



THE

SHAKE 
PRACTITIONER WEIGHT MANAGEMENT PROGRAM

Recipe Book

GET HEALTHY AND CREATE LONG-TERM WELLNESS

LOW FAT EDITION

feel great, be healthy



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Welcome

Welcome to the Shake It Practitioner Weight Management Program and congratulations on taking the first steps in creating a healthier, happier life!

The Shake It Practitioner Weight Management Program is an easy to follow, scientifically advanced, weight loss program that has been proven to be both safe and effective. By incorporating a healthy and satisfying diet with moderate exercise, the Shake It Program can help you to feel great while improving the fat burning and weight loss process.

The Shake It Recipe Book is full of healthy, wholesome meals that will help you to develop good eating habits while on the Shake It Program. Each recipe has been selected and tested by the Metagenics Clinical Support Team, and is perfect for sustainable weight loss.

This book also includes a 'How to Create Your Own Shake It Recipe' section, guiding you through how to choose ingredients for a meal suitable for the Shake It Program.

Build Your Low Fat Daily Diet

ONE snack such as half a Keto Bar, 1 serve of fruit or other snack from the recommended snack list



TWO healthy wholefood meals consisting of 3 serves of vegetables, 1 palm size portion of protein, 1 serve of allowable carbohydrates and 1 serve of fruit



Plus **ONE** protein based meal substitute



Recommended Food List

RECOMMENDED VEGETABLES

1 cup raw leafy greens, ½ cup cooked vegetables

Alfalfa	Okra
Artichokes	Olives
Asian greens	Onions
Asparagus	Radicchio
Baby spinach	Radish
Bamboo shoots	Rocket
Bean sprouts	Sea vegetables (e.g. kelp, wakame, arame, kombu)
Bok choy	Snow peas
Broccoli	Spinach
Broccolini	Sprouts
Brussels sprouts	Squash
Cabbage	Tomato
Capsicum	Water cress
Cauliflower	Zucchini
Celery	Potatoes
Chard	Sweet Potatoes
Cucumber	Corn
Eggplant	Cassava
Endive	Beetroot
Fennel	Carrots
Green beans	Parsnip
Kale	Peas
Kohlrabi	Pumpkin
Leeks	Turnip
Lettuce (all types)	
Mushrooms	

VEGETABLES TO LIMIT

Limit to 1 handful (raw) daily (total)

Canned vegetables	Avocado
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RECOMMENDED FRUITS

1 medium sized fruit (e.g. 1 apple or 1 banana, or ½ cup sliced fruit or berries)

All fruit	Grapefruit
Apples	Guava
Apricots	Honeydew melon
Bananas	Kiwi fruit
Blackberries	Lemons
Blueberries	Limes
Cherries	Mandarin
Fresh fig	

RECOMMENDED FRUITS *Cont...*

Mulberries	Raspberries
Nectarines	Rockmelon
Orange	Strawberries
Passionfruit	Tangerine
Paw paw	Watermelon
Peaches	Bananas
Pears	Grapes
Pineapple	

FRUITS TO LIMIT

Canned sweetened fruits	Dried fruits
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RECOMMENDED PROTEIN

1 palm sized portion (raw)

Beef	Legumes - lentils
Kangaroo	Kidney beans
Lamb	Black beans
Pork	Chickpeas
Veal	Split peas
Chicken	Cannellini beans
Eggs	<i>*Consume 2 palm-sized portions per meal of Tofu and Tempeh</i>
All seafood	
Miso	(NB: Limited cured meat as used in Shake It Recipe e.g. bacon)
Tofu and Tempeh	

CARBOHYDRATES

½ cup cooked grains, 1 piece of toast, ½ cup cooked pasta

Whole-wheat bread and rolls	Brown rice
Whole-wheat pasta	Quinoa
Oatmeal	Millet
Oats	Buckwheat
	Barley

DAIRY/DAIRY ALTERNATIVES

1-2 tablespoons of full fat yoghurt, or 1 cup of low fat milk or 200 g low fat yoghurt or ½ cup cottage cheese

Cheese	Almond, rice, soy milk
Yoghurt	(NB: Low-fat options can be used in specified amounts in the Shake It recipes)
Milk	

RECOMMENDED MEAL SUBSTITUTES

Shake It Chocolate	Keto Bars (Vanilla nougat, Caramel, Cherry Coconut)
Shake It Vanilla	
Shake It Whey Vanilla	Shake It BioPure Collagen, Whey or Pea Proteins
Shake It Dairy Free Chocolate	
Shake It Spring Vegetable Soup	

HEALTHY SNACKS

½ Keto Bar (Vanilla Nougat, Caramel, Cherry Coconut)	½ serve Dairy Free Shake It Chocolate
½ serve Shake It Spring Vegetable Soup	½ serve BioPure Collagen, Whey or Pea Proteins
½ serve Shake It Chocolate, Vanilla or Whey	

NUTS AND SEEDS

⅓ cup nuts, 1 tablespoon of seeds

Almonds	Pepitas
Brazil nuts	Pine nuts
Coconut meat	Pistachio nuts
Flax/Linseeds	Sesame seeds
Hazelnuts	Sunflower seeds
Macadamias	Walnuts
Pecans	Nut butters/spreads (no added sugar)

RECOMMENDED CONDIMENTS

1 teaspoon

Cold pressed oils	Pepper
Coconut oil	Pesto
Flax/Linseed oil	Soy sauce
Macadamia oil	Tamari
Olive oil	Vinegar
Walnut oil	Wasabi
Sesame oil, not toasted	Sea salt (As used in specified amounts in Shake It Recipes)
Sesame oil, toasted (As used in specified amounts in Shake It Recipes)	All herbs
Lemon or Lime juice	<i>*Condiments listed in Shake It recipes that do not appear on the recommended food list are allowed in the measured serving listed in the recipe.</i>
Lemon pepper	
Mustard	
Peanuts (limit)	

7 Day Sample Meal Plan

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
Breakfast	Billy Goat Gruff Eggs	Spiced Banana and Oat Shake It Smoothie	Warm Green Breakfast Bowl	Shake It Supa Oats	Warming Winter Toastie	Chia Berry Shake It Smoothie	Breaky Quesadillas with Black Beans and Mushrooms
Lunch	Chia Berry Shake It Smoothie	Chicken and Roast Vege Salad	Pina Colada Shake It Smoothie	Tuna and Salad Wraps	Spiced Banana and Oat Shake It Smoothie	"Good Guts" Chicken Sandwich	Pina Colada Shake It Smoothie
Dinner	Salmon and Chargrilled Vegetable Salad	Lamb Salad with Pumpkin Beetroot and Balsamic	Beef Salad With Roast Tomato and Sweet Potato	Poached Chicken with Pesto	Chicken, Green Bean and Spinach Curry	Broccolini and Lamb Stir-Fry	Wholegrain Smoked Salmon Pasta with Capers
Snack	Cottage Cheese and Tomato on Rye Bread	Berry Mix-Up	Pear	Apple	Berry Mix-Up	Cottage Cheese and Tomato on Rye Bread	Berry Mix-Up

Vegetarian Example

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
Breakfast	Chilli Spinach Scramble	Pina Colada Shake it Smoothie	Mixed Vegetable Omelette	Shake It Supa Oats	Warming Winter Toastie	Chia Berry Shake It Smoothie	Warm Green Breakfast Bowl
Lunch	Spiced Banana and Oat Shake It Smoothie	Orange and Red Lentil Soup	Chia Berry Shake It Smoothie	Broccoli, Cheddar and Brown Rice Cakes	Pina Colada Shake It Smoothie	Spicy Tofu Wrap	Spiced Banana and Oat Shake It Smoothie
Dinner	Mixed Vegetable Dhal on Quinoa	Tempeh and Snake Bean Stir-Fry	Stuffed Roast Pumpkin	Vegetarian Lasagne	Tarragon and Mushroom Stroganoff	Black Bean and Quinoa Balls with Wholegrain Spaghetti	Vegetarian Moussaka Roll-Ups
Snack	Apple	Cottage Cheese and Tomato on Rye Bread	Pear	Pumpkin Dip with Celery Sticks	Banana	Strawberries and Yoghurt	Orange



Breakfast

Billy Goat Gruff Eggs

INGREDIENTS

2 slices of sourdough bread, toasted
1 whole egg
2 egg whites
1 tbsp of goat's feta cheese, crumbled
1 fresh chilli, thinly sliced

Combine eggs (1 whole, 2 egg whites) in a bowl and whisk together.

Spray a nonstick fry pan with oil and place eggs in pan, over moderate heat. As the eggs begin to set, gently pull the eggs across the pan with an inverted turner, forming large soft curds.

Toast sourdough bread and set on a plate. Place cooked eggs on top and sprinkle over goat's feta and chilli.

Add salt and pepper as desired.

SERVES 1

Overnight Chia Porridge

INGREDIENTS

50 g of traditional rolled oats
2 tbsp of chia seed
1 tbsp of raw organic honey
1 cup of raspberries
½ cup of blueberries
2 cups of almond milk, unsweetened
½ tsp of cinnamon
50 g of low fat Greek yoghurt

Place all ingredients in a mixing bowl. Stir until blended well, cover and place in the fridge overnight.

In the morning, place one serve into a breakfast bowl and stir in one serve of your favourite Shake It protein powder.

Enjoy!

SERVES 2



Brekky Quesadillas with Black Beans and Mushrooms

INGREDIENTS

- 1 garlic clove
- 1 cup of baby spinach leaves
- 1 cup of coriander leaves
- 30 g tomatoes, diced
- 300 g button mushrooms
- 1 cup of low fat cheddar cheese, grated
- 4 wholegrain tortilla wraps
- 2 tbsp of lime juice
- 1 cup of cottage cheese
- 400 g black beans
- 1 tsp of cumin, ground
- 1 tbsp of paprika
- Ground pepper and sea salt to taste

Heat a large non-stick frying pan over medium to high heat.

Add the mushrooms and tomatoes cook, stirring, for 5 to 6 minutes or until golden. Add the garlic and cook for a minute or until fragrant. Add the beans, tomato and spices, cook for 3 minutes or until heated through. Season to taste with sea salt and freshly ground black pepper. Set aside.

Preheat a sandwich press. Spread a quarter of the mushroom mixture over half of a tortilla. Top with a quarter of the cheese and a quarter of the spinach leaves. Fold the tortilla over to enclose the filling. Repeat with the remaining tortillas and fillings.

Cook in batches in the sandwich press for 3 minutes or until the quesadillas are crisp and the cheese has melted. (Alternatively cook the quesadillas in a large non-stick frying pan for 2 minutes each side.)

Serve with a dollop of cottage cheese with lime mixed in, garnished with coriander.

SERVES 4

Pina Colada Shake It Smoothie

INGREDIENTS

1 serve of Shake It Vanilla*
1 cup of pineapple (fresh or frozen)
½ medium sized banana
1 cup of coconut milk , unsweetened
½ cup of natural coconut yogurt

Combine all ingredients in blender.

Blend until smooth. Enjoy!

Tip: Add water for a thinner consistency.

**This protein may be substituted with BioPure Collagen, Whey or Pea*

SERVES 1

Shake It Supa Oats

INGREDIENTS

1 medium apple, grated
½ cup of oats
½ cup of water
½ serve of Shake It protein powder
½ cup of whole milk
100 g natural low fat yoghurt

Grate apple, and mix with oats and water.

Place mix into a small saucepan and heat over low heat until combined and oats are soft.

Serve oats into a small bowl and mix in protein powder.

Top with yoghurt and milk, eat warm.

SERVES 1



Warming Winter Toastie

INGREDIENTS

1½ bananas
2 tbsp of ricotta cheese
½ tsp of cinnamon
2 slices of protein bread (from Protein Bread Co.)

Lightly spread ricotta over each slice of high protein bread.

Cut banana into relatively small/thin slices and spread over one of the slices of bread.

Sprinkle the cinnamon, put bread together and toast in a sandwich press or on the grill and enjoy.

SERVES 1

Chia Berry Shake It Smoothie

INGREDIENTS

1 serve Shake It protein powder
1 tbsp of chia seeds
¼ cup of mixed berries
1 medium sized banana
1 cup of almond milk, unsweetened
Ice (optional)

To taste

Cinnamon powder
Vanilla extract

Place all ingredients into a blender and blend until smooth and creamy.

Pour into a cup and consume.

SERVES 1

Spiced Banana and Oat Shake It Smoothie

INGREDIENTS

1 serve of Shake It protein powder
½ medium sized banana
¼ cup of rolled oats
1 cup of almond milk, unsweetened
¼ tsp of cinnamon, ground
¼ tsp of cardamom, ground
¼ tsp of ginger, ground

Combine all ingredients in blender.

Blend until smooth.

Enjoy!

**Tip: Add water for a thinner consistency.*

SERVES 1



FUN FACT

Try this recipe using the Shake It BioPure Collagen Protein, a rich source of proline to support connective tissue.

Warm Green Breakfast Bowl

INGREDIENTS

½ cup of quinoa (any colour)
1 garlic clove, minced
1 cup of raw kale, chopped
1 cup of baby spinach
½ cup of cottage cheese
½ lemon
¼ avocado
1 pinch of salt
¾ cup of tinned black beans

Place the quinoa in a medium saucepan and cover with water. Bring to the boil, then reduce the heat and simmer for 10 to 15 minutes. Drain and set aside.

Place the kale and spinach in a steamer basket fitted in a pot. Don't forget to add a couple of inches of water to the pot! Cover pan, reduce heat to low and steam for approximately 10 minutes, or until tender and a vibrant green. Remove from the heat and mix the garlic through.

In a large bowl, combine the cooked quinoa, greens and garlic with the black beans. Season with the salt.

Arrange the cottage cheese over the quinoa, greens and beans mixture, and serve with half a lemon and some avocado on the side.

SERVES 1



Snacks and Sides



Berry Mix-Up

INGREDIENTS

½ cup of raspberries
½ cup of blackberries
1 cup of blueberries
Pulp of 1 passionfruit

Add all ingredients to one bowl, mix and serve. Easy!

SERVES 2



DID YOU KNOW?

Berries contain cellular protective antioxidants – anthocyanins, ellagic acid and resveratrol.

Cottage Cheese and Tomato on Rye Bread

INGREDIENTS

1 slice of rye bread
1 tomato, sliced
½ cup of cottage cheese
1 tbsp of dill, chopped

Mix dill and cottage cheese in a bowl.

Spread on to the rye bread and top with tomato.

Enjoy!

SERVES 1

Strawberries and Yoghurt

INGREDIENTS

½ cup of low fat yoghurt

½ cup of sliced strawberries

Choose your favourite dessert cup, layer strawberries and yoghurt and enjoy!

SERVES 1



Pumpkin Dip with Celery Sticks

INGREDIENTS

250 g butternut pumpkin, cubed
1 garlic clove
¼ cup of low fat yoghurt
2 tbsp of BioPure Whey Protein powder
2 celery sticks

Place butternut cubes and garlic on a roast tray, into the oven set at 180°C for 25 minutes, or until soft.

Afterwards, place in a blender, along with the yoghurt and protein powder, and mix. Scoop out and place in a small bowl. Serve with sliced celery sticks.

SERVES 4



Beef

Beef Salad with Roast Tomato and Sweet Potato

INGREDIENTS

200 g rump steak
2 cups of sweet potato, cut into small cubes
1 punnet of cherry tomatoes, halved
2 tsp of olive oil

Salad

1 asparagus bunch, trimmed, halved
2 zucchinis, trimmed and peeled into ribbons
1 medium sized yellow capsicum, thinly sliced
50 g bean sprouts
½ cup of fresh mint leaves, roughly chopped
½ cup of fresh coriander leaves, roughly chopped

Salad dressing

1 fresh long red chilli, deseeded and thinly sliced
1 tsp fresh ginger, finely grated
2 tbsp of tamari
½ tbsp sesame oil
Cracked pepper and sea salt to taste

Place sweet potatoes on baking tray and place into hot oven (preheated to 180°C if fan forced). Cook for 20 minutes, then add tomatoes and cook for a further 10 minutes.

Meanwhile, cook the steak in a large frying pan over high heat until medium rare, or until cooked to your liking. Set steak aside to rest.

While the steak is cooking, blanch the asparagus in a saucepan of boiling water until just tender. Drain and refresh under cold running water.

Place cooked sweet potatoes, tomato, asparagus, zucchini, capsicum, bean sprouts, mint and coriander in a large bowl. Gently toss to combine. Place half of the salad on to each serving plate.

Combine chilli, ginger, tamari and sesame oil in a small bowl. Add salt and pepper to taste.

Cut steak into strips and lay on top of salad. Cover with dressing and enjoy.

SERVES 2

DID YOU KNOW?

Red meat, such as beef, is a rich source of iron and vitamin B12 to support energy.



Streamlined T-Bone

INGREDIENTS

100 g T-bone steak, trimmed
1 cup of sweet potato
1 cup of shiitake mushrooms
1 tsp of ground black pepper
1 cup of kale
1 pinch salt

Barbecue or grill the steak to your liking.

Chop the sweet potato into cubes and steam for approximately 8 to 10 minutes. Chop the kale in to large pieces and steam this for 3 to 4 minutes.

Lightly fry the shiitake mushrooms in water with salt and black pepper.

Plate up the ingredients and season to taste. Enjoy your Streamlined T-Bone!

SERVES 1

Taco Buddha Bowl

INGREDIENTS

2 tbsp of mild chilli powder
1 tbsp of sweet smoked paprika
1 tbsp of cumin, ground
2 tsp of salt
1 tbsp of dried oregano
1 tsp of garlic powder
1 tsp of onion powder
¼ tsp of cayenne powder (optional)
1 tbsp of olive oil
500 g sweet potatoes, peeled and cubed
400 g lean beef mince
400 g can of black beans, drained and rinsed
1 cup of corn
400 g tomatoes, chopped

Preheat oven to 200°C.

In a small bowl, mix together chilli powder, paprika, cumin, salt, oregano, garlic powder, onion powder, and cayenne pepper (if using). Toss sweet potatoes pieces with olive oil and half the seasoning mixture from the small bowl, about 2 tablespoons. Bake for 15 to 20 minutes until tender and cooked through.

Meanwhile, cook beef over medium-high heat for about 5 to 7 minutes until cooked through. If necessary, drain any large quantities of fat from skillet. Add beans and remaining seasoning mixture from the small bowl. Toss to fully coat beans and beef with seasoning. Continue to cook until beans are heated through.

To serve, either place all ingredients in separate dishes for family style serving, or make individual bowls before serving. Serve with any desired low calorie optional garnishes (jalapeños, sliced green onion, chopped coriander leaves, lime slices etc.).

SERVES 4

Honey Soy Beef and Vegetables

INGREDIENTS

250 g beef, diced
1 tbsp of olive oil
2 garlic cloves, minced
1 carrot, finely sliced
1 cup of cauliflower florets
6 button mushrooms, sliced
¼ cup of water
1 onion, finely sliced
½ red capsicum, finely sliced
1 cup of green beans, sliced
200 g hokkien noodles
2 tbsp of soy sauce
2 tbsp of oyster sauce
1 tbsp of honey

Slice beef into thin strips. Heat wok or medium non-stick frying pan over medium heat. Add ½ tbsp of olive oil and beef, stir fry until golden brown. Set aside.

Add remaining oil to pan, and stir fry onion and capsicum until golden brown, around 3 to 4 minutes. Add garlic and stir for 1 minute. Add the water to the pan. Cook the carrot, mushrooms, beans and cauliflower until softened. Add beef and stir until combined. Squeeze honey over the mixture then add the soy and oyster sauce.

Remove noodles from the pack and untangle in hot water. Drain and add to beef and vegetables.

Serve immediately.

SERVES 2



Poultry

Chicken Noodle San Choy Bau

INGREDIENTS

½ 440 g packet hokkien noodles
2 tbsp of corn flour
½ cup of chicken stock
1½ tbsp of hoisin sauce
2 tbsp of oyster sauce
2 tbsp of soy sauce
½ tbsp of olive oil
2 garlic cloves, crushed
500 g chicken mince
100 g fresh shiitake mushrooms, finely chopped
225 g can sliced water chestnuts, drained and thinly sliced
1 cup of bean sprouts, trimmed
4 shallots, thinly sliced
8 iceberg lettuce leaves
1 long red chilli, sliced diagonally

Cook noodles following packet directions. Drain. Refresh under cold water. Drain well.

Combine corn flour with half of the stock in a small bowl. Combine remaining stock and sauces in a jug.

Heat a wok or large deep frying pan over high heat. Add oil. Swirl to coat. Stir-fry garlic and mince for 5 minutes or until browned. Add mushroom and water chestnuts. Stir-fry for 3 minutes or until mushrooms have softened.

Add sauces and corn flour mixture to wok. Stir-fry for 2 minutes or until heated through and sauce thickens. Add noodles, sprouts and half of the shallots. Toss until heated through.

Divide mince among lettuce cups. Top with remaining shallots and chilli. Serve.

SERVES 4



Chicken Superfood Pasta

INGREDIENTS

2 cups of wholegrain penne pasta
1 tbsp of olive oil
1 garlic clove, crushed
200 g chicken breasts, sliced
4 cups of shredded broccoli and/or cabbage
1 capsicum, sliced and charred
1 red onion, thinly sliced
1 cup of light cottage cheese with chives
Cracked pepper and sea salt to taste

To serve

1 cup of fresh basil leaves
Twist of lemon juice
1 pear

In a large saucepan of boiling salted water, cook pasta following packet instructions. Drain and return to pan to keep warm.

Meanwhile, in large frying pan, heat oil and garlic, then cook chicken for 1 minute on each side, until lightly browned and cooked through. Season with salt and pepper. Add the cabbage/broccoli to the pan and cover for 5 minute to wilt.

In a large pasta bowl, toss chicken, cottage cheese, veggies, peppers and onion through hot pasta to combine.

Spoon into bowls, scatter with basil leaves.

SERVES 4

Chicken and Rice Supreme

INGREDIENTS

- 100 g chicken breast
- ½ cup of brown rice
- 1 cup of shiitake mushrooms, sliced
- ¼ cup of Spanish onion, sliced
- 1 cup of cucumber with peel, chopped
- 1 cup of rocket lettuce
- 1 cup of shredded cos or romaine lettuce, shredded
- 2 tsp olive oil
- 2 lemons (1 chopped whole for poaching liquid,
1 for juice on the salad)
- 1 tsp of raw ginger, chopped
- 6 cups of water

Measure your rice and rinse out to clean it of any dirt or particles. Rinse until the water runs clear.

Put two cups of water into a large saucepan with a tight fitting lid and lightly salt if desired. Add the rice and bring your water to a boil, then reduce the heat to low and let your rice simmer. Cover the saucepan with a lid and let the rice become tender and absorb the liquid. Let it simmer for about 30 minutes then check it. Brown rice should take between 40 and 50 minutes to cook depending on the type of stove you are using.

Turn off your rice and allow to rest and cool off for at least 5 minutes.

You may simultaneously poach the chicken, aiming to have them both ready around the same time. In a medium pan with high sides, that has a tight fitting lid, pour four cups water, the sliced lemon and ginger, and bring to a boil uncovered. Place the chicken breast in and set the timer for exactly 3 minutes from the time you add the chicken to the poaching liquid (do not allow the water to come back to a boil).

After three minutes, remove from heat, cover and let the chicken sit in the poaching liquid for 8 to 10 minutes. The thickness of the breast will determine the exact amount of time it sits in the hot liquid. After 8 minutes, pull the chicken out and test – it should be a little bit pink inside as the chicken will continue to cook further until it cools.

Once just about cooked, remove to room temperature to allow to cool. After this, it can be sliced or shredded depending on your preference.

In a pan, lightly fry the sliced shiitake mushrooms and Spanish onions in the olive oil. Combine the chopped cucumber, shredded rocket and cos with lemon juice as a side salad.

Plate up the sliced chicken, drained rice and shiitake and onion. Enjoy Chicken and Rice Supreme!

SERVES 1

Dry Green Curry Stir-Fry

INGREDIENTS

500 g chicken
1 lemon
½ cup of coriander, chopped
1 broccolini bunch
1 tsp of olive oil
1 jar of green curry paste
2 zucchinis
2 medium sized carrots
1 onion
300 g long beans
1 cup of brown rice
½ cup of water

Put a pot of water on the stove. Once boiling, add the cup of brown rice and cook for 45 minutes, or until soft. Strain and set aside.

Dice the onion and chicken. Add the oil to a wok/large fry pan, and cook the onions and chicken for 5 minutes. Add in the jar of curry paste and stir for another 2 minutes. Julienne the carrots and zucchini, top and tail the beans, and add these to the wok. Continue to stir-fry for another 10 minute or until the chicken is cooked all the way through. Add the ½ cup of water as needed to prevent the stir-fry from sticking or drying out. Add the juice of one lemon to enhance the flavour.

Divide evenly and enjoy!

SERVES 4



Chicken, Green Bean and Spinach Curry

INGREDIENTS

1 tbsp of sunflower oil
1 onion
2 garlic cloves
1 fresh green chilli
4 cardamom pods
1 tsp of cumin
1 tsp of chilli flakes
1 tsp of ginger, ground
1 tsp of turmeric powder
1 cup of tomatoes, chopped
1 cup of green beans
1 cup of broccoli, diced
1 cup of peas
4 cups of raw spinach
300 g chicken breasts
⅔ cup of low fat yoghurt
1 cup of brown rice

Add 1.5 L of water to a pot and bring to the boil. Add in the brown rice and cook for 45 minutes until soft. Strain and set aside.

Heat the oil in a large non-stick pan. Dice the chicken and onions, and add to the pan along with the green chilli and garlic. Brown the chicken for 5 minutes. Add the cardamom, ginger, turmeric, chilli flakes and cumin seeds, and continue to cook for another minute.

Dice the tomatoes, broccoli, top and tail the beans, rinse the spinach, and add to the pan. Bring to the boil. Add in the peas and turn the heat down, place the lid on and simmer for 15 minutes.

Remove from the heat, stir in the yoghurt. You can garnish with coriander if preferred.

Serve curry mixture with the cooked brown rice.

SERVES 4

DID YOU KNOW?

Chilli contains 'capsinoids', a component that may help to promote abdominal fat loss.

"Good Guts" Chicken Sandwich

INGREDIENTS

2 slices of sourdough bread
100 g shredded chicken breast
1 cup of baby spinach leaves
1 tbsp of kimchi
2 tbsp of hummus
Cracked pepper and sea salt to taste

Spread the hummus on each slice of sour dough.

Add kimchi to one slice of bread, top with shredded chicken and baby spinach leaves.

Add salt and pepper as required.

Close sandwich together and devour, happily!

SERVES 1



DID YOU KNOW?

Kimchi is a condiment made of fermented vegetables that supports healthy gut microbial balance.

Light Chicken Salad

INGREDIENTS

90 g (approximately half of one) chicken breast
¾ cup red seedless grapes, halved
1¼ cup sweet potato
1 green onion, thinly sliced
⅓ cup of plain Greek yoghurt
1½ tbsp of light mayonnaise
1 tsp of Dijon mustard
½ tsp of dried sage
½ tsp of smoked paprika
¼ tsp of garlic powder
2 tbsp of fresh lemon juice
Dash of salt
1 tsp of pepper, ground

Position the oven rack to the centre. Preheat the oven to 190°C.

Rinse and pat dry the chicken breast. Place the chicken in a roasting pan. Peel your sweet potato and cut into cubes and place in a separate roasting pan. Bake for 30 to 40 minutes.

Once the chicken is cooked, shred it using two forks.

Add shredded chicken, red grapes, sweet potato, and green onions to a large bowl.

In a small bowl, add yoghurt, mayo, mustard, sage, smoked paprika, garlic powder, lemon juice, salt, and pepper. Whisk together. Add the liquid mixture to the chicken dish.

Stir everything together until it is completely combined and enjoy!

SERVES 1



Quick Chicken Lunch

INGREDIENTS

1 chicken breast, roasted
1 cup of broccoli florets, steamed
1 cup of carrot, chopped and steamed
½ cup of brown rice, steamed

To serve

Sliced chilli
Few sprigs of parsley/coriander

You can purchase a roast chicken or single breast from a local rotisserie.

Pre-cook rice as per packet instructions.

Prepare vegetables and steam until cooked but firm to touch.

Place all on a plate and eat warm, or prepare the night before and take in a container for lunch.

SERVES 1

Mediterranean Chicken Salad

INGREDIENTS

2 red capsicums, seeded and cut into 5 cm pieces
8 small tomatoes, halved
4 Lebanese eggplant, trimmed and halved lengthways
3 zucchinis, trimmed and thickly sliced on the diagonal
1 tbsp of olive oil
1½ tsp of paprika (smoked or sweet)
800 g chicken thigh fillet, trimmed of fat
3 tbsp of balsamic vinegar
1 handful of basil
1 head radicchio, tough outer leaves discarded, torn
2 cups cooked quinoa

Preheat the oven to 180°C.

Place the capsicum, tomato, eggplant, zucchini, paprika and half the olive oil in a large roasting tin and toss to combine well.

Coat the bottom of another large roasting tin with the remaining olive oil, add the chicken and toss to coat.

Roast the vegetables and the chicken for 35 minutes or until cooked through. Transfer the vegetables to a bowl.

Transfer the chicken to a board, reserving the cooking juices. When cool enough to handle, cut the chicken into 1 cm thick slices and add to the vegetables in the bowl along with the balsamic vinegar, reserved cooking juices, basil and radicchio.

Season to taste and toss to combine well. Divide among plates and serve immediately.

Serve with the cooked quinoa.

SERVES 4

Poached Chicken with Pesto

INGREDIENTS

4 cups of water
1 cup of dry white wine
1 bay leaf
2 thyme sprigs
1 tbsp of lemon rind
2 baby fennel bulbs, trimmed and quartered
400 g chicken breast fillets
8 baby (Dutch) carrots, trimmed
3 parsnips, peeled and quartered
½ cup baby green beans, topped
1½ tbsp of basil pesto
400 g sweet potato

Preheat oven to 220°C. Peel the sweet potato and cut into cubes. Place in a shallow roasting pan. Roast the sweet potato until soft and golden brown, approximately 30 to 35 minutes.

Meanwhile, place water in a large deep fry pan with wine, bay leaf, thyme, lemon rind and fennel. Bring to the boil, then simmer for 3 minutes. Remove fennel and set aside.

Add chicken to the water and poach, uncovered over medium-low heat for 15 minutes or until cooked through. Transfer to a plate and cover loosely with foil to keep warm. Add carrots and parsnips to water and simmer for 5 minutes. Add beans and cook for a further minute. Return fennel to water to warm through.

Remove sweet potato from the oven. Divide vegetables among serving bowls and spoon over a little of the cooking water. Top with chicken breasts and a dollop of pesto. Serve and enjoy!

SERVES 4



Chicken and Roast Vege Salad

INGREDIENTS

1 cup of pumpkin diced
1 cup of beetroot diced
1 carrot, diced
5 olives, halved
½ cup of quinoa, cooked
1 chicken breast

Dice the pumpkin, beetroot and carrots. Place on a baking tray and place in the oven for 30 minutes at 180°C. Grill the chicken breast and slice once cooked.

Place the olives in a mixing bowl along with the quinoa, pumpkin, beetroots and carrots. Toss gently.

Serve on a plate, along with the chicken and a side of tzatziki. Add a squeeze of lemon juice for extra zest!

SERVES 2

DID YOU KNOW?

Beetroot is packed with essential nutrients, including nitrates which may help to lower blood pressure.

Roast Chicken and Vege Bowl

INGREDIENTS

1 cup of pumpkin
1 cup of broccoli
1 red onion
1 zucchini
½ cup of squash
½ cup of brown rice
1 chicken breast
1 tsp thyme
Juice of ½ a lemon

Preheat oven to 200°C. Line two baking trays with baking paper.

Prep your vegetables: Peel and cut pumpkin into 3 cm cubes, cut broccoli into medium sized florets, chop the onion and squash into quarters and slice the zucchini into 2 cm rounds.

Place the pumpkin on a baking tray and bake for 10 minutes, then add the remaining vegetables for another 30 to 40 minutes – stirring once. Check the vegetables at 30 minutes to determine whether they are cooked to your liking.

Meanwhile, add the brown rice to boiling water and cook until soft (approximately 40 minutes).

Rub chicken breast with a small amount of olive oil, salt, pepper and thyme. Place on another baking tray in the oven. Turn after 10 minutes and then cook for another 10 to 15 minutes. Ensure the chicken is cooked, with no pink in the center and the juices run clear.

Once everything is cooked, slice the chicken into bite sized pieces and add together in a bowl. Mix ingredients together, squeezing lemon juice on top if desired.

SERVES 1

Turkey Pita Bread Pocket

INGREDIENTS

80 g of turkey
1 wholemeal pita bread pocket
½ cup of baby spinach
½ tomato
¼ red onion
8 slices of cucumber
1 tbsp of hummus

Slice tomato, red onion and cucumber.

Take the hummus and coat the inside of the pita bread pocket.

Add remaining ingredients and enjoy!

SERVES 1



Sticky Chilli and Lemongrass Caramel Chicken

INGREDIENTS

- 1 tsp of peanut oil
- 1 large sized chicken breast
- 2 garlic cloves, minced
- 1 lemongrass stalk (white part only), finely chopped
- 1 long red chilli, thinly sliced
- 2 tbsp of kecap manis
- 1 tbsp of fish sauce
- 1 tbsp of lime juice
- 1 tbsp of water
- 1 bunch of baby bok choy
- 1 cup of brown rice
- ¼ cup of fresh coriander, chopped

Place rice in a small saucepan with 2 cups of water. Bring it to the boil. Reduce the heat to low and allow to simmer for 25 minutes, stirring occasionally. Once cooked, remove from heat and set aside.

Heat oil in a large frying pan over medium-high heat. Cook chicken, turning occasionally, for 5 minutes or until browned all over. Transfer to a plate. Cover to keep warm.

Add garlic, lemongrass and chilli to pan. Cook, stirring for 2 minutes or until fragrant. Add kecap manis, fish sauce, lime juice and water. Stir to combine. Bring to the boil.

Add chicken to the pan. Reduce heat to medium-low. Cover and simmer for 5 minutes. Turn chicken. Cook, uncovered, for a further 5 minutes or until chicken is cooked through and sauce thickens slightly.

Meanwhile, place the baby bok choy in a steamer basket and place the basket over (not in) simmering water. Steam until the base of the baby bok choy is just tender when pierced with the tip of a knife, about 6 minutes.

Serve chicken and sauce with baby bok choy and rice, and sprinkle with coriander.

SERVES 4

Warm Chicken and Quinoa Salad

INGREDIENTS

400 g chicken breast

¼ cup of plain flour

Marinade

1 large lemon, juiced

2 tbsp of Chinese rice wine vinegar

1 tbsp of tamari

2 tbsp of honey

Salad

2 cups of quinoa

100 g mixed salad leaves, chopped

100 g bean sprouts

1 medium sized carrot, grated

1 large sized raw beetroot, grated

Combine ⅓ cup of lemon juice, rice wine vinegar, soy sauce and honey in a small saucepan over medium heat. Cook, stirring, for 2 minutes or until marinade comes to the boil. Set aside to cool.

Place chicken in a large, shallow ceramic dish. Pour half the marinade over chicken. Turn to coat. Refrigerate for 1 hour, if time permits. Set aside remaining marinade.

Place quinoa in a saucepan with 4 cups of cold water. Bring to the boil, then reduce to a simmer until quinoa is until tender and cooked.

While the quinoa is cooking, drain the chicken, discarding the marinade. Lightly coat chicken in flour, shaking off excess. Heat oil in a non-stick frying pan over medium heat. Add chicken and cook for 4 minutes each side or until almost cooked through.

Reduce heat to low until cooked. Combine reserved marinade and 2 tablespoons of cold water. Pour over chicken. Cover and simmer for 10 minutes or until sauce is thick and chicken cooked through. Cover and set aside for 5 minutes to rest.

Make salad by combining salad ingredients in a bowl, with the cooked and drained quinoa. Divide salad between plates. Thickly slice chicken and place on salad. Spoon over sauce. Serve warm and enjoy.

SERVES 4



Seafood



Grilled Octopus and Wakame Potato Salad

INGREDIENTS

Grilled Octopus

- 1 cup of onion, chopped
- 1 medium carrot, chopped
- 10 parsley sprigs
- 1 tbsp of salt
- 1 tbsp of pepper
- 1 tbsp of dashi
- 1 kg of octopus

Wakame Potato Salad

- 10 g wakame, dried and soaked in cold water for 10 mins
- 1 continental cucumber, seeds removed, halved and cut into thin slices.
- 2 jalapeno peppers, thinly sliced
- 1 cup of green peas
- 3 tsp of sesame oil
- 500 g Kipfler potatoes, boiled and cooled



DID YOU KNOW?

Wakame is a Japanese sea vegetable, a rich source of iodine which supports healthy thyroid function.

Octopus

Cook the octopus by placing it in a large saucepan, cover with cold water and add the rest of the ingredients.

Bring to the boil then turn down to a simmer and cook for 1½ hours or until octopus is tender. The best way to check when it is ready is to place a bamboo skewer into the thickest part of the flesh and when removed the bamboo should have no resistance.

Remove the octopus onto a tray, discarding the liquid and aromatics.

When the octopus is cool enough to handle, peel the skin from the flesh, keeping the tentacles intact, and slice each octopus leg into 4 cm long pieces.

Store the octopus in the refrigerator in a sealed container until ready to use; this octopus will last for 3 days.

Wakame Potato Salad

Slice the potatoes into 5 mm slices, combine in a bowl with the peas, cucumber, sesame oil and jalapenos, and gently toss to combine.

Place potato salad onto one large platter, ready for the octopus.

Meanwhile, grill the octopus on the barbecue grill or in a hot fry pan until golden and crispy on some edges. Arrange cooked octopus on top of the salad. Top with slices of wakame over the meal and serve.

SERVES 4

Greens and Smoked Salmon Mash Up

INGREDIENTS

2 zucchinis
3 broccolini stalks
4 Brussels sprouts
50 g smoked salmon
¼ cup of raw quinoa
1 tsp of dill
Juice of ½ lemon

Slice Brussels sprouts into halves or quarters, according to your preference.

Meanwhile, peel zucchini into thin strips or 'ribbons' and discard of the ends.

Rinse quinoa thoroughly, then add to saucepan with half a cup of water. Bring to the boil, then cover, reduce to a simmer and cook for 10 minutes. Turn the heat off, leave the lid on and allow the quinoa to sit on the burner for a further 5 to 7 minutes. Remove the lid and fluff with a fork.

Cook Brussels sprouts on a medium to high heat for 5 to 10 minutes, until tender and slightly browned.

Bring water to boil in a saucepan and place broccolini in to cook for 2 minutes.

Once the Brussels sprouts are almost cooked, add zucchini ribbons and mix through until tender.

Turn off the heat, and add broccolini, smoked salmon, dill and lemon juice.

Stir together and serve.

SERVES 1

Salmon and Chargrilled Vegetable Salad

INGREDIENTS

3 asparagus bunches
1 red onion, diced
90 g natural low fat yoghurt
1 tbsp of lemon juice
2 tbsp of chopped chives
400 g organic chickpeas
½ cup of chopped parsley
400 g salmon
1 tsp of olive oil
1 medium sized zucchini, sliced lengthwise
2 cups of quinoa, cooked

Take out a grill fry-pan and brush with olive oil. Place salmon on grill and cook. Remove the salmon when ready and allow to rest.

On the same grill pan, place the asparagus and the sliced zucchini and cook until just soft.

Dice the red onion and chop the chives and parsley. Add these to a large mixing bowl along with the quinoa. Open and drain the chickpeas, rinse, and add to the mixing bowl. Add the lemon juice and yoghurt, and mix well. Divide onto 4 serving plates. Place the zucchini and asparagus alongside on the plates.

Now the salmon has cooled, flake and sprinkle on top. Enjoy!

DID YOU KNOW?

Salmon is a source of omega-3 fatty acids which supports brain and cardiovascular health.



Smoked Salmon, Tomato and Rocket on Toast

INGREDIENTS

50 g smoked salmon
1 fresh tomato, sliced
½ small-medium sized cucumber, sliced
¼ red onion, thinly sliced
1 tbsp cottage cheese
2 pieces of bread (sourdough/wholemeal/
multigrain/gluten free)
50 g rocket leaves
½ lemon

Simply toast your chosen bread, then top each piece with approximately 4 slices of fresh tomato and cucumber, and thinly sliced red onion.

Evenly spread the smoked salmon and cottage cheese over each piece of toast, then add rocket.

Squeeze lemon juice over the dish and fresh dill, if desired.

Sprinkle with salt and pepper, as desired.

SERVES 1

Salmon Potato Cakes

INGREDIENTS

2 cups of Desiree potatoes, peeled and chopped
 ½ cup of frozen peas, thawed
210 g can of pink salmon, drained and flaked
 1 tbsp of lemon rind
 1 tbsp of lemon juice
2 tbsp each of fresh chives, finely chopped
 2 tbsp flat-leaf parsley, finely chopped
 ½ cup dried breadcrumbs
 ¼ tbsp. of olive oi
2 cups of mixed lettuce leaves to serve

Cook potatoes in saucepan of boiling water for 10 to 12 minutes, or until tender. Drain and transfer to a bowl and mash.

Add peas, salmon, lemon rind, lemon juice, chives, parsley and half the breadcrumbs to the potato mash. Shape into 8 patties. Coat patties in remaining breadcrumbs.

Heat the olive oil over medium heat. Cook the patties for 4 to 5 minutes each side, or until golden and heated through. Transfer to a plate lined with a paper towel. Serve with the mixed lettuce leaves.

SERVES 4

Steamed Fish with Orange, Fennel and Roast Vegetable Salad

INGREDIENTS

150 g broad beans, frozen or fresh
1 tbsp of olive oil
1 medium sized leek, halved lengthways and finely sliced
1 tsp of fennel seeds
1½ medium sized carrots, coarsely grated
3 cups of carrot, chopped
2 cups of pumpkin, chopped
2 garlic cloves, crushed
400 g of white fish, skin and bones removed
Zest of 1 orange
1 tbsp Italian parsley, chopped
120 mL white wine or fish/vegetable stock
2 medium oranges, peeled and pith removed
2 tbsp of capers, drained
1 fennel bulb, trimmed and finely sliced
1 tbsp of white balsamic vinegar,
1 Italian parsley bunch

Preheat the oven to 180°C. Place the chopped carrot and pumpkin on a tray and roast for 30 minutes or until cooked through. Place to the side and allow to cool.

Blanch the broad beans in a large saucepan of boiling water for 2 minutes or until tender. Transfer to a bowl of iced water to cool, then drain, peel and set aside. Cook the leek and fennel seeds in a frying pan with the olive oil over medium heat for 3 to 4 minutes until the leek begins to soften. Add the grated carrot and garlic, and cook for 3 to 4 minutes until soft, then remove from the heat and season with salt and pepper.

Cut eight lengths of foil about 40 cm long and place two pieces on top of each other. Fold in three sides, leaving one long side open. Repeat with remaining foil, then place the parcels on a large baking tray.

Divide the leek and carrot mixture among the parcels and lay a piece of fish on top of each pile. Scatter over the broad beans, orange zest and parsley and season to taste.

Pour a quarter of the stock or wine into each parcel, then fold the open end over a few times to seal tightly. Cook in the oven for 12 to 14 minutes. Remove from the oven and check that the fish is cooked through: if not, reseal and cook for another 2 to 3 minutes before checking again.

Meanwhile, for the salad, segment the oranges by holding them over a bowl and using a small, sharp knife to cut the flesh away from the inner membrane, letting the segments and any juice fall into the bowl. Add the roasted vegetables, capers and fennel and toss to combine. Add the vinegar and parsley, season to taste with salt and pepper, and toss to combine.

To serve: Carefully open the parcels and transfer the contents to four plates. Spoon over some sauce and serve with the salad.

SERVES 4



Tuna and Salad Wraps

INGREDIENTS

- 1 tin of tuna in spring water (95 g), drained
- 2 large whole meal wraps
- 2 handfuls of rocket or spinach leaves
- 1 tomato, sliced
- 1 Lebanese cucumber, thinly sliced
- 1 medium sized carrot, grated
- 2 tsp of whole grain mustard

Spread 1 teaspoon of mustard to each of the wraps.

Place half of the salad and tuna onto the centre of the wraps, leaving enough space to be able to fold up the base and sides of the wrap.

Fold the base of the wrap up towards the centre, then the sides.

Eat straight away, or wrap in baking paper and secure with twine and store in the fridge.

SERVES 1

Tuna and Green Bean Salad

INGREDIENTS

1 cup of green beans, trimmed and halved crosswise
2 red potatoes, diced
½ lemon, freshly squeezed
1 garlic clove, minced
¾ tbsp of olive oil
½ tsp of dried oregano leaves
1 tsp of black pepper, freshly ground
6 cherry tomatoes, halved
1 tbsp of fresh basil, leaves chopped
2 tbsp of fresh Italian parsley, leaves chopped
1 95 g tin of tuna in spring water

Preheat oven to 220°C. Spread the potatoes in a single layer in a shallow roasting tray. Roast until golden brown and crisp outside, and tender inside, about 30 minutes.

Meanwhile, cook the green beans in a large pot of boiling water until crisp-tender, stirring occasionally, about 4 minutes. Using a mesh strainer, transfer the green beans to a large bowl of ice water to cool completely. Keep the cooking water. Drain the green beans and pat dry with a towel.

Drain the tuna and place in a large bowl. Combine with the green beans, potatoes, and tomatoes.

Mix the lemon juice, garlic, olive oil, oregano leaves, black pepper, basil leaves and parsley together. Pour over the top of the tuna mixture, mix well and enjoy!

SERVES 1

Tasty Tahini Salmon

INGREDIENTS

115 g of salmon fillet

1 cup of sweet potato

2 spring onions, thinly sliced

½ tbsp of tahini

Cracked pepper and sea salt to taste

Pre-heat oven to 200°C and cut sweet potato into 3 cm cubes, place on a baking tray. Sprinkle with some extra virgin olive oil and place in oven for 30 minutes until roasted.

Reduce heat to 180 degrees and place salmon fillet on a lined tray, cook for 20 minutes until cooked to liking (15 to 20 minutes will cook salmon medium-rare).

Place roasted sweet potato and cooked salmon on a plate, drizzle over tahini and sprinkle spring onion slices over the top.

Add salt and pepper as desired.

SERVES 1



Wholegrain Smoked Salmon Pasta with Capers

INGREDIENTS

2 tsp of capers
1 tsp of olive oil
1 lemon, zested and juiced
¼ flat leaf parsley bunch, chopped
1 tsp of black pepper, ground
1½ tbsp of parmesan cheese, shredded
180 g Chinook salmon, smoked
2 cups of raw spinach
¼ cup of snow peas, sliced
120 g wholegrain fettuccine

Cook pasta in a large saucepan according to packet instructions. Drain and return to pan. Meanwhile, slice smoked salmon into thin strips.

Stir olive oil and lemon juice through the pasta. Combine with lemon zest, parsley and smoked salmon, stirring over low heat until warmed. Sprinkle with parmesan and pepper and serve with a large green salad.

SERVES 2



DID YOU KNOW?

Not only does olive oil provide essential fatty acids, but it also contains antioxidants to support heart health.

Tropicana Prawn Paradise

INGREDIENTS

100 g fresh prawns
½ cup of cooked quinoa
1 mango cheek, thinly sliced
½ cup of pineapple pieces
Juice of 1 lime
1 tsp of sesame oil
Cracked pepper and sea salt to taste

Spray a pan with oil, add the prawns and cook until they turn pink and are cooked through (about 4 to 5 minutes). Alternatively spray the grill of a BBQ and cook prawns on BBQ until prawns turn pink and are cooked through. Set aside.

Combine quinoa, mango, pineapple in a bowl and combine.

Add lime juice and sesame oil to quinoa mix and stir until combined. Place quinoa on a plate and top with prawns.

Add salt and pepper as desired.

SERVES 1



Lamb



Lamb and Broccolini Stir-fry

INGREDIENTS

- 200 g diced lamb
- 2 cups of bok choy, chopped
- 1 large sized onion
- 1 red chilli, sliced
- 2 spring onions, sliced
- ½ cup of fresh coriander
- 4 tbsp of fresh ginger, grated
- 2 garlic cloves, minced
- ½ cup of soy sauce or tamari
- 1 tbsp of raw organic honey
- 1 tsp of olive oil
- 2 broccolini bunches
- ½ cup of water
- ½ cup brown rice

Bring a pot of water to the boil, add in the brown rice, cooked for 45 minutes or until soft. Strain and set aside.

In a sealable container, add in the soy sauce, chilli, ginger and garlic, and mix. Add in the diced lamb, cover and marinade the diced lamb for 30 minutes.

In the meantime, slice the onion and spring onion, chop the broccolini and bok choy.

Once the lamb has finished marinating, heat a large wok, add the oil, honey and lamb (including the marinade) and stir-fry for 3 minutes. Add the onions, vegetables and the water and stir-fry for another 5 minutes.

Serve on a bed of brown rice. Top with coriander and enjoy!

SERVES 2

Lamb Salad with Pumpkin, Beetroot and Balsamic

INGREDIENTS

200 g lamb steak
200 g baby spinach and rocket leaves
6 cups of pumpkin, cut into small cubes
200 g canned baby beetroot, drained and cut into quarters
2 cups of red capsicum, chopped
300 g of cherry tomatoes, cut into quarters
½ small red onion, halved and thinly sliced
2 tbsp of parmesan cheese, shredded
2 tbsp of balsamic vinegar

Place pumpkin on baking tray and place into hot oven (preheated to 180°C if fan forced) for 30 minutes or until tender.

Meanwhile, cook lamb steaks in a large frying pan over high heat until medium, or until cooked to your liking. Set steak aside to rest.

On 2 serving plates, layer the salad ingredients in the following order: spinach and rocket leaves, cooked pumpkin, beetroot, capsicum, tomato, red onion and parmesan, placing half the amount on to each plate.

Cut the steaks into thin strips and place onto salad stacks. Drizzle balsamic vinegar on top and serve.

SERVES 2



DID YOU KNOW?

Keeping the skin on vegetables (such as pumpkin or potato) provides a boost of fibre to your meal.



Pork

Pork on the Cob

INGREDIENTS

110 g of pork tenderloin
1 medium or $\frac{3}{4}$ cup of apple, roasted
1 cup of red leaf lettuce, shredded
1 whole spring onion, trimmed
 $\frac{1}{2}$ cup of carrots, steamed
1 ear corn on the cob, roasted
10 g of butter
1 tsp of oregano, dried
1 tsp of thyme, dried
1 tsp of parsley, dried
 $\frac{1}{2}$ tsp of salt

Create a dry rub for the tenderloin using the oregano, parsley, thyme and salt to "rub" over the uncooked meat. The flavours will form a crust when the tenderloin is cooked. Spoon the rub over the tenderloin and spread it, so it covers the entire cut of meat.

Preheat the oven to 200°C. Place the meat in a roasting pan and roast for 30 minutes.

At this point the corn can also be roasted – rinse the corn in its husk, place directly in with the pork in the middle rack of the oven and bake for 25 to 30 minutes.

Turn the pork over and roast for another 20 to 25 minutes. The tenderloin is ready when the internal temperature reaches 63°C. The apple can either be chopped into eighths or left whole – bake along with the pork and corn for the last 10 minutes. Remove the pork from the oven and allow to rest for 10 minutes before serving. Remove the apple and corn, and pull back the corn husk once rested for 5 minutes. Combine the red leaf lettuce and carrot as a side salad with the lemon juice.

Plate up the rested tenderloin by slicing into 1 cm thick slices, along with the corn, apple and salad.

SERVES 1

Pork, Vegetable and Basil Stir Fry

INGREDIENTS

2 tbsp of dry sherry
1 tbsp of soy sauce
2 tsp of honey
500 g of pork fillet, thinly sliced
1 large sized red onion, cut into thin wedges
2 garlic cloves, crushed
1 tsp freshly ground black pepper
2 large sized celery sticks, thinly sliced
300 g of broccoli, trimmed and cut into small florets
1 red capsicum, cut into strips
2 tbsp water
½ cup of fresh basil leaves

To serve

2 cups of cooked brown rice
Extra basil leaves

Combine the sherry, soy sauce and honey in a small bowl. Stir until combined.

Heat a large non-stick wok over high heat. Apply a small amount of olive oil to the pan.

Add the pork and stir-fry, in 2 to 3 batches, for 1 to 2 minutes or until golden. Transfer to a plate.

Stir-fry the onion for 2 minutes or until golden. Add garlic and pepper. Stir-fry for 30 seconds or until aromatic. Add celery, broccoli, capsicum and water. Stir-fry for 2 minutes or until tender crisp.

Add the pork, sauce and any resting juices. Stir-fry for 1 to 2 minutes, or until combined and heated through. Stir in the basil leaves.

Serve with brown rice and sprinkle with the extra basil leaves.

SERVES 4



Faster Pasta

INGREDIENTS

1 cup of red ripe tomatoes
1 spring onion, trimmed
6 slices of prosciutto
 $\frac{3}{4}$ cup of wholemeal penne pasta

Boil 4 cups of water, add the penne pasta and cook until al dente.

Dice the prosciutto, slice the spring onion and quarter the tomato. Add to a non-stick fry-pan and sauté gently until starting to break.

**Tip: Add a tablespoon or two of water to prevent from sticking.*

Once cooked, add the penne to the pan, toss together and serve.

SERVES 1

Veggie and Ham Omelette

INGREDIENTS

½ cup of mushrooms, chopped
¼ cup of shallots, chopped
½ tsp of pepper
½ tsp of salt
8 egg whites
¼ cup of milk, low fat
100 g ham, diced
¼ cup of capsicum , diced
⅓ cup of tomatoes, chopped
½ tsp of basil, fresh
½ tbsp of olive oil

Heat skillet over medium heat with half of the oil. Add all vegetables, cook and stir for 2 to 3 minutes or until tender. Add basil and ham, cook 1 to 2 minutes or until hot. Remove from skillet and set aside.

In small bowl, combine egg whites, milk, salt and pepper.

Add the rest of the oil into the pan, and pour egg mixture into skillet. Cook until bottom is set, and then with spatula, turn over.

Spoon the vegetables and ham onto half of the omelet; fold other half over top.

Serve immediately (yield 2 omelettes).

SERVES 4



Vegetarian

Baked Tofu Sushi Bowl

INGREDIENTS

2 cups of frozen shelled edamame
2 cups of Lebanese cucumber, grated
2 cups of carrot, grated (if making ahead, a squeeze of fresh lemon juice will prevent browning)
300 g firm tofu
Ground black pepper

Marinade

4 garlic cloves, chopped into small pieces
2 tbsp of fresh ginger, grated
4 tbsp of tamari
4 tbsp of water

To serve

2 cups of sushi rice, cooked
2 Nori sheets, toasted

Take the tofu out of the packet and rinse with water. Wrap the tofu in a clean tea towel or paper towels. Place the tofu onto a plate, put another plate on top, and then place a heavy pan on the top plate (this will squeeze out the water). Let the tofu sit for 30 minutes to an hour. You may like to drain the water and flip the tofu halfway through. Once the water has been squeezed out of the tofu, slice it into 2 cm thick strips (these can be any length, as long as they are all about 2 cm thick).

Combine the tamari and water in a small bowl and mix well. Place the tofu slices onto a dry plate and pour over the marinade. Sprinkle over the ginger and garlic.

Marinate the tofu for at least 10 minutes, if not longer. The tofu can even be marinated overnight in the fridge for the next day. Turn the tofu halfway through to coat both sides with marinade.

Preheat the oven to 180°C. Line a shallow baking tray with baking paper. Place the tofu onto the baking paper in a single layer. Bake for 20 minutes. Turn the tofu and bake for another 20 minutes.

While the tofu is cooking, heat the edamame in the microwave or in a pan of water. Divide the rice into four bowls, top with the carrot, cucumber and edamame. Then top with tofu, strips of toasted Nori sheet and ground black pepper to taste.

SERVES 4

DID YOU KNOW?

Tofu is high in protein, containing an average of 8.0 g per 100 g.

Broccoli, Cheddar and Brown Rice Cakes

INGREDIENTS

2 tsp of olive oil
1 white onion, chopped
4 garlic cloves, chopped
 $\frac{3}{4}$ cup of vegetable stock, unsalted
1 broccoli head, cut into 2 cm pieces
1½ cups of brown rice, precooked
 $\frac{1}{4}$ cup whole-wheat breadcrumbs
1 tbsp of grainy mustard
 $\frac{1}{2}$ tsp of black pepper
 $\frac{1}{4}$ tsp of kosher salt
 $\frac{3}{4}$ cup of reduced-fat sharp cheddar cheese, grated
6 large egg whites
 $\frac{1}{2}$ cup of cottage cheese, reduced fat

Preheat oven to 200°C and line a baking tray with baking paper

Heat oil in a large skillet over medium-high. Add onion and garlic, and sauté for 4 minutes. Add stock and broccoli. Bring to a boil and cook for 3 minutes.

Heat rice and combine broccoli mixture, breadcrumbs, mustard, pepper, salt, cottage cheese and $\frac{1}{2}$ cup of grated cheese in a large bowl. Stir in eggs white and mix well.

Divide and shape broccoli mixture into 9 patties around 4 to 5 cm in diameter. Arrange patties on prepared pan, then brush patties with olive oil and bake for 15 minutes. Top with remaining $\frac{1}{4}$ cup cheese, and bake for 4 more minutes or until cheese melts. Serve with a side of greens and enjoy.

SERVES 3



Black Bean and Quinoa Balls with Wholegrain Spaghetti

INGREDIENTS

Black bean and quinoa balls

- ½ cup of quinoa, cooked
- 1 can of black beans
- ¼ cup of sesame seeds
- ¼ cup of oat flour or bread crumbs
- 2 eggs
- 2 tbsp of nutritional yeast
- 1 tsp of garlic powder
- 1½ tbsp of fresh herbs (e.g. oregano, sage, rosemary, basil), chopped
- Cracked pepper and sea salt to taste

Sun-dried tomato sauce

- ½ cup of cherry tomatoes, halved
- ½ cup of sun-dried tomatoes
- 1 serve of Shake It Soup
- 1 tbsp of apple cider vinegar
- 1 garlic clove
- 2 tbsp of nutritional yeast
- 1 handful of fresh basil
- 1 tsp of oregano
- Cracked pepper and sea salt to taste
- Fresh basil to serve

To serve

- ¼ cup of wholegrain spaghetti
- Fresh basil leaves

Add quinoa and 1 cup of water to a pot and cook for about 15 minutes. Drain any excess water and let cool a bit.

Meanwhile, add black beans to a bowl and mash coarsely with a potato masher or a fork. Add quinoa, sesame seeds, oat flour or bread crumbs, eggs, and the nutritional yeast and spices, and mix well together. Use your hands to make it into a moldable dough.

Scoop out about 2 tablespoons of dough and roll into balls (about 22 to 25 total). Place on a baking sheet lined with baking paper.

Bake at 200°C for 35 to 40 minutes, or until crispy.

While the black bean and quinoa balls are in the oven, prepare the whole grain spaghetti by adding to a pot of boiling water.

Sun dried tomato sauce

Place sauce ingredients in a food processor, adding boiling water until blending to a creamy constancy.

To serve: Top a small serve of pasta with 4 to 5 balls per serving and sprinkle with fresh basil. Enjoy!

SERVES 1

Chickpea Pita Pockets with Lemony Tzatziki

INGREDIENTS

1 cup of Lebanese cucumber, thinly sliced
1 cup of radish, thinly sliced
1 cup of frozen peas, defrosted
4 pita pockets

Tzatziki

2 garlic cloves, finely minced
4 dill sprigs, finely minced
100 g low fat Greek yoghurt
2 tsp of fresh lemon juice
Ground black pepper to taste

Whisk together the yoghurt, cucumber, garlic, lemon juice and dill.
Season with pepper to taste.

Stuff the pita pockets with cucumber, radish, peas and tzatziki
and serve.

SERVES 2

Chilli Spinach Scramble

INGREDIENTS

3 egg whites
Pinch of salt
1 whole red chilli, fresh and sliced
½ cup of spinach leaves
1 tsp of olive oil
1 slice of rye bread, toasted
½ cup of cottage cheese
1 tbsp of dill
1 tomato

Chop the dill, add it to a mixing bowl with the cottage cheese and mix. Spread over the rye bread and top with slices of tomatoes.

Separate the whites of three eggs into a mixing bowl with a pinch of salt and whisk. Heat a fry-pan, add the oil and the egg whites, spinach and chillies, and scramble until desired consistency.

Serve on a plate next to the rye bread and enjoy while hot.

SERVES 1



Mixed Vegetable Dhal on Quinoa

INGREDIENTS

- 1 medium sized onion, chopped
- 4 garlic cloves, chopped
- 2 tbsp of olive oil
- 2 tbsp of water
- 1 tsp of cumin, ground
- 1 tsp of mustard seeds, ground
- 1 tsp of curry powder
- 1 cup of carrot, grated
- 1 cup of zucchini, sliced in half-moons
- 1 medium sized tomato, chopped
- 1 cup of eggplant, chopped
- 1½ cups of red split lentils, uncooked
- 1 serve of Shake It Spring Vegetable Soup mixed with
1.5 litres of boiling water to make stock
- 1½ cups coriander leaves, chopped

To serve

- 2 cups of quinoa, cooked
- ½ cup of coriander leaves, chopped
- 150 g low fat Greek yoghurt

Heat the oil in a large saucepan. Add the onion and garlic, and cook until the onion becomes translucent.

Add the carrot, eggplant and water. Cover and cook gently for about 5 minutes until the vegetables are softened.

Uncover and add the spices. Cook for 1 minute, then stir in the lentils and stock. Bring to the boil, then add the zucchini and tomato.

Cover and simmer gently for 15 minutes. Uncover, add 1½ cups of coriander leaves, and cook uncovered for a further 5 minutes. The lentils should have 'burst' open and thickened the liquid.

Serve hot over quinoa, swirled with yoghurt and garnished with coriander.

SERVES 4

Chow Mein with Marinated Tofu

INGREDIENTS

360 g extra firm tofu drained, cut into cubes
 4 tbsp of tamari or soy sauce
 2 tbsp of rice wine vinegar
 2 tbsp of fresh ginger, grated
 3 tbsp of coconut sugar
 1 tbsp of hoisin sauce
 2 carrots, spiralised or sliced
 1 cup of broccoli, cut into small florets
 4 zucchinis, spiralised or sliced
 2 baby bok choy, sliced lengthwise
 1 capsicum, thinly sliced
 225 g mushrooms, thinly sliced
 1 cup of bean sprouts
 ½ cup of chow mein noodles
 Cracked pepper and sea salt to taste
 White and black sesame seeds to garnish



DID YOU KNOW?

Tamari is a wheat-free soy sauce.

Remove the moisture from the tofu. Line a plate with paper towels, add the tofu pieces and top with another few layers of paper towels. Add a plate and something heavy (like a few cookbooks) and press the moisture out of the tofu.

Meanwhile, in a bowl, mix together the marinade ingredients (soy sauce, rice wine vinegar, fresh grated ginger, hoisin sauce and coconut sugar), leave to marinate in the fridge for at least 1 hour. This is also something that can be prepared the night before.

Cook the tofu over medium-high heat until golden brown on all sides, about 4 to 5 minutes. Remove from the pan and set aside.

Wipe out the pan (to prevent the marinade from burning), add in the remaining marinade ingredients, adding the carrots and broccoli and allow to cook for 2 to 3 minutes. Then add in the zucchini, bok choy, capsicum, mushrooms and a pinch each of salt and pepper. The salt will help to draw out the moisture so it can start to evaporate. Allow the veggies to cook for 5 minutes, making sure to toss everything frequently.

While the vegetables are cooking prepare the chow mein noodles as per the packet instructions

Cook the vegetable mixture until the sauce thickens, and the vegetables reach a nice al dente stage.

Finally, add in the bean sprouts and the tofu to rewarm, and mix everything together once more. Season with salt and pepper, if desired, to taste.

When ready to serve, pile the mixture in the fry pan on top of the noodles, top with sesame seeds and enjoy!

SERVES 2

Herby Rice with Roasted Veg and Chickpeas

INGREDIENTS

1 medium sized red onion, cut into chunky wedges
2 capsicums, sliced
3 zucchinis (about 600 g), cut into batons
1 cup of raw mushrooms, cut into quarters
1 tbsp of olive oil
200 g of brown basmati rice
50 g pack flat-leaf parsley, finely chopped
1 garlic clove, crushed and chopped finely
400 g can of chickpeas, drained and rinsed
8 egg whites
Juice of 1 lemon
1 tsp of salt
1 tsp of pepper
1 tbsp of mixed herbs

Heat oven to 200°C/180°C fan forced. Place the red onions, capsicum, mushrooms and zucchini in a large roasting tin, toss in ½ tablespoon of oil, and season with half of the salt, pepper and mixed herbs. Put in the oven and roast for 25 minutes until the vegetables are tender and beginning to turn golden.

Meanwhile, cook the rice following pack instructions. In a small bowl, combine the parsley, remaining oil, the garlic, lemon juice and the remaining seasoning to make a dressing.

Stir the chickpeas into the roasted vegetables and cook for an extra 10 minutes. Meanwhile, in a small pan, fry egg whites until solid. Remove from heat and break apart with wooden spoon

Fork the parsley pesto through the rice, spoon over the vegetables, mix through cooked egg white and serve.

SERVES 4



Pea Lentil and Quinoa Salad with Fresh Mint and Parsley Recipe

INGREDIENTS

1 cup of quinoa, precooked
2½ cups of green peas, fresh or frozen
5 tbsp of cottage cheese
2 egg whites
¼ cup of almonds, sliced
1 cup of lentils (green or black)
198 g chickpeas, dry roasted and lightly salted
½ cup of fresh mint, chopped
½ cup of fresh parsley, chopped
3 green onions, chopped
2 tbsp of lemon juice
1 tsp of garlic salt
Cracked pepper and sea salt to taste

In a large bowl, combine the quinoa, nuts, lentils, chickpeas parsley and mint.

In a separate bowl, whisk together the lemon juice and garlic salt, then pour over the precooked quinoa.

Add the egg whites to a frypan dragging your cooking utensil through until white, add to the quinoa.

Gently toss this dressing together with the quinoa to disperse evenly and combine well. Season with a generous amount of salt and pepper.

Place the salad in the refrigerator and allow to chill for at least 15 minutes before serving to let the flavours blend. Gently toss again before serving, and taste to see if more salt and pepper is needed. Adjust seasonings to taste.



DID YOU KNOW?

Quinoa is rich in plant-based protein, fibre and B vitamins.

Lentil Patties, Spinach and Green Beans

INGREDIENTS

Patties

- 1 cup of red lentils
- 2 garlic cloves, crushed
- ½ cup of coriander, fresh
- 1 spring onion
- 1 cube of Massel beef stock
- 3 egg whites
- 1 tsp of cumin, ground
- 1 tsp of coriander, ground
- 1 tbsp of olive oil
- Cracked pepper and sea salt to taste

Other ingredients

- 100 g low fat plain yoghurt
- 2 tbsp of lemon juice
- ½ cup of cottage cheese
- 1 tbsp of dill
- 4 cups of fresh spinach leaves
- 2 cups of green beans

Add 2½ cups of water to a pot, add beef stock cube and rinsed red lentils. Bring to the boil, cover and simmer on a very low heat for 25 to 30 minutes, or until lentils are soft and they have absorbed the water. Stir occasionally to prevent sticking. Add additional water if necessary. Remove from the heat and allow to cool.

Thinly slice spring onion and fresh coriander, and add them to a mixing bowl with the 3 egg whites. Mix together. Add garlic, ground cumin and coriander, and mix. Add the cooked lentils and use your hands to mix all the ingredients together. Separate the ingredients into 4 patties.

Heat a non-stick pan, heat oil and gently cook the patties for 7 minutes on both sides. Transfer them to a serving plate. Steam green beans and add these to the plate along with fresh spinach.

Mix cottage cheese with chopped dill and spoon onto plate. In a separate bowl mix the yoghurt and lemon juice and drizzle across the dish.

SERVES 4

Mixed Vegetable Omelette

INGREDIENTS

½ tbsp of olive oil
2 large eggs
4 large egg whites
1 tsp of water
2 handfuls of baby spinach
2 slices of sourdough bread
1 cup of mushrooms, thinly sliced
1½ cups of sweet potato, diced
½ cup of broccoli florets
Cracked black pepper to taste

Using a vegetable steamer, gently steam the sweet potato and broccoli until just tender. Meanwhile, beat the eggs and egg whites with the water until combined and slightly frothy. Set the sourdough bread to toast.

Heat the olive oil in a nonstick or cast iron pan. Pour in the eggs. Shake the pan to distribute the eggs evenly, then cook undisturbed for 20 seconds until the omelette bubbles. Add the mushrooms and spinach. Using a spatula or fork, gently push the sides of the omelette into the centre while shaking the pan to push the liquid out to the edges. Cook until the omelette is only slightly runny in the middle.

Take off the heat, divide into halves, and fold each half. Serve hot on a slice of toasted sourdough with a side of sweet potato and broccoli. Add pepper to taste.

SERVES 2

DID YOU KNOW?

Sweet potato is rich in beta-carotene, a precursor to vitamin A which supports healthy eyes



Stuffed Roast Pumpkin

INGREDIENTS

1 medium sized butternut pumpkin
 70 g quinoa and brown rice, 3:2 parts
 1 serve of Shake It Spring Vegetable Soup
 ½ small sized brown onion, finely diced
 1 garlic clove, crushed
 ½ tsp of dried oregano
 ½ tsp of paprika
 2 handfuls of baby spinach leaves
 125 g tinned chickpeas or black beans, drained and rinsed
 Zest and juice of 1 orange
 60 g cranberries
 30 g pistachios
 40 g low-fat feta, salt-reduced
 Cracked pepper and sea salt to taste

Preheat the oven to 190°C and line a baking tray with baking paper.

Cut the pumpkin in half lengthways and scoop out the seeds. Place the pumpkin halves on the lined baking tray, cut side up, and season with salt and pepper, if desired. Bake in the oven for 40 to 45 minutes, until the pumpkin is fork tender. Remove from the oven and set aside to cool slightly.

When the pumpkin is cool enough to handle, scoop out the flesh, leaving a 2 cm thick border around the edges.

Meanwhile, in a small saucepan, combine one serve of Shake it Soup with 200 mL of boiling water. Add the quinoa and rice, and remove from the heat. Leave to stand, covered, for 2 to 3 minutes before fluffing with a fork to help separate the grains.

Heat fry pan over medium heat. Add the onion, garlic, oregano and paprika and cook for 5 minutes or until the onion is soft and translucent, stirring frequently. Add the spinach and cook for 1 to 2 minutes until the spinach wilts, stirring occasionally.

Place the quinoa and rice mix, spinach mixture, chickpeas, orange zest and juice, cranberries and pistachios in a mixing bowl. Season with salt and pepper, if desired, and mix until well combined.

Spoon the quinoa and rice mixture into the pumpkin shells and return to the lined tray. Sprinkle over the feta.

Cook in the oven for 8 to 10 minutes or until the filling is hot. Serve warm and enjoy!

SERVES 1

Orange and Red Lentil Soup

INGREDIENTS

800 g tinned tomatoes
1.5 L of water
1 orange
1 packet of fresh spinach
1 garlic clove, finely chopped
1 medium sized onion, diced
1 medium sized carrot, diced
2 celery stalks, diced
½ tsp of chilli powder
½ cup of red lentils, cooked
2 cubes of stock
2 tbsp of olive oil

Heat oil in a large saucepan, add garlic, carrot, onion and celery. Cook for 3 minutes or until onions start to soften. Add the chilli powder, water, tomatoes, stock and spinach. Simmer for 30 minutes. Add cooked lentils.

Juice the orange and add to the soup and simmer for another 10 minutes.

Serve hot with a side of rye and cottage cheese.

SERVES 4

Smoky Eggplant and Tomato One-Pot Meal

INGREDIENTS

2 garlic cloves, chopped
1 medium sized onion, chopped
1 tsp of coriander, ground
1 tsp of cumin, ground
2 cups of eggplant, cubed
2 cups of canned kidney beans, drained and rinsed
4 ripe tomatoes, chopped
4 tbsp of fresh basil, chopped
500 mL of water

To serve

4 cups of mixed salad greens (e.g. rocket, spinach, bitter
lettuces)
2 cups of cooked quinoa
2 cups of low fat feta, cubed

Heat a large non-stick pan over medium heat. Add the coriander and cumin to the pan and toast for a few minutes until aromatic. Add the onion and garlic, and cook until the onion becomes translucent.

Add the eggplant and sauté until golden and slightly softened. Add the chopped tomatoes and their juices, kidney beans and water. Simmer for 20 to 30 minutes, or until the eggplant is tender.

Serve hot on top of quinoa and topped with feta and mixed greens.

SERVES 4



Vegetarian Minestrone

INGREDIENTS

4 garlic cloves, chopped
1 medium sized onion, chopped
2 tbsp of olive oil
2 tbsp of tomato paste
4 cups of carrots, chopped
2 celery stalks, finely sliced
2 cups of green beans, chopped
½ 420 g tin cannellini beans
420 g tinned diced tomatoes
1 serve of Shake It Soup mixed with 5 cups (1.25 litres)
boiling water, to make stock
Freshly ground black pepper

Heat the olive oil in a large soup pot. Add the tomato paste and cook over medium heat for 2 to 3 minutes, stirring often. Add carrots, celery, garlic and onion, and continue cooking for about 5 minutes.

Add Shake It stock, green beans, cannellini beans and pepper. Stir well and continue cooking for 30 minutes.

Add the tinned tomatoes, stir well and cook until the vegetables are tender.

Serve hot with sourdough bread, garnished with parsley.

SERVES 4

Spicy Tofu Wrap

INGREDIENTS

Spice mix

- 4 tbsp of nutritional yeast
- 1 tsp of chilli powder
- 1 tsp of cumin, ground
- 1 tsp of salt
- $\frac{3}{4}$ tsp of turmeric
- $\frac{1}{4}$ tsp of garlic powder

Tofu scramble

- 1 tbsp of olive oil
- 2 cups of button mushrooms, sliced
- 1 red capsicum, chopped
- $\frac{1}{2}$ onion, chopped
- 2 garlic cloves, minced
- 450 g block medium-firm tofu
- $2\frac{1}{2}$ cups of black beans (1 can drained and rinsed)
- $1\frac{1}{4}$ cups of cottage cheese
- 4 cups of raw spinach

Wrap

- 2 natural mountain wraps (per wrap)
- 1 tbsp of continental parsley, chopped

Add all of the spice mix ingredients into a bowl and stir to combine.

Heat a large skillet over medium-high heat and add the olive oil. When hot, add the mushrooms, pepper, onion and garlic, and sauté for about 8 minutes until everything just starts to brown.

Add the tofu and break it apart with your spoon until you get a nice scramble texture with lots of chunks. Stir in the spice mix, black beans and cottage cheese. Heat through for another 5 to 8 minutes until hot, remove from the heat and add spinach until wilted.

Fold tofu scramble with chopped herbs into 2 wraps, and toast in sandwich press or fry pan.

Enjoy!

**Note: Save unused scrambled tofu in a container and store for up to 3 days for later wraps.*



DID YOU KNOW?

Nutritional yeast not only adds a cheesy, nutty flavour but provides additional B vitamins to your meals.

Tarragon and Mushroom Stroganoff

INGREDIENTS

Small bunch tarragon or 1 tbsp dried
1 tbsp of fresh thyme
1 tsp of paprika
1 tsp of salt
1 tsp of ground pepper
300 g button mushrooms
3 tbsp of all-purpose flour
2 cups of vegetable stock
½ cup of reduced fat sour cream
1 packet of extra-firm tofu (approx. 80 g)
5 tbsp of dry white wine
1 onion
1 cup of mixed quinoa

Cut tofu block in half crosswise. Cut each piece in thirds horizontally, then cut each stack crosswise again into 6 pieces. (You will have 36 strips, 2 inches by ½ inch.) Pat the tofu dry with paper towels and sprinkle on all sides with paprika and ¼ teaspoon of both salt and pepper.

Cook the tofu in a single layer, gently stirring every few minutes, until golden brown on all sides, 7 to 9 minutes total. Add 2 tablespoons of white wine and cook, stirring until evaporated, about 30 seconds to 1 minute. Transfer the tofu to a plate with a slotted spoon.

Add onion, mushrooms, tarragon, thyme and the remaining ¼ teaspoon of salt and white pepper; cook, stirring frequently, until the mushrooms release their liquid and start to brown, about 6 to 8 minutes. Stir in broth and the remaining 3 tablespoons of white wine, bring to a simmer. Add flour. Cook, stirring, until thickened, 3 to 5 minutes more. Stir the tofu into the sauce. Remove from heat and stir in sour cream. Serve the tofu stroganoff over 1 cup of mixed quinoa.

SERVES 2



Vegetarian Lasagna

INGREDIENTS

- 2 medium sized zucchinis, cut into small cubes
- 2 yellow squash, cut into small cubes
- 2 large sized carrots, cut into small cubes
- 5 cups of sliced mushrooms
- 1 large sized onion, chopped
- 2 garlic cloves, minced
- 1 tsp of dried oregano
- 1 tsp of dried basil
- 250 g box of lasagna sheets
- 2½ cups of low fat ricotta cheese
- 1 cup of low fat mozzarella, grated
- 2 400 g tins of diced tomatoes
- 1 tbsp of olive oil
- 1 tsp of salt
- 1 tsp of pepper

Preheat oven to 180°C. In a large skillet heat the olive oil on a medium heat and sauté the onions for 2 to 3 minutes, or until softened. Add the garlic and continue sautéing for a few minutes, followed by the oregano, basil, zucchini, squash and carrots, stirring frequently or until the veggies start to soften. Season with salt and pepper to taste.

Add the mushrooms and cook for 5 more minutes followed by adding tinned tomatoes. Reduce the heat to simmer for 10 to 15 minutes and season to taste.

In a small bowl, combine ricotta cheese with ½ a cup of grated mozzarella, and mix well and set aside. Line 3 pasta sheets in a rectangular baking pan and add ⅓ of the ricotta sauce on top of the lasagna sheets. Spread ⅓ of the veggie filling on top. Repeat this sequence two more times layering the lasagna sheets, ricotta and veggie mix.

Finally, cover the top with three more lasagna sheets and spread the remaining ricotta mozzarella mix on top, and sprinkle the remaining mozzarella cheese. Cover the tray with aluminum foil and bake for 40 to 45 minutes. Remove foil and cook for a few minutes until the top has browned.

Remove from oven and wait 10 to 15 minutes before cutting.

**Note: Vegetarian lasagna can be frozen for up to 3 months and is a great recipe to cook ahead of time. Seal tray with several layers of foil and glad wrap to ensure air tightness. Allow to defrost for 24 hours in the fridge before resuming cooking from step 6.*

SERVES 6

Tempeh and Snake Bean Stir-Fry

INGREDIENTS

2 cups of bok choy
2 garlic cloves
3 tbsp of green chillies, diced
2 cups of snake beans
1 tomato, diced
¼ cup of soy
3 spring onions, trimmed
1 lemongrass stalk
5 tsp of ginger
600 g tempeh, sliced
½ tsp of olive oil
6 egg whites
1½ cups of brown rice

To serve

1 cup strawberries to cleanse the palate after the meal

Place brown rice into a pot of boiling water and cook for 45 minutes, or until soft. Strain and place aside.

Crack the eggs, separate the egg whites and whisk in a bowl. Place the mixture in a non-stick pan and make an omelette. Once cooked, divide into 6 equal parts.

In a wok, place the oil, garlic, ginger, chilli, lemongrass and tempeh. Stir-fry for 3 minutes. Add in the bok choy, tomato, soy, spring onions and continue cooking for another 5 minutes.

Serve the tempeh stir-fry and a portion of egg on a bed of brown rice. Finish the meal with strawberries.

SERVES 1

Vegetarian Meatless Meatloaf with Tofu and Oats

INGREDIENTS

Loaf

400 g eggplant (approx. 2)
400 g firm tofu
½ cup of old-fashioned oats
200 g shiitake or button mushrooms, stemmed
3 egg whites
2 garlic cloves, minced
¼ cup of flat-leaf parsley, chopped
1 tbsp fresh sage leaves, chopped
1 tbsp fresh thyme leaves, chopped
1 tbsp of salt
Freshly ground black pepper
¼ tsp of red chilli flakes

Mushroom gravy

170 g shiitake or button mushrooms
Cracked pepper and sea salt to taste
1½ tbsp of all-purpose flour
1 tbsp of Marsala or sherry
1 cup of vegetable broth, homemade or carton
2 fresh thyme sprigs, plus 1 teaspoon leaves
¼ cup of low fat sour cream

Begin with preparing the eggplants, char the eggplants in the oven until the skin is black, turning as needed to cook all sides evenly. Wrap in foil and set aside to steam for 20 minutes. Remove from the foil and gently brush the skin off or rinse under warm water.

Preheat oven to 200°C.

In a food processor, pulse the eggplant, tofu and mushrooms into small pieces. Add mixture to the lentils along with the remaining loaf ingredients. Mix together until evenly combined. Transfer the mixture into a 1 ½-quart loaf pan or casserole dish, and bake for 1 hour.

For the gravy: Cook the mushrooms for about 8 minutes. Season mushrooms with salt and pepper to taste. Scatter the flour over the mushrooms and stir until lightly browned, about 1 minute. Add the sherry and broth, and bring to a boil, cooking until thickened, about 2 minutes. Add the low fat sour cream and fresh thyme leaves, and season with salt and pepper.

Remove the loaf from the loaf pan, slice, and serve with the mushroom gravy.

SERVES 4



Vegetarian Pho

INGREDIENTS

Broth

- 1 small sized onion, unpeeled and quartered
- 2 shallots, unpeeled and halved
- 8 garlic cloves, halved
- 1 cm of fresh ginger, coarsely sliced
- 2 cinnamon sticks
- 2 star anise pods
- 4 cloves
- 8 cups of clear vegetable stock
- 3 tbsp of soy sauce
- Salt (to taste)
- 2 tsp of coconut oil

Soup

- 400 g buckwheat noodles
- 300 g tofu, sliced
- 6 shallots, thinly sliced (both green and white parts)
- 1½ cups of bean sprouts
- 1 cup of raw shiitake mushrooms
- 6 egg whites
- 6 tbsp of fresh mint
- 1 lime, cut into wedges to serve
- 1 tbsp of hoisin sauce
- 1½ tsp of sriracha chilli paste

Make the broth by heating a large pot over medium-high heat. Add the onion, shallots, garlic, ginger, cinnamon sticks, star anise, and cloves with 1 teaspoon of coconut oil and, stirring occasionally, until the vegetables begin to brown.

Add the stock and soy sauce, and bring to a boil over high heat. Turn the heat down to medium-low, cover, and simmer for about 25 minutes. Strain into a clean pot and discard the solids. Taste the broth and add salt if necessary. Keep warm over low heat.

While the broth is simmering, prepare the buckwheat noodles. Place the noodles in a large bowl. Pour boiling water over the noodles, cover and soak for 20 minutes.

Slice tofu block into squares and fry in a separate pan using remaining coconut oil. When you are ready to assemble the soup, add the tofu to the warm broth and allow to heat through. Drain the soaked noodles and divide evenly among 4 large bowls. Using a slotted spoon, scoop the tofu out of the broth and distribute among the bowls. Ladle the hot broth over the noodles.

Serve the bowls of pho with the scallions, egg whites, shiitake mushrooms, bean sprouts, herbs, lime wedges, fresh mint, hoisin sauce and chilli sauce on the side. Allow to stand for 2 minutes before eating

**Note: If eating pho at a later date, store cooked noodles, broth and fresh ingredients in separate containers and assemble when ready to eat.*

Vegetarian Moussaka Roll-Ups

INGREDIENTS

2 to 3 eggplants, large (about 1.5 kg)
1 large sized onion, finely chopped
3 garlic cloves, crushed
2 tsp of dried oregano
1 tsp of cumin, ground
 $\frac{3}{4}$ tsp of cinnamon, ground
 $\frac{1}{4}$ tsp of nutmeg, ground
1½ tins of cooked lentils
2 tbsp of tomato paste
100 mL of red wine
1 tsp of balsamic vinegar
2½ cups of passata sauce
2 cups of low fat cottage cheese
4 egg whites
 $\frac{3}{4}$ of a cup of cheddar cheese, reduced fat
2 tsp of olive oil
Olive oil spray
Cracked pepper and sea salt to taste

Trim eggplant ends and finely chop into small pieces, put to the side for later use. Slice eggplants lengthways into 16 x 8 mm thick slices and transfer to a plate.

Heat 1 teaspoon of olive oil in a large non-stick frying pan over medium heat. Add onion and chopped eggplant, and cook, stirring, for 5 minutes or until soft. Add garlic, oregano, cumin and cinnamon, and cook, stirring, for 2 minutes or until aromatic. Transfer to a bowl.

Heat remaining oil in pan over medium-high heat. Add lentils and cook for 4 minutes or until browned. Stir in tomato paste for 1 minute or until coated. Add wine. Simmer for 1 minute or until reduced slightly.

Return vegetable mixture to pan. Stir in balsamic vinegar and 200 g of the passata, and season with salt and pepper. Reduce heat to low. Cook, covered, stirring occasionally for 12 minutes. Simmer uncovered for 4 minutes, or until thickened and allow to cool.

Meanwhile, heat a barbecue or chargrill on medium-high heat. Spray eggplant slices with olive oil and season. Cook eggplant turning on each side until charred and tender. Transfer to a plate and set aside to cool.

Preheat oven to 180°C and grease a 2.5 L (10 cup) baking dish. Place cottage cheese, egg white, nutmeg and $\frac{1}{3}$ cup cheddar in a bowl. Season well and stir with a wooden spoon until well combined.

Pour remaining passata into prepared dish. Place an eggplant slice on a work surface. Spread with a little of the cottage cheese mixture. Top with a little lentil and vegetable mixture, leaving a 1 cm border at one end. Roll up to enclose filling. Place in prepared dish. Repeat with remaining eggplant slices, cottage cheese mixture and lentil mixture. Sprinkle with remaining parmesan. Bake for 50 minutes or until golden. Sprinkle with fresh oregano and serve with a side of fresh greens.

SERVES 4

My Recipe Creations

Recipe Creation: Savoury Breakfast Oatmeal

3 handfuls of vegetables:	<i>Red capsicum, green capsicum, onion chopped and fried</i>
1 palm-sized portion of protein:	<i>1 large egg</i>
1 serve of allowable carbohydrates:	<i>¼ cup steel cut oats cooked in water</i>
Extra ingredients:	<i>Salt and pepper</i>

Recipe Creation: _____

3 handfuls of vegetables:	
1 palm-sized portion of protein:	
1 serve of allowable carbohydrates:	
Extra ingredients:	

Recipe Creation: _____

3 handfuls of vegetables:	
1 palm-sized portion of protein:	
1 serve of allowable carbohydrates:	
Extra ingredients:	

Recipe Creation: _____

3 handfuls of vegetables:	
1 palm-sized portion of protein:	
1 serve of allowable carbohydrates:	
Extra ingredients:	

Recipe Creation: _____

3 handfuls of vegetables:	
1 palm-sized portion of protein:	
1 serve of allowable carbohydrates:	
Extra ingredients:	

Recipe Creation: _____

3 handfuls of vegetables:	
1 palm-sized portion of protein:	
1 serve of allowable carbohydrates:	
Extra ingredients:	