler (or grated)

Cucumber, thinly sliced Grilled or poached chicken breast (as per your meal plan) Coriander and mint, roughly torn

Lime juice, soy sauce and shichimi togarashi (Japanese Spice mix) or chilli sauce (optional)

Optional: Avocado (as per your meal plan)

- 1. Place the Wombok cabbage in the bottom of a bowl or lunch container. Top with the carrot, snow peas, capsicum, red onion, cucumber and herbs. Slice or shred your chicken and add to the salad along with the avocado (if part of your meal plan).
- 2. Dress with the juice of half a lime, a drizzle of soy sauce and sprinkle of shichimi togarashi or chilli sauce. Eat immediately or store in the fridge until serving.
- 3. Note: all ingredients are to taste rather than specific quantities. For 1 serve I would use about a cup of Wombok, ¼ red onion, 4 snow peas, 1 cheek of capsicum, about ¼ of a cucumber and ½ a carrot to make the salad.

PRAWN & AVOCADO SALAD



INGREDIENTS

200g cooked prawns, peeled (which will give about 120g prawn meat) 1/2 avocado Baby tomatoes Mixed salad leaves Lemon juice (or half a lemon)

Optional: chilli sauce



- 1. In the base of your lunch container, lay out a bed of mixed salad leaves.
- 2. Peel and slice the avocado and lay on top of the leaves. Add the prawns to the salad along with the tomatoes.
- 3. Add in the lemon half to squeeze over before eating. Add some chilli sauce if desired.
- 4. Refrigerate until serving.



RAMEN ON THE GO



SERVES 1

Zucchini noodles Carrot noodles Red capsicum, finely sliced Cabbage, shredded Baby tomatoes Snow peas, sliced Shredded chicken Coriander 1 teaspoon chicken stock powder Seasonings – chilli sauce, soy sauce/ coconut aminos, lime juice

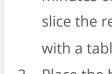
- 1. Place a teaspoon of chicken stock powder in the bottom of a large jar along with a squeeze of chilli sauce (to taste), soy sauce (to taste) and squeeze of lime juice.
- 2. Layer over the vegetable noodles then remaining vegetables and chicken, topping with the tomato and coriander. You can prepare this stage in advance and keep in the fridge until time to eat.
- 3. Pour over 1-2 cups of boiling water and stir well. Allow the jar to stand for a few minutes to soften the 'noodles' and heat the chicken through. Mix well and enjoy.
- 4. This is also delicious with a tin of tuna instead of chicken for variety.

ROAST PUMPKIN & SPINACH SALAD



INGREDIENTS

1/2 butternut pumpkin Macadamia oil – a few drops Salt and pepper Bag of baby spinach Red onion, to taste Red wine or sherry vinegar Pepitas, as per your meal plan Poached or grilled chicken breast, as per your meal plan



INSTRUCTIONS

- 1. Preheat the oven to 170 degrees. Peel and remove the seeds from the pumpkin and dice into a 2cm dice. Place the pumpkin into a large baking tray and season well with salt and pepper. Drizzle a few drops of macadamia oil over the pumpkin and using your hands mix well.
- 2. Place the pumpkin into the oven and roast for around 40 minutes or until soft and golden. Set aside to cool. Thinly slice the red onion and place into a small bowl. Cover with a tablespoon of vinegar to 'quick pickle' the onion.
- 3. Place the baby spinach into a bowl or the base of your lunch container. Scatter over the roast pumpkin and 'pickled' red onion to taste. Slice the chicken and place on top of the salad and add the pepitas to the top.
- 4. Dress with the vinegar that the red onion had been in adding extra if required. Eat immediately or refrigerate until eating at a later time.

Note: extra pumpkin can be stored in the fridge for a few days. I always make extra so as to top multiple salads during a week.



SFRVFS 2



ASIAN CHICKEN MEATBALLS



INGREDIENTS

500g chicken mince

4 cloves of garlic

4cm knob of ginger

1-2 fresh red chilli

Handful of coriander

Zest of 1 lime

- 1 tablespoon soy sauce
- 1 teaspoon fish sauce
- 1 small carrot, grated and

moisture squeezed out



- 1. Preheat the oven to 190 degrees.
- 2. Peel and roughly chop the ginger and garlic. Remove the stem from the chilli and roughly chop. Place them into the bowl of a small food processor along with the coriander and soy sauce and blitz until it resembles a coarse paste.
- 3. Place the remaining ingredients into a bowl along with the paste. Using your hands, mix well to combine all the ingredients.
- 4. Form the mixture into 12-16 meatballs and place onto a baking paper lined baking tray. Bake in the oven for 20-25 minutes.
- 5. Serve with an Asian salad or stir-fried vegetables. They are delicious with a dipping sauce made from soy sauce (or coconut aminos), lime juice, fresh chilli and a little fish sauce.



INGREDIENTS

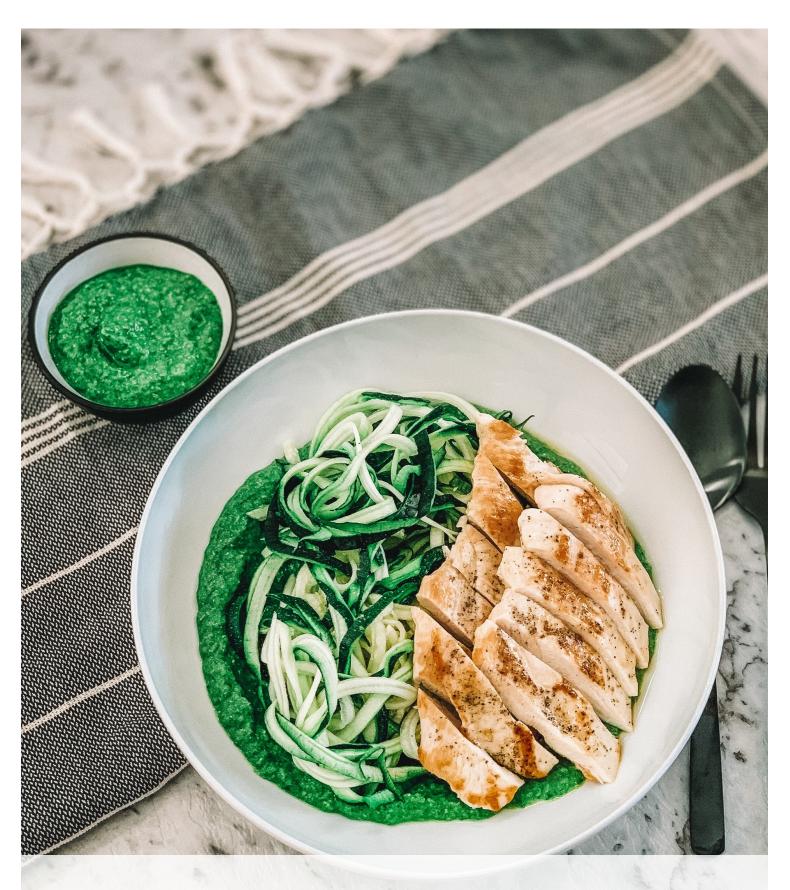
1/2 red onion Lemon juice 1 avocado Coriander 1 cob corn Soy sauce 15-20 mini roma or cherry tomatoes Salt

1/3 Lebanese cucumber 1 cheek red capsicum





- 1. Remove the husk from the cob of corn and wrap in paper towel. Wet the paper towel and place the wrapped corn into the microwave and cook for 3-4 minutes on high. Remove when cooked and unwrap, setting aside to cool.
- 2. Finely slice the red onion and place into a bowl. Squeeze over the juice of half a lemon to begin to soften the onion.
- 3. Prepare the remaining vegetables and place into the bowl with the onion. Quarter the tomatoes and dice the capsicum into a 5 mm dice. Cut the cucumber in half and de-seed (if desired) then cut into a similar size as the other vegetables. Cut the avocado into roughly 5mm pieces.
- 4. Cut the kernels off the cob of corn and add to the salsa. Add in a handful of roughly chopped coriander (to taste), another squeeze of lemon juice, a pinch of salt and a dash of soy sauce. Mix gently to combine. Taste and adjust seasoning if required.
- 5. Serve with the protein of your choice and rice.



AVOCADO PESTO ZOODLES WITH CHICKEN

INGREDIENTS

1 avocado 1 tablespoons nutritional yeast

1 bunch basil (optional)

1 clove garlic 300g chicken breast

1 lemon, juice and zest Avocado oil

Salt and pepper Zucchini noodles for two (about 3

Water medium zucchinis if making yourself)





- 1. Place the avocado, basil, garlic, lemon juice and zest into a blender or food processor along with a pinch of salt and pepper. Add 1/4 cup water and blend until you get the desired consistency. Add a little more water if it is too thick. Taste and add more lemon juice, salt & pepper as needed. Stir through nutritional yeast to taste, if using (this will give a slightly 'cheesy' savoury flavour to the pesto)
- 2. Season your chicken breasts with a little salt and pepper. If the chicken is quite thick, cut in half to butterfly the breast which will make it cook faster. Cook the chicken in a very small amount of avocado oil until cooked through. Set aside.
- 3. Prepare your zucchini noodles to your liking. They can be left raw, boiled or steamed. Toss them through about half the pesto.
- 4. To serve, divide the pesto zoodles between two bowls. Slice the chicken breast and divide between the bowls. Serve topped with the remaining pesto.

BAKED CHICKEN, MUSHROOMS & RICE



INGREDIENTS

600g lean chicken (breast, thigh or tenderloins)

1 tablespoon Mingle All Purpose Seasoning

200g uncooked white rice (long grain is best)

2 cups water or salt reduced chicken stock

1/2 teaspoon fresh or dried thyme

200g mushrooms, sliced 2 small or 3 medium zucchini,

sliced into rounds

2-3 cloves of garlic, crushed Juice & zest of 1 lemon



- 1. Preheat oven to 190 degrees.
- 2. Toss the chicken in the mingle seasoning to coat then set aside. Note: you can use any general seasoning/ basic spice mix or just a little salt and pepper if you don't have the mingle seasoning.
- 3. Place the rice, garlic, thyme, lemon zest and a little salt & pepper into a large oven proof dish or pan. Pour over the stock/water and stir to combine. Place the mushrooms and zucchini on top of the rice then lay the chicken on top.
- 4. Cover and cook in the oven for 40 minutes. Uncover the dish then return to the oven for a further 10-15 minutes or until the rice is cooked.
- 5. Remove from the oven and squeeze over the lemon juice. Season with a little salt and pepper to taste.
- 6. Serve the baked rice with a green salad.

BAKED LEMON SAGE MEATBALLS WITH TOMATO SAUCE



INGREDIENTS

- 1 small red onion finely sliced
- 4-5 cloves of garlic, crushed
- 1 small carrot, finely grated
- 1 teaspoon avocado oil
- 1 jar passata
- 1 teaspoon chicken stock powder

Thyme – a few sprigs Basil – about a dozen leaves 600 pork mince Salt pepper Lemon zest & juice - 1 lemon 1 tablespoon finely chopped



sage leaves (about 8-10 leaves)

- 1. Combine the onion, 3 cloves of garlic, carrot, avocado oil and a pinch of salt in a saucepan. Sautee gently for a few minutes until softened. Add the passata, stock powder, thyme and basil and cook for 5 minutes. Add a little water to the sauce if you think it is too thick. Transfer to an oven proof casserole dish and set aside.
- 2. Place the pork mince, remaining crushed garlic, zest and juice of a lemon, pinch of salt, pepper to taste and the finely chopped sage into a bowl and mix well to combine. Form the mixture into 16 equal meatballs and place on top off the tomato sauce in the oven proof dish.
- 3. Bake uncovered in a 180 degree preheated oven for about 30 minutes or until the meatballs are cooked through.
- 4. Serve with over rice or zucchini noodles and top with nutritional yeast, if desired.

BALSAMIC CHICKEN & MUSHROOMS



INGREDIENTS

600g chicken breast or tenderloins Dash of macadamia oil 2 cloves of garlic 400-600g mixed mushrooms, cut into chunks ½ cup chicken stock 1 teaspoon Dijon mustard ¼ cup balsamic vinegar 1 tablespoon chopped parsley Salt & pepper



- 1. Heat a large non-stick pan and add a touch of macadamia oil. Add the chicken and cook until golden on each side – a couple of minutes. Remove the chicken and set aside.
- 2. Add the mushrooms and garlic to the pan and cook, stirring often, for about 3-5 minutes. Add the stock, mustard and vinegar and stir well to combine.
- 3. Return the chicken to the pan and continue cooking on a low heat until the chicken is cooked through and mushrooms soft, about 5 minutes. Add a little water if needed to stop the sauce from evaporating.
- 4. Season with a little salt and pepper to taste and sprinkle over the parsley.
- 5. Serve with rice or potatoes alongside a side of green vegetables or a garden salad.

BARRAMUNDI WITH BROCCOLINI RICE & GINGER BROTH



INGREDIENTS

- 1 litre chicken stock
- 1-2 tablespoons fish sauce
- 1-2 tablespoons soy sauce or coconut aminos
- 1 thumb sized knob of ginger
- 4 large cloves of garlic
- 2 x 150-200g skinless

barramundi fillets

- 100g raw rice
- 1 bunch broccolini

6 wombok cabbage leaves, hard

core removed and roughly shredded or torn

Coriander to serve



- 1. Peel the garlic and thinly slice the ginger and place in a large saucepan along with the stock, fish sauce and soy sauce. Bring to a boil then gently simmer for 10 minutes to allow the flavours to develop.
- 2. Strain off about 1 ½ cups of the ginger broth and place into a smaller saucepan with the rice. Cook gently for around 12 minutes, or until rice is cooked. Add a little more liquid during cooking if needed. You want to have a slightly wet rice at the end of the cook.
- 3. When the rice is almost cooked, add the fish to the remaining broth. Poach gently (a very slow simmer) for about 5 minutes, or until cooked through. Add the broccolini to the broth for the final 2 minutes of cooking.
- 4. To serve, divide the wombok between two serving bowls and place half the rice in each bowl. Place a piece of barramundi in each bowl then top with the broccolini. Pour some additional broth into each bowl and top with coriander leaves.

BEEF CHOW MEIN



INGREDIENTS

600g beef mince 1 red onion, thinly sliced 4 cloves garlic, crushed Thumb sized knob of Ginger finely grated 3 teaspoons 5 spice powder 2 tablespoons soy sauce or coconut aminos Sesame oil 100g shitake mushrooms Grated carrot 1-2 Wombok savoy cabbage about 3 cups

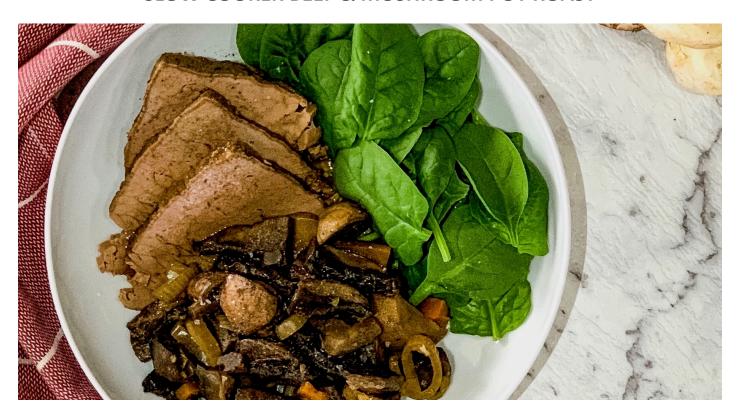
SERVES 4

service

Coriander and fresh chilli to

- 1. Combine mince, garlic, ginger, soy sauce and five spice in a bowl and mix well to combine (hands work best for this).
- 2. Prepare the vegetables. Shred the cabbage thinly slice the mushrooms and onion and grate the carrot.
- 3. Heat a wok to very hot. Add a few drops of sesame oil and the beef mixture and stir fry for a few minutes until half cooked. Add the mushrooms and continue to cook. Stirring often until the mince is cooked through and the mushrooms soft.
- 4. Remove from the heat and stir through the sliced onion, grated carrot, and cabbage. Divide between 4 bowls and top with coriander and fresh chilli (if desired).

SLOW COOKER BEEF & MUSHROOM POT ROAST



INGREDIENTS

- 1-1.2 kg lean beef roast (topside) 600g mixed mushrooms
- 2 small red onions, sliced
- 1 medium to large carrot, diced
- 1 stick of celery, diced
- 1 tablespoon tomato paste
- 1 tablespoon Dijon mustard
- 4 cloves of garlic, peeled and smashed
- 2 teaspoons paprika, preferably a mix of smoked and sweet paprika if you have both
- 1-2 cups beef stock A few sprigs of parsley

Pinch of salt and pepper



- 1. Place the onions, garlic, carrot and celery into the bowl of a slow cooker. Add the paprika, Dijon mustard, tomato paste and stock along with a good pinch of salt and grind of pepper. Stir well to combine all the ingredients.
- 2. Place half the mushrooms and the parsley into the pot, followed by the beef then remaining mushrooms.
- 3. Cover and cook on the low setting for 10 hours.
- 4. Once cooked, slice or shred the beef and return to the mushroom sauce. Serve over cauliflower puree or zoodles with a side of steamed greens.
- 5. Note: you can substitute the roast beef for cubed beef in the recipe. It won't need as long to cook – only 7-8 hours on low.

BROCCOLI SOUP



INGREDIENTS

juice of 1 lemon

salt and lots of pepper

1 brown onion, roughly chopped 4 large cloves of garlic, peeled and chopped 1 head of broccoli, roughly chopped A handful of mushrooms, roughly chopped 3 C chicken stock 1/2 bag baby spinach 1 medium tomato



- 1. Place the onion and garlic in a large saucepan with a splash of water and pinch of salt and cook down until soft.
- 2. Add in the broccoli along with the mushrooms and stock. Bring to a boil, reduce heat and cover then simmer for around 5 minutes or until the broccoli is just tender.
- 3. Add the spinach and tomato to a blender along with as much pepper as you like. Pour over the cooked vegetables and stock and process until smooth. Squeeze in the lemon juice and give another quick blend to mix through.
- 4. Serve on its own or topped with shredded chicken breast or prawns to make the soup more substantial.

BUTTER CHICKEN



INGREDIENTS

Macadamia oil 1 onion, thinly sliced 4 cloves garlic, crushed Thumb sized piece of ginger, finely grated

1 tablespoon tomato paste 1 pkt Butter Chicken dry spice mix (not paste)

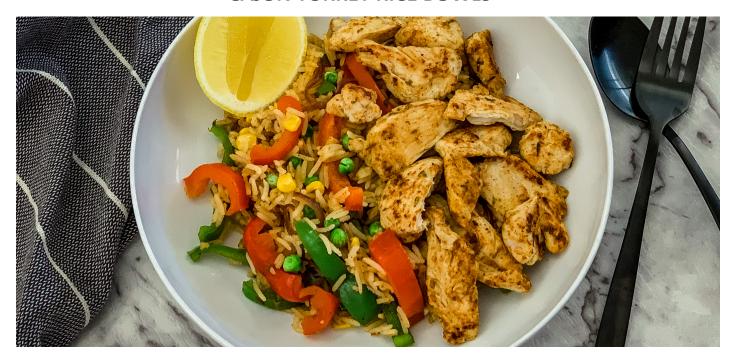
1 tin chopped tomatoes 600g diced chicken breast 1/4 cauliflower, cut into small florets

1 cup chicken/vegetable stock or water Handful green beans

- 1. Heat a very small amount of macadamia oil in a large pan and add the onion garlic and ginger along with a splash of water. Cook gently for 5 minutes until the onion has softened.
- 2. Add the tomato paste cook for about a minute, stirring often. Then add the spice mix and cook for another minute, again stirring often.
- 3. Add the tomatoes cauliflower chicken and stock to the pan. Stir well. Bring to a simmer and cover before cooking for around 20 minutes. Add the beans and cook for a further 5 minutes.
- 4. Serve over rice.



CAJUN TURKEY RICE BOWLS



INGREDIENTS

300g turkey, sliced into thin strips

1-2 Tablespoon Cajun seasoning

Macadamia or avocado oil

1 red onion, sliced thinly

1-2 cloves of garlic, crushed

1/2 red capsicum, sliced

1/2 green capsicum, sliced

1/3 cup frozen peas

1/3 cup frozen corn

1/2 cup water or chicken

stock

2 rice cups (or equivalent cooked rice)



- 1. Place the turkey into a bowl and sprinkle with half the Cajun seasoning and a pinch of salt. Mix well to coat the turkey evenly. Set aside.
- 2. Heat a little oil in a large pan. Add the onion and garlic and cook, stirring often until softened. Add the capsicum, corn and remaining Cajun seasoning and cook for a further 3-5 minutes on low until the capsicum has softened.
- 3. Add the peas and stock, mix well. Stir the rice into the vegetable mixture until well combined and heated through.
- 4. While the vegetable mix is cooking, heat a non stick pan and cook the turkey strips until cooked through - about 3 minutes. Set aside until serving.
- 5. To serve, divide the rice and vegetables between two bowls. Top each bowl with half the turkey strips. Top with a squeeze of lemon if desired.

CHICKEN CURRY



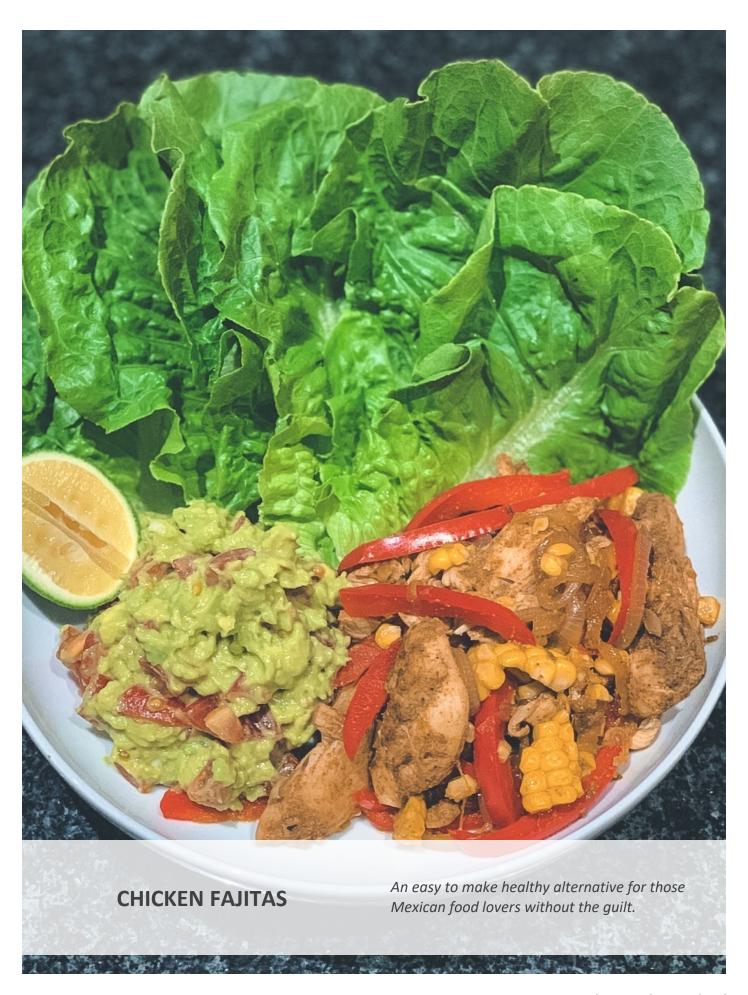
INGREDIENTS

600g chicken breast or thigh, cut into 2-3cm pieces

- 2 heaped teaspoons ground cumin
- 2 heaped teaspoons ground coriander
- 2 heaped teaspoons turmeric
- 1-2 teaspoons chilli powder (to taste)
- 1/2 teaspoon salt
- 1/2 teaspoon oil
- 1 long red chilli, deseeded
- 1 red onion, finely sliced
- 4 cloves of garlic, roughly chopped
- 2 tins of chopped tomatoes
- 1 cup chicken stock
- 2 medium zucchini, cut into 2cm chunks
- 1 bunch silverbeet, roughly chopped
- 2 teaspoons garam masala Juice of 1/2 to 1 lemon Rice and coriander to serve.



- 1. Combine the cumin, coriander, turmeric, chilli powder and salt in a bowl and mix well. Place the chicken and half the spice mix into a bowl and mix well to coat the chicken. (Alternatively, you can place the chicken and spices mix into a snap lock bag and shake to coat the chicken).
- 2. Heat the oil in a large pan and add the onion, garlic and chilli. Cook over a medium heat for a few minutes until the onion is becoming translucent and the mixture becomes fragrant. Add in the remaining spice mixture and cook for another few minutes, stirring often. Be careful not to burn the spices!
- 3. Add the chicken to the pan and cook for another couple of minutes. The chicken will be turning golden on the outside as the spices cook.
- 4. Add in the tins of tomato and chicken stock and stir well, ensuring that you scrape anything off the bottom of the pan. Bring to a simmer then cover and cook for 5 minutes over a low heat.
- 5. Add in the zucchini. Stir then continue to cook for around 15 minutes until the chicken has cooked through and the zucchini is soft.
- 6. Stir through the garam masala and spinach and cook for another few minutes until the spinach is just wilted. Squeeze over the lemon juice and serve with a scattering of coriander over rice.



INGREDIENTS

600g chicken breast

1/2 teaspoon chilli powder

1/2 teaspoon cumin powder

1/2 teaspoon ground pepper

1 teaspoon salt

1/2 teaspoon dried thyme or oregano

1/4 teaspoon garlic powder

1/4 teaspoon onion powder

1 teaspoon smoked paprika

1 teaspoon chicken stock powder

1 cob corn

1 red onion

1 red capsicum

1 lime, juice only

Guacamole

Lettuce leaves or burritos to serve



PREP & COOK TIME

30 MINS



SERVES

- 1. Slice the chicken into strips about 1cm wide.
- 2. Combine all the spices in a medium bowl and mix together. Add in the chicken and stir well to ensure that the chicken is coated in the spice mix. Set aside while you prepare the other ingredients.
- 3. (Note: you can use a store bought fajita mix if you don't want to make your own)
- 4. Remove the outer husk from the corn and wrap in a layer of paper towel (I would usually use two sheets wrapped around the corn). Wet the paper towel then place into the microwave on high for 3-4 minutes. Remove from microwave and set aside.
- 5. Thinly slice the capsicum and red onion. Prepare the guacamole to your liking. My preference is a chunky loaded guacamole filled with diced tomatoes, coriander and spring onions and packing a chilli lime punch. Cut the kernels off the cob of corn.
- 6. To cook the fajitas, heat a non-stick pan to hot. Add the chicken and cook, stirring often until almost cooked which will take a couple of minutes. Add the capsicum and red onion along with about a quarter of a cup of water. Keep cooking and stirring often until the vegetables have softened and the chicken is cooked through. Stir through the corn and lime juice, and a handful of coriander if you have it.
- 7. Serve in a bowl with lettuce leaves and a generous serve of guacamole.

CHICKEN PESTO PASTA



INGREDIENTS

600g chicken breast 240g Vetta Smart Fibre Pasta 100g pesto 80g Woolworths 97% Fat Free Semi Dried Tomatoes Unlimited vegetables of your choice.

OPTIONAL

'Sammy' All Purpose Mingle Seasoning Herbs + Spices

*Adjust weight of ingredients accordingly depending on what day/portion of protein you will have



- 1. Begin by cooking the pasta in a large pot according to package directions. Put saucepan on heat.
- 2. Cut the chicken breast into small bite sized pieces.
- 3. Put a little bit of oil in a pan, add the sliced chicken breast and then cook until browned.
- 4. Add vegetables into the pan and stir.
- 5. Add pesto and semi dried tomatoes and stir. Add a little bit of water if necessary.
- 6. Drain pasta and add to the pan. Mix together and serve.

CHICKEN RAMEN



INGREDIENTS

300g chicken

1 litre chicken stock or water

1 thumb sized piece of ginger,

thinly sliced

3 garlic cloves, smashed

Handful of mushrooms

halved or sliced - shitake.

button or swiss brown

Baby corn (or sml tin corn

kernels, drained)

2 baby bok choy, halved

2 medium zucchinis,

spiralised

Miso paste – 1-2 tablespoons

2 Spring onions, thinly sliced

Large handful of bean

sprouts

Chilli sauce to taste



SERVES 2

- 1. Add the stock to a saucepan along with the chicken, ginger and garlic. Bring to a boil and allow to simmer for 15 minutes or until the chicken is poached through. Remove the chicken and set aside. Remove the ginger and garlic and discard.
- 2. Add the mushrooms and baby corn (if using) to the broth and simmer for 3 minutes. Add the bok chov and zucchini and simmer for a further 2 minutes.
- 3. To serve, divide the vegetables between 2 large bowls. Slice the poached chicken breast and place half in each dish.
- 4. Whisk the miso paste into the broth until incorporated then pour over the chicken and vegetables. Top with corn kernels (if using), spring onions, coriander and bean sprouts. Add chilli sauce to taste.
- Alternatives:
- 6. Tofu can be substituted for the chicken for a vegetarian/vegan option.
- 7. Sliced pork or prawns an could be used as an alternative.

CHICKEN SOUVLAKI LETTUCE WRAPS



INGREDIENTS

600g chicken tenderloins or breast, sliced into strips 2 teaspoons dried oregano 1 teaspoon Mingle All Purpose Seasoning 2 cloves of garlic, crushed 1 lemon - zest & juice avocado or macadamia oil Salt & Pepper Pre bought kaleslaw or coleslaw mix Avocado slices or fetta (as per your meal plan) 12 Lettuce leaves Mint leaves

- 1. Combine the zest, garlic, thyme, all purpose seasoning and the juice of half a lemon in a bowl along with a pinch of salt and pepper. Mix well.
- 2. Add the chicken and stir to coat with the marinade. Set aside for 10-30 minutes.
- 3. Heat a pan or BBQ to hot. Add a little bit of oil and the chicken. Cook until golden on both sides and cooked through.
- 4. To assemble, divide the lettuce leaves between four plates. Top each with a handful of the kaleslaw mix, a piece of chicken and either avocado slices or fetta (depending on your meal plan). Top with mint leaves and a squeeze of lemon juice.



CHICKEN SOUP



INGREDIENTS

- 3 cloves of garlic, crushed
- 1 leek
- 1 onion
- 2 celery stalks
- 2 large carrots
- 2 cobs corn
- 2 zucchini
- 1 teaspoon macadamia oil
- 2 chicken breasts
- 5 bay leaves fresh or dried

Handful of parsley

Salt & pepper

1.5 litres of water or chicken stock



SERVES 3-4

INSTRUCTIONS

- 1. Prepare all the vegetables by thinly slicing or dicing into a half centimetre dice. Remove the kernels from the corn cobs.
- 2. Heat a little oil in a large pot and add the onion, garlic and leek. Sautee for few minutes before adding the celery, carrots and corn. Cook for a few minutes, stirring often then add the remaining ingredients.
- 3. Bring to a gentle simmer then cook for around 15 minutes or until the chicken has cooked through. Remove the chicken from the soup and slice or shred. Continue to cook the soup until all the vegetables are tender – this won't take long. Remove the bay leaves and parsley stalks before serving.
- 4. To serve, fill a bowl with the vegetable soup and top with the sliced or shredded chicken. Can be topped with nutritional yeast.

Note – potato can be added to the soup if it's in your meal plan.



INGREDIENTS

1 stalk lemon grass, bruised and cut

into 5cm pieces

15cm knob ginger, sliced thinly

5 cloves garlic,

1 bunch coriander, stalks and roots

separated

1 red onion, quartered

1 carrot, cut into chunks

Soy sauce

40 MINS

1 teaspoon chicken stock powder

PREP & COOK TIME

600g chicken breast

3 cups of mixed vegetables – baby corn, snow peas, broccolini, Chinese

broccoli, shitake mushrooms, carrots

etc

Zoodles, about 1/2 medium zucchini

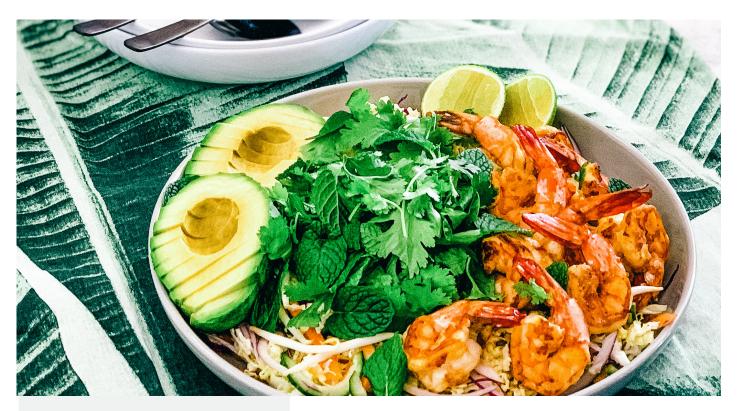
per person Lime juice

Red chilli, sliced thinly, optional



- 1. Place about 1.5 litres water into a large saucepan along with the lemongrass, ginger, garlic, onion, carrot and the roots and stalks from the coriander. (Don't bother peeling anything as it all adds flavour and gets strained off!). Add the chicken stock powder and a tablespoon of soy sauce. Place the pot over a high heat and bring to the boil.
- 2. Reduce the broth to a gentle simmer then add the chicken breasts, cover and cook for around 15-18 minutes until the chicken has cooked through. Remove the chicken and set aside.
- 3. While the chicken is cooking prepare the vegetables for the soup, cutting into batons/smaller portions for cooking.
- 4. Strain the solids from the broth, returning the liquid to the saucepan. Bring back to a gentle boil. Add the vegetables, starting with the harder vegetables such as baby corn and broccolini allowing a minute or two to cook before adding the vegetables that require a shorter cooking time.
- 5. To serve, place a handful of zoodles in the bottom of 4 large soup bowls. Divide the vegetables and broth between the bowls, ensuring a good variety of vegetables in each. Slice or shred the poached chicken and divide between the bowls, topping with coriander, a squeeze of lime juice and sliced red chilli if desired.
- 6. Vegetarians/vegans: make the broth by omitting the chicken, simmering for around 20 minutes to bring out the flavour in the vegetables. Use vegetable stock powder or plain water. Replace the chicken with tofu or another protein of your choice.

GARLIC PRAWNS WITH A WOMBOK SALAD



INGREDIENTS

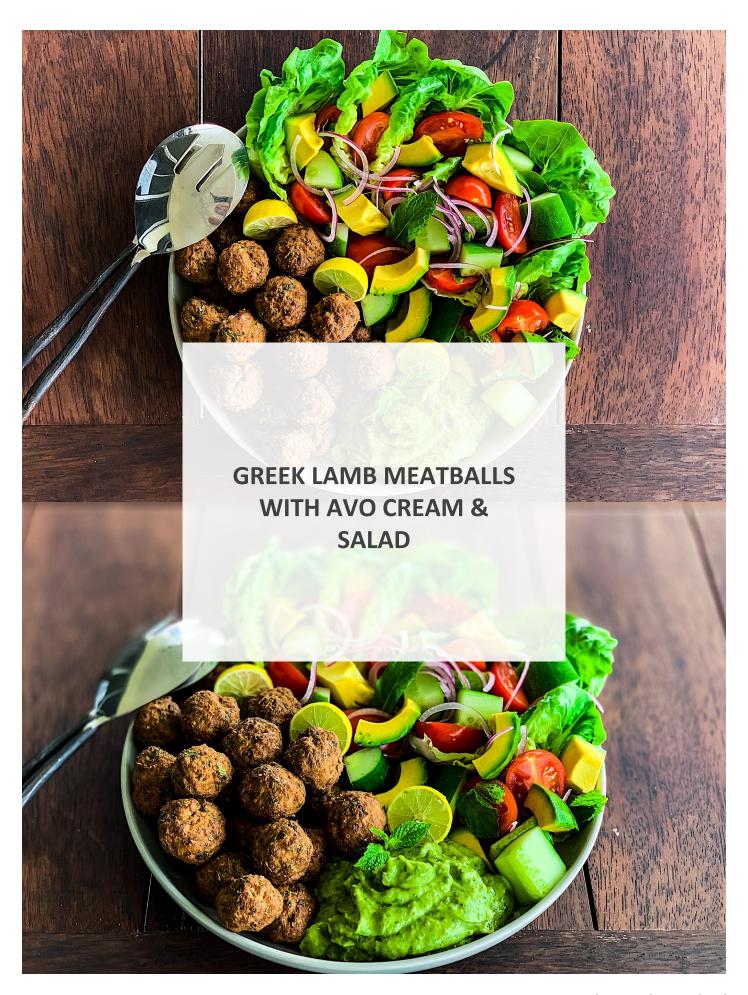
300g peeled green prawn meat 3 cloves crushed garlic Chilli flakes, to taste 2 tablespoons soy sauce (or coconut aminos) A few drops sesame oil Salt & pepper 2-3 cups shredded wombok

cabbage 1 carrot, grated or finely chopped ½ Lebanese cucumber, thinly sliced 14 red onion, finely sliced ½ cup bean sprouts Lime juice

1 avocado, peeled and diced Coriander & mint, to taste



- 1. Combine the garlic, chilli flakes, prawns and 1 tablespoon of soy sauce in a bowl and mix well to combine. Marinate for around 15 minutes while preparing the salad.
- 2. For the salad combine the wombok, carrot, red onion, bean sprouts and cucumber in a bowl. Add the juice of a lime and the remaining soy sauce and toss well to combine.
- 3. Heat a frying pan to very hot and add a few drops of sesame oil. Add the prawns and cook for a minute or two each side until the prawns are golden and cooked through.
- 4. To serve, split the salad between 2 plates or bowls. Divide the prawns and avocado between the plates then top with torn coriander and mint to taste.



GREEK LAMB MEATBALLS WITH AVO CREAM & SALAD





INGREDIENTS

600g lamb mince

1 red onion

2 cloves garlic, crushed

2 lemons, juice and zest

1-2 teaspoons cumin

1-2 teaspoons dried oregano

1 tablespoon tomato paste

Handful of flat leaf parsley, finely

chopped

Salt & pepper

2 avocados

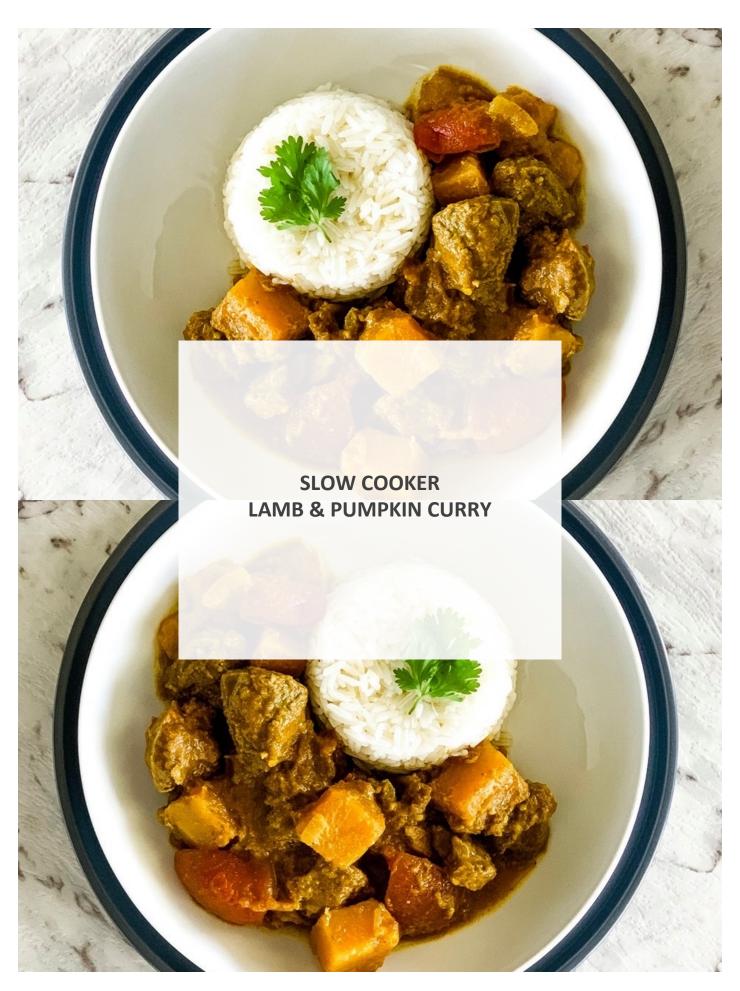
2 handfuls of mint

1 baby cos lettuce, leaves separated

1 Lebanese cucumber

1 punnet baby roma tomatoes

- 1. Preheat oven to 190 degrees. Place the mince, half the onion (finely grated), the garlic, lemon zest, cumin, oregano, tomato paste and parsley along with a pinch of salt and pepper in a bowl and mix well to combine. I find using my hands is best.
- 2. Roll the mixture into small meatballs and place on a baking tray. You should get around 25-30. Bake in the oven for 20-25 minutes until cooked through and golden.
- 3. While the meatballs are cooking, place 1 avocado in food processor along with a good handful of mint leaves and the juice of 1 lemon. Blitz until smooth, adding more lemon juice or water if needed to get a thick creamy dipping sauce.
- 4. For the salad, roughly chop the tomatoes, cucumber an avocado into large chunks and place in a bowl. Thinly slice the remaining onion and add to the bowl along with some picked mint leaves Squeeze over some lemon juice and gently toss.
- 5. To serve, divide the lettuce, salad meatballs and avocado cream between 4 plates. Otherwise serve family style by placing the lettuce leaves on a large platter, topped with the salad then arranging the meatballs and avocado cream on the patter.



SLOW COOKER LAMB & PUMPKIN CURRY



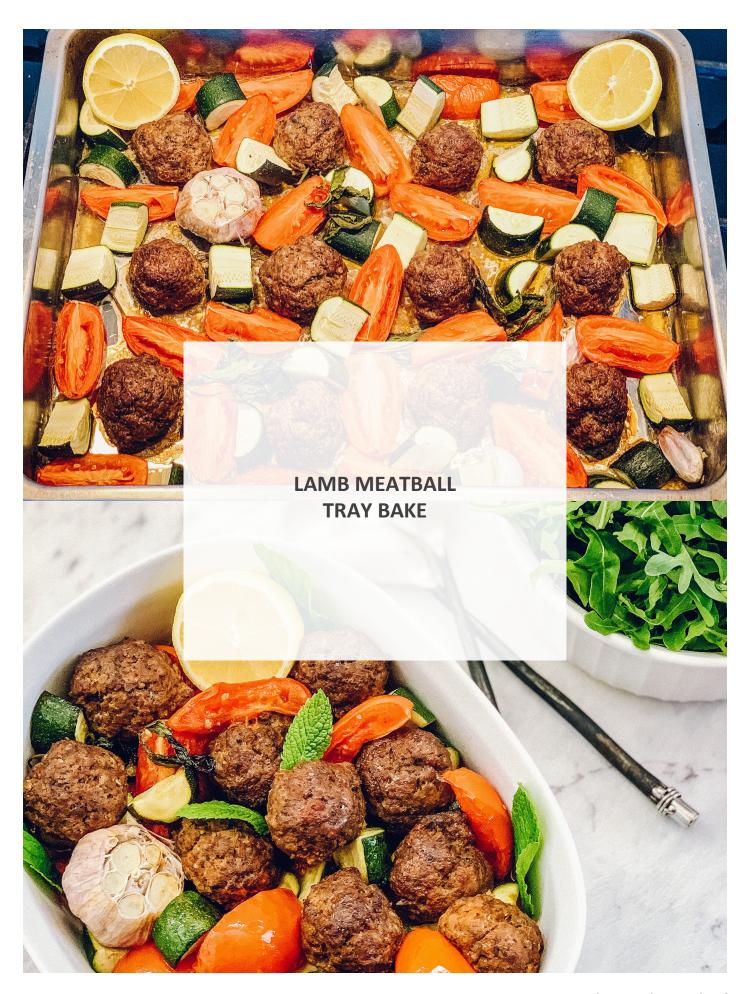


INGREDIENTS

4 teaspoons ground coriander 2 teaspoons ground cumin 2 teaspoons ground chilli (add more or less to taste) 2 teaspoons turmeric 1 teaspoons ground ginger 1 teaspoon ground cardamom or two cardamom pods Good pinch of salt and grinding of pepper

1 teaspoon macadamia oil 2 brown onion, thinly sliced 6 cloves of garlic, crushed Thumb sized knob of ginger, grated 4 lamb rumps, cut into 3 cm dice Half a butternut pumpkin, peeled and cut into 3 cm dice 5 tomatoes or 1 tin of tomatoes

- 1. Combine all the dry spices, including the salt and pepper, in a small bowl and mix well.
- 2. Heat the oil in a frying pan and add the garlic, ginger and onion. Cook for a few minutes until starting to soften. Add the spices and stir well. Cook for another minute or two until fragrant then transfer the onion and spice mix to a slow cooker. Deglaze the pan with a little water and add that to the slow cooked.
- 3. Place the lamb, pumpkin and tomatoes into the slow cooker along with 1/3 cup water and stir to coat with the spice mixture.
- 4. Cover and cook on low for at least 8 hours or high for 5 hours.



LAMB MEATBALL TRAY BAKE





INGREDIENTS

600g lamb mince

3 tablespoons tomato paste

2-3 tablespoons finely chopped mint

leaves

3-4 teaspoons sumac

4 cloves of garlic, crushed

Zest and juice of 1 lemon

Salt & pepper

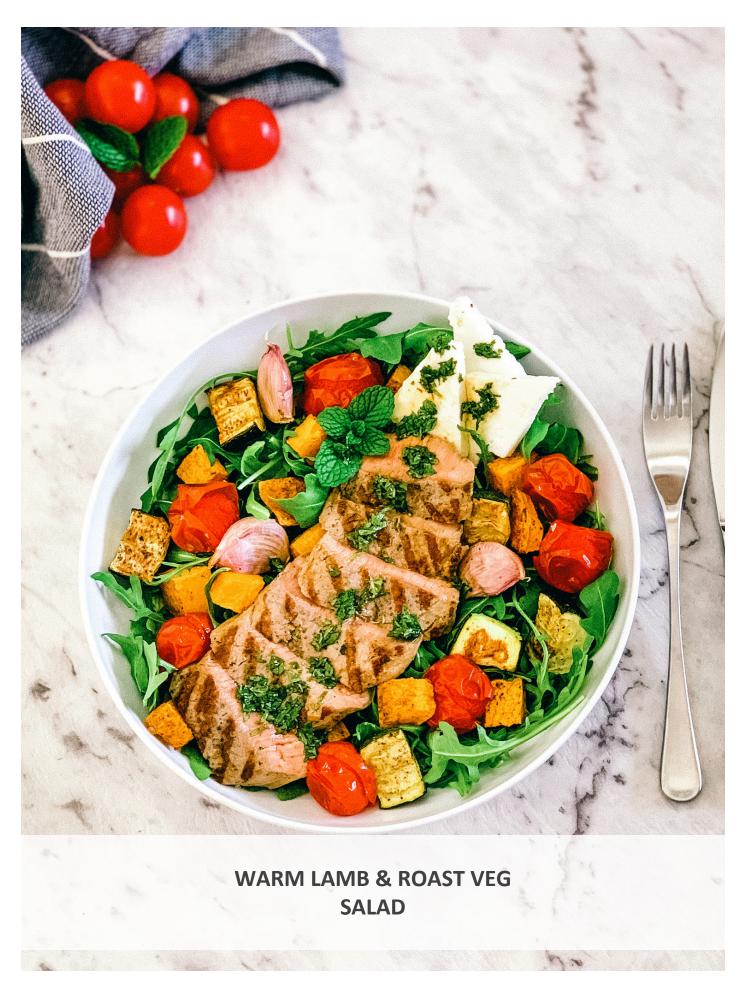
3 medium zucchini

6 roma tomatoes

1 head of garlic

3-4 sprigs of mint

- 1. Pre heat the oven to 180 degrees.
- 2. Place the mince, tomato paste, mint, sumac, garlic, lemon zest and a good pinch of salt and pepper into a bowl. Using your hands, mix well to incorporate all ingredients together. Form 12 meatballs and place into a large baking tray.
- 3. Cut the tomatoes into quarters and add to the baking tray. Halve the zucchini lengthways then cut into 2cm chunks and add to the tray. Place the head of garlic and additional mint sprigs into the tray.
- 4. Bake in the oven for around 35-40 minutes, or until the meatballs are cooked and vegetables softened. Squeeze over the juice of the lemon and gently stir the meatballs and vegetables.
- 5. Serve with a rocket salad, with a side of rice or over zoodles.



INGREDIENTS

300g lamb – backstrap or lean

steak

1 cup diced pumpkin

1 punnet cherry tomatoes

1 medium zucchini, cut into

chunks

8 cloves garlic, whole

Salt, pepper & sumac

Baby rocket - a few good

handfuls

Fetta (if it's in your meal plan)

Handful of mint leaves

2 tablespoons red wine or sherry

vinegar

Squeeze of lemon juice



PREP & COOK TIME

45 MINS



- 1. Preheat the oven to 180 degrees.
- 2. Place the garlic, pumpkin, tomatoes and zucchini into a large oven tray and sprinkle with a little salt, pepper and sumac (optional). Toss together well and place into the oven to roast for around 30 minutes.
- 3. Season the lamb with a little salt and pepper and set aside to come to room temperature.
- 4. When the vegetables have 10 minutes left, cook the lamb to your liking then allow to rest. I like to use the BBQ or pan fry on a hot griddle pan and prefer my lamb medium.
- 5. To make the dressing, finely chop the mint leaves and mix with a tablespoon or two of vinegar and a squeeze of lemon juice.
- 6. To serve, place a handful or two of rocket in the bottom of two bowls. Divide the roast vegetables between the bowls. Slice the lamb and place half on each bowl. Top with fetta as per your meal plan (if allowed) and drizzle over the dressing.

LAMB ROGAN JOSH

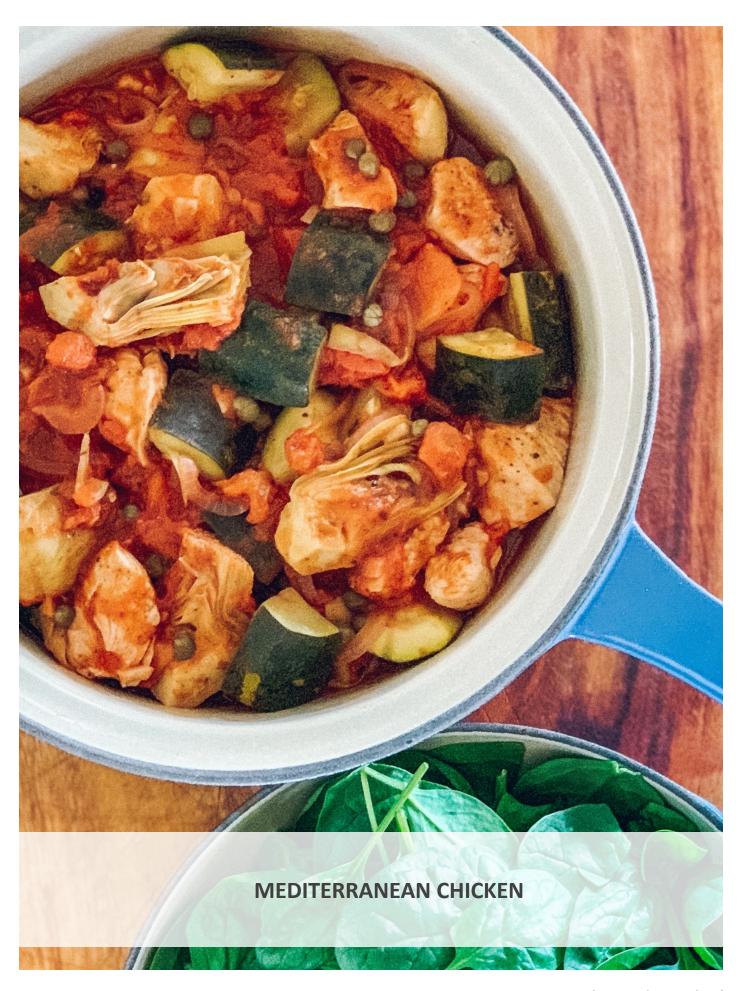


INGREDIENTS

- 8 hours slow cooking, or 45 minutes on the stove 600g diced lamb (I use lamb rumps)
- 4 tablespoons Rogan Josh curry powder (available from any good spice shop)
- 1 brown onion, sliced
- 4 cloves of garlic, crushed
- 1 tablespoon grated ginger
- 1 tin chopped tomatoes
- 1/2 cup water



- 1. Combine all the ingredients in the bowl of the slow cooker. Mix well to combine.
- 2. Cover and cook for 8 hours on low.
- 3. Alternatively heat a little macadamia oil in a large pan. Gently sauté the onion, garlic and ginger for a minute or two before adding the curry powder. Cook for another minute before adding the remaining ingredients. Cover and simmer on a low heat until the lamb is cooked through and tender. Add a little more water through the cooking if needed.
- 4. Serve with rice and some steamed greens.



INGREDIENTS

600 chicken breasts, trimmed and cut

into large chunks

Small dash of avocado or macadamia

1 large red onion, sliced

3-4 cloves garlic, crushed

Zest and juice of 1 lemon

1 tin of tomatoes

1 tin of artichokes, drained and

quartered

2 medium zucchini, halved then cut

into 2cm chunks

2 tablespoons capers

1 teaspoon of sumac

1 teaspoon dried oregano

Salt & pepper





- 1. Heat a large pan and add the oil, onion and garlic and cook for a few minutes until soft and translucent.
- 2. Add in the chicken, sumac, oregano and lemon zest and cook for around 3 minutes, stirring often.
- 3. Add in the tinned tomatoes and zucchini and enough water to create a sauce consistency. Stir well, cover and simmer for 10 minutes.
- 4. Add in the lemon juice, capers and artichokes and cook for a further 5 minutes, or until the chicken is cooked through and zucchini soft.
- 5. Serve over baby spinach, zoodles, pasta or rice.

SLOW COOKER MEXICAN CHICKEN



INGREDIENTS

600g chicken breast 1 tin tomatoes 1 pkt taco seasoning 1 onion, diced 3 cloves garlic, crushed ½ cup chicken stock ½ red capsicum, diced 1 cob corn, kernels removed

Coriander, lie and

jalapenos to serve



- 1. Combine the tomatoes, stock, onion, garlic, capsicum and taco seasoning in the slow cooker. Mix well to combine. Place the chicken breasts into the mixture, cover with the lid and cook on low for 8 hours or high for around 5 hours.
- 2. Remove the chicken from the mixture and shred before placing back into the slow cooker with the corn kernels. Cook for another half an hour or until the corn is soft. Alternatively stir through a tin of corn kernels and allow to heat through.
- 3. Serve over rice, on top of salads, in burritos or quesadillas with jalapenos and coriander to taste. The chicken is delicious with an avocado, tomato and lime salsa on the side.

MEXICAN BEEF SALAD WITH SALSA



INGREDIENTS

300g rump steak 1 tablespoon Mexican seasoning 1 cob corn 1 baby cos lettuce, shredded Red cabbage, about half a cup, shredded ½ red capsicum, roughly diced ½ Lebanese cucumber halved and diced 6 mini roma/baby tomatoes 1 red chilli ¼ red onion Large handful coriander 1 lime, juice only Pinch of salt Avocado (if it's in your meal plan)

SERVES 2

- 1. Trim the beef and season well on both sides with the Mexican seasoning. Set aside.
- 2. Remove the husk from the corn and wrap the cob in a piece of damp paper towel. Cook in the microwave on high for 3 minutes. Remove and unwrap. Set aside.
- 3. Finely chop the tomatoes, chilli, onion and coriander. Add to a bowl with the lime juice and a pinch of salt and mix well to combine.
- 4. Heat a griddle pan or BBQ grill to very hot. Add the corn and gently char on all sides. Cook the beef at the same time to medium rare. Allow to rest for a few minutes.
- 5. In a large serving bowl place the shredded lettuce, cabbage, capsicum and cucumber. Remove the corn kernels from the cob and add to the bowl. Thinly slice the beef and place over the salad.
- 6. Serve with the salsa over the top of the salad and avocado on the side (if it's in the meal plan).

MISO CHICKEN RICE BOWL



INGREDIENTS

- 1 tablespoon miso paste
- 1 teaspoon finely grated ginger
- 1 clove garlic, crushed
- 1 teaspoon soy sauce
- 1-2 tablespoons lime juice, to taste

600g chicken breast

Broccolini - 2 bunches

2 medium zucchini

200g Mushrooms

Macadamia or avocado oil

(optional)

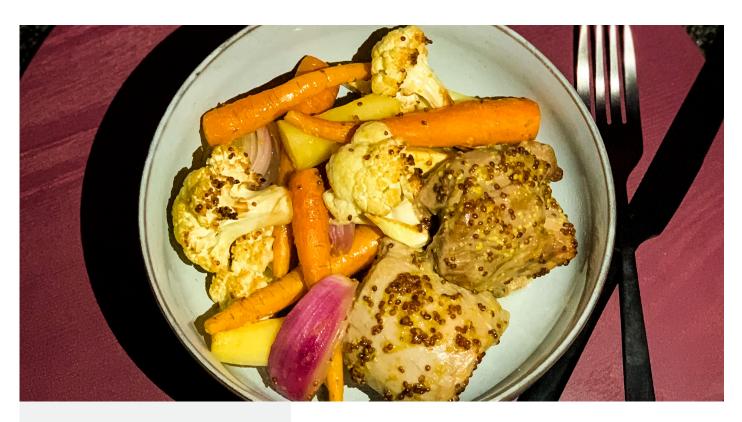
2 medium carrots, grated Cooked rice, coriander and chilli

flakes to serve



- 1. Combine the miso, ginger, garlic, soy sauce and lime juice in a bowl with a tablespoon of water and mix well. Add a little more water if needed to loosen the mixture to a sauce.
- 2. Trim the chicken and cut into 4 portions. Place into a bowl and spoon over a couple of tablespoons of the miso dressing to coat. Allow to marinate for 15 minutes if possible.
- 3. Cook the chicken either BBQ, pan sear or roast.
- 4. Slice the mushrooms & zucchini thinly and cut the broccolini in half lengthways. Steam the broccolini the toss through a tablespoon of the miso dressing. Sauté the mushrooms and zucchini for a couple of minutes over a high heat, using a couple of drops of oil if needed.
- 5. To assemble, take four bowls and place a serve of rice into each. Slice the chicken and divide between the bowls. Divide the raw carrot, mushrooms & zucchini and broccolini between the bowls. Spoon over more of the miso dressing, to taste. Top with a handful of coriander and a sprinkle of chilli flakes if desired.

MUSTARD MAPLE TRAY BAKE



INGREDIENTS

300g pork fillet

2 tablespoons grain mustard

2 tablespoons sugar free

maple syrup

1 lemon, zest and juice

6-8 baby carrots, scrubbed

1 parsnip, peeled and cut into

wedges

1 red onion, peeled and cut

into wedges

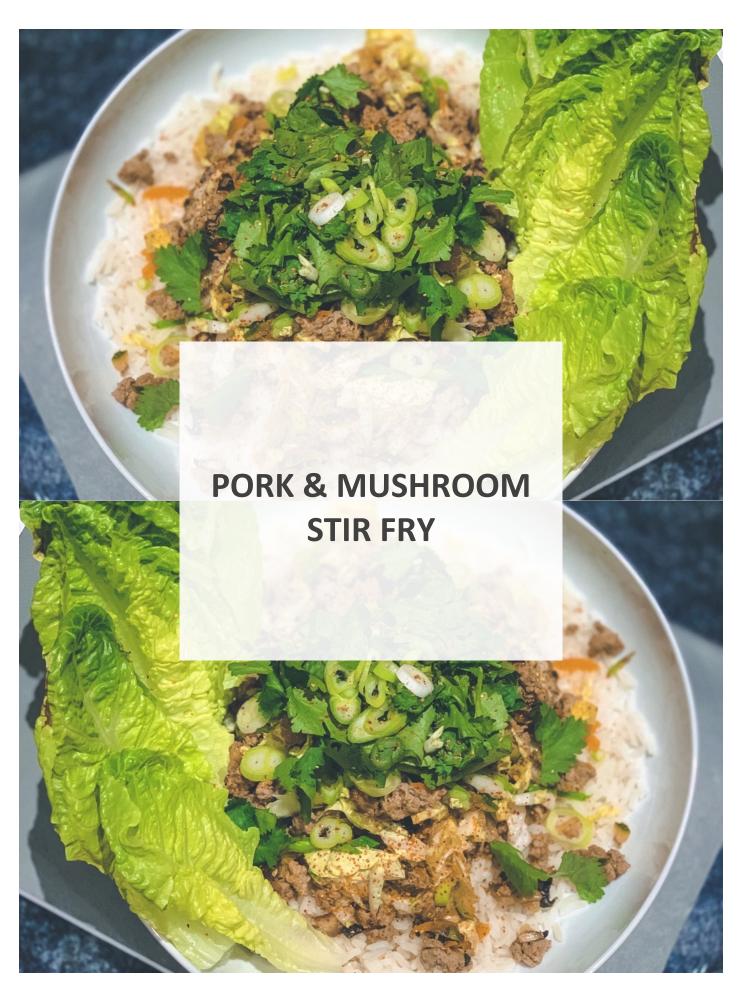
1-2 cups cauliflower florets

½ cup chicken or vegetable

stock, or water



- 1. Preheat the oven to 180 degrees.
- 2. Combine the mustard, maple syrup, juice of half a lemon and the lemon zest in a bowl with a pinch of salt and pepper. Stir well to combine.
- 3. Trim the pork of any fat & sinew and cut the fillet into 4 equal pieces. Pour over half the mustard maple mixture and stir to combine. Set aside to marinate for around 15. minutes.
- 4. Place all the vegetables in the pan. Pour over the remaining mustard maple mixture and toss well to combine. Cook in the oven for 10 minutes while the pork is marinating.
- 5. Add the pork to the vegetables with any remaining marinade and the stock. Cook for a further 20 - 25 minutes or until the pork and vegetables are cooked to your liking.
- 6. To serve, divide the pork and vegetable between two plates and spoon over any of the cooking juices as a sauce.



PORK & MUSHROOM STIR FRY





INGREDIENTS

600g lean pork mince 1-2 teaspoons chilli flakes (to taste) 3 cloves of garlic, crushed 1 tablespoon finely grated ginger 2 tablespoons soy sauce Zest and juice of 1 lime 100g fresh shitake mushrooms, thinly sliced

100g swiss brown mushrooms, finely sliced 1 zucchini, grated 1 carrot, grated 1-2 cups wombok cabbage, shredded 10 snow peas, thinly sliced Coriander, sliced shallots, rice and lettuce leaves, to serve

- 1. Combine the mince, chilli, garlic, ginger, lime zest and soy sauce in a bowl and mix well to combine. Set aside for 15 minutes to allow the flavours to develop.
- 2. Heat a large frying pan or wok to very hot. Add the mince mixture to the pan and cook, stirring continuously, for around 5 minutes or until the pork is almost cooked. Add in the mushrooms, carrot and zucchini and continue cooking and stirring until the pork is cooked through.
- 3. Turn the heat off and add the wombok and snow peas along with the juice of the lime. Stir though, allowing the residual heat to wilt the cabbage.
- 4. Serve over rice and topped with coriander and spring onions. I like to have a side of crisp lettuce leaves as well to use to scoop up the dish.

PORK & LEMON VEGETABLES



INGREDIENTS

300-400 grams lean pork steak Salt & pepper or seasoned salt rub

3 cloves of garlic, crushed 2 small zucchinis, thinly sliced 1 punnet brown mushrooms (about 200g), thinly sliced. 2 handfuls of spinach or chopped silverbeet 1/2 cup chicken or vegetable stock or water 1 lemon, juice only

Soy sauce – just a dash to taste A few drops of macadamia oil



- 1. Trim the pork steaks of all visible fat then season well on both sides with either salt and pepper or a flavoured salt rub. I used a homemade rosemary salt with some added pepper. Set aside for 15 minutes to marinate.
- 2. Cook the pork steaks to your liking. They can be done on the BBQ, in a pan or baked in the oven.
- 3. While the pork is cooking, heat a large frying pan. Add a tiny amount of macadamia oil then the garlic and cook for a minute or two. Add the zucchini and a small amount of the stock and stir well. Cook for a minute then add the mushrooms. Cook, stirring often for a few minutes until the vegetables have softened.
- 4. Add the chopped silverbeet or spinach leaves, the remaining stock and the juice of half the lemon and cover. Cook for a minute or two until the leaves have wilted. Stir through a pinch of salt and good grinding of pepper along with a dash of soy sauce. Taste and add more lemon juice of pepper if desired.
- 5. Serve immediately with the pork.

PORK LARB



INGREDIENTS

600g pork mince

1-2 cloves of garlic

1 tablespoon finely grated ginger

1-2 limes, zest and juice

Chilli flakes, to taste

2 tablespoons fish sauce

1/2 red onion, finely sliced

A handful each of basil.

coriander and mint

Dash of soy sauce

Sesame oil

Finely shredded wombok

cabbage

Grated carrot

Red chilli, finely sliced



- 1. Combine the pork mince, garlic, ginger, zest of 1 lime and juice from one half and 1 tablespoon of fish sauce in a bowl and mix well to combine. I like to use my hands for this step as I find it mixes all the flavours together the best.
- 2. Roughly chop the herbs together and set aside with the onions. Place a small amount of cabbage and carrot into each serving bowl to form a base for the cooked mince mixture.
- 3. Heat a wok or frying pan to very hot. Season with a few drops of sesame oil then add the pork mixture. Cook, stirring often, until the pork I cooked through and fragrant. Make sure you are breaking up the pork as you go so you don't end up with large clumps.
- 4. Turn off the heat then add in the onion, herbs, dash of soy sauce, remaining fish sauce and the juice from the other half of the lime. Taste and add more lime/soy/fish sauce if needed.
- 5. Divide the pork between the bowls, placing on top of the salad. Top with the sliced chilli and a wedge of lime.

CLASSIC POT ROAST



INGREDIENTS

- 1.2kg (approx.) topside roast
- 1 tin chopped tomatoes
- 1 tablespoon tomato paste
- 1 tablespoon grain mustard
- 300ml water (or stock)
- 1 brown onion, thinly sliced
- 6 cloves garlic, peeled
- 4 small onions or eschallots,
- peeled

chunks

- 1 bunch whole baby carrots, washed and trimmed
- 8-10 whole baby potatoes
- 1 large zucchini, cut into large
- 1 punnet mushrooms, halved



- 1. Heat a frying pan and sear the beef well on all sides.
- 2. Add the tomatoes, tomato paste, mustard, sliced onion, garlic and water to a slow cooked and mix well to combine.
- 3. Add the beef, whole onions, carrots and potatoes to the slow cooked. Cover and cook on low for 8 hours.
- 4. Add the zucchini and mushrooms for the final 60-90. minutes of cooking.
- 5. Slice the beef and serve with the vegetables and sauce. It's also delicious with rice, zoodles or over a salad.
- 6. Note: other vegetables such as cauliflower, beans, pumpkin, parsnip, brussels sprouts can be added or substituted if desired. If potatoes are part of your meal plan just leave them out.

RATATOUILLE CHICKEN



INGREDIENTS

- 2 chicken breasts, about 600g
- 1 red capsicum
- 1 eggplant
- 2 medium zucchinis
- 6 roma tomatoes
- 1 red onion
- 1 stick celery
- 6 cloves of garlic
- Handful of basil leaves and a few sprigs of thyme
- 1 tablespoon red wine or balsamic vinegar



- 1. Peel and roughly chop all the vegetables you want a 2-3 cm dice. Cut the chicken into similar sized pieces.
- 2. Place half the vegetables into a slow cooker then top with the chicken. Season with salt and pepper then add the herbs and remaining vegetables.
- 3. Cook on the low setting for 8 hours or the high setting for 5 hours. Before serving, stir through the vinegar and taste for seasoning. Adding more salt, pepper or vinegar to taste.
- 4. Serve over rice, potatoes or pasta.

RAINBOW SLAW



INGREDIENTS

1 cup shredded red cabbage 1 cup shredded Wombok cabbage

1-2 carrots, grated 1/2 red capsicum, finely sliced 10 snow peas, finely sliced 3 shallots / spring onions, finely chopped

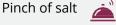
1-2 chillies, finely sliced (optional)

1 large avocado

2-3 tablespoons lime juice

A good handful of coriander

1 teaspoon of soy sauce



SERVES 3-4

- 1. Combine all the salad ingredients in a large bowl and toss together well to combine. Set aside.
- 2. To make the dressing, place the avocado, coriander, lime juice, soy sauce and salt in a small food processor (or jug to use with a stab blender) along with about a tablespoon of water. Blitz until smooth then taste – you may need more lime juice to brighten or water to thin the dressing.
- 3. The dressing can be tossed through the salad or drizzled over the top.

RED LENTIL STEW

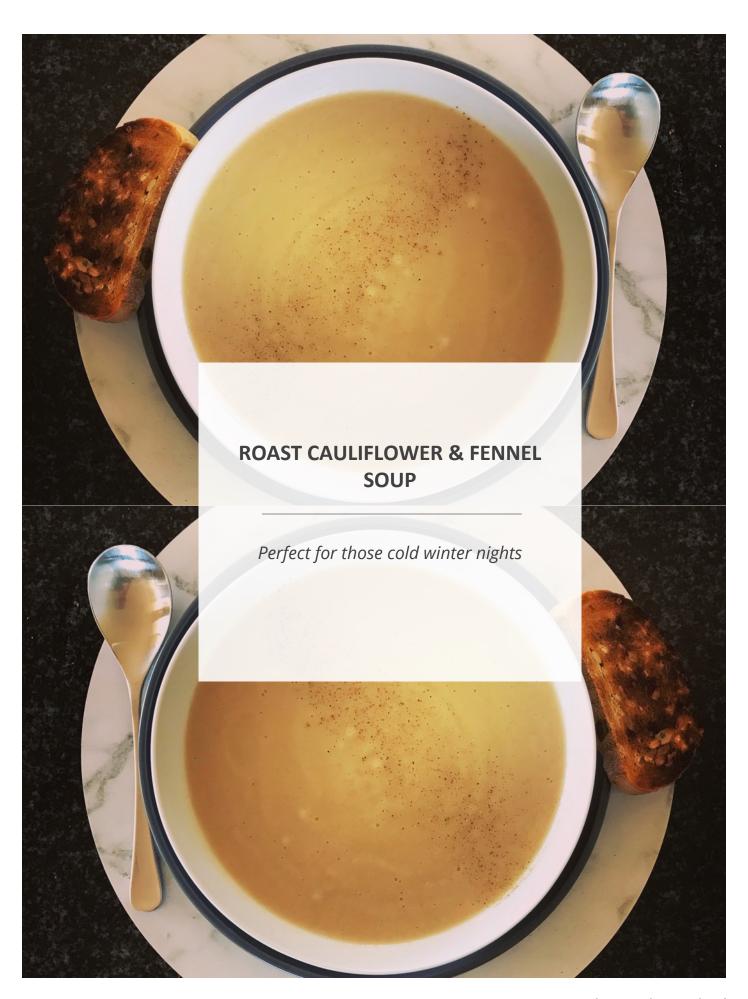


INGREDIENTS

1 tablespoon olive oil 1 red onion, thinly sliced 4 cloves garlic, crushed 2 medium zucchinis, quartered lengthways then sliced thinly 1 ½ cups dried red lentils 3 cups chicken stock 1 tin of diced tomatoes 1 tablespoon Dijon mustard 1-2 tablespoons red wine or sherry vinegar or lemon juice) Salt & pepper Sour cream to serve



- 1. Place olive oil, garlic and sliced onion into a large saucepan and sauté over a medium heat for a few minutes, until the onion is becoming soft and translucent.
- 2. Add the zucchini and cook for another minute or two.
- 3. Add the lentils and stir well. Add the tin of tomatoes, the mustard and two cups of the chicken stock. Stir to combine then simmer over a low heat for around 25 minutes, or until the lentils are cooked through.
- 4. Once cooked, season well with salt and pepper and stir through the vinegar or lemon juice.
- 5. Serve topped with a tablespoon of sour cream and a squeeze of lemon juice.



ROAST CAULIFLOWER & FENNEL SOUP



30 MINS



INGREDIENTS

1 large or two small fennel bulb

1/2 a large cauliflower

1 head of garlic, peeled

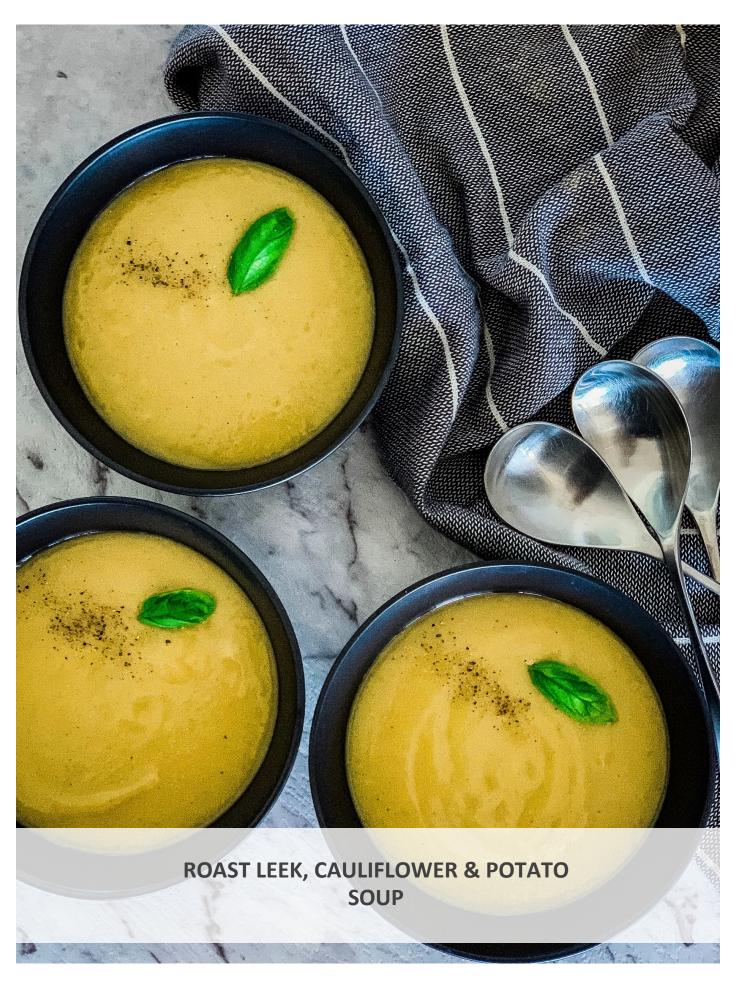
1 lemon, juice and zest

Salt & pepper

1-1.5 litres stock, ham, chicken or

vegetable

- 1. Preheat oven to 170 degrees.
- 2. Roughly chop the fennel and cauliflower into medium prices and place into a large baking tray along with the peeled garlic. Sprinkle over a pinch of salt and some pepper along with the lemon zest. Toss well to combine.
- 3. Place into the heated oven and cook for an hour, giving the pan a bit of a shake every 15 to 20 minutes. The vegetables should be smelling lovely and toasty and have a rich golden colour.
- 4. Add the stock to the pan and return to the oven for another half an hour.
- 5. Remove from the oven. Transfer the soup to a large pot and process until smooth using a stab mixer or process in a blender in batches until smooth. Add in the juice of half a lemon and check for seasoning. A little more salt, pepper or lemon juice may be needed – adjust to your liking.
- 6. You can top the soup with chicken, pork or prawns to add some protein to the soup if desired.



INGREDIENTS

2 leeks 1 stick of celery

1 red onion 5 bay leaves

Half a cauliflower A few sprigs of thyme

1 head of garlic 1 litre good quality ham or chicken

1 large potato (350g) stock

1 carrot



45 MINS



INSTRUCTIONS

- 1. Preheat the oven to 190 degrees. Peel the garlic and onions and roughly chop. Remove the outer layer, green tops and roots from the leeks and slice the white part in half lengthways. Roughly chop the cauliflower. Place the prepared vegetables into a large baking tray with a pinch of salt and grind of pepper and roast for 30 minutes.
- 2. When the vegetables are almost roasted, peel and dice the potato, carrot and celery. Place into a large saucepan along with the herbs, roasted vegetables and stock. Bring to a gentle simmer and cook until the potato and carrot are soft.
- 3. Remove the herbs from the soup and blitz with a stab mixer or place in a blender and puree until the soup is smooth. Taste and add salt and pepper to taste.
- 4. Serve with shredded chicken and or crusty bread

Note: Use the best quality stock that you have for this soup. I used a homemade ham stock that I had in the freezer that was made from our Christmas ham bone. It was simply simmered for a few hours in a large pot of water along with carrots, celery, onion, bay leaves, parsley and peppercorns. I then strained the stock and chilled overnight so that I could remove any fat from the surface before then freezing in 500ml batches. If you don't have a ham bone spare, use a ham hock or bacon bones which can be bought at most butchers or supermarket deli's during the colder months.

ROAST PUMPKIN & SAGE SOUP



INGREDIENTS

Serve 4-6, cook time 2.5 hours 1 butternut pumpkin, about 2kg

2 leeks

1 head of garlic

2-3 teaspoons of cumin

A good handful of sage leaves 1 lemon, zest and juice

Good pinch of salt and pepper

A little macadamia oil

1 – 1.5 litres of chicken or

vegetable stock



- 1. Peel and roughly chop the pumpkin into a large dice. Peel the garlic. Trim the leek and slice into 2 cm rounds.
- 2. Place all vegetables into a large baking tray along with the sage, cumin, salt, pepper, lemon zest, juice and a little macadamia oil. Using your hands, give everything a good mix.
- 3. Place the tray of vegetables into an oven preheated to 180 degrees and roast for around 90 minutes. Halfway through cooking, give the vegetables a good stir.
- 4. After 90 minutes the vegetables should be soft and golden. Add the stock and return to the oven for another 30 minutes.
- 5. Remove the soup from the oven. Using a blender (or stick blender) process the soup until smooth. If needed, add a little more stock or water to get the soup to the desired consistency.
- 6. Serve the soup on its own or topped with some poached chicken.

ROAST TOMATO & ZUCCHINI SOUP



INGREDIENTS

- 1 kg ripe tomatoes
- 2 medium zucchini
- 1 leek or red onion
- 6 large cloves garlic, peeled salt and pepper
- 1 litre chicken or vegetable stock
- Macadamia oil a drizzle

- 1. Preheat oven to 170 degrees.
- 2. Roughly chop the vegetables and place in a large baking tray with a little macadamia oil, a pinch of salt and pepper to taste.
- 3. Place the baking tray in the oven and roast for 45 minutes to an hour. Open the oven and add the stock to the pan.
- 4. Continue cooking for another 30 minutes. Remove the tray from the oven.
- 5. Transfer the soup mixture to a blender process until smooth. Alternatively you can process the soup with a stab mixer in a large saucepan.



SHEPHERDS PIE



INGREDIENTS

500g mince (lamb, chicken, beef, turkey)

2-3 sweet potatoes – peeled or unpeeled, cut into chunks

- 1 large carrot, grated
- 1 brown onion, diced
- 3 garlic cloves, crushed
- 1 bay leaf
- 2 tablespoons coconut aminos 100g frozen pees
- 700g tomato passata (at least 99% tomatos)

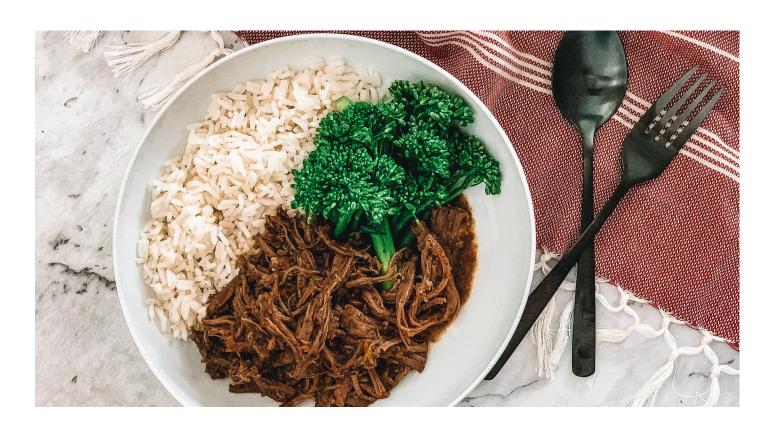
OPTIONAL

'Sammy' All Purpose Mingle Seasoning Herbs + Spices



- 1. Place sweet potato in saucepan and bring to the boil.
- 2. In a non-stick pan at medium heat, add onion, garlic, carrot and cook stirring until slightly softened. Add mince and cook until mince has browned.
- 3. Add coconut aminos, tomato puree, bay leaf and bring to boil, reduce heat and simmer for 20-30 minutes.
- 4. Once sweet potato is tender, drain and return to pot. Mash until smooth. Add salt & pepper to taste.
- 5. Place mince mixture in a large ovenproof dish, top with mashed sweet potatoes and spread over mince.
- 6. Bake at 200c for 20 minutes.
- 7. Serve with salad if desired.

SLOW COOKER SHREDDED BEEF



INGREDIENTS

- 1 carrot
- 1 zucchini
- 1 red onion
- 4 cloves of garlic
- 200g button mushrooms
- 2 tablespoons tomato paste
- 1-2 cups beef stock
- 1 teaspoon dried thyme

Pepper

1.2 kg beef topside roast, trimmed of all fat.



- 1. Peel and roughly chop all the vegetables. Place into a food processor and blitz until finely chopped. Alternatively, grate or finely chop the vegetables by hand.
- 2. Place the vegetables into the bowl of a slow cooker along with the tomato paste, beef stock and thyme. Mix well then add the beef.
- 3. Cover and cook on high for around 8 hours or until the meat is tender. Remove the meat from the sauce and shred, returning it back to the sauce for serving.
- 4. The beef is delicious on rice or zoodles, in tacos or wraps or on top of a salad.

SMOKEY VEGETABLE SOUP



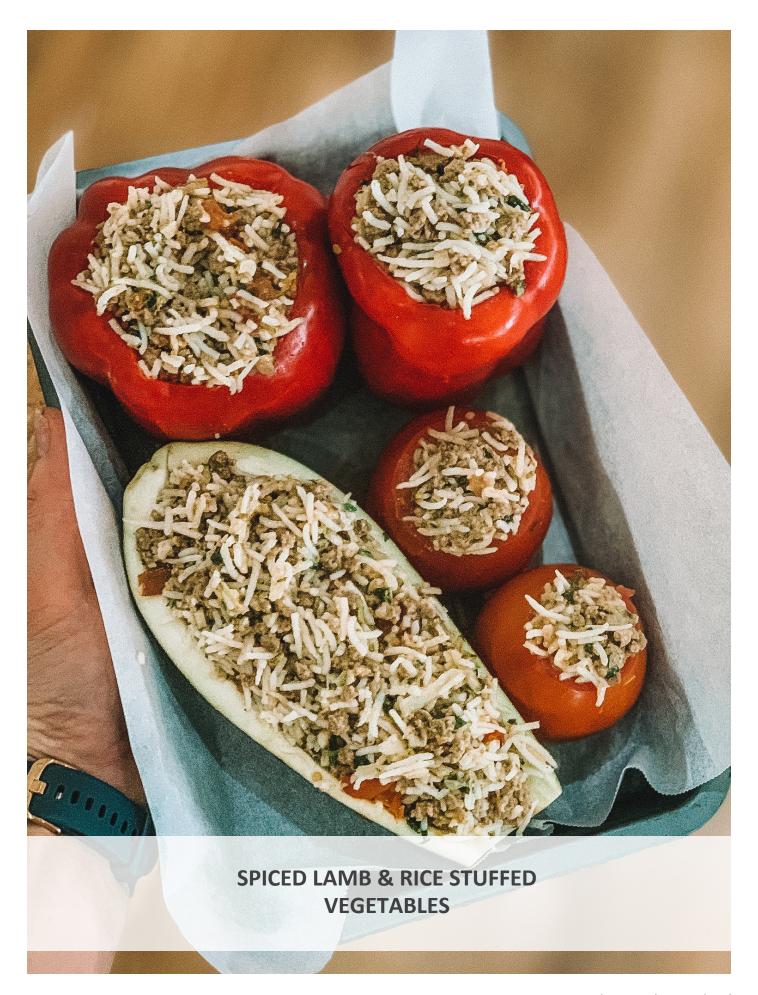
INGREDIENTS

- 1 teaspoons olive oil
- 2 celery stalks
- 2 carrots
- 1 onion
- 3 cloves of garlic, crushed
- 1 small red capsicum
- 1 cob of corn, kernels removed
- (or 1 medium tin of corn kernels. drained)
- 1 medium zucchini
- 2-3 teaspoons smoked paprika
- 2-3 teaspoons ground cumin
- 1 tin of chopped tomatoes
- 3 cups chicken stock

Salt & pepper



- 1. Prepare the vegetables by cutting into a half centimetre dice so that they are all roughly even.
- 2. Heat the oil in large saucepan or pot and add the onion, carrot, celery and garlic along with a pinch of salt and splash of water. Sautee over a medium heat for about 3 minutes until starting to soften.
- 3. Add the capsicum, zucchini and corn and continue to gently cook for 5 minutes, allowing the vegetables to start to caramelise and take on a little colour.
- 4. Add the smoked paprika and cumin and cook for another few minutes until fragrant.
- 5. Add the tomatoes and stock and stir well, scraping any bits from the bottom or side of the pan. Simmer uncovered for 10-15 minutes until the vegetable are cooked through. Taste and season with salt and pepper.
- 6. Serve with a sprinkle of coriander and squeeze of lemon juice. The soup can be topped with chicken to include a protein in the dish if desired.



INGREDIENTS

2 rice cups (or equivalent cooked rice)

300g lamb mince

1 brown onion, diced

4 cloves of garlic, crushed

1-2 teaspoons cumin powder

1 medium zucchini, finely grated

1 tomato, diced

1 teaspoon chicken stock powder Handful of mint leaves, finely

chopped

Zest and juice of a lemon

Salt & Pepper

2 large red capsicums or other

vegetables for stuffing





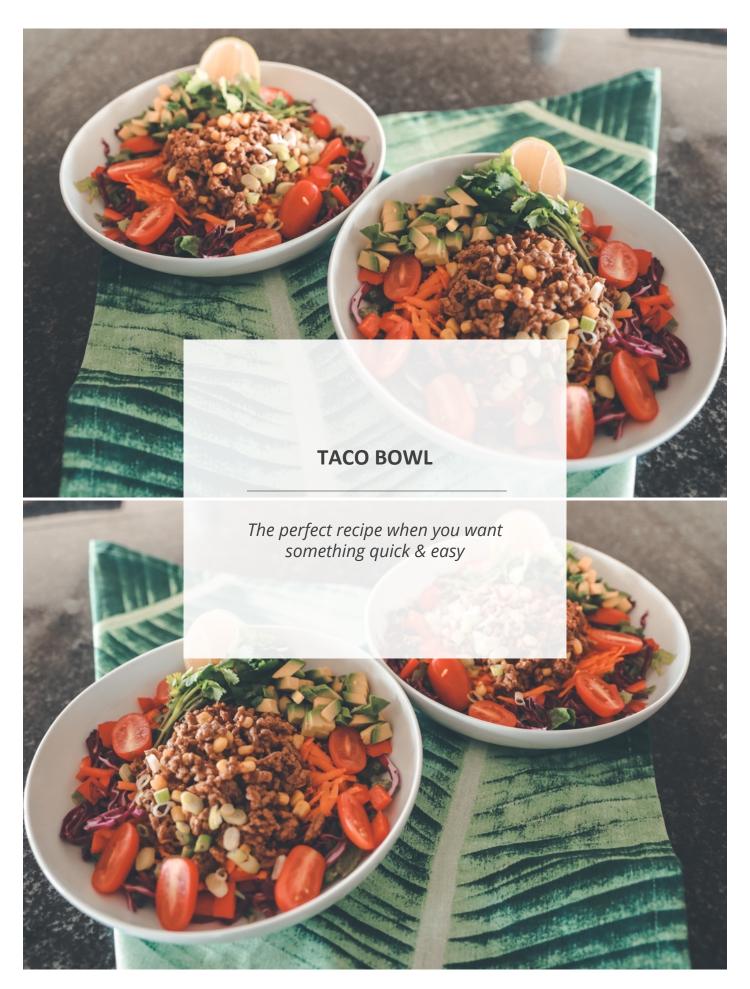


INSTRUCTIONS

- 1. Heat a little macadamia oil in a large frying pan. Add the garlic and onion along with a pinch of salt and sautee for a few minutes until translucent.
- 2. Add the mince and cook, stirring often to break up the mince, for 5 minutes. Add the cumin, lemon zest, zucchini, tomato and a teaspoon of chicken stock powder. Stir well then cook for another 5 minutes before setting aside.
- 3. Prepare your vegetables for stuffing. Cut the tops off the capsicums and scoop out the seeds and any white membrane.
- 4. To assemble, add the mint and juice of half a lemon to the mince along with the rice cups then mix well to combine all the ingredients. Taste and adjust with salt and pepper or more lemon if desired. Divide the mixture between the two capsicums. Any extra mixture can be served warm on the side or stuffed into smaller tomatoes/other vegetables.
- 5. Place the stuffed vegetables into a 180 degree oven and bake for around 30 minutes, or until the vegetables are softened and cooked to your liking. Serve on their own or with a salad on the side.

Variations

You can also use tomatoes, zucchini or eggplant if preferred – just remove the seeds and flesh from the inside then stuff. Tomatoes will cook a little faster while the eggplant and zucchini will take a little longer than the capsicums. Or skip the vegetable stuffing altogether and just east the lamb and rice mixture on its own with a side of salad!



TACO BOWL





PREP & COOK TIME

20 MINS

SERVES

INGREDIENTS

600g lean beef mince

- 1 packet tact seasoning mix
- 1 red onion, thinly sliced
- 1 zucchini, grated
- 2 carrots, grated
- 1 small tin corn kernals

Cos lettuce, shredded

Red cabbage, shredded

Red capsicum, diced

2 avocados

Baby tomatoes, chopped

A handful of coriander, coarsely

chopped

Freshly squeezed lime juice

Tabasco or other chilli sauce, to

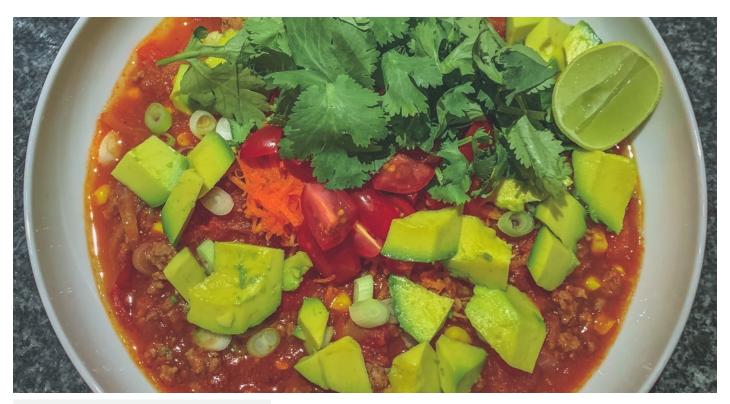
taste

OPTIONAL

Nutritional yeast

- 1. Heat a large a frying pan and brown the mince, stirring often to break up the mince. Add in half the onion, the zucchini and about one carrot and cook for a few minutes. Add in the taco seasoning, corn and about 1/2 cup of water and simmer until the mince is cooked and the sauce has reduced to your desired consistency.
- 2. For the avocado, scoop the flesh into a bowl and mash well. Season with a little salt and pepper and a few drops of tabasco or chilli sauce if you want a spicy kick. Add in the juice of a lime and mix well. Set aside.
- 3. To assemble, layer your salad ingredients into a shallow bowl in the quantities you wish. I used lettuce, red cabbage, raw grated carrot, red capsicum and tomatoes, but you can add or subtract any vegetables you wish here. It is best to make one bowl per person as well.
- 4. Divide the hot taco mix between the salad bowls. And top each with a serve of the avocado. Top with fresh coriander and dress with an extra squeeze of lime juice. Sprinkle with a little nutritional yeast if desired.

TACO BOWL SOUP



INGREDIENTS

300g lean beef mince ½ red onion, thinly sliced 1/2 red capsicum, diced

1 packet tact seasoning mix

1 cob of corn, cooked and kernels removed

1 tin chopped tomato

1 cup chicken stick

1 avocado, diced

1 carrot, grated

6-8 baby tomatoes, chopped

1 spring onion, sliced

A handful of coriander, coarsely chopped

Freshly squeezed lime juice



- 1. Cook the mince in a large saucepan over a high heat until almost cooked - about 5 minutes. Add the onion, capsicum and taco seasoning and mix well. Add in the corn, tinned tomatoes and enough chicken stock to make a thick soup. Cook for another 5 minutes to allow the flavour to develop and vegetables to cook through.
- 2. Divide the soup between bowls. Top with grated carrot, diced tomato, spring onions, avocado and coriander along with a generous squeeze of lime juice.

TERIYAKI BEEF, BROCCOLINI & MUSHROOM STIR FRY



INGREDIENTS

300g rump steak 3-4 tablespoons teriyaki sauce (coconut aminos brand) 2-3 cloves garlic, crushed 1-2 teaspoons grated ginger 1 bunch broccolini 100g fresh shitake mushrooms 100g swiss brown mushrooms A few drops of sesame oil Coriander, lime juice and rice to serve



- 1. Trim the beef of all fat and slice thinly across the grain. Place in a bowl with the teriyaki sauce, garlic and ginger and mix well. Allow to marinate for at least 10 minutes.
- 2. Thinly slice the mushrooms. Trim the ends off the broccolini and cut each stalk in half lengthways. Place into a microwave safe bowl with a splash of water and cover with cling wrap. Microwave the broccolini for 2 minutes on high to partially cook. Remove and drain.
- 3. Heat a large wok or frypan until very hot. Add a few drops of sesame oil to the pan along with the beef. Stir fry, stirring often until the beef is almost cooked. Add in the mushrooms and broccolini and continue cooking until the mushrooms are wilted and beef just cooked through.
- 4. Serve over rice with a squeeze of lemon juice and a handful of coriander.

TERIYAKI CHICKEN TRAY BAKE



INGREDIENTS

- 2 large chicken breasts, about 600g
- 4-6 tablespoons teriyaki coconut aminos

Zest and juice of 1 lime

- 2 cloves of garlic, crushed
- 1 tablespoon grated ginger
- 8 baby carrots, trimmed
- 4 spring onions, cut into 5cm pieces
- 1 bunch broccolini
- 1 bunch bok choy, quartered
- 1 zucchini, halved lengthways

then cut into 2cm chunks

Coriander and rice to serve

- 1. Preheat oven to 180 degrees.
- 2. Combine the teriyaki sauce, lime juice and zest, garlic and ginger with a couple of tablespoons of water. Cut the two chicken breasts in half lengthways to create 4 thinner chicken breasts. Marinate the chicken in the teriyaki mix for 5 minutes.
- 3. Place the carrot, spring onions and chicken into a baking tray along with the teriyaki mix. Bake in the oven for 25 minutes.
- 4. Add the vegetables and a splash more water (if needed). Cover with foil and return to the oven for around 10 minutes or until the veg is cooked to your liking.
- 5. Serve with rice and coriander.



THAI BEEF SALAD



INGREDIENTS

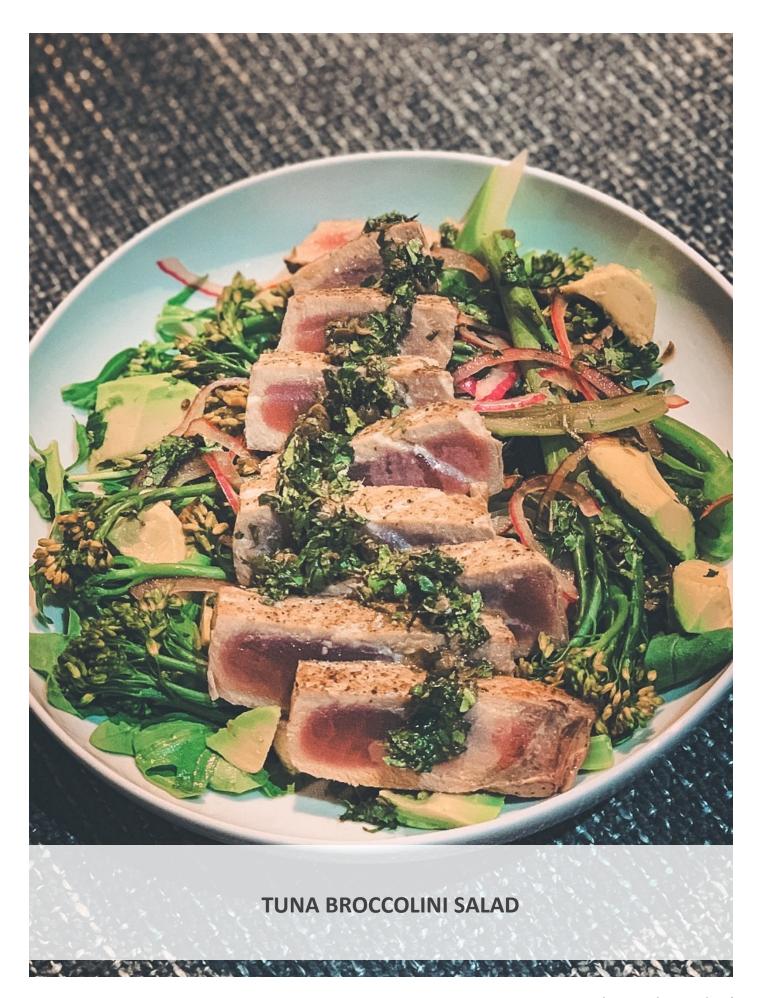
600g lean rump steak Salt & pepper 1/2 - 1 red onion 1 Lebanese cucumber 1 carrot 1 red capsicum 1 punnet baby tomatoes 1 baby cos lettuce Coriander leaves and mint, about 1 cup of each, loosely packed 2 cloves garlic 1-2 red chillies, coarsely chopped A good handful of coriander leaves and stalks Sesame oil, few drops 2 tablespoons fish sauce 1-2 limes, juice only (about 3-4 tablespoons) 1 tablespoon water



INSTRUCTIONS

- 1. Remove the beef from the fridge and trim of all fat. Season with a little salt and pepper. Heat a griddle pan or BBQ to very hot. Cook beef a couple of minutes on each side, keeping it medium rare. Remove from heat and cover with foil and allow to rest while preparing the salad.
- 2. For the dressing, combine the garlic, chilli, coriander stalks & leaves, sesame oil, fish sauce, lime juice and water in a food processor and blitz until it resembles a chunky sauce. Taste and add more lime juice if needed.
- 3. Prepare all the vegetables for the salad and place into a large bowl. Thinly slice the onion, cucumber and red capsicum, ribbon the carrot with a peeler and shred the lettuce. Cut the tomatoes in half or quarters depending on size. Roughly tear the mint and coriander leaves. Spoon over about half the dressing and toss well. Divide between four bowls or plates.
- 4. Thinly slice the rested beef across the grain and divide equally between the four salads. Spoon the remaining dressing over each salad.

Note: additional chilli can be added to the dressing or salad if you like it hotter. Avocado can also be added in if it's in your meal plan.



INGREDIENTS

2 x 150-200g tuna steaks

1 bunch broccolini

½ small red onion

1 medium avocado

Rocket

Coriander and mint - a handful of

each

1 tablespoon capers

luice of 1 lemon

Sherry or red wine vinegar

Salt & pepper



PREP & COOK TIME

30 MINS



- 1. Season each side of the tuna steaks with a pinch of salt and generous amount of pepper.
- 2. Finely slice the red onion and place in a small bowl with the juice of half a lemon. This will 'quick pickle' the onion which removes the rawness and improves the flavour.
- 3. Cut each broccolini into 2 or 3 stalks and place in a microwave safe bowl with a splash of water. Cover and microwave for 3 minutes or until just softened. Drain and set aside.
- 4. Roughly chop the mint, coriander and capers and place into a bowl with the remaining lemon juice, a tablespoon of vinegar and a splash of soy sauce. Mix well and taste - adjust seasoning if needed. It should be quite tangy which will balance out the fish and creamy avocado.
- 5. Remove the skin and seed from the avocado and dice into 1 cm chunks.
- 6. Place a frying pan on the stove and heat until very hot. Add the tuna steaks and cook no more than 30 seconds per side. Remove from the heat and rest while assembling the salad.
- 7. Cover the bottom of 2 plates or bowls with a layer of rocket. Place the broccolini, pickled onion and avocado over the top, dividing equally between the two bowls. Drizzle the salad with a little of the dressing.
- 8. Slice each tuna steak into 1 cm slices and place on the top of each salad. Top with the remaining dressing and serve immediately.
- 9. You can also make this salad with grilled white fish such as barramundi or snapper, or with a tin of tuna instead of fresh tuna if you like.



INGREDIENTS

300g lean pork fillet 2 cloves garlic, crushed 1 T lemongrass, finely chopped 2 limes – juice only 1-2 T fish sauce 1-2 T soy sauce 1/2 T Maple syrup (sugar free) Sesame oil – a few drops 1/2 T rice wine vinegar

Red chilli, thinly sliced 1 medium carrot 1/2 medium cucumber 1/2 red onion, thinly sliced Bean sprouts – a handful Shredded wombok cabbage, about 1 Handful each of coriander, mint and basil leaves





- 1. Combine 1 tablespoon of fish sauce and soy sauce in a bowl along with the maple syrup, sesame oil, half the garlic and the juice of 1 lime. Bash the lemon grass stalk to tenderise the finely chop and add to the bowl. Mix well to combine and pour over the pork to marinate. Set aside for at least 10 minutes and up to 1 hour.
- 2. Preheat your oven to 200. Place the pork on a preheated oven tray and roast for around 20-25 minutes (or until cooked to your liking). Remove from the oven and allow to rest while preparing the salad.
- 3. For the dressing combine remaining lime juice, fish sauce, garlic, chilli, teaspoon of soy sauce, rice wine vinegar and a tablespoon of water. Mix well.
- 4. For the salad, peel the carrot and make carrot ribbons using the peeler. Cut the cucumber in half lengthways, deseed then cut into thin slices. Combine all the ingredients in a large bowl and toss together. Toss through half of the dressing just before serving.
- 5. To serve, divide the salad between two serving bowls. Thinly slice the pork and place on top of the two salads. Drizzle the remaining dressing over the pork and serve immediately.

MARINADES, RUBS & DRESSINGS

- Combine equal quantities of red wine vinegar and soy sauce for a quick salad dressing
- Lemon or lime juice over salad gives a lovely freshness
- To make an avocado dressing combine half an avocado, squeeze of lime juice, a pinch of salt and a handful of mint or coriander and blitz with a stab mixer until smooth. Add a little water if needed to loosen the consistency. Soy sauce/coconut aminos/chili sauce/tabasco can be added to taste. Use as a dressing for a green salad or coleslaw or as a sauce with grilled chicken, pork or fish.
- Combine a good teaspoon of miso paste with the juice of half a lime, a dash of coconut aminos (or soy) with enough water to loosen into a dressing. Add a little grated ginger of chili to taste if desired. Brush over chicken or fish before cooking, drizzle over vegetables and rice as a sauce or use to dress a salad.
- Make a quick sauce by roughly chopping together a handful of mint leaves with a teaspoon of capers and stirring together with lime juice and red wine or sherry vinegar. Delicious with fish, chicken, lamb or over green vegetables.



MARINADES, RUBS & DRESSINGS

- Combine teriyaki coconut aminos with ginger, garlic and chili to taste as a quick stir fry marinade for any protein.
- Mix together a little Dijon mustard, garlic, lemon juice and salt along with some balsamic vinegar. Marinate chicken, pork or lamb in the mixture before cooking.
- ⇒ Ground paprika, cumin and coriander in equal portions make a nice spice mix for mince dishes.
- Lemon pepper seasoning sprinkled on chicken or pork before cooking adds delicious flavor.
- Sumac is an amazing spice use it on chicken or lamb. Either sprinkle over on its own before cooking or mix it with a little salt, lemon zest and juice and a drop or two of macadamia oil to make a rub.
- Fresh coriander (roughly chopped), chopped fresh chili, lime juice, coconut aminos/soy sauce and a dash or two of fish sauce make for a nice Asian style salad dressing.



ADDITIONAL FOOD IDEAS

Additional quick & easy food ideas to mix up your food.



- ⇒ Bruschetta Corn thins + cottage cheese add red onion, tomato, balsamic vinegar
- ⇒ Ice blocks water, mint, lime
- □ Spiralized salad spiralized carrots/cucumber/zucchini with vinegar dressing
- ⇒ Vege sticks Celery, carrots, cucumber, capsicum
- ⇒ **Zucchini chips** bake thin slices of zucchini

⇒ Eggs with passata

Perfect breakfast option, pour passata into a hot pan & crack eggs onto it.

> Frozen berry yoghurt

Blend berries with yoghurt + place in freezer until frozen but not hard

Savoury mince with your favourite veggies served in lettuce cups

> Overnight oats

Put oats into a container with water & WPI. Leave overnight & top with berries.

⇔ San choy bow

Savoury mince with your favourite veggies served in lettuce cups

Stir fry

Use any meat & lots of veggies + herbs to make a fresh stir-fry



⇔ Stuffed mushrooms

Savoury mince with your favourite veggies served in lettuce cups

> Veggie skewers

Load up skewers with your favourite veggies & marinated meats. Use fresh herb & spices to add flavor.

ADDITIONAL FOOD IDEAS

Additional quick & easy food ideas to mix up your food.



Mix your protein shakes up with the following:

- ⇒ Vanilla protein blended with ice, espresso shot or coffee granules
- □ Vanilla protein blended with ice & Barleans Greens
- Caramel protein blended with ice, espresso shot or coffee granules
- ⇒ Vanilla protein blended with ice, ¼ tsp cinnamon, ¼ tsp vanilla extract
- ⇔ Chocolate protein blended with ice & peanut butter (if in meal plan)

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Respect your body.
Fuel your body.
Challenge your body.
Move your body.
And most of all,

Love your body.





Meet Annabel

Health and fitness has always been important to Annabel and exercise has played a big part of her life for the past decade. Since starting a food blog last year, staying fit and healthy is even more important to keep the balance in her life.

Annabel started training at Flex since May 2018 and has successfully completed two challenges. As well as loving the improved strength and overall fitness, one of her highlights has been the food. She challenged herself to see how creative she could be within the constraints of the meal plans and was amazed at how much simple but delicious food you could make whilst completing the challenge. This has led to her working with Flex to develop a new Flex Foodie Guide for our challengers as well as provide ongoing food advice and motivation through the challenges.

You'll see Annabel around the gym most mornings, fitting in training to start her day. She also runs her food blog – Annabel's Kitchen, where she shares new recipes weekly. She loves to talk food – so stop and have a chat or ask questions when you see her around the gym.

CONNECT WITH ME





