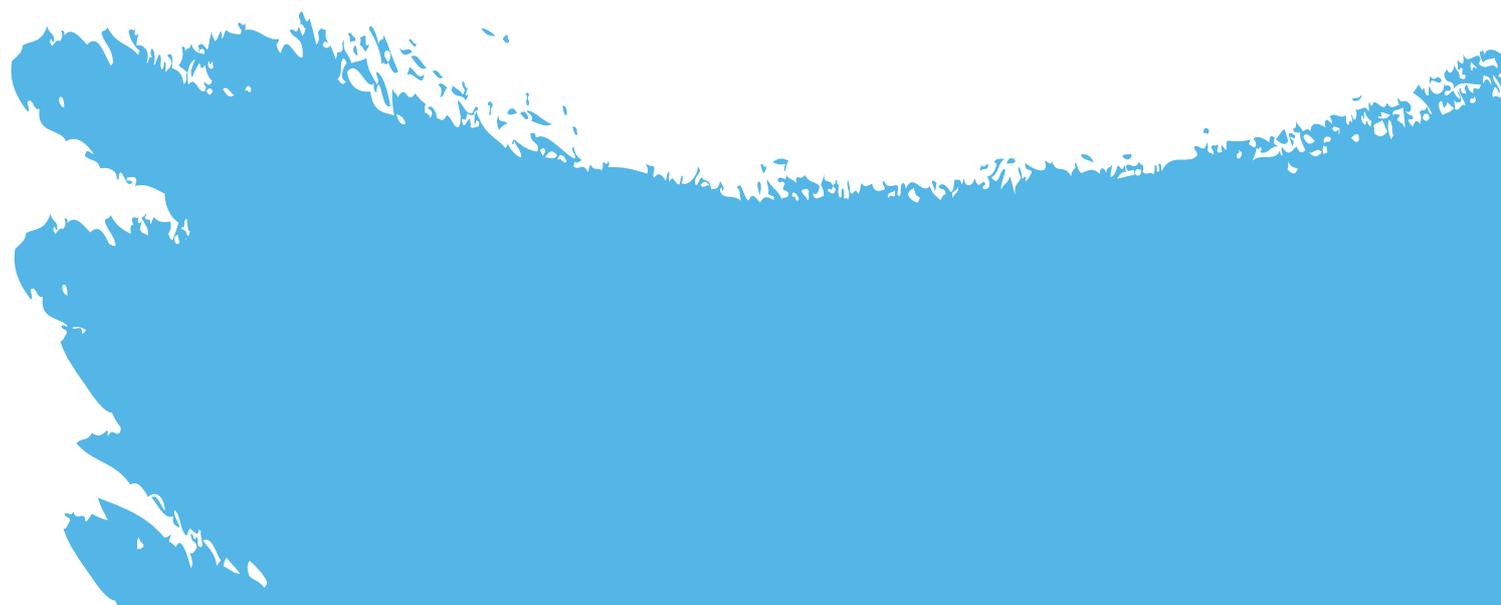


**Exercise  
right.**

**Eat  
healthy.**

Set up your meal plan  
for the week and try  
out our meal and  
snack ideas.



# Your mornings set the tone for the day

Eat a healthy  
breakfast.



# Healthy Breakfast ideas

## **Berry Porridge**

$\frac{2}{3}$  cup cooked oats with 1 cup berries (fresh or frozen),  $\frac{1}{2}$  tsp cinnamon and  $\frac{1}{2}$  cup low fat yoghurt

## **Cereal and Fruit**

$\frac{2}{3}$  cup high fibre breakfast cereal with  $\frac{1}{2}$  cup low fat milk, 1 piece of fruit

## **English Muffin Breakfast Sandwich**

1 English muffin, 1 poached egg, 1 slice low fat cheese, 1 slice bacon, 1 slice tomato, baby spinach

## **Berry Smoothie Blend**

Blend 1 cup berries, with 1 cup low fat milk and  $\frac{1}{2}$  cup rolled oats.

## **Banana Smoothie**

Blend 1 banana, 1tbs chia seeds,  $\frac{1}{2}$  cup oats,  $\frac{1}{2}$  cup low-fat yoghurt and 1 cup low fat milk

## **Vegetable Omelette**

2 eggs, splash of milk, low fat cheese, mushrooms, capsicum, onion, baby spinach, mixed herbs

## **Fruit, Yoghurt and Muesli Swirl**

$\frac{1}{2}$  cup fruit salad with  $\frac{1}{2}$  cup low fat yoghurt, topped with  $\frac{1}{4}$  cup muesli

## **Eggs on Toast**

2 slices multigrain or sourdough bread with 2 soft boiled eggs, spinach and grilled tomato

## **Baked Beans and Poached Egg on Toast**

Small tin baked beans, 1 poached egg, 1 slice wholemeal toast

## **Avocado on Toast**

2 slices multigrain bread, with  $\frac{1}{4}$  avocado and 1 tomato sliced. Add pepper to taste.



**MORE IDEAS  
NEXT PAGE!**

# You can do it!

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| Apple Pie Overnight Oats            | 07   |



# Apple Pie Overnight Oats

SERVES 1

½ cup rolled oats  
½ cup milk/milk substitute  
¼ cup natural high protein/natural yoghurt  
1 tsp chia seeds  
1 tsp nut butter/5 whole nuts  
1 small apple grated/stewed  
1 tsp ground cinnamon  
¼ teaspoon ground nutmeg  
1 drop vanilla essence  
1 tsp maple syrup/honey (optional)

**STEP 1** Add all ingredients in a jar or container and stir/shake to combine.

**STEP 2** Add lid and refrigerate overnight.

**STEP 3** Serve cold or warm the next day.



# Tofu Scramble with Wholegrain Toast

SERVES 2

350g block of firm tofu  
1 Tbs olive oil  
¼ tsp turmeric  
¼ tsp garlic powder  
1 Tbs nutritional yeast  
1 Tbs soy sauce  
½ capsicum  
½ onion  
2 Tbs non-dairy milk e.g. soy, oat, rice milk

- STEP 1** Cut the tofu into small cubes and mash to a scrambled consistency with a fork.
- STEP 2** Finely dice the onion and capsicum.
- STEP 3** Heat oil in pan and add tofu, onion and capsicum and stir mixture in pan for around 5 mins.
- STEP 4** Add turmeric, garlic powder, nutritional yeast and soy sauce to the pan. Cook for another 5 mins stirring frequently.
- STEP 5** Pour the non-dairy milk into the pan and stir through.
- STEP 6** Serve on a slice of wholegrain toast.

**Eat  
good.  
Feel  
good.**

Go on a lunch break.  
Be more productive.



# Healthy Lunch ideas

## Chicken Pesto Pasta

100g cooked chicken breast, 1Tbsp basil pesto, ½ cup cherry tomatoes halved, ½ cup zucchini, 1 cup cooked pasta & ½ tbsp grated parmesan

## Toasted Sandwich

2 slices wholegrain bread, 50g lean ham, 1 slice low fat cheese & ½ tomato, handful of baby spinach, thin spread of margarine, hummus or avocado.

## Tuna Grain Bowl

95g tin tuna in spring water, drained, with ½ cup cooked quinoa, ¼ avocado, 1 cup spinach leaves with 1 cup raw veg e.g. tomato, cucumber, capsicum. Add balsamic dressing to taste.

## Simple Chicken Roll

1 medium wholegrain roll, 1 tbsp low fat mayonnaise, 50g sliced BBQ chicken breast (skin removed), and 1 cup mixed salad or coleslaw.

## Wholemeal Turkey Wrap

1 Wholemeal wrap or pita bread with 50g sliced turkey, ¼ avocado, 1 cup spinach, ½ tomato, ¼ cup reduced fat grated cheese

## Mexican Mince and Rice Bowl

Bean Burrito mince with 2 cups microwave steam veg and ½ cup microwave brown rice

## Chicken Rainbow Salad Bowl

100g chicken (skin removed), ½ cup chickpeas, ½ cup microwave brown and wild rice, 1 cup baby spinach and rocket mix, ½ tomato, 3 slices canned beetroot, ¼ cup grated carrot, 2 tablespoons crumbled feta, and 1 tablespoon pumpkin seeds. Balsamic vinegar and olive oil to taste.

## Smashed Chickpea and Avocado Roll

½ cup chickpeas, ½ avocado, pinch of salt, squeeze of lime, ½ cup baby spinach, wholemeal roll

## Vegetable and Quinoa Salad Bowl

½ cup cooked quinoa, 1 cup spinach leaves with 1 cup raw veg. Add balsamic dressing to taste.

## 2-3 Take-away Sushi Rolls

Choose vegetable options and avoid any that are crumbed or fried

## Buddha Bowl

½ cup quinoa, ½ avocado, ½ cup mixed roast vegetables, 1 cup mixed salad vegetables, handful of raw unsalted nuts, dollop of hummus

## Toasted Baked Bean Sandwich

2 slices wholegrain bread, ½ cup baked beans, 1 slice low fat cheese

## Bruschetta

2 slices wholemeal sourdough bread, 1 tablespoon hummus, diced tomato and red onion, basil, drizzle of olive oil

## Roasted Veggie and Haloumi Toasted Sandwich

2 slices wholegrain bread, roasted pumpkin, eggplant, zucchini with 2 slices of haloumi and baby spinach.



# Check out the recipes!

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| Mexican Salad Bowl                          | 12   |
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Image credit: Ben Dearnley



# Rice Paper Rolls

SERVES 12

- 12 rice paper sheets
- 450g barbeque chicken, shredded
- 1 Lebanese cucumber, seeded and sliced lengthways
- 1 small carrot, grated
- ½ small red capsicum, sliced lengthways
- ½ cup mint leaves

## Sauce

- 1 Tbsp rice wine vinegar
- 1 Tbsp lime juice
- 3 tsp caster sugar
- 1 Tbsp sweet chili sauce
- 1 tsp fish sauce

- STEP 1** Combine sauce ingredients and set aside. Fill a large dish with warm water.
- STEP 2** Soak one sheet of rice paper until it softens. Remove from water and place flat onto a clean chopping board.
- STEP 3** Place a small amount of chicken, vegetables and mint leaves in the centre of the rice paper. Fold the ends and roll firmly to enclose filling.

# Vegetarian Rice Paper Rolls

SERVES 12

- 12 rice paper sheets
- 1 Lebanese cucumber, seeded and sliced lengthways
- 1 small carrot, grated
- ½ small red capsicum, sliced lengthways
- ½ cup mint leaves
- Marinated tofu (strips)

## Sauce

- 3 tbs hoison sauce
- 3 tbs crunchy natural peanut butter
- 1 garlic clove (minced)
- Water

- STEP 1** Combine sauce ingredients in a saucepan and simmer. Add water to get the right consistency. Set aside.
- STEP 2** Fill a large dish with warm water. Soak one sheet of rice paper until it softens. Remove from water and place flat onto a clean chopping board.
- STEP 3** Place a small amount of tofu, vegetables and mint leaves in the centre of the rice paper. Fold the ends in and roll firmly to enclose filling.





# Mexican Salad Bowl

SERVES 1

2 cups spinach and rocket salad mix  
½ cup canned four bean mix, rinsed and drained  
1 small tin corn kernels  
½ tomato, diced  
½ Lebanese cucumber, diced  
¼ cup grated reduced fat cheese  
1 cup microwavable brown rice  
2 tbs Greek yoghurt  
2 tbs Mexican salsa  
¼ avocado, cubed  
Squeeze of lemon juice

**STEP 1** Combine salad mix, four bean mix, corn, tomato, Lebanese cucumber and cheese in a bowl.

**STEP 2** Heat up rice in microwave according to instructions then place into bowl.

**STEP 3** Top with Greek yoghurt, salsa, avocado and lemon juice all over.



# Sweet Potato, Rocket and Asparagus Frittata

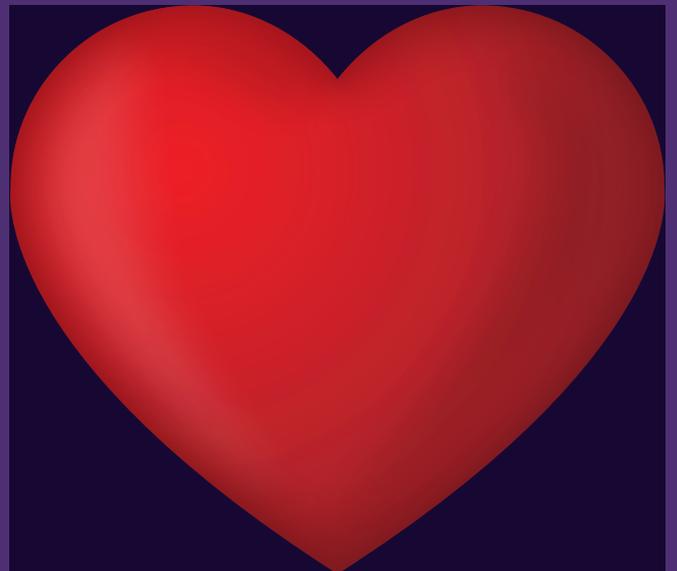
SERVES 4

350g sweet potato, peeled, cut into 3 cm pieces  
1 bunch asparagus, trimmed, cut into 4cm lengths  
60g baby rocket leaves  
Cooking oil spray  
6 eggs  
1/2 cup (125mL) reduced-fat milk  
100g grated reduced-fat cheese

- STEP 1** Cook sweet potato in a saucepan of boiling water for 8-10 minutes, or until tender, adding asparagus to pan for the last 3 minutes of cooking. Drain well.
- STEP 2** Preheat grill to high. Spray a large, ovenproof frying pan with oil and place over medium-high heat. Add sweet potato, asparagus and rocket. Cook stirring occasionally, for 2 minutes or until rocket wilts.
- STEP 3** Whisk together eggs and milk. Pour eggs into frying pan over sweet potato mixture. Cook for 4-5 minutes over medium heat, or until frittata is almost set.
- STEP 4** Sprinkle with cheese and place under preheated grill for 3-4 minutes until golden brown and just set.
- STEP 5** Cut into quarters and serve with salad.

**You don't  
have to eat  
less, you  
just have to  
eat right.**

Eat like you love  
yourself.



# Healthy Dinner ideas

## **Baked Salmon and Veggies**

Oven baked salmon fillet (120g raw) with 2 cups mixed stir-fried vegetables e.g. broccoli, carrot, mushrooms, snow peas, capsicum and ½ cup cooked brown rice.

## **Barbeque Chicken and Cous Cous Salad**

¼ barbecue chicken, (skin removed) served with ½ cup cooked couscous mixed with 1½ cups mixed salad vegetables, topped with ½ cup sweetcorn kernels and ¼ avocado.

## **Steak and Grilled Vegetables**

100g trimmed steak grilled or barbequed, served with 1 medium baked potato and 1½ cups grilled vegetables e.g. asparagus, zucchini, pumpkin, corn, capsicum



# Easy to make!

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# Bean Burrito

SERVES 4

## Sauce

Spray olive oil

1 onion, finely chopped

1 tsp ground cumin

1 tsp ground coriander

400g tin red kidney beans, drained and rinsed

400g tin reduced salt crushed tomatoes

2 tbsp tomato paste

1-2 tsp chilli sauce

4 wholemeal tortillas

3 tomatoes diced

½ cup grated low fat cheese

4 tbsp low fat natural yoghurt

1 avocado, mashed

4 large iceberg lettuce leaves, shredded

**STEP 1** To make the filling, spray a large pan with olive oil. Add onions and cook over low heat until soft and translucent.

**STEP 2** Add spices and cook, stirring for 1 minute. Add tomato paste, tinned tomatoes, chilli sauce and beans and stir to combine. Bring to the boil, then reduce heat and simmer for 4 minutes.

**STEP 3** To make burritos, add 2-3 heaped tablespoons of the bean mixture to the tortilla bread. Top with lettuce, tomato, cheese, avocado and low-fat yoghurt. Roll, add to sandwich toaster and cook until browned.



# Pork and Four Bean Salad

SERVES 4

420g can of four bean mix, rinsed and drained  
2 stalks of celery, diced  
1 red onion, diced  
2 cups diced flat leaf parsley  
1 tbs balsamic vinegar  
1 tbs olive oil

**STEP 1** Toss all ingredients together and serve with a pan fried pork loin.



# Beef Stroganoff

SERVES 4

1 tbsp vegetable oil  
400g lean beef strips  
1 large onion finely sliced  
1 clove garlic, crushed  
400g button mushrooms, sliced  
 $\frac{3}{4}$  cup salt-reduced beef liquid stock  
1 tbsp Worcestershire sauce  
1 tbsp cornflour, mixed with 2 tbsp cold water  
100g low fat natural yoghurt  
 $\frac{1}{4}$  cup parsley, roughly chopped

- STEP 1** Heat oil in a large non-stick frying pan over medium heat.
- STEP 2** Add beef strips in batches and cook for 5 minutes, or until brown. Add onion, garlic and mushrooms and cook for 10 minutes, or until vegetables are soft.
- STEP 3** Stir in stock, Worcestershire sauce and cornflour mixture and bring to a boil.
- STEP 4** Reduce heat and simmer, covered, for 10 minutes. Stir in yoghurt and parsley, and season to taste.
- STEP 5** Serve with  $\frac{1}{2}$  cup cooked rice or wholemeal pasta per person and 1 cup steamed vegetables.

# Honey Soy Chicken Stir-fry

SERVES 1

- 1 teaspoon honey
- 1 teaspoon soy sauce salt reduced
- 100g lean chicken breast, cut into 2 cm cubes
- 2 teaspoons olive oil
- 2½ cups mixed vegetables, e.g. capsicum, broccoli, carrot, cabbage
- ½ cup cooked brown rice

- STEP 1** Combine honey and soy sauce in a bowl.
- STEP 2** Add chicken pieces to the bowl and gently toss to coat evenly in the marinade. Refrigerate for at least 15-20 minutes.
- STEP 3** Heat oil in a non-stick pan over medium heat and cook the chicken pieces evenly, while stirring, for around 4-6 minutes or until cooked through.
- STEP 4** Remove chicken, set aside and cover with foil. Add mixed vegetables and cook for 4-6 minutes, or until cooked to your liking.
- STEP 5** Serve chicken and vegetables alongside brown rice.



# Chicken and Vegetable Stir-fry

SERVES 2

- 1 ½ cups Basmati rice
- 400g chicken breast
- 1 red onion
- 2 garlic cloves, crushed
- 50g snow pea sprouts
- 1 ½ tbsp. vegetable oil
- 2tsp grated ginger
- 4 cups mixed vegetables diced
- 2 tbsp soy sauce

- STEP 1** Cook the rice in a large saucepan of boiling water following packet directions or until tender. Drain and cover to keep warm.
- STEP 2** While the rice is cooking, trim chicken and cut flesh into 1cm-thick strips. Cut onion into thin wedges, crush garlic and trim stems of snow pea sprouts.
- STEP 3** Heat 1 tbsp of the oil in a large wok or frying pan over high heat. Add the chicken and stir-fry for 3 minutes or until golden brown and cooked through. Transfer to a plate, cover loosely with foil and set aside. Heat the remaining oil in the wok over medium-high heat. Add the onion, garlic and ginger, and stir-fry for 1 minute or until aromatic. Add the stir-fry vegetables and stir-fry for 4 minutes or until tender crisp.
- STEP 4** Return the chicken to the wok, add the soy sauce and stir-fry for 1 minute or until well combined and warmed through. Remove from heat and stir in the snow pea sprouts.
- STEP 5** Divide rice among serving dishes and top with the stir-fry.
- STEP 6** Remove fish from parcels and place in shallow bowls. Pour over any juices. Serve with steamed pumpkin and bok choy.



## Baked Fish with Asian Greens

SERVES 2

2cm piece fresh ginger, peeled, grated  
1/2 garlic clove, crushed  
1/2 tablespoon sweet chilli sauce  
1 tablespoons reduced-salt soy sauce  
2 (180g each) snapper fillets, skin removed  
1 spring onion, thinly sliced  
1/2 lemon, thinly sliced  
300g butternut pumpkin, peeled, cut into 1cm-thick slices  
1 bunches baby bok choy, halved

**STEP 1** Preheat oven to 220°C. Place ginger, garlic, sweet chilli sauce and soy sauce in a small bowl. Whisk to combine.

**STEP 2** Cut four 40cm lengths of foil. Place 1 fish fillet in centre of each piece of foil. Spoon over marinade. Top with onions and lemon slices. Fold foil edges and turn upwards to seal and form parcels. Place on a baking tray. Bake for 15 to 20 minutes or until fish is just cooked through.

**STEP 3** Place pumpkin in a steamer basket over boiling water. Cover and steam over simmering water for 10 minutes or until almost tender. Add bok choy. Steam both for 5 minutes or until tender.

**STEP 4** Remove fish from parcels and place in shallow bowls. Pour over any juices. Serve with steamed pumpkin and bok choy.



# Lamb Meatballs with Yoghurt and Pita Bread

SERVES 4

400g lean lamb mince  
1 brown onion, grated  
1 tsp ground cumin  
1 tsp ground coriander  
2 tbs finely chopped fresh parsley  
Salt and pepper  
2 tbs dried breadcrumbs  
4 wholemeal pita pockets, halved crossways  
200g low fat Greek yoghurt  
200g mixed salad leaves  
2 tomatoes, diced  
1 large Lebanese cucumber, diced  
1 cup grated cheese

- STEP 1** Preheat oven to 200C/180C degrees fan forced. Line baking tray with baking paper.
- STEP 2** In a bowl combine mince, onion, cumin, ground coriander, breadcrumbs and parsley. Season mince mixture with salt and pepper. Use a tablespoon to form mince into balls and shape with hands. Place on baking tray.
- STEP 3** Bake meatballs for 15 – 20 mins or until cooked thoroughly. Cool to room temperature.
- STEP 4** Assemble pita pockets with meatballs, yoghurt, salad, tomato, cucumber and sprinkle with cheese.



# Asian Prawn and Vegetable Noodle Stir-fry

SERVES 4

450g thin hokkien noodles  
2 tsp vegetable oil  
300g uncooked prawns  
1 garlic clove, crushed  
400g stir fried vegetables (can use frozen veg)  
2 tbs low sodium soy sauce  
1 tbs sesame oil  
2 tbs hoisin sauce  
2 tsp cornstarch  
1/4 cup sliced shallots (green tops only)

- STEP 1** Cook noodles according to packet instructions. Drain well.
- STEP 2** Heat 1 tsp oil in large wok over medium high heat. Stir-fry prawns and garlic for 2 minutes or until prawns change colour, then set aside on a plate.
- STEP 3** Heat remaining oil in wok. Add stir-fry vegetables and cook until tender-crisp.
- STEP 4** Add noodles into wok with prawns and toss together.
- STEP 5** Combine hoisin sauce, soy sauce, sesame oil and cornstarch into a small bowl and whisk together.
- STEP 6** Pour sauce into wok and toss to combine. Bring to a simmer and cook for 1 minute or until sauce is thickened. Sprinkle with green onions.

# One Pan Glazed Chicken Thighs and Vegetable Bake

SERVES 4

2 sweet potatoes, peeled and cut into 2cm cubes  
400g broccoli florets  
4 chicken thigh fillets  
2 tbs maple syrup  
2 tbs dijon mustard  
¼ cup olive oil  
Salt and pepper

- STEP 1** Heat oven to 200C degrees and line a large baking tray with baking paper.
- STEP 2** Spread sweet potatoes and broccoli onto prepared pan and drizzle olive oil, reserving 1 tablespoon of oil for chicken thigh glaze. Toss and season with salt and pepper, to taste.
- STEP 3** Roast vegetables for 20 minutes, or until sweet potatoes are tender.
- STEP 4** Meanwhile prepare glaze in a small bowl. Whisk together maple syrup, mustard, remaining olive oil, ¼ teaspoon salt, and ¼ teaspoon pepper.
- STEP 5** Remove vegetables from oven and turn over. Spread vegetables to outer edges of tray to make room for chicken thighs.
- STEP 6** Place chicken thighs in centre of tray, leaving 1cm space in between each fillet so they cook evenly. Brush glaze on top of chicken thighs.
- STEP 7** Bake for a further 15 minutes, or until chicken is cooked through.
- STEP 8** Serve with side salad

# Chickpea and Coriander Burgers

SERVES 4

1x 400g tin no added salt chickpeas, rinsed  
Olive or canola oil cooking spray  
½ large onion, finely chopped  
3 tsp mild Indian curry paste  
125g sweet potato, peeled and grated  
½ large carrot, grated  
½ cup quick oats, plus extra to coat  
1 Tbsp fresh coriander, chopped  
1 egg, lightly beaten  
4 wholegrain bread rolls, halved  
¼ cup reduced fat hummus  
¼ cup tinned sliced beetroot  
½ cup baby cos lettuce leaves  
4 slices reduced-fat cheese

- STEP 1** Place chickpeas into a food processor and process until they resemble breadcrumbs.
- STEP 2** Spray large frying pan with oil and place over medium heat. Cook onion, stirring occasionally for 5 minutes or until softened. Add curry paste and cook stirring for 1 minute or until fragrant. Add sweet potato and carrot. Cook for 3 more minutes. Place onion mixture into a large bowl with chickpeas, oats, coriander and egg.
- STEP 3** Using clean hands, mix until all ingredients are well-combined, adding a little more oats if the mixture is too wet. Wearing gloves or dusting hands with flour, shape mixture into 4 flat patties. Press into extra oats to lightly coat.
- STEP 4** Chill for 30 minutes to firm. If freezing burgers to eat later, do so now. Spray pan with oil, cook patties on medium-high heat for 3-4 minutes each side or until golden. Drain on absorbent paper.
- STEP 5** Serve on rolls with hummus, beetroot, lettuce and cheese.

# Lentil Spaghetti

SERVES 4

400g wholemeal spaghetti  
400g tin lentils, rinsed and drained  
1 Tbs olive oil  
1 zucchini, grated  
1 carrot, grated  
1 brown onion, diced  
1 bottle passata  
Handful of basil  
½ cup grated parmesan (optional)

- STEP 1** Place the spaghetti in a pot of boiling water and cook according to packet instructions.
- STEP 2** Meanwhile heat oil in a frying pan over medium heat. Add onion and cook for 1-2 mins or until softened.
- STEP 3** Add zucchini and carrot into the pan and cook for 4-5 mins, add water if sticking.
- STEP 4** Drain spaghetti and set aside.
- STEP 5** Pour in passata and lentils into pan and simmer for 10 mins.
- STEP 6** Add in the basil and stir through. Mix spaghetti into lentil sauce and serve (with grated parmesan).



# Chickpea, Cauliflower and Pumpkin Cashew Korma

SERVES 4

¼ cup korma paste  
400ml can light coconut milk  
2 cups diced pumpkin  
2 cups cauliflower, chopped  
2 cup green beans, chopped  
200g button mushrooms, trimmed and halved  
400g chickpeas, rinsed and drained  
¼ cup chopped unsalted roasted cashews  
4 cups of cooked basmati rice  
Fresh coriander for garnish

- STEP 1** In a large deep non-stick frypan cook korma paste over medium heat. Add coconut milk and stir until mixture simmers. Add pumpkin and cauliflower and cook for 10 mins with lid on pan, stirring often.
- STEP 2** Add green beans and mushroom to pan. Stir, cover and cook for 5 mins. Add chickpeas and cook uncovered for 5 mins stirring occasionally.
- STEP 3** Serve immediately with basmati rice and top with cashews and coriander.

# Broccoli Pesto Pasta

SERVES 4

500g wholemeal pasta  
2 cups broccoli  
1 cup green beans  
1 cup sundried tomatoes (thinly sliced)  
Juice of half a lemon  
4tbs basil pesto  
½ cup toasted pine nuts  
2 tbs grated parmesan.

- STEP 1** Place the pasta in a pot of boiling water and cook based on packet instructions.
- STEP 2** Meanwhile, steam the broccoli and green beans.
- STEP 3** Once pasta is cooked, drain and stir in the pesto, lemon and sundried tomatoes.
- STEP 4** Then add in the remaining ingredients and stir through.



# Satay Vegetables

SERVES 4

1 broccoli  
1 medium zucchini  
1 capsicum  
10 green beans  
1 bottle Satay sauce  
1 brown onion  
2 cloves garlic  
200g satay tofu  
1 ½ cups basmati rice  
1 tbs olive oil

- STEP 1** Cook the rice according to packet instructions
- STEP 2** Place olive oil in frying pan, heat and add the onion and garlic.
- STEP 3** Cook for 2mins and then add the capsicum, zucchini and broccoli.
- STEP 4** Once vegetables have softened add the green beans, tofu and satay sauce. Mix to combine and heat for 1-2mins.
- STEP 5** Serve over rice



# Ratatouille

SERVES 4

1 Eggplant, cut into small cubes  
1 Zucchini, cut into small cubes  
1 Red onion, diced  
3 cloves garlic, diced  
1 Red Capsicum, cut into small cubes  
1 large tin diced tomatoes  
½ bunch basil  
2 thyme sprigs  
2 Tbs extra virgin olive oil

- STEP 1** Heat oil in pan and add in onion, garlic and capsicum. Cook for 2-3 mins until capsicum has softened.
- STEP 2** Add in the eggplant and zucchini. Cook for 2-3 mins until softened.
- STEP 3** Place the tomatoes and herbs into the pan and simmer for 10-15 mins, stirring occasionally. Season to taste.
- STEP 4** Serve alone or with 1 cup of brown rice or wholemeal pasta.

# Raw Veggie and Tofu Soba Noodle Salad

SERVES 4

270g dried soba noodles  
1 large carrot, peeled and shredded  
¾ cup snow peas, sliced  
200g packet of marinated tofu  
¼ red cabbage, finely shredded  
3 green onions, trimmed and finely sliced  
Olive oil cooking spray  
Black sesame seeds, to serve

## *Dressing*

1 Tbsp Sesame oil  
2 Tbsp rice wine vinegar  
¼ cup reduced salt soy sauce  
1 tsp finely grated fresh ginger

**STEP 1** In a large saucepan, cook soba noodles according to instructions, or until al dente.

**STEP 2** Meanwhile make dressing by combining all ingredients in a bowl and mix well.

**STEP 3** Refresh noodles under cold water, drain and transfer to a large bowl.

**STEP 4** Place frypan over medium heat and lightly spray with oil. Cook tofu for 2 minutes on each side until heated through. Cut into cubes and add to noodles.

**STEP 5** Add remaining ingredients into noodle bowl with dressing and toss well to combine. Top with sesame seeds.

# Sweet Potato Lentil Dhal

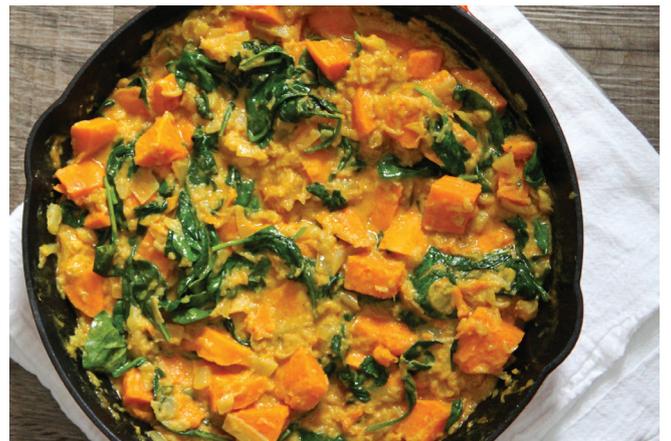
SERVES 4

1 cup red lentils, rinsed  
1 large sweet potato, chopped into 2cm pieces  
1 red onion, halved, finely chopped  
3 garlic cloves, minced  
½ long red chilli, seeds removed, finely sliced  
2 tablespoons mild curry powder  
2 Tbs tomato paste  
½ cup low fat Greek yoghurt  
2 spring onions, finely chopped  
2 Tbs chopped mint leaves  
Wholemeal flatbread, to serve

**STEP 1** In a large saucepan combine lentils, sweet potato, red onion, garlic, chilli, curry powder, tomato paste and season with salt. Add 3 cups of water to pan and bring to boil over medium-high heat. Simmer uncovered for 15 mins or until sweet potato is soft and lentils are porridge-like. If there's too much liquid, cook on high heat for a little longer or if it's too thick, add a small amount of water.

**STEP 2** Combine yoghurt, mint and spring onion.

**STEP 3** Serve dahl with mint yoghurt and flatbread.





# Quesadillas

SERVES 4

4 wholegrain wraps  
400g can refried beans  
400g kidney beans  
1 jar salsa  
1 capsicum, diced  
1 zucchini, diced  
½ cup tinned corn  
1 cup grated low fat cheese  
1 Avocado, sliced thinly

**STEP 1** In a frypan lightly sauté capsicum and zucchini for 2-3 mins. Remove from pan

**STEP 2** Add vegetables, refried beans, kidney beans and salsa into frypan. Mix until combined and warm.

**STEP 3** Place wholegrain wraps onto a sandwich press. Fill each wrap with bean mix, corn and cheese and fold in ends and roll to enclose filling.

**STEP 4** Cook until wrap is lightly browned, and cheese has melted.

**STEP 5** Serve with slices of avocado.



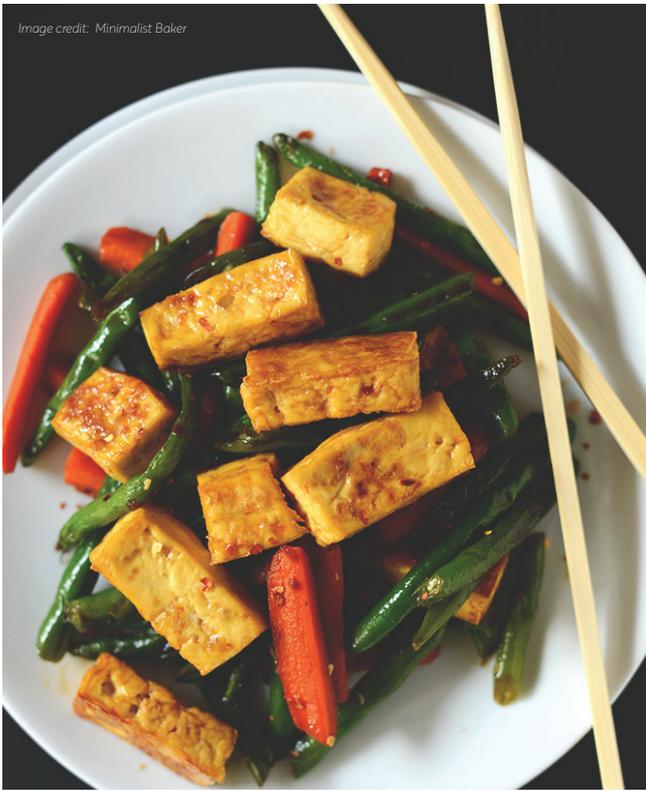
# Vegetarian Shepherd's Pie

SERVES 4

1.3 kg sweet potatoes, peeled, chopped  
2 Tbs olive oil  
1 celery stalk, diced  
1 carrot, diced  
1 brown onion, diced  
10 green beans, halved  
2 Tbs vegan pesto  
400g can diced tomatoes  
400g can lentils  
½ cup milk  
½ cup reduced fat cheese

- STEP 1** Preheat oven to 200C fan forced. Spray 2.2L baking dish with olive oil.
- STEP 2** Place sweet potatoes in a medium saucepan and cover with water. Boil for 15 minutes or until soft.
- STEP 3** Meanwhile, heat 1 Tbs oil in large saucepan over medium heat. Cook celery, carrot and onion until slightly softened.
- STEP 4** Add green beans to the pan and cook for 1 minute. Mix in pesto.
- STEP 5** Add tomatoes and lentils. Mix and simmer for a few minutes.
- STEP 6** Whilst the tomato mixture is cooking, mash sweet potatoes with milk until smooth. Add cheese.
- STEP 7** Remove vegetable mix from the pan and place in a bowl. Top with potato mash and bake for 20 mins or until mash is golden.

Image credit: Minimalist Baker



# Tofu and Vegetable Stir-fry

SERVES 4

- 1 tsp honey
- 1 tsp salt reduced soy sauce
- 170g firm tofu, cut into 2 cm cubes
- 2 tsp olive oil
- 2½ cups mixed vegetables, e.g. capsicum, broccoli, carrot, cabbage
- ½ cup cooked brown rice

- STEP 1** Combine honey and soy sauce in a bowl.
- STEP 2** Add tofu pieces to the bowl and gently toss to coat evenly in the marinade. Refrigerate for at least 15-20 minutes.
- STEP 3** Heat oil in a non-stick pan over medium heat. Add mixed vegetables and cook for 4-6 minutes, or until cooked to your liking.
- STEP 4** Add tofu into pan and cook until heated through. Serve stir-fry over brown rice.

# Vegan Bolognese

SERVES 4

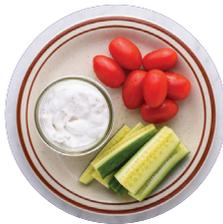
- 400g dried spaghetti
- 2 Tbs olive oil
- 1 medium brown onion, finely diced
- 1 carrot, peeled and finely chopped
- 1 celery stalk, finely diced
- 3 garlic cloves, minced
- 1 cup mushrooms, chopped
- 1 medium eggplant, cut into 1cm pieces
- 400g can chopped diced tomatoes
- 250ml vegetable liquid stock
- 2 Tbs tomato paste
- 3 Tbs Italian herbs
- 400g tin brown lentils, rinsed and drained
- ¼ fresh flat leaf parsley, finely chopped

- STEP 1** Cook spaghetti in a medium saucepan of boiling salted water, according to packet instructions.
- STEP 2** Meanwhile heat oil in a large frying pan over medium heat. Add onion, carrot and celery and cook for 10 mins or until soft, stirring often. Add garlic and cook for 1 min or until fragrant.
- STEP 3** Add mushroom and eggplant and cook for 5 minutes or until soft.
- STEP 4** Add tomato paste, and stir in chopped tomato, stock and herbs. Cover and bring to a simmer for 10 mins or until it has thickened slightly. Add lentils and stir until heated through.
- STEP 5** Drain spaghetti and serve with sauce. Sprinkle with parsley.

Keep  
calm  
and  
snack  
on!



# Healthy snack ideas.



1 cup cut up vegie sticks  
e.g. cucumber, capsicum, carrot  
+ 1/3 cup hummus or tzatziki



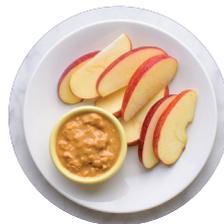
1 small handful (30g)  
mixed nuts



1 cup air-popped and  
lightly seasoned popcorn



1/3 cup spiced  
roasted chickpeas



1 sliced apple +  
1 tablespoon natural  
nut butter



1 low fat high protein  
yoghurt (> 10g protein per  
serve) + 1 cup berries



4 wholegrain crackers +  
1 slice reduced fat cheese  
+ 1/2 tomato



1 slice multigrain toast +  
1/4 avocado + 1 boiled egg



2-3 Medjool dates filled  
with 1 teaspoon  
of nut butter

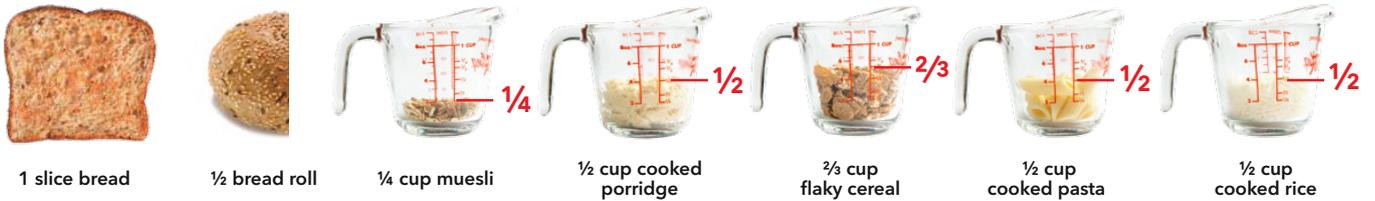


# Because size does matter.

Check out the portion sizes in the next pages for an indication on how to measure ingredients.



## GRAINS OR CEREALS: 4-6 serves a day. Each of these is one serve ...



1 slice bread

1/2 bread roll

1/4 cup muesli

1/2 cup cooked porridge

2/3 cup flaky cereal

1/2 cup cooked pasta

1/2 cup cooked rice

## VEGETABLES: 5+ serves a day. Each of these is one serve ...



1 large carrot

1 cup broccoli

1 small potato

1 small tomato

1/2 corn cob

1 cup leafy greens

1/2 cup cooked vegetables

1/2 cup baked beans

1/2 cup cooked or canned legumes

## FRUIT: 2 serves a day. Each of these is one serve ...



1 apple

1 banana

2 kiwi fruit

4 dried apricots

1 cup berries

1 cup canned fruit

2 tablespoons sultanas

Half a small glass of no-added-sugar fruit juice

## PROTEIN: 2-3 serves a day. Each of these is one serve ...



A palm-size piece of raw meat or chicken (90-100g)

2 large eggs

A hand-size piece of raw fish (115g)

A small can of fish (95g)

A small handful of nuts or seeds (30g)

170g tofu (the size of a deck of cards)

1 cup cooked or canned legumes

## DAIRY OR ALTERNATIVES: 3-4 a day

Each of these is one serve ...



A 200g tub of yoghurt

1 cup cow's milk or calcium-fortified alternative

2 slices reduced-fat cheese (40g)

A small milky coffee (such as a flat white)

## UNSATURATED FATS: 2-4 a day

Each of these is one serve ...



A quarter of an avocado

2 teaspoons table spread

2 teaspoons oil

## TREAT FOODS: not every day. Each of these is one serve ...



A 1.5cm-thick slice of iced cake

5-6 lollies

A row (4 squares) of chocolate

2-3 plain sweet biscuits

2 small scoops of ice cream

12 hot chips

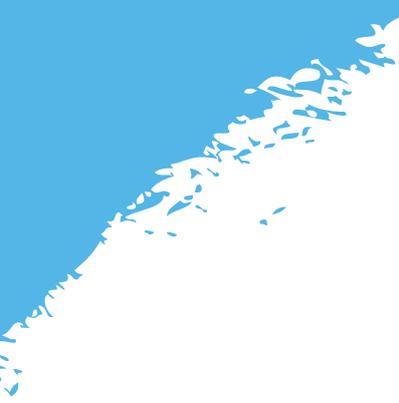
Half a 50g packet of potato chips

# Meal planner

Now it's your turn! Have a go at filling out a meal plan each week using the meal and snack ideas in the booklet.

Note: Your meal plans are to be repeated on alternate weeks if necessary. Lunch and dinner meal ideas can be interchangeable

|         | Monday | Tuesday  | Wednesday | Thursday | Friday   | Saturday | Sunday   |
|---------|--------|----------|-----------|----------|----------|----------|----------|
| Example | Cardio | Strength | Rest      | Cardio   | Strength | Cardio   | Strength |
| Week 01 |        |          |           |          |          |          |          |
| Week 02 |        |          |           |          |          |          |          |
| Week 03 |        |          |           |          |          |          |          |
| Week 04 |        |          |           |          |          |          |          |
| Week 05 |        |          |           |          |          |          |          |
| Week 06 |        |          |           |          |          |          |          |
| Week 07 |        |          |           |          |          |          |          |
| Week 08 |        |          |           |          |          |          |          |



# Bon Appetit!

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