



Live Fit with CBHS

Nourishing recipes for a
healthy life

30+
recipes



Health Cover for the
CommBank Family





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Pantry staples



Brown rice/quinoa



Oats



Eggs



Wholegrain or
pulse pasta



Mixed nuts



Frozen vegetables



Wholegrain bread



Tinned fish



Frozen fruit



Canned beans/legumes



Greek yoghurt



Mixed salad

Nutritious snack ideas



Greek yoghurt with berries and
nuts/muesli



Frittata



Mixed nuts,
veggie sticks and cheese



Crackers with cheese and/or
hummus



Muesli bar with fruit



Protein smoothie

Eat the rainbow

Fruit and vegetables contain a range of antioxidants associated with their colour. Eat from all the colours of the rainbow daily to receive the nutritional benefits from each colour group! Aim to eat five different colours of fruit and vegetables per day.

Red (Lycopene)



Tomatoes



Capsicum



Apples



Strawberries

Orange (Carotenoids and lutein)



Carrot



Orange



Mango



Sweet potato

Yellow /white (Allicin)



Banana



Pineapple



Garlic



Onion

Green (Carotenoids, indoles and saponins)



Kiwi



Broccoli



Spinach



Cucumber

Purple /blue/pink (Anthocyanin)



Blueberries



Cherries



Beetroot



Red cabbage

How to build a healthy plate



Fill 50% with **NON-STARCHY VEGGIES**

Carrots, tomatoes, cucumber, lettuce, broccoli, asparagus, spinach; cauliflower



Fill 25% with **PROTEIN**

Tofu, tempeh, eggs, legumes, animal-based sources: red meat, poultry, fish and other seafood

Avocado, extra virgin olive oil, nuts, seeds, olives

Fill 5% with **HEALTHY FATS**

Fill 20% with **WHOLEGRAIN CARBOHYDRATES**

Brown rice, wholemeal pasta, quinoa, wholegrain bread, oats, wholegrain cereals, starchy vegetables (eg. potato, sweet potato)



Use this plate as a guide to building healthy, balanced meals. It will ensure that each meal contains the right balance of nutrients to keep you feeling satisfied and to meet your nutrition requirements.

Five tips to **improve** your health and wellbeing



1 Stay hydrated

Sometimes we can mistake dehydration for hunger, so making sure we're drinking enough water each day is important for our overall health and wellbeing.

Try drinking a big glass of water before each main meal and aim for 6-8 cups of water daily.

2 Feed your gut bacteria

The majority of your body's serotonin (happy hormone), which affects mood and sleep, is produced in the gut. So we need to make sure we're feeding it right!

Good ways to improve gut health include eating fermented foods like yogurt, sauerkraut, and a variety of fruits and vegetables.

3 Eat adequate protein

Eating enough protein is vital for optimal health, as it provides the raw materials your body needs to create new cells and tissues, while also helping us feel fuller for longer.

4 Get moving

Cardio is one of the best things you can do for your mental and physical health. It's particularly effective at reducing belly fat, the harmful type of fat that builds up around your organs.

Strength and resistance training are some of the best forms of exercises you can do to strengthen your muscles and improve your body composition.

It may also lead to important improvements in metabolic health, including improved insulin sensitivity — meaning your blood sugar levels are easier to manage — and increases in your metabolic rate, or how many calories you burn at rest.

5 Avoid restrictive diets

Diets are generally ineffective and rarely work well long term. In fact, past dieting is one of the strongest predictors for future weight gain.

They also cause alterations to your hunger and satiety hormones, which make you hungrier and may cause strong food cravings for foods high in fat, calories, and sugar.

Breakfast





Banana oat pancakes

Ingredients

- 2 medium spotty/ripe bananas
- 4 eggs
- ½ cup milk of choice
- ¾ cup oats
- 2 serves (50g) protein powder
- 2 tsp baking powder
- 1 tsp ground cinnamon
- Pinch of salt
- Butter or oil for cooking in pan

Directions

1. Place a pan on the stovetop on medium to high heat with oil or butter.
2. Add all ingredients into a blender and blend until smooth.
3. Once the pan is hot, reduce the heat to medium and start adding batter to the pan. You can make 4 larger pancakes or a few more smaller ones. Cook on one side until bubbles start to form, then flip over and cook the other side (should take around 2-4 minutes).
4. Once pancakes are cooked, place them on a plate and cover with foil or put in a warm oven.
5. Serve with your choice of Greek yoghurt, fresh or frozen berries, granola, honey or even maple syrup and some diced banana.

Nutrition content per serve:

Calories: 340 | Protein: 17.5g | Carb: 32g | Sugar: 6.4g | Total fat: 11g | Fibre: 7g | Serves 2 |

Total time: 10 minutes

*Approximate values from Xyris Foodworks software



Cheesy egg muffins

Ingredients

- 12 large eggs
- 100g short cut bacon, diced (or ham/turkey)
- $\frac{3}{4}$ cup reduced-fat mozzarella cheese, shredded
- 4 button mushrooms, diced
- 1 large tomato, diced
- 100g baby spinach, diced
- 2 spring onions (30g), finely diced
- **Optional:** Sprinkle of parmesan, pepper and fresh parsley, to garnish

Directions

1. Preheat the oven to 180°C and grease a silicone muffin tin.
2. Crack the 12 eggs into a large mixing bowl and beat with a whisk.
3. Add bacon, mushrooms, cheese, tomato, spinach and spring onions to the bowl and mix until combined.
4. Pour the egg mixture into each individual muffin cup.
5. Bake for ~15 minutes until the muffins become slightly golden on top.
6. Let cool and remove muffins from the tin.
7. Optional: garnish with a sprinkle of parmesan, pepper, and parsley.

You can eat these muffins hot or cold, making them ideal for lunchboxes and the perfect meal or snack!

Nutrition content per serve:

Calories: 311 | Protein: 28.4g | Carb: 2g | Sugar: 1.8g | Total fat: 15.4g | Sat fat: 6.4g | Fibre: 1.1g |

Serves 6 (3 muffins per serve)

*Approximate values from Xyris Foodworks software



Spanish baked eggs

Ingredients

- 8 eggs

Sauce mix

- 1 tbsp extra virgin olive oil
- 1 garlic clove, minced (or 1tbsp garlic oil)
- 1 medium onion, chopped
- 1-2 tbsp Mexican spice mix[^]
- 250g mushrooms, sliced
- 2 x 400g tinned tomatoes
- 1 x sachet tomato paste
- 1 x 400g can mixed beans, drained and washed
- 2 cups grated veggies (e.g. carrots, zucchini, broccoli stem, spinach)
- fresh coriander or basil to serve

[^]Mexican spice mix

- 2 tsp cumin
- 2 tsp coriander seed
- 2 tsp smoked paprika
- Salt and pepper to taste (+/- chilli flakes)

Directions

1. Fry onion, chilli and garlic in oil in a large pan.
2. Add one tin of tomatoes and tomato paste and bring to the boil.
3. Add mushrooms and grated veggies.
4. When veggies are cooked, add beans and second tin of tomatoes.
5. Create pockets in the sauce and crack the eggs into each.
6. Cover the pan and cook until eggs are cooked to your liking (roughly five minutes).
7. This can also be done in the oven if your pan isn't big enough - preheat the oven to 200°C, transfer sauce into an oven dish, make pockets for the eggs, and bake until eggs are cooked.

Serving ideas

- Crusty multigrain sourdough (1-2 slices)
- Crumbly fetta
- Baby spinach

Nutrition content per serve:

Calories: 417 | Protein: 22g | Carbs: 17g | Fibre: 8g | Total fat: 16g | Sat fat: 3g | Serves 4

*Approximate values from Xyris Foodworks software



Prebiotic cups

Ingredients

Base

- ½ cup oats
- 1 tsp LSA/chia seeds
- ½ tsp cinnamon
- ½ tsp vanilla essence
- 1 tsp nut butter
- ½ cup kefir

Toppings

- ½ cup chopped fresh fruit
e.g. apple, pear, berries,
mango, passionfruit

Fruit syrup

- ½ cup frozen fruit (berries or
mango)
- 1 tsp chia seeds
- ½ cup water

Directions

1. To make a fruit syrup, combine ½ cup frozen fruit, chia seeds and water in a blender and blend until combined. Leave in the fridge overnight.
2. Add all base ingredients into a jar and combine. Place in the fridge overnight.
3. In the morning, top with either fresh fruit toppings or fruit syrup and your breakfast is ready!

Nutrition content per serve:

Calories: 352 | Protein: 16g | Carb: 34g | Sugar: 0.3g | Unsaturated fat: 8g | Fibre: 7.3g | Serves 1

*Approximate values from Xyris Foodworks software



Seeded loaf

Ingredients

- 1 cup sunflower seeds
- ½ cup pumpkin seeds
- ½ cup hemp seeds
- ¼ cup chia seeds
- ¼ cup ground linseeds
- ¼ cup psyllium husk powder
- ½ tsp salt
- ¼ cup tahini
- 1 ¼ cup water
- **Optional:** 2 tbsp maple syrup

Directions

1. Preheat the oven to 190°C.
2. Line a standard-sized loaf tin with baking paper.
3. Add everything except tahini, water and stevia to a large bowl, stir to combine into a thick dough.
4. Place the dough in the loaf tin and spread out evenly.
5. Bake for 50 minutes. Remove loaf from oven, tap it and if it feels firm, it is ready. If not, return to the oven for 10 more minutes.
6. Remove from the oven. Let sit for 20 minutes then lift the loaf out of the tin carefully.
7. Let cool on a cooling rack for 30 minutes before cutting into 12-14 slices. Top with eggs, avocado etc.
8. Store in an airtight container in the fridge for up to 1 week or freezer for up to 3 months.


Nutrition content per serve:

Calories: 165 | Protein: 6.3g | Carb: 1.5g | Sugar: 0.3g | Total fat: 13.7g | Sat fat: 1.7g | Fibre: 6.7g | Serves 12-14

*Approximate values from Xyris Foodworks software

Lunch & dinner





Roasted cauliflower and chickpea salad

Ingredients

Roasted vegetables

- 1 cauliflower head, cut into florets
- 1 x 400g can of chickpeas, drained and rinsed
- ¼ cup olive
- 3 tsp ground coriander
- 2 tsp ground sumac
- 1 garlic clove, crushed, use ½ for cauliflower and chickpeas

Dressing

- 1 lemon, juiced
- ½ cup tahini

Salad garnish

- 200g baby spinach
- ½ cup pepitas/pistachios or pine nuts, toasted
- ¼ bunch mint, leaves picked
- ¼ bunch flat leaf parsley, leaves picked

Directions

1. Preheat oven to 200°C. Line a large baking tray with baking paper.
2. Combine oil, spices and garlic in a bowl. Add cauliflower florets and chickpeas and toss to coat. Transfer to prepared tray. Bake for 35 minutes or until golden and tender. Cool.
3. For dressing, whisk tahini, lemon juice and garlic together in a bowl. Gradually add ⅓ cup of water until desired consistency.
4. To serve, toss cauliflower and chickpeas with spinach and herbs. Transfer to a serving platter, drizzle with a little dressing and scatter with nuts. Serve with remaining dressing.

Nutrition content per serve:

Calories: 363 | Protein: 12g | Carbs: 11g | Sugar: 2g | Total fat: 27g | Sat fat: 3g | Fibre: 9g | Serves: 6 |

Total time: 50 minutes

*Approximate values from Xyris Foodworks software



Green superfoods salad

Ingredients

Salad:

- 1 cup pre-cooked quinoa
- 100g raw spinach
- ½ cup roasted almonds or walnuts
- ½ large avocado, diced
- 1 small broccoli chopped into florets, pre-cooked (boiled or microwaved)
- 1 small cucumber, diced
- ½ cup mung bean sprouts
- 1 zucchini, grilled or spiralised
- 1 large spring onion, sliced thinly

- 10-12 green olives, pitted
- ½ cup crumbled feta
- 1/3 cup dried cranberries (opt for the low or reduced sugar option)
- Handful of mint and basil leaves to garnish

Dressing:

- 3 tbsp extra virgin olive oil
- 3 tbsp lemon or lime juice
- ½ roasted or raw garlic clove, grated finely
- 1 tsp chilli paste / a pinch of flakes (optional)
- Salt and pepper, to taste

Directions

1. Add all salad ingredients into a bowl and mix until well combined.
2. Make the dressing, stir together until well combined and then pour over the salad.
3. Add the mint and basil on top and serve.

Optional:

- Top with a serve of your favourite protein: shredded chicken, tinned tuna, smoked salmon or roast beef.

Nutrition content per serve:

Calories: 342 | Protein: 11g | Carb: 41g | Sugar: 3g | Total fat: 17g | Sat fat: 2g | Fibre: 13g | Serves 4 |

Total time: 30 minutes

*Approximate values from Xyris Foodworks software



Teriyaki poke bowl

Ingredients

Poke bowl filling:

- 1 block firm tofu (or diced chicken/fish/lean meat) (450g)
- ½ fresh cucumber sliced
- ½ cup edamame beans (cooked)
- ¼ red cabbage, sliced
- 1 avocado, diced or sliced
- 1 ½ cups cooked brown rice (or quinoa)
- 1 tbsp sesame seeds
- ½ cup coriander
- 2 spring onions (white and green parts, sliced thinly on the base)

Teriyaki Sauce:

- ½ cup coconut aminos (or low-sodium tamari sauce)
- 1 tsp sesame oil
- 1 tbsp apple cider vinegar
- 1 tsp ground ginger (fresh)
- 1 tsp ground garlic (fresh)
- 2 tsp brown sugar or honey
- 2 tbsp sesame seeds (optional)

To serve (optional):

- Japanese mayo
- Fresh lime wedge
- Sesame seeds
- Sheet of sliced nori (seaweed sheet)

Directions

1. Make the teriyaki sauce in a bowl, then dice the tofu into cubes and let it marinate for 10 minutes. While the tofu is marinating, cook the rice (or use microwaved rice).
2. In a pan on medium to high heat, add the tofu and teriyaki sauce (if using meat, cook time might be slightly longer to ensure cooked through). Stir around for 5 minutes until tofu is lightly golden and sauce is bubbling.
3. In a bowl, add your rice, chopped veggies, and then cooked tofu. Add the 'to serve' ingredients as per your preference. Best enjoyed fresh.

Nutrition content per serve:

Calories: 503 | Protein: 29g | Carb: 32g | Sugar: 1.1g | Total fat: 24g | Fibre: 17g | Serves 3 |

Total time: 20 minutes (if using pre-prepared rice)

*Approximate values from Xyris Foodworks software



Spinach & coconut curry

Ingredients

- Bag of spinach (400g)
- 1 medium tomato
- 2 tsp ground garlic and ginger
- 1 green chilli or more to taste
- 1 tbsp olive oil
- 2x 400g cans coconut milk or cream
- 1 large onion finely chopped
- 1 tsp garam masala
- ¼ tsp turmeric powder
- ¼ tsp red chilli powder or to taste
- Salt to taste
- 350g paneer cut into cubes (or tofu/chicken/beef etc.)
- Lemon juice to taste
- **Optional:** serve with brown rice, flatbread (recipe in condiments section) and/or Greek yoghurt

Directions

1. To a blender, add the raw spinach along with tomato, crushed garlic, ginger and green chilli. Puree to a smooth paste and set aside.
2. Heat a pan on medium heat. Once hot, add the oil. Then add the chopped onions and sauté for 2-3 minutes.
3. Add in the prepared spinach puree and mix. Also add coconut milk/cream. Cover the pan and let it cook for 5 minutes on medium heat. The spinach will bubble a lot. Stir at regular intervals to avoid sticking at the bottom.
4. Once the spinach is cooked, add the garam masala, turmeric powder, red chilli powder and salt. Mix and cook for 1 minute.
5. Chop and stir in the paneer and mix. Let the curry simmer for 3 to 4 minutes. Switch off the flame, add lemon juice.
6. Serve curry hot with flatbreads and/or rice. Top with plain Greek yoghurt.

Nutrition content per serve:

Calories: 260 | Protein: 16g | Carb: 5g | Sugar: 1g | Total fat: 18g | Saturated fat: 7g | Fibre: 7g | Serves 4 |

Total time: 20 minutes (if using pre-prepared rice)

*Approximate values from Xyris Foodworks software



Fish curry

Ingredients

- 2-3 (700g approx.) white fish fillets
- 1 tbsp extra virgin olive oil
- 1 large brown onion
- 1 garlic clove, crushed
- 400g tinned tomatoes
- 200ml vegetable stock
- 1 can coconut milk
- 1 tsp cumin
- 1 tsp turmeric
- 2 tsp lemon juice
- 2 cups brown rice to serve
- Add 2 cups of your favourite vegetables (fresh or frozen). Broccoli, green beans, carrot or cauliflower make a great addition!
- **Optional:** 1-2 tsp fresh chilli

Directions

1. Heat the oil in a deep pan and gently fry the onion and spices for about 3 mins, until soft and caramelised. Add the tomatoes, lemon juice, coconut milk and stock. Add vegetables and cook for another 5 minutes.
2. Bring to a simmer, then add the fish. Gently cook for 5-7 mins until the fish flakes easily. Serve immediately with rice or naan.
3. Note: You may like to garnish with coriander, Greek yoghurt or chilli flakes.

Nutrition content per serve:

Calories: 374 | Protein: 39g | Carb: 25g | Sugar: 2g | Total fat: 12 g | Sat fat: 2g | Fibre: 3g | Serves 4

*Approximate values from Xyris Foodworks software

Veggie lasagne

Ingredients

Bolognaise sauce

- 4 garlic cloves, finely chopped
- 1 medium onion, finely chopped
- 1 medium carrot, finely chopped
- Drizzle of extra virgin olive oil
- 2x 400g tinned whole peeled tomatoes
- 2x 400g tinned lentils, drained*
- 2 tbsp Italian dried herbs
- 1 tsp Dijon mustard
- 1 tsp vegetable stock powder**
- 1 tsp beef stock powder**
- 1 tsp garlic powder
- Drizzle of balsamic vinegar
- 1 rosemary sprig

Lasagne layer

- 100g (or 5) instant lasagne sheets
- 1-2 cups grated mozzarella/parmesan/cheddar
- 2 cups spinach or kale
- 1-2 eggplants, thinly sliced
- 1 medium broccoli, finely chopped
- Cheesy cauliflower sauce
- ½ large cauliflower
- ½ - 1 cup skim milk
- ½ - 1 cup water
- Garlic powder
- Handful of grated cheese (from lasagne layer)

* If you prefer, you can substitute half the lentils for another type of legume, or for lean mince.

** You can use salt-reduced versions.

Directions

Bolognaise sauce

1. Brown onion in the pan until fragrant, then add garlic and carrot until softened.
2. Add tomatoes, lentils, herbs, mustard, vegetable and beef stock, garlic powder, balsamic and rosemary.
3. Bring to the boil and reduce to a simmer for 20-30 mins. If you have time, the longer the better for a nice rich flavour.

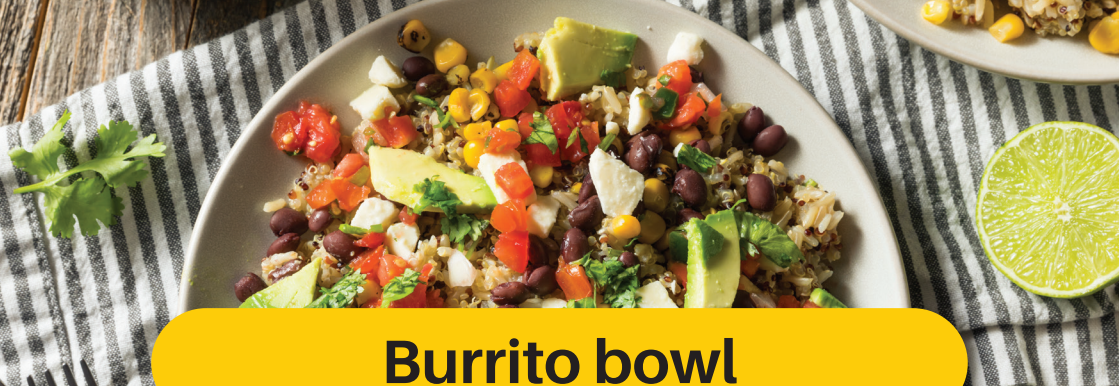
Creating the lasagne

4. Break up cauliflower into florets. Place in pan with milk, water and garlic powder and simmer for 30 minutes. Drain liquid and set aside. Add small amounts of liquid and blend cauliflower until it has a saucy consistency (you don't have to use all of the liquid). Add cheese, blend until combined.
5. Layer the lasagne. Start with lasagne sheets, eggplant, bolognese sauce, cauliflower sauce, sprinkle of spinach/kale and broccoli, and cheese on the top. Repeat until you reach the top of the dish. Save most of the cheese for the top so it goes brown and crispy.
6. Cook at 180°C for approximately 45 minutes or until nice and golden on top.
7. Serve with a side of steamed vegetables or a green salad.

Nutrition content per serve:

Calories: 348 | Protein: 22g | Total fat: 11g | Sat. fat: 5g | Carbs: 33g | Sugar: 10g | Fibre: 10g | Serves 4

*Approximate values from Xyris Foodworks software



Burrito bowl

Ingredients

Spiced Mexican beans

- 1 can kidney beans
- 1 can black beans
- 1 can diced tomatoes
- 1 tsp smoked paprika
- 1 tsp sweet paprika
- 1 tsp cumin
- ½ tsp chilli powder (optional)
- ½ tsp dried coriander
- ½ tsp salt
- 1 red capsicum
- 1 onion
- 1-2 tsp olive oil
- 3 cloves garlic

Fresh tomato salsa

- 2 tomatoes, diced
- ½ red onion, diced
- ¼ cup fresh coriander, finely chopped
- 1 tbsp lime juice
- ¼ tsp sea salt

To serve

- ½ cup cooked microwaveable black or brown rice
- 1-2 cup mixed lettuce / baby spinach
- ½ small diced cucumber
- 2 tbsp yogurt
- Hot sauce (optional)

Directions

1. To make the Mexican spiced beans dice onion and capsicum, crush garlic.
2. Heat oil in a large pan. Add garlic, onion and capsicum, lightly sauté until golden.
3. Add spices and sauté for 1 minute on low heat to release flavour.
4. Meanwhile, drain and rinse beans under running water to rinse off excess starch, add them to the pan once the onion mixture is golden. Add diced tomatoes, mix well.
5. Let the mixture simmer on low heat for 10-15 minutes, stirring every few minutes, until all the flavours are well combined.
6. While the beans are simmering, make the salsa. Put all salsa ingredients in a medium-sized bowl and stir until combined.
7. Place beans once cooked, salsa, rice, salad leaves, cucumber in the bowl next to each other, then place yogurt on top, add hot sauce if using, serve and enjoy.
8. Serve with guacamole, see page 35.

Nutrition content per serve:

Calories: 445 | Protein: 22g | Carb: 60g | Sugar: 9g | Total fat: 9g | Sat fat: 2g | Fibre: 18g | Serves 1

*Approximate values from Xyris Foodworks software



Zesty fresh burgers

Ingredients

- 280g skinless salmon fillets, chopped into pieces (or chicken mince)
- ¼ cup coriander
- 2 garlic cloves
- 1-2cm ginger
- 2 tsp salt-reduced soy sauce
- 1 tsp fish sauce
- ½ lemon juiced
- 2 spring onions, chopped
- 1 medium red chilli (optional)
- 1 avocado
- 1 cup fresh/frozen mango
- 2 shallots, chopped
- 2 tbsp fresh lime (reserve ½ lime)
- 1 tbsp extra virgin olive oil + cooking
- ½ cup mint
- ½ Lebanese cucumber
- 1 Bird's eye chilli (optional)
- Salt to season

Directions

1. Use a food processor to combine salmon, coriander, garlic, ginger, soy sauce, fish sauce and lemon. Pulse the mixture briefly so it's roughly chopped, not smooth.
2. Add spring onions and chilli then stir to combine.
3. Roll the mixture into approximately 4 large or 6 smaller patties.
4. Cook in a pan with extra virgin olive oil on a medium high heat for approx. 4 minutes each side or until cooked through.
5. While patties are cooking, chop avocado and mango into small pieces and place in a small bowl.
6. Add shallots, 2 tbsp lime juice, 1 tbsp olive oil, mint, cucumber, chilli and salt. Stir to combine.
7. Serve 1-2 tbsp mango salsa with salmon patties, a squeeze of lime and your choice of garden greens.

Top tip

Pop the shallot roots straight into some soil. In a week or two, you will have new shallots!

Nutrition content per serve:

Calories: 483 | Protein: 28g | Carb: 7.6g | Sugar: 6.5g | Sat fat: 27.2g | Fibre: 4.8g | Serves 2

*Approximate values from Xyris Foodworks software

Rainbow stir fry

Ingredients

- 1 tbsp extra virgin olive oil
- 1 small red onion chopped finely
- 2 cloves garlic, finely chopped
- 1 large chicken thigh (or breast fillet)
- ½ small sweet potato chopped into sticks
- 1 small carrot chopped into sticks
- 1 cup broccoli chopped into florets
- 1 cup finely chopped red cabbage
- 1 small capsicum, cut into strips
- ½ cup snow peas, halved on a diagonal
- Squeeze ½ lime
- 1 drop sesame oil (optional)

Satay sauce

- 1-2 tbsp peanut butter
- ¼ cup of water
- 1 tbsp tamari/soy sauce
- 1 tsp honey
- 1 tsp chilli flakes (optional)
- 2 tsp fresh grated ginger
- 1 clove grated garlic
- Squeeze of ½ lime
- Extra water if needed

To serve

- Drizzle sauce, as desired
- Handful of fresh coriander
- 1 tsp toasted sesame seeds
- ½ cup cooked quinoa per serve (or another source of grains such as brown rice, basmati or noodles)

Directions

1. Heat ½ tbsp olive oil on a medium heat in a wok/large frying pan and swirl around until the pan is covered.
2. Add chicken and onion and sauté until the chicken is no longer pink.
3. Add garlic and cook until fragrant.
4. Transfer chicken mix to a bowl and set aside.
5. Add ½ tbsp olive oil to the pan on a medium heat and swirl to cover.
6. Add sweet potato and carrot; then broccoli and cabbage; and finally, capsicum and snow peas. Cook for a minute or so before adding the next lot of veggies.
7. Once vegetables are lightly cooked (crisp and crunchy texture) add in soy sauce, sesame oil and lime.
8. Add chicken and reduce to a medium/low heat until chicken is cooked through.
9. In a small saucepan, add peanut butter and ¼ cup of water and whisk until combined.
10. Add all other sauce ingredients and a small amount of water until the desired consistency is reached. Heat sauce lightly before serving.
11. Serve with sesame seeds, coriander and either on its own or with quinoa or your choice of grains.

Nutrition content per serve:

Calories: 356 | Protein: 21g | Carb: 21g | Sugar: 10g | Total fat: 18g | Sat fat: 3.5g | Fibre: 9g | Serves 4

*Approximate values from Xyris Foodworks software

Snacks & dessert





Cheesy cauli broc bites

Ingredients

- 300g broccoli/cauliflower rice (2 cups, fresh or frozen)
- 2 cups edam cheese, shredded
- 1 large egg
- 2 tbsp almond meal
- ½ tsp seasoning (e.g. Italian herbs or garlic/onion powder)
- Pinch of salt and pepper

Note: You can buy ready-to-steam or frozen broccoli rice, cauliflower rice, a mix of both, or you can make your own!

Directions

1. Cook the broccoli/cauliflower rice in the microwave according to the package directions.
2. Using a fine strainer, drain and squeeze out as much of the excess liquid as you can, then set aside to cool.
3. Preheat your oven to 200°C and line a large oven tray with baking paper.
4. In a bowl, mix the broccoli/cauliflower rice, shredded cheese, egg, almond meal and seasoning.
5. Make roughly 20 small balls with the mixture and place them evenly on your oven tray. Squash them down with your hands to flatten them out.
6. Pop them in the centre rack and bake for approximately 10-15 minutes (or until they start to brown).
7. Flip them over and continue baking for another 5-10 minutes.

Serving suggestion

These balls partner perfectly with fresh guacamole on the side.

Nutrition content per serve:

Calories: 220 | Protein: 20g | Carb: 2.2g | Sugar: 1.9g | Total fat: 12g | Sat fat: 5.6g | Fibre: 2.4g | Serves 4

*Approximate values from Xyris Foodworks software



Roasted chickpeas

Ingredients

- 400g tin of chickpeas, rinsed and dried with a tea towel
- 1 tbsp extra virgin olive oil
- ½ tsp salt
- 2 tsp of Moroccan spice mix

Directions

1. Heat oven to 200°C.
2. Mix chickpeas, olive oil, salt and spice together on a baking tray using your hands.
3. Cook for approximately 30 minutes (or until crisp), stirring after 15 minutes.
4. Let them cool for 10 minutes and enjoy or store in an airtight container for 1-2 days.

Nutrition content per serve:

Calories: 140* | Protein: 6g | Carbs: 13g | Total fat: 6g | Sat fat: 1g | Sugar: 1g | Fibre: 6g | Sodium: 288mg |

Serves 4 | Total time: 10 minutes

*Approximate values from Xyris Foodworks software



Brain-boosting bliss balls

Ingredients

- ½ cup walnuts
- ½ cup Medjool dates, pitted
- ¼ cup dark choc chips
- ¼ cup maple syrup
- ½ cup almond butter
- ⅓ cup rolled oats
- ½ tsp vanilla extract
- ½ cup whole almonds
- 1 cup shredded coconut for rolling

Directions

1. Place walnuts in food processor and mix for 30 seconds or until coarsely chopped.
2. Add in dates, and pulse until well mixed with the nuts, then add chocolate chips and pulse 5 times to break down the mixture.
3. Add maple syrup, almond butter, vanilla extract, oats and salt. Process until smooth, thick and well-combined. You may have to scrape down the sides several times before mixture is well-combined because it'll be thick. If the mixture is too wet, add an additional ¼ cup oats.
4. Add almonds and blend until smooth.
5. Using your hands, form the mixture into golf ball sized balls. Your hands will feel 'oily' as you do this because the oils have broken down from the nuts during processing, however, the bliss bites won't be oily.
6. Roll balls in coconut. (You can also skip this part if you don't like coconut).
7. Put in a sealed container and store in freezer for up to 3 months.

Nutrition content per serve:

Calories: 187 | Protein: 4g | Total fat: 14g | Carbohydrate: 14g | Sugar: 9g | Fibre: 3g | Yields: 16-20 bliss balls | Total time: 15 mins

*Approximate values from Xyris Foodworks software



Low-sugar choc chip cookies

Ingredients

- 1 cup almond flour, finely ground
- 2-4 tbsp dark chocolate chips
- 2 tbsp brown sugar or sweetener
- 1 pinch salt
- 1/8 tsp baking soda
- 2 tbsp coconut oil
- 1 tsp pure vanilla extract
- 2-3 tsp milk of choice, as needed

Directions

1. Pre-heat oven to 165°C and line a baking tray with baking paper.
2. Add dry ingredients to a medium bowl and stir ingredients very well, breaking down any clumps in dry ingredients.
3. Add wet ingredients. Using a spoon or clean hands, mix ingredients until well-combined and forms a dough.
4. Scoop 1 tablespoon of the dough and shape into a cookie, repeating until you've used all the mixture. Place on baking tray and bake for 10-12 minutes.
5. Allow cookies to cool for 10 minutes and enjoy.

Nutrition content per serve:

Calories: 107 | Protein: 2.6g | Carb: 2g | Sugar: 1g | Total fat: 10g | Sat fat: 3.5g | Fibre: 2.3g | Yields 10 small cookies | Total time: 15 minutes

*Approximate values from Xyris Foodworks software



Chocolate peanut butter protein bars

Ingredients

- 1 cup 100% natural peanut butter (smooth or crunchy)
- ¼ cup honey (or your choice of liquid sweetener)
- 1 tbsp melted coconut oil
- 1 tsp vanilla
- 1/3 cup ground flaxseeds (also called ground linseed, LSA would also work)
- ½ cup protein powder (vanilla flavoured works best in this)
- 100g melted dark chocolate
- 1 tbsp coconut oil
- Pinch of sea salt to sprinkle on top

Directions

1. Line a square baking tin with baking paper and set aside.
2. In a medium bowl, mix peanut butter, honey, coconut oil, vanilla together until smooth. Add in ground flaxseed meal and protein powder of choice. Use a spoon to mix together until you can't anymore, then use clean hands to help work together. The batter should be similar to cookie dough.
3. Melt the dark chocolate in the microwave or over the stove top until smooth, then add the coconut oil. Pour on top of the peanut butter base.
4. Place in the freezer for 30 minutes (or fridge for an hour) before slicing into 10 squares.

Nutrition content per serve:

Calories: 323 | Protein: 15g | Carb: 11g | Sugar: 10g | Total fat: 16g | Sat fat: 5g | Fibre: 6g | Serves 10 |

Total time: 1 hour

*Approximate values from Xyris Foodworks software



Tofu chocolate mousse

Ingredients

- 40g 70% dark chocolate
- 300g silken tofu
- 1 tbsp cacao powder
- ½ tbsp corn flour
- 1 tsp vanilla extract
- 2 tbsp maple syrup
- **Optional:** add your favourite protein powder

Directions

1. Break the chocolate into small pieces and melt in a saucepan over low-heat, or in the microwave for 1-2 minutes (if in microwave stir every 30 seconds to avoid the chocolate burning).
2. Once melted, in a food processor or blender, add the melted chocolate, tofu, maple syrup, corn flour, vanilla, and cacao powder. Blend together until a smooth and creamy consistency forms.
3. Divide the mousse amongst two glasses/ramekins and chill in the fridge for 1 hour minimum (alternatively place into the freezer for 30 minutes).
4. Serve with fresh berries or shaved chocolate if you like!

Nutrition content per serve:

Calories: 290 | Protein: 11g | Carb: 26g | Sugar: 23g | Total fat: 13g | Sat fat: 5g | Fibre: 4.9g | Serves 2 | Total time: 65 minutes

*Approximate values from Xyris Foodworks software



Self-saucing chocolate pudding

Ingredients

Chocolate cake:

- 80g melted butter (or olive oil to make dairy free)
- 120ml milk (½ cup) of your choice
- 1 large egg
- 2 tsp baking powder
- 2 tbsp sugar/sweetener of choice
- 2 tbsp cacao powder
- 1 cup wholemeal flour
- **Optional:** add a serving of your favourite chocolate protein powder (might need to add a dash more milk)

Chocolate sauce:

- ½ cup rice malt syrup, honey or maple syrup
- 2 tbsp cacao powder
- 1 cup boiling water

Directions

1. Preheat your oven to 180°C fan bake.
2. Grease/line an ovenproof dish or 6 ramekins, with baking paper.
3. In a food processor or blender mix together the melted butter, milk, egg, baking powder, sugar and cacao until well-combined.
4. Fold through the flour gently until just combined (don't over-mix or it will become rubbery).
5. In a large jug, dissolve the rice malt syrup (or alternate sweetener) and cacao in the boiling water.
6. Place the cake batter into the oven-proof dish or divide between the 6 ramekins.
7. Slowly pour the sauce over the back of a large metal spoon to cover the cake mix.
8. Place your dish or ramekin on a tray and bake for approximately 20 minutes (for the ramekins) and 30 minutes if using a large dish.
9. Serve hot out of the oven with Greek yoghurt and berries.

Nutrition content per serve:

Calories: 324 | Protein: 5.4g | Carb: 42g | Sugar: 18g | Total fat: 14g | Sat fat: 5g | Fibre: 4g | Serves 6 |

Total time: 40 minutes

*Approximate values from Xyris Foodworks software



White chocolate raspberry blondie

Ingredients

- 1 can of white beans
- ½ cup almond meal
- ¼ cup rolled oats
- ¼ cup olive oil
- ¼ cup honey*
- 1 tsp baking powder
- 2 tsp vanilla extract
- 100g raspberries
- 50g white chocolate, chopped

*If you prefer a sweeter blondie you can add 2 tsp more honey or 2 drops of stevia liquid.

Directions

1. Preheat oven to 180°C degrees.
2. Combine all ingredients except berries and chocolate, in a blender or food processor, and blend until completely smooth.
3. Stir raspberries and white chocolate into the brownie mixture and pour into a greased 20cm x 20cm pan.
4. Cook brownies for 20-25 minutes. Then let cool at least 10 minutes before slicing.
5. If they seem slightly undercooked, place them in the fridge for 2 hours and they will firm up.

Nutrition content per serve:

Calories: 183 | Protein: 3.8g | Carb: 15g | Sugar: 10g | Total fat: 11g | Sat fat: 2.5g | Fibre: 4.5g | Serves 9 |

Total time 30mins

*Approximate values from Xyris Foodworks software



Black bean brownie

Ingredients

- 5 ¼ cup melted butter or coconut oil
- ¼ cup pure maple syrup (or liquid honey/agave syrup/sugar)
- 125g 70-80% dark chocolate
- 400g can black beans
- 1 tsp baking powder
- 3 free-range eggs
- 1 cup fresh berries or 1 cup frozen and defrosted e.g., blueberries, raspberries, boysenberries etc
- **Optional:** add a serve (25g) of chocolate protein powder

Directions

1. Preheat oven to 150°C. Lightly grease and line a square cake tin or baking dish with baking paper.
2. Place coconut oil/butter, maple/sweetener and dark chocolate in a medium pot and gently heat over medium heat, stirring frequently, until chocolate is melted. Allow to cool slightly.
3. Transfer to a food processor or blender with black beans, baking powder and eggs and blend until smooth and well-combined. Scrape down the sides of the food processor/blender with a spatula a few times to make sure all the ingredients combine together.
4. Spoon mixture into prepared tin. Scatter berries over the top and bake for 20-25 minutes (20 minutes if you prefer it more fudgy, 25 minutes if you prefer it slightly firmer) until it is mostly set around the edges, but still slightly soft/fudgy in the middle. Allow to cool for 5 minutes or so on the bench, before placing in the fridge for about 20 minutes to set. Cut into pieces with a large sharp knife.
5. Delicious eaten warm or cold, stores well in the freezer.

Nutrition content per serve:

Calories: 160 | Protein: 7g | Carb: 11g | Sugar: 9g | Total fat: 12g | Fibre: 4g | Serves 15-20 |

Total time: 45 minutes

*Approximate values from Xyris Foodworks software

Drinks & condiments



Low-sugar greens smoothie

Ingredients

- 1 cup (250ml) milk of choice
- 1 cup water
- 1 tbsp nut butter
- ½ an avocado (use frozen, for a creamier texture)
- Handful of spinach or kale (1 cup)
- 1 tbsp ground flaxseed/linseed
- 1 tbsp chia seeds
- 1 serve (25g approx.) low sugar vanilla protein powder (or hemp protein powder)
- **Optional:** ½ frozen banana (generally protein powders are already sweetened so you might not need to add this in)

Directions

1. Measure out all ingredients and place into a blender then blend until smooth.
2. Pour into your favourite glass and enjoy (best consumed immediately after making).

Nutrition content per serve:

Calories: 380 | Protein: 32g | Carb: 6g | Sugar: 1g |
Total fat: 21g | Sat fat: 1g | Fibre: 16.5g |
Serves 1 | Total time: 5 minutes

*Approximate values from Xyris Foodworks software

Antioxidant-rich smoothie

Ingredients

- 1 cup milk of your choice
- ½ medium frozen banana
- ½ cup frozen blueberries
- ½ cup raw spinach
- 1 tsp nut butter (peanut or almond work well)
- 1 serve protein powder of your choice
- 1 tsp ground cinnamon
- **Optional:** maple syrup/honey or
2 Medjool dates/ ¼ cup oats

Directions

1. Measure out all ingredients and place into a blender then blend until smooth.
2. Pour into your favourite glass and enjoy (best consumed immediately after making).

Nutrition content per serve:

Calories: 290 | Protein: 26g | Carb: 22g | Sugar: 14g |
Total fat: 4.5g | Fibre: 8g | Serves 1 |
Total time: 5 minutes

*Approximate values from Xyris Foodworks software

Beetroot hummus

Ingredients

- 1 x 400g can of chickpeas, drained and rinsed
- 1 x 450g can of beetroot, drained and rinsed
- 2 tbsp hulled tahini
- 1 tbsp olive oil
- Half a lemon juiced
- Salt and pepper to taste

Directions

1. Add all the ingredients to a food processor and blend until smooth. Taste test and adjust the lemon, tahini, olive oil, and salt to your liking.
2. Chop up your favourite vegetables, for example, cucumber, carrot, and capsicum.
3. Serve and enjoy!

Nutrition content per serve:

Calories: 139 | Protein: 5g | Carb: 12g | Sugar: 5g |
Total fat: 6g | Fibre: 6g | Serves 8 |
Total time: 10 minutes

*Approximate values from Xyris Foodworks software

Flat bread

Ingredients

- 2 cups wholemeal flour
- 3/4 cup milk or Greek yoghurt
- 2 tbsp olive oil
- 1 tsp baking soda
- Pinch of salt

Directions

1. Place flour, milk, baking soda, oil and salt in a bowl and mix to combine.
2. Knead on a lightly floured surface for 5 minutes or until dough is smooth. Divide into 4-6 portions and leave to rest on the bench for 10-15 minutes or so.
3. Heat a large, heavy-bottomed skillet or fry pan on medium heat. Roll each piece of dough out into a roughly 25cm circle, lightly brush with a little oil. Place in a hot pan and cook for about 2 minutes each side or until puffed and golden. If you're using garlic and herb butter, spread it on while the bread is hot. Repeat with remaining dough.

Nutrition content per serve:

Calories: 152 | Protein: 4g | Carb: 25g | Sugar: 1g |
Total fat: 3g | Fibre: 4g | Serves 8 |
Total time: 10 minutes

*Approximate values from Xyris Foodworks software

Loaded guacamole

Ingredients

- 2 medium-ripe avocados
- 1 cup drained cannellini beans
- 1 garlic clove finely chopped
- 1 tbsp finely chopped red onion
- 1 tbsp finely chopped capsicum
- ½ lime squeezed
- 1 tbsp extra virgin olive oil
- 1 tsp balsamic oil
- 2 tbsp finely chopped coriander
- ½ tsp chilli flakes or jalapeno (add more or less if desired)
- Salt and pepper to season

Directions

1. Add avocados and cannellini beans to a food processor/blender, and blend until smooth.
2. Add in garlic, red onion, capsicum, lime, olive oil, balsamic vinegar, coriander and chilli and blend on a low speed until combined.
3. Season with salt and pepper as desired.
4. Use as a dip, in nachos, or spread on a wrap or sandwich.

Nutrition content per serve:

Calories: 113 | Protein: 2.8g | Carbs: 4.3g | Sugar: 1g
| Total fat: 7.8g | Sat fat: 1.1g | Fibre: 5.3g | Serves 8
(approx. ¼ cup)

*Approximate values from Xyris Foodworks software

Spring pea dip

Ingredients

- 2 cups green peas
- ⅔ cup parmesan
- ½ cup walnuts
- ½ cup mint leaves
- 3 tbsp olive oil
- 1 clove garlic
- Salt and pepper to taste

Directions

1. Cook peas for 3 minutes in boiling water.
2. Let peas cool for 20 minutes.
3. Add peas and the rest of the ingredients to a food processor and pulse until well combined.
4. Serve with your favourite veggies or crackers.

Nutrition content per serve:

Calories: 213 | Protein: 8.5g | Carbs: 4g | Sugar: 1.5g
| Total fat: 17g | Sat. fats: 4g | Fibre: 4g | Serves 6
(approx. ¼ cup)

*Approximate values from Xyris Foodworks software

Chia berry jam

Ingredients

- 4 pitted dates
- 1 cup mixed berries
- 2 tbsp chia seeds
- 1-2 tbsp water (as needed)

Directions

1. Blend all ingredients in a food processor or blender.
2. Pour mixture into a saucepan on a medium heat until the mixture begins to thicken and bubble.
3. Reduce the heat and whisk the mixture until it's thick and glossy (approximately 5 minutes).
4. Add a splash of water if the mixture becomes too thick.
5. Spoon into a container and keep in the fridge for up to 3 days, or freeze into ice cube trays and use small portions when needed.
6. Serve fresh with banana bread, on sourdough or wholemeal toast, or add to your overnight oats!

Nutrition content per serve:

Calories: 44 | Protein: 0.7g | Carb: 8.2g | Sugars: 6.5g | Fibre: 2.0g | Serves 10

*Approximate values from Xyris Foodworks software